

Health & Views

Wishing all our readers a very happy Easter falling on Sunday April 16th

How Many Deaths Are Linked to Diet? | Video

Nearly half of all deaths from heart disease, stroke and type 2 diabetes may be due to diet.

[Read More](#)

April 2017
2nd issue

Health warning issued over barramundi caught near Hazelwood power station

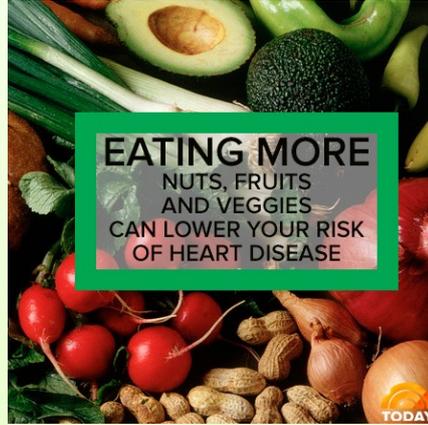
<http://colombogazette.com/2017/04/03/health-tips->

[The road ahead / Self-driving cars on the brink of a revolution in California](#)

Study: Reducing Herbicide Glyphosate in Diet Reduces Autism Symptoms



A few years ago, Dr. Stephanie Senneff of MIT made a prediction that by 2025, half of American children will be born with autism, or at least different individual aspects of the autism disorder spectrum. Yes, she mentioned the toxins in vaccines that are forced into infants, but also included another toxin, glyphosate. Dr. Seneff and her partner Dr. Anthony Samsel claim there is a harmful synergism of glyphosate from foods with the toxic ingredients of vaccines that are accelerating the rise of autism spectrum disorders, whether diagnosed as learning or language deficits, hyperactivity, seizures, or the classic complete withdrawal from all social stimulus. In a recently published study, three triplets, two boys considered autistic and a third female with seizure issues and learning disorders, were tested for glyphosate initially and again after a period of organic food only as their diets. The results were interestingly expected. As their glyphosate levels dropped their autistic conditions diminished accordingly. [Read More...](#)



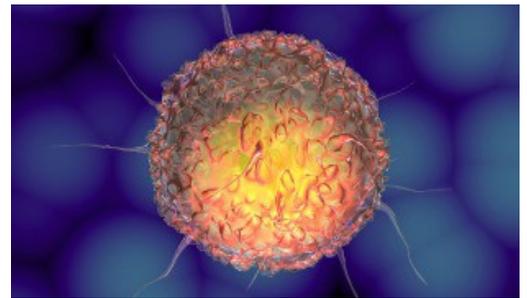
Just 10 foods — eating too much of them or too little — account for nearly half of all heart disease deaths in the U.S., a new study found. If people ate less salt and meat and ate more nuts, fruits and vegetables, they could greatly lower their risk. Here are a few other foods you should consider eating more of: seafood rich in omega-3 fatty acids, whole grains and polyunsaturated fats like soybean oil, corn oil, walnuts and flaxseed oil.

FIND OUT WHAT NOT TO EAT

Stroke, Heart Failure Linked to Marijuana
Adults who use marijuana may have an increased risk of stroke and heart failure, according to a new study. [Read More](#)

Health & Views' has a vision and a mission, to make Sri Lankans of the world healthier through the power of health information. We do this by selecting health information from various sources relevant to issues applicable to our people, and we expect reciprocation by reading, for health & longevity

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Slowing Cancer with the Biological Clock

Researchers have figured out a way to alter the circadian clock of cancer cells to slow the growth of cancerous tumors.

[Read the full story](#)

Harvard Health Blog Time spent in "green" places linked with longer life in women

[Elizabeth Pegg Frates, MD](#)



FEATURED NEWS

Activity Trackers Unfit for Heart Rate?

Fitbits and other wrist-worn fitness devices promise to keep track of your heart rate.

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Obesity a major cause of kidney ailments

Sulogna Mehta |



Obesity a major

cause of kidney ailments

Obesity is often not considered a serious health issue but it's at the root of several lifestyle ailments and complications affecting the people. Name any major modern-day ailment and obesity increases the risk factor for these by several notches. Some such ailments include cardiac disease, diabetes, hypertension, high cholesterol, obstructive sleep apnea, fatty liver, gall bladder disease, osteoarthritis, various cancers, psychological problems and so on. Worse, obesity directly or indirectly can damage the kidneys.

Keeping the co-relation between the two in view, the theme for this year's World Kidney Day (March 9) is 'Obesity and Kidney disease: Healthy lifestyle for healthy kidneys'. Doctors observe that around 50 per cent of kidney failure cases are those of diabetic patients. And in 30-40 per cent kidney ailment cases, the patients are obese and overweight if not diabetic. As per the International Federation of Kidney Foundation, by 2025 obesity will affect 18 per cent men and over 21 per cent women worldwide. The urban population is more prone to obesity-related kidney ailments due to their sedentary lifestyle.

The two kidneys filter the blood to produce urine through which the waste can be excreted from the body. They also maintain fluid balance, regulate the ions known as electrolytes in the blood, and ensure acid-base balance. They are also responsible for the re-absorption of water, glucose, and amino acids.

