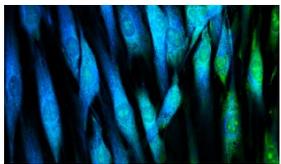


Easy Cardio Exercises To Do At Home

Running In Place



This super simple exercise will get your heart pumping! Just be sure to stretch before starting. This will reduce the risk of injury. To begin, place your arms in a natural running position. Begin picking up your feet, alternating left and right. Make sure to "run" on the balls of your feet. Start by doing this for 30 minutes straight and slowly increase over time.
Reps: 30 to 60 minutes
CureJoy.com



New Protein Revealed in Aging, Cancer

New treatments for aging and early cancer may result from the discovery of protein found to have a previously unknown role in the ageing of cells.

[Read the full story](#)

Cancer Cells Slayed by Vitamin C

Earth Day: Facts & History



Earth Day is an annual event, observed on April 22, that celebrates the planet's environment and raises public awareness about pollution.

[Read More](#)

Harmless' painkillers associated with increased risk of cardiac arrest

Researchers advise avoiding diclofenac and limiting ibuprofen to 1200 mg per day

EUROPEAN SOCIETY OF CARDIOLOGY

Sophia Antipolis, 15 March 2017: Painkillers considered harmless by the general public are associated with increased risk of cardiac arrest, according to research published today in the March issue of *European Heart Journal - Cardiovascular Pharmacotherapy*.¹

Non-steroidal anti-inflammatory drugs (NSAIDs) are among the most commonly used drugs worldwide and some, including ibuprofen, are available over the counter.

"Allowing these drugs to be purchased without a prescription, and without any advice or restrictions, sends a message to the public that they must be safe," said author Professor Gunnar H. Gislason, professor of cardiology at Copenhagen University Hospital Gentofte, Denmark. "Previous studies have shown that NSAIDs are related to increased cardiovascular risk which is a concern because they are widely used."

The current study investigated the link between NSAID use and cardiac arrest. All patients who had an out-of-hospital cardiac arrest in Denmark between 2001 and 2010 were identified from the nationwide Danish Cardiac Arrest Registry. Data was collected on all redeemed prescriptions for NSAIDs from Danish pharmacies since 1995. These included the non-selective NSAIDs (diclofenac, naproxen, ibuprofen), and COX-2 selective inhibitors (rofecoxib, celecoxib).



Whole Grains Increase Metabolism and Weight Loss

Replacing refined grains with whole grains increases calorie loss by reducing calories retained during digestion and speeding up metabolism.

[Read the full story](#)

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Thank you
Health editor



Spotted our Consul General (NSW)-Lal Wickrematunge serving a treat most graciously on Easter Saturday Dinner, at Niranjan & Anoja's residence, in Castle Hill, Sydney



Soak and soothe your tired heels

Wearing heels all day to work may lead to foot corns or sore feet. Indulge in an amazing foot soak to calm your tired toes.

How to Drink Wine

A guide by Eric Asimov



Donald Trump's shock tactics on North Korea may just work | Ian Birrell



We help you to make Health decisions wisely

VIDEO: Trump: 'We Are Very Much Behind Egypt'



President Trump expressed support for the Egyptian president, Abdel Fattah el-Sisi, during a meeting at the White House

Green Tea Side Effects And Who Must Avoid It

Green tea is mostly safe for adults when consumed in moderation. But people with stomach problems, iron deficiency, people with low tolerance to caffeine, pregnant or nursing women, people with anemia, anxiety disorders, bleeding disorders, heart conditions, diabetic, liver disease and osteoporosis should not consume green tea as it may have side-effects.

The high aluminum and lead content in green tea can lead to health conditions like low hemoglobin. The antioxidants catechins and tannins hamper iron absorption from your food. If you're not on medication for high BP, anxiety, or arrhythmia, 3 cups a day is fine. Have 2 cups max if you're pregnant. Don't drink it before bedtime if you have insomnia. Stay off it if you're anemic and ask your doc if you're undergoing chemo. -CureJoy

Non-stop Sydney-to-London flights could happen by 2022, says Qantas



'I feel so guilty': Muslim women discuss removing their hijab at work – video



Smoking causes one in ten deaths globally, major new study reveals



Improving the lives of MS and Alzheimer's patients Sri Lankan in the Research Group

Clinical trials are being conducted at the Southern Neurology's research and clinical trials Centre by a diverse and talented team of general neurologists, neuro-physiologists –Sherala Gunasekara a Sri Lankan and Melissa Murphy, as study coordinators with considerable experience in clinical trials.



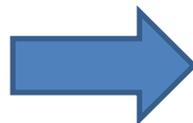
The team headed by Associate Professor Schwartz is proud that Southern Neurology is part of the Primary Health Care network, and says that his team are always happy to help.