Dr P Sriram Naveen, consultant nephrologist from Mycure Hospital, said, "With sedentary lifestyle, smartphone and fast food culture catching up, obesity has become a global problem. Though worldwide, a person with Body Mass Index (BMI) more than 30 is considered obese and BMI more than 25 is considered overweight, for smaller-built Asians, BMI more than 27.5 is considered obese and more than 23 is considered overweight. For every one point increase in BMI, the risk for developing chronic kidney disease (CKD) goes up by 7-10 per cent. Among those coming to us with kidney ailments, we find out of every 10 patients 3-4 are overweight and obese. People of all ages can be afflicted by kidney disease but those in their 20s and 30s are also at risk besides children as obesity is noticed among the young generation as well."

Renowned nephrologist and vice-chancellor of NTR Health University Dr T Ravi Raju elaborated the types of kidney diseases linked to obesity. Obesity is directly linked to diabetes, high blood pressure (hypertension) and metabolic syndrome. The diseases in turn damage the kidneys. Besides this indirect fallout, obesity can directly cause kidney damage due to protein loss in urine. It's called glomerulonephritis.



be. RECIPES

Thai prawn fried rice

Try one of Marion Grasby's go-to meal staples.

[Read more](#)



MSG: Monosodium Glutamate

This staple of so much Asian cooking bestows a certain savory flavor foodies call "umami." Some people blame it for their migraines, but studies generally say it isn't a culprit.

WebMD

Beer



Beer on tap has about 25 times the migraine-inducing tyramine as beer in bottles. So if you really want a cold one, ask for a bottle. Or change it up and order a bourbon. It doesn't have any of the stuff. WEbMD

Who Gets Psoriasis?

Anyone can have psoriasis. About 7.5 million people in the U.S. are affected, and it occurs equally in men and women.

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[How to pick the perfect red rice](#)

How did a Chinese guy end up with a Tamil name?

I recently met a Chinese man in Toronto and got to know that his name was Kannaswami.

I asked him, "How did you ever get a name like that being a Chinese?"

He said - "Many, many years ago when I first went to Canada, I was standing in line at the Political Asylums Immigration Counter..."

The man in front of me was a Sri Lankan Tamil refugee.

The white lady at the counter looked at him and asked "What is your name?" He replied "Kannaswami".

Then she looked at me and asked "What's your name?"

I said, "Sem Ting". 🙄🙄🙄



Weight Loss Drugs: Pros and Cons of 5 Approved Prescriptions

[Read Article](#)

Resistant starch diet is best for diabetes

Written by Dr Harold Gunatillake FRCS (UK), FIACS (US), AM (Sing), FICS (US), MBBS (Cey) There are carbs and carbs that people enjoyed right through from the time of the caveman diet referred to as the Paleo diet. Carbs in a way are of two varieties –the starchy and the non-starchy. In fact the typical Paleo diet is high in proteins, low in refined starchy carbs and packed full of vegies. Starchy carbs include rice, bread and other f...

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The Benefits Of Soaking And Sprouting Nuts

Here are some tips to help you consume nuts in a way that will work with your body and give you the most nutrients possible...

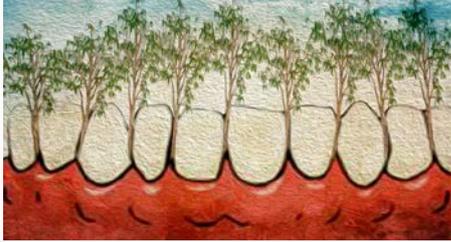
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[Video: Acupressure to treat headaches](#)

[Healthcare bill / Trump makes last-ditch pitch to Republicans](#)

7 Health Benefits Of Eucalyptus Oil You Never Knew

by [CureJoy Editorial](#)



7 Health Benefits Of Eucalyptus Oil You Never Knew

- [Treat Acne](#)
- [Treat Respiratory Diseases](#)
- [Treat Dandruff](#)
- [Help With Diabetes](#)



Eucalyptus can treat acne, dandruff, and respiratory diseases. It can also relieve pain, give you healthy gums and teeth, help with diabetes, and control mold and fungus spores in the environment. But eucalyptus oil should be diluted before it's used topically and it shouldn't be taken internally without a doctor's say so. Also do not use it when you're pregnant or breast feeding, or for children.

You might love the refreshing and stimulating aroma of eucalyptus oil but did you know that eucalyptus has potent medicinal properties? Eucalyptus leaves contain flavonoids (plant-based antioxidants), antiseptic components like cineole, volatile oils, and tannins.¹ The aboriginal people of Australia have traditionally used it for breathing difficulties, infections, and pain. And it is known as an antiseptic that purifies the environment.² In fact, on warm days eucalyptus forests are sometimes covered in a blue mist because of volatile organic oils which have vaporized – that's where the Blue Mountains west of Sidney get their name from – and historically people relocated to areas where these trees grew to improve their health.³ Let's take a look at what eucalyptus can do for you.

10 Amazing Health Benefits Of Coriander Juice

Coriander is a common kitchen herb and is used in several cuisines for its great flavor. It's also known as Chinese parsley or cilantro and is used both as a herb and a spice. Here are 10 amazing health benefits of coriander juice...

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Short circuit migraines before they start

Author and migraine sufferer Joan Didion once wrote, "That no one dies of migraine seems, to someone deep into an attack, an ambiguous blessing." At that time, migraines weren't something that could be prevented. Today, that's a possibility for some people who have severe migraines, frequent migraines (more than three or four times a month), or migraines that don't respond well to treatment.

The cornerstone of migraine prevention is managing triggers like stress or certain foods or strong perfumes. Alternative and complementary therapies (like acupuncture) help some migraine sufferers keep headaches at bay.

In some cases, taking medication even when you aren't having a migraine attack can help. This usually involves taking the medication every day, with the goal of gradually tapering the dose, and, ideally, eventually discontinuing it altogether. Here are some of the medications commonly used to prevent migraine. Because they have different effects, and potential side effects, it's important to work with your doctor to find the one that's right for you.

Beta blockers

Commonly prescribed for high blood pressure, abnormal heart rhythms, and heart-related chest pain, beta blockers may prevent migraines by not allowing blood vessels to expand too much (and put pressure on nerves). There are many beta blockers available, and it may take a while to find the one that works best for you.

Tricyclic antidepressants

These medications are sometimes used to help manage pain, including headache. Amitriptyline (Elavil, Endep) is the best studied for pain relief and the most often prescribed for migraine prevention: it's about 60% effective in thwarting such headaches.

Calcium-channel blockers

Calcium-channel blockers are also used primarily for treatment of high blood pressure and heart-related conditions, but help some people prevent migraine.

Anti-seizure medications

Topiramate (Topamax) and divalproex (Depakote) are anti-seizure drugs that are also specifically approved for migraine prevention. Gabapentin (Neurontin) is another that, while not specifically approved to prevent migraines, does work well for some people.

Other drugs

Although low-dose aspirin is far less effective than the standard migraine headache preventive medications, it may improve migraine control when used in combination with another preventive medication. It is important to check with your doctor before starting to take aspirin daily.

For more information on preventing, diagnosing and treating migraines and other types of headache, buy [Headaches: Relieving and Preventing Migraine and Other Headaches](#), a Special Health Report

Plane, Train and Automobile: This Concept Car Transforms into All Three



This concept car is straight out of "Transformers."

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be. LIFESTYLE

The perfect sandwich

Salmon takes centre stage in two healthy sandwich ideas from Australian dietitians.

[Read more](#)



Best foods for people with GERD or acid reflux

Eat something only to regret it hours later? If you suffer from acid reflux, adding these friendly foods to your diet could help!

[READ MORE](#)

Going Gluten-Free Won't Help You Avoid Diabetes

People in the study who ate more gluten were actually less likely to develop type 2 diabetes than those who ate less gluten, researchers found.

[Read More](#)

7 Side Effects Of Ajinomoto You Didn't Know

by [CureJoy Editorial](#)

Ajinomoto, also known as Monosodium Glutamate (MSG), is a key ingredient in most Chinese foods. It is also found in many fast food products and packaged foods. Consuming excessive quantities of MSG regularly results in side-effects, which are also referred to as Chinese Restaurant Syndrome. While some studies have shown that MSG is safe for consumption, some people experience discomfort after ingesting MSG. Common side-effects include burning sensations, breathing problems, headache, nausea, vomiting, and increased heart rate. Other major side-effects of MSG are mentioned here.

Infertility: Migraine: Chest pain:
Neuro-degenerative: Obesity:
Hypertension: insomnia

Sugars?

When it comes to sugar, it's important to differentiate between natural sugars and added sugars. It is OK to have natural sugars. For example, sugars that are naturally occurring in dairy products, as well as fruits. But Americans, in general, we do eat too much added sugar. So that would come from things like sugar sweetened beverages, desserts, and things like that. So it is best to avoid added sugars but not necessarily natural sugars.

A lot of alcoholic drinks can be packed with sugar and calories. They're what we call empty calories, which means it really doesn't provide our body a lot of nutritional benefit. So I would look on any pre-mixed alcoholic drinks for the sugar content of those drinks.

The Food and Drug Administration states that artificial sweeteners, or sugar substitutes, are safe to consume in normal amounts. But some people do have adverse reactions to them, such as headaches. So if that's the case, it's best to avoid them altogether.

MEGAN MOYER

[Newer Diabetes Drugs Protect Heart, Records Show](#)



Top 11 Tips To Alleviate The Dangerous Effects Of Stress

Unfortunately, our bodies are not meant to function with long term: hectic lifestyles, continuous pressure, difficult situations, and unrealistic expectations. Here are the top 11 tips to alleviate the dangerous effects of stress...

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Health Benefits Of Banana Stem Juice

by [CureJoy Editorial](#)

Everyone knows that bananas are a high-energy super-fruit and the numerous health benefits they provide. But, the stem of the banana plant has even more beneficial properties and helps cure various disorders. Its high fiber content cleanses our digestive system, which in turn keeps many diseases away.

In India and other Southeast Asian countries like Malaysia and Thailand, banana stem and its flowers are also cooked and eaten. The outer layers of the stem are peeled away and the fibrous inner core of the stalk is eaten. It has a crisp texture and mild taste, and is often used in savory curries or as fried snacks.

Regulates blood pressure: Relieves heart burn:
Clears urinary tract infections: burns belly fat:
good for diabetes



[secret to make crispy dosa](#)

[Deeps kitchen](#)

1,184,565 views



[The Egg Paratha Recipe](#)

[Gori ka Kitchen](#)

1,349,758 views

What Is Skyr?



Skyr has been a staple food in Iceland for over a thousand years.

It closely resembles [yogurt](#), with a similar taste and slightly thicker texture.

Skyr is made from skim [milk](#), which has had its cream removed. The milk is then warmed and live cultures of bacteria are added.

Once the product has thickened, it is strained to remove the [whey](#).

Skyr has become increasingly popular in recent years and can now be found in many grocery stores around the world.

Summary: Skyr is a popular Icelandic dairy product. It's made by adding bacteria cultures to skim milk and then straining it to remove the whey.

Skyr Is Rich in Important Nutrients

Skyr packs an impressive set of nutrients.

It's low in [calories](#), fat and carbs, yet high in protein, vitamins and minerals.

While its exact nutrient content varies by brand, a 6-ounce (170-gram) serving of unflavored skyr typically contains the following ([1](#), [2](#), [3](#)):

Calories: 110: **Protein:** 19 grams **Carbs:** 7 grams **Fat:** 0 grams

Phosphorus: 25.5% of the RDI

Calcium: 20% of the RDI

Riboflavin: 19% of the RDI

Vitamin B-12: 17% of the RDI

Potassium: 5% of the RDI

Skyr is a naturally fat-free product, although sometimes cream is added during processing, which can increase its fat content.

It also contains more protein than many other types of dairy, with about 11 grams of protein per 3.6 ounces (100 grams) ([1](#)).

For comparison, the same amount of [Greek yogurt](#) contains about 7 grams of protein, while whole milk contains 3.2 grams ([4](#), [5](#)).

Summary: Skyr is low in calories but high in protein, and it also contains important vitamins and minerals.

By [Rachael Link, MS, RD](#) for Authoritynutrition

Vitamin D Deficiency

Vitamin D is one of the most important vitamins in the body. It works like a steroid hormone, telling cells to turn genes on or off.

Vitamin D is produced in the skin when it's exposed to sunlight, so people who live in less-sunny areas are highly likely to be deficient. People with dark skin are more likely to be deficient as well, since their skin produces less vitamin D in response to sunlight.

Symptoms of the deficiency include the following: Muscle weakness: Bone loss: Reduced immune function
Increased risk of cancer

Best Dietary Sources

Very few foods contain enough amounts of Vitamin D.

The best sources are

- Cod liver oil: Fatty fish: Egg yolks and Supplements

A "clip" on the radio programmes of Pat Rahim aka Pat Lye. A singer during the late 1950's & onwards. Trained by Erin de Sella Sang under the aegis of the late Malcolm Andree.

<https://youtu.be/3-EFfEBThM>

What's causing your itching, teary eyes?



Image: Bigstock

Do your eyes itch after you've been near a cat? Do they puff up or run with tears when pollen is in the air? Allergies of the eye affect about 20% of Americans each year, and are on the rise. The same inhaled airborne allergens – pollens, animal dander, dust mite feces, and mold – that trigger allergic rhinitis (the familiar sneezing, runny nose, and congestion) can lead to allergic conjunctivitis (inflammation of the conjunctiva, the lining of the eye). It's not surprising that people with allergic rhinitis often suffer from allergic conjunctivitis as well.

About 50% of allergic conjunctivitis sufferers, who tend to be young adults, have other allergic diseases or a family history of allergies. About 80% of eye allergies are seasonal; the rest are perennial (year-round). The symptoms are itchy and red eyes, tearing, edema (swelling) of the conjunctiva or eyelid, and a mucous discharge. Although it can be uncomfortable, you can rest assured that it is not a threat to your vision.

Diagnosing allergic conjunctivitis

Allergic conjunctivitis usually can be confirmed by your doctor based on your symptoms. Testing is not usually needed to diagnose the condition, but skin testing (the same kind that's done for other allergic reactions) may help identify the allergens causing your symptoms.

If your symptoms don't quickly respond to treatment, see your doctor in case you have a different condition. Dry eye, in particular, can mimic the symptoms of allergic conjunctivitis.

Treating allergic conjunctivitis

Avoidance is your first line of defense. If you are allergic to cats, for example, avoid them (or at least don't touch your eyes when near one), and wash your hands immediately after touching one. If pollen is your nemesis, keep your windows closed and an air purifier or air conditioner going in pollen season. Also, don't rub your eyes, because rubbing causes cells in the conjunctiva to release histamine and other inflammatory chemicals, which worsens symptoms. Use artificial tears (available without prescription) frequently for relief and to dilute allergens in the eye.

If your only allergy problem is allergic conjunctivitis, then medicated eye drops would be your first step. You can start with an over-the-counter product, such as ketotifen eye drops (Zaditor, Alaway). The active ingredient is an antihistamine and a mast cell stabilizer, both of which can control the immune system overreaction that leads to your symptoms. Prescription-strength products that have similar actions are also available.

Allergic conjunctivitis can also be treated with over-the-counter oral antihistamines such as loratadine (Claritin), cetirizine (Zyrtec), and fexofenadine (Allegra), or the prescription antihistamines desloratadine (Clarinex) and levocetirizine (Xyzal). These are especially useful for people that have other allergy symptoms in addition to conjunctivitis. For allergic conjunctivitis that is very severe and doesn't improve with other medications, there are prescription eye drops that contain corticosteroids, such as loteprednol etabonate (Alrex, Lotemax) and fluorometholone (Fluor-Op, FML Forte). However, these eye medications should only be used under the guidance of an ophthalmologist.

For more ways to pinpoint and treat your allergies, purchase [Understanding and Controlling Your Allergies](#), a Special Health Report from Harvard Medical School.

Lung Cancer: The Leading Cause of Cancer Death

Lung cancer has emerged as the leading killer of men and women stricken with invasive cancer, affecting husbands and wives, friends and neighbors, and causing suffering for many families. In the United States, lung cancer overtook breast cancer as the leading cause of cancer deaths in women in 1987. Lung cancer deaths account for a quarter of all American cancer deaths, killing more people every year than prostate, breast, and colon cancer combined. Over 157,000 Americans are estimated to have died from lung cancer in 2015.

This disease is difficult to detect in its early stages, and treatments for lung cancer in its later stages provide a poor prognosis: Those with stage IV non-small cell lung cancer—the most common type—have an estimated 1 percent survival rate five years after diagnosis. The other type of lung cancer—small cell lung cancer—is even more aggressive. According to the American Cancer Society, the overall survival rate for lung cancer as of Jan. 1, 2014 stands at just 3%.

What Causes Lung Cancer?

The exact cause of lung cancer is still being investigated. Certain risk factors have been shown to play a part in causing cells to become cancerous. Risk factors for lung cancer include smoking, exposure to air pollution, and genetics.

Does Smoking Cause Lung Cancer?

Cigarettes and cigarette smoke contains over 70 cancer-causing chemicals (carcinogens). Some of the carcinogens found in cigarette smoke include:

Lead (a highly poisonous metal)

Arsenic (an insecticide)

Cadmium (a battery component)

Isoprene (used to make synthetic rubber)

Benzene (a gasoline additive)

Cigar smoke is particularly heavy on tobacco-specific nitrosamines (TSNAs), which are considered particularly cancerous.

Lung Cancer and Cilia

Cigarette smoke damages and can kill hair-like projections on airway cells termed cilia. The cilia normally sweep out toxins, carcinogens, viruses, and bacteria. When the cilia are damaged or destroyed by smoke, all of these items may accumulate in the lungs and may cause problems such as infections or lung cancer.

Lung Cancer Symptoms

Unfortunately, lung cancers often have either no early symptoms or nonspecific early symptoms that people often dismiss. About 25% of people with lung cancer and no symptoms are diagnosed after having a chest X-ray or CT during a routine test or as a procedure for other problems. Lung cancer symptoms that may be detected are included below.

List of Lung Cancer Symptoms

Cough (chronic, recurrent)

Fatigue

Weight loss

Shortness of breath or wheezing

Coughing up phlegm that contains blood

Chest pain

Three Common Lung Cancer Screening Methods

Screening for lung cancer is usually accomplished using three methods.

Physical Exam

A physical exam will look for signs of wheezing, shortness of breath, cough, pain and other possible signs of lung cancer. Depending on the advancement of the cancer, other early signs of lung cancer symptoms may include a lack of sweating, dilated neck veins, face swelling, excessively constricted pupils, and other signs. The physical exam will also include the patient's history of smoking and a chest X-ray.

Sputum Cytology Exam

A sputum cytology exam involves a microscopic examination of a patient's mucus (sputum).

Spiral CT Exam

This method of CT scanning builds a detailed image of the body's internal workings. Inside a spiral CT machine, detailed images are taken of the relevant parts of the patient's body. Those images are then linked to an X-ray machine to create 3D images of the patient's internal organs. These images may reveal potentially cancerous tumors.

A study by researchers suggested that people aged 55 to 74 years old who had smoked at least one pack of cigarettes a day for 30 or more years may benefit from a spiral CT study of the lungs. At best, the screening methods find about 30% of lung cancers leaving the bulk (about 70%) cancers of lung undetected. In addition, some test results are not clearly diagnostic which can lead to patient concerns and possibly unnecessary biopsies or surgeries.

Medicine.net.com



Brain Cancer

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

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

Secondary Brain Cancer

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

- Breast cancer
- Colon cancer
- Kidney cancer
- Leukemia
- Lymphoma
- Melanoma (skin cancer)

Primary Brain Cancer

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

Other Types

The different kinds of primary brain tumors are all named after where in your brain they start. Besides gliomas, they include adenomas (in your pituitary gland), chordomas (skull and spine), medulloblastomas (cerebellum), and sarcomas (brain tissue), among others.

Grades

Doctors label brain tumors with a grade from 1 to 4. Low-grade tumors (grade 1) aren't cancer. They grow slowly and don't usually spread. They can usually be cured if your doctor can take them out with surgery. At the other end, high-grade tumors (grade 4) are cancer. They grow fast, spread quickly, and typically can't be cured. Grades 2 and 3 fall in between. Usually, grade 2 isn't cancer and grade 3 is.

Symptoms

These depend on the kind of tumor you have and where it is, but you may:

- Act in ways you normally wouldn't
- Feel sleepy throughout the day
- Find it hard to express yourself, like you can't find the right words or feel confused
- Get bad headaches often, especially in the morning
- Have problems seeing, like blurred or doubled vision
- Lose your balance easily or have problems walking
- Have seizures

Risk Factors: Radiation

It's usually not clear what puts you at risk for a primary brain tumor -- one that starts in your brain. But one known cause is radiation directed at your head to treat another medical condition, like leukemia. In most of these cases, the benefit of radiation outweighs the risk that it might cause cancer in the future.

WEbMD

Cheddar, cream cheese may raise breast cancer risk by 53 percent

For their [study](#), McCann and team reviewed 2003-2014 data from the Roswell Park Data Bank and BioRepository, which included 1,941 women with breast cancer and 1,237 women without the disease.

All women completed a food frequency questionnaire that detailed the amount of total dairy products and individual dairy products - including cheese, yogurt, and milk - they consumed each month.

After adjusting the results for a number of possible confounding factors, including age, body mass index (BMI), menopausal status, and a family history of breast cancer, the researchers found that a high total dairy intake was associated with a 15 percent lower breast cancer risk.

This reduction in breast cancer risk was primarily attributable to a high yogurt intake; women who consumed high amounts of yogurt were found to have a 39 percent lower risk of developing breast cancer.

However, a higher intake of cheese - particularly cheddar cheese and cream cheese - had the opposite effect, posing a 53 percent increased risk of breast cancer.

Further studies are needed to gain a better understanding of how dairy foods affect breast cancer risk, but the researchers believe that their current findings shed some light.

MNT

3 diet changes to help lower cholesterol levels

If you have high cholesterol (a total cholesterol level of 240 milligrams per deciliter of blood or above), taking steps to lower it can greatly reduce your chances of having a heart attack. For every 10% drop in your cholesterol level, your heart attack risk falls by 20% to 30%.

There are several steps you can take to lower your cholesterol level, like losing weight if needed, being more active, and choosing healthy foods. Here are three simple steps toward a healthier, cholesterol-lowering diet:

- **Choose healthy fats.** Avoid saturated fats, which increase unhealthy LDL levels, and steer clear of trans fats, which both raise LDL and lower protective HDL. Instead, substitute healthier unsaturated fats found in fish, nuts, and vegetable oils.
- **Go with whole grains.** Whole-grain breads, pastas, and cereals help prevent a blood sugar roller coaster and make you feel full longer. Many of these foods contain fiber, which can help lower LDL levels.
- **Make other healthy choices.** Eat more fruits and vegetables. Ideally, substitute these for processed foods and sweets. Choose fat-free milk instead of whole milk. Opt for low-fat yogurt and pick brands that are not loaded with sugar.

If lifestyle changes don't get your cholesterol to a healthy level, ask your doctor if a cholesterol-lowering drug makes sense for you.

Harvard Medical School

Iodine Deficiency

Iodine is an essential mineral for normal thyroid function and the production of thyroid hormones. These hormones are involved in many processes in the body, including growth and metabolic rate. Iodine deficiency affects nearly 33% of the world's population. The most common symptom of this deficiency is goiter.

The Best Dietary Sources

- Seaweed: Fish: Dairy: Eggs
- Many countries have also added iodine to salt to help reduce the severity of the deficiency.

-Anaji Shah



14 Health Benefits of Eating Dark Chocolate

Dark chocolate is not a guilty pleasure; it actually comes with many health ... [READ MORE](#)



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Spiders Eat Up to 880 Million Tons of Insects Each Year



Humans eat up to 880 million tons of insects each year. [Read More](#)

According to a WHO report, about 5% of the world's population has some sort of disabling hearing loss. While the causes of the loss itself can vary, a recent study done by Kathleen Schieffer and her colleagues looks at how Iron deficiency anemia (IDA) has a link to hearing loss in adults in the United States. Iron deficiency anemia is caused by low levels of iron in the blood, and can be corrected by increasing iron in the diet as well as taking iron supplements.

10 Ways the EPA Has Protected Earth and You

By Laura Geggel, Senior Writer |



Credit: Andrew Burton/Getty Images

Since its establishment in 1970, the Environmental Protection Agency (EPA) has implemented acts to protect America's great outdoors, including its air, water and wildlife. However, the agency's future is in peril: During his campaign, President Donald Trump suggested eliminating the EPA, and more recently his administration suggested cutting the EPA's staff by 20 percent and its budget by 25 percent.

Here are 10 landmark acts and programs that the EPA has implemented over the years to help make the country more energy efficient and more environmentally safe. [\[Read the full story on what life would be like without the EPA\]](#)

Fish lower the mercury

by *Dr Norman Swan*

Eating fish lowers your chances of dying prematurely from heart disease, but there are concerns about the mercury content in some fish. A team of researchers have studied the mercury content of fish and they say the danger may not be so great after all.

We're told to eat fish frequently because people who do so have a lower chance of dying prematurely from heart disease. But at the same time there are scares about the mercury content in some of the fishy corpses on the fishmonger's slab. The fear - from high mercury intake, anyway - is of birth defects and nervous system damage but no-one's too sure about low level exposure.

Mercury gets into fish from industrial run off, from the atmosphere due to coal fired power generation, which is the largest source and, possibly, from car exhausts.

The key compound is methylmercury and research just published might lay concerns to rest a little.

A group from California and Sydney have tested fish samples from species like swordfish and orange roughy in a large machine called a synchrotron, which uses high powered X Rays to analyse chemical structures.

The good news - or potentially good news - was that the fish seemed to have removed some of the danger from the methylmercury by combining it with sulphur: forming a less bio-available form of the metal.

As usual, more research is needed but it does mean you shouldn't be too worried about throwing another swordfish steak on the Barbie.

Grapefruit

This citrus fruit changes the way certain cells in your gut take in and move medication through your body -- it can affect more than 50 drugs. It can make some, like fexofenadine (Allegra) for allergies, less effective and make others too strong, including ones that lower your cholesterol like atorvastatin (Lipitor).

[Is ADHD overdiagnosed and overtreated?](#)



Remote Amazon Tribe May Have Healthiest Hearts on Earth

FEATURED SLIDESHOW

Psoriasis: Moderate to Severe Forms

Psoriasis is an autoimmune disorder with raised, red, and scaly patches of skin.

[VIEW SLIDESHOW](#)

[Bladder Cancer Symptoms, Stages, Treatments](#) 

[Why Are My Ears Ringing?](#)

[Crohn's Disease Stomach Pain](#) 



[Trump's NASA Budget Would Cancel These 4 Earth Science Missions](#)

[Read Article](#)

6 ways to use your mind to control pain



If you have backache, fibromyalgia, arthritis, or other chronic pain that interferes with your daily life, you may be looking for a way to relieve discomfort that doesn't involve drugs. Some age-old techniques — including meditation and yoga — as well as newer variations may help reduce your need for pain medication. Research suggests that because pain involves both the mind and the body, mind-body therapies may have the capacity to alleviate pain by changing the way you perceive it.

[Discover ways to reduce your need for pain medication»](#)



Life - A Continuous Cycle of Learning.

Life and Learning go hand in glove
Starting from the day you are born
Continuing until to the Good Lord you are drawn
An experience that spans a person's life and love

Learning starts the day you are born with face aglow
Nestled in your Mother's arms; fed with tender care and adoration
Groping for the source that sustains
Thus commences your first lesson in life and love

The learning curve continues with much parental love
Thrilling your Parents when you crawl, walk and run
Soon learning to utter words, sing and doing things that are fun
Under the watchful eyes of your Parents who will cherish and adore

The next step is attending school that is close
With a satchel of books and uniform to adorn
The first few days are lot of fun and games and making friends
Soon to be followed by serious studies and more

On graduation you will seek a job with a future
A career that is to your satisfaction
And once established with time; and you have settled in
You find that it is time to retire

Reaching the age of retirement you think you are free
But you will soon find that the requirement to learn returns
No sugar; No salt; No spices is what the Doctor recommends
And this is the first step in learning to eat; to survive

Learning to walk with the assistance of a cane comes to the fore
As your body weakens and your movements worsen
Learning to use eyeglasses/contact lenses is a must for vision
And other bodily faculties that need to be learned; to be used with care

Always remember that in life - "Learning is like the ring on your finger - It has no end.
Noor Rahim (Canada)

Eating Red Meat

Beef and other meats are really protein-packed. Meat is also high in saturated fat, which can lead to high cholesterol and heart disease. If you choose red meats for protein, stick with the leanest cuts and be smart with portion sizes. To reduce your risk of cancer, the American Institute of Cancer Research recommends limiting red meat to 18 ounces a week and skipping processed meats like bacon, sausage, and lunchmeat.

Protein is an important part of every cell in your body. It has many jobs including giving you energy, repairing your bones and muscles, building cells, and helping with your immune system.

Some studies show that replacing protein for carbs may help you lose weight. High-protein foods move more slowly through your digestive system. That helps you feel full longer after you eat. And your body burns more calories digesting protein than digesting carbs. Protein also can help you avoid hunger pangs by keeping your blood sugar levels steady.

Iron Deficiency

This is extremely common (affecting more than 25% of people worldwide) and can cause anemia. It is even more common in preschool-aged children, vegetarians and vegans, and menstruating or pregnant women. Iron is important because it is the main component of red blood cells and it helps transport oxygen to cells. When you don't have enough iron, the quantity of red blood cells decreases and the blood's ability to carry oxygen throughout the body goes down. The common symptoms of iron deficiency are

- Tiredness: Weakness: Low energy: A weakened immune system

There are two types of dietary iron:

- **Heme iron:** This type of iron is very well absorbed by the body, but it is only found in animal foods, particularly in red meat.
- **Non-heme iron:** This type of iron is found in both animal and plant foods, but it's not absorbed as easily as heme iron by the body.

The Best Dietary Sources

Of heme iron,

- Red meat: Shellfish: Canned sardines

Of non-heme iron,; Beans: Seeds:

Broccoli: Kale: Spinach
Vitamin C helps increase the absorption of iron as well.

Anjali Shah for Cure Joy

Wrinkles



Wrinkles, crow's feet and laugh lines all occur with age. Sandalwood powder makes the skin firm and yet supple. It improves the skin texture and prevents premature skin aging and sagging.

Method: Apply the sandalwood paste on the face and leave it for ten minutes a day, everyday. Wash it off with cold water and pat dry with a soft towel.
CureJoy

Deep Vein Thrombosis and Pulmonary Embolism



Vitamin B12 Deficiency

Vitamin B12 is used in the body for blood formation and brain and nerve function. The body can't produce vitamin B12 on its own, so it's important to get enough from food or supplements. People who don't eat animal products are at an increased risk of deficiency (e.g., vegetarians and vegans). Some symptoms of the deficiency are

- Impaired brain function
- Megaloblastic anemia

The Best Dietary Sources

- Shellfish
- Organ meat
- Meat
- Eggs
- Milk products

Anjali Shah

Sandalwood powder is a natural and holistic method to treat skin conditions. It has numerous health benefits and has been used for centuries in Ayurveda. Sandalwood powder can treat skin rashes, blemishes, acne, and many other skin problems. Here are the methods to treat some common skin conditions using sandalwood powder.

For Pimples



When the skin produces sebum and oil in excess quantities, impurities, dirt and germs clog the skin pores. This traps the sebum and oil below the skin surface and results in pimples. A mixture of 1 tablespoon of sandalwood powder, 1 teaspoon of milk and a pinch of turmeric powder can cure this problem.

Method: Mix sandalwood powder and a pinch of turmeric powder with milk and make a paste. Apply the paste on the skin and leave it for half an hour. Wash it with cold water. The medicinal properties of sandalwood and turmeric together heals the affected areas and makes the skin glow.

CureJoy editorial(extract)



6 Vegan Alternatives to

Honey

Honey is not vegan, but luckily there are delicious alternatives to replace ... [READ MORE](#)

Vitamin C up to 10 times more effective than experimental drugs for Cancer

In total, the researchers measured the impact of seven substances: the clinical drug stiripentol, three experimental drugs (actinonin, FK866, and 2-DG), and three natural substances (caffeic acid phenyl ester (CAPE), silibinin, and ascorbic acid ([vitamin C](#)).

The research focused on the bioenergetic processes of CSCs, which enable the cells to live and multiply. The study aimed to disrupt the CSCs' metabolism and ultimately prevent their growth.

Of all the substances tested, the team found that actinonin and FK866 were the most effective. However, the natural products were also found to prevent the formation of CSCs, and **vitamin C was 10 times more effective than the experimental drug 2-DG.**

Additionally, the study revealed that ascorbic acid works by inhibiting [glycolysis](#) - the process by which glucose is broken down within the cell's mitochondria and turned into energy for the cell's proliferation.

Dr. Michael P. Lisanti, professor of translational medicine at the University of Salford, comments on the findings:

"We have been looking at how to target cancer stem cells with a range of natural substances including silibinin (milk thistle) and CAPE, a honey-bee derivative, but by far the most exciting are the results with vitamin C. Vitamin C is cheap, natural, nontoxic and readily available so to have it as a potential weapon in the fight against cancer would be a significant step."

"This is further evidence that vitamin C and other nontoxic compounds may have a role to play in the fight against cancer," says the study's lead author.

"Our results indicate it is a promising agent for clinical trials, and as an add-on to more conventional therapies, to prevent tumor recurrence, further disease progression, and metastasis," **Bonuccelli adds.**

Vitamin C has been shown to be a potent, nontoxic, anticancer agent by Nobel Prize winner Linus Pauling. However, to the authors' knowledge, this is the first study providing evidence that ascorbic acid can specifically target and neutralize CSCs.

[Learn how 300 oranges' worth of vitamin C can impair cancer cells.](#)

Written by [Ana Sandoiu](#)

[Common Painkillers Linked to Greater Risk of Cardiac Arrest](#)

[Read Article](#)



[Are Brown Eggs Healthier Than White Eggs?](#)

Some people believe brown eggs are healthier or more natural, while others feel that ... [READ MORE](#)

Doctors can tell whether you have high cholesterol by looking at your eyes.
YOUR ANSWER: True



EXPLANATION: The eyes are more than the window to your soul; they can be the window to your health. In addition to diagnosing eye disease and conditions, doctors may be able to see signs of high cholesterol, high blood pressure, diabetes, and other medical conditions by examining your eyes. Damage to the blood vessels at the back of the eye can be the first physical sign of a health problem. At the end of your exam, your doctor will decide if further testing or follow up is necessary to protect your vision and overall health.

Quote of the Day

"We are all here on Earth to help others; what on Earth the others are here for I don't know."

— *W. H. Auden*



Korean-Style Chicken Feet

The [Center for Biological Diversity](#) joined the Borderlands Project and other organizations Tuesday in launching [Embattled Borderlands](#), a new story map project that details the various places, people and [wildlife](#) put in harm's way by border walls and militarization. The immersive web platform combines a decade of photo documentation and scientific data to highlight a region at the crossroads of destructive border security policies.

"The U.S.-Mexico borderlands are breathtakingly beautiful, richly diverse and highly threatened by walls and militarization," said Randy Serraglio, conservation advocate with the Center for Biological Diversity. "Many people don't understand how special this region is or the destructive disaster that [Trump's](#) proposals would cause. The Embattled Borderlands project will help change that."



Trump's Border Wall Will Do 'Irreparable Harm'

The Center for Biological Diversity joined the Borderlands Project and other organizations Tuesday in ... [READ MORE](#)

[Warning issued about clinic supplying controversial cocktail of diet drugs](#)

Health authorities are warning Australian patients about taking cocktails of controversial weight loss drugs being offered by doctors linked to the failed Medical Weightloss Institute.

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Can You Be Obese And Healthy? | Video
Some obese people don't have any of the typical risk factors for heart disease or diabetes.

[Read More](#)

Computer Vision Syndrome

Eyestrain, red eyes, blurry vision, and irritation can all be signs of computer vision syndrome, which means your eyes are reacting to too much screen time. Take regular breaks to rest your eyes, install anti-glare filters, change the position of your computer monitor, and make sure you have adequate lighting. Lubricating eye drops and special computer glasses also might help.