Engaging in a clinical trial can be a daunting prospect for a patient and the team at Southern Neurology works hard to alleviate any concerns; their primary focus and concern is always the patient.

Anyone wanting to find out more about the research work of Southern Neurology can contact the study coordinators Melissa Murphy on MMurphy@southern-neurology.com.au (mailto:MMurphy@southern-neurology.com.au) and Sherala Gunasekara on SGunasekara@southern-neurology.com.au (mailto:SGunasekara@southern-neurology.com.au). As part of Primary's endeavour to ensure constant learning, the Institute will be hosting neurology webinars, presented by Associate Professor Schwartz over the coming months. The first in the series which discusses a guide to the management of tremors and Parkinsonism, was live on Thursday, 6th April.

Sherala Gunasekara is the daughter of Pastors Lanil and Ingrid Gunasekara, residents in Alford Point, Sydney.

- [Konda Kavum Recipe \(UYAMU\)](#)
YAMU
TV59,388 views



HEALTH TIP FOR THE DAY Taking salt in your food

Do you know how much of salt you consume daily in your food, including from sauces, salad dressings, pickles, cheeses and restaurant food among others? There is much salt in your processed foods, canned soups, canned tomato sauce, deli meats, smoked fish and dry fish, lunu miris and seeni sambol and all that. Some individuals further add more table salt at the dining table, quite a common habit we see. Do you know that one cup of ...

[See More](#)

Health tip of the Day Most Cancers can be avoided with suitable diet and exercise

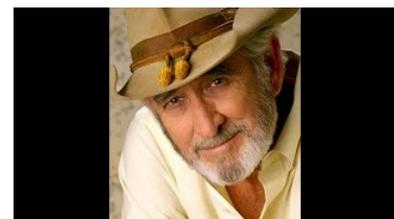
Please take this information seriously, before you are diagnosed with this life devastating word, "Cancer" Let's take for example colon cancer. This is the second most common cancer in most countries, including Sri Lanka. Smoking and being overweight account for about 9 percent of colon cancer. Smoking is getting less and less among Sri Lankan youth and adults and that may not be a factor to be ...

[See More](#)



Shania Twain And Dolly Parton Coat Of Many Colors

by Nostalgie2010
674,263 views



Don Williams - Gold Collection

by Elisvaldo Martins
88,101 views



2017 March for Science: What You Need to Know

Are you marching for science on Earth Day, April 22? Use this guide to get ready.

[Read More](#)

Discussion on Vaccinations

Dr. Mackenzie is now a plastic surgeon, but he formerly worked in the immunology division of the military overseeing vaccines. He was originally pro-vaccine because he had no idea that there were any physicians who questioned vaccines, not because he actually researched the matter. As he began to prepare to become a father, he decided to research vaccines further. He states in the interview that he had "no ax to grind" and "no skin in the game," and was therefore just looking for the truth. He read books by Dr. Andrew Wakefield and Dr. Suzanne Humphries that questioned vaccines, as well as books that promoted vaccines, particularly by Dr. Paul Offit. Dr. Mackenzie states: "Any physician who will do their own research, and look at the science, both sides of this, and look where the biases are, and look at the bad epidemiology that is out there, will have a change of heart. That's assuming they don't have a lot at stake."

[Read More...](#)

Road caved in on Anna Salai in

[View image on Twitter](#)

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Road caved in on Anna Salai in Chennai on Sunday afternoon. Passengers in an MTC bus and a car escaped (TOI pic by B A Raju)



Nobel Peace Prize laureate Malala Yousafzai selected to be UN messenger of peace



Note on the fridge

My Dear Wife,

You will surely understand that I have certain needs that you, being 54 years old, can no longer satisfy.

I am very happy with you and I value you as a good wife. Therefore, after reading this letter, I hope that you will not be upset that I will be spending the evening at the Comfort Inn Hotel with Chantelle, my 18 year old secretary. Please don't be upset. I shall be home before midnight.

[When the man came home late that night, he found the following letter on the dining room table:](#)

My Dear Husband I received your letter and thank you for your honesty about my being 54 years old. I would like to take this opportunity to remind you that you are also 54 years old.

As you know, I am a mathematics teacher. I would like to inform you that while you read this, I will be at the Hotel Fiesta with Michael, one of my students, who is also the assistant Rugby coach. He is young, virile, and (like your secretary) 18 years old.

As a successful businessman with a mathematical brain, you will understand that we are in the same situation, but with one small difference: 18 goes into 54 a lot more times than 54 goes into 18.

*Therefore, I will not be home until sometime tomorrow!
Sent by Rohantah Gunaratne (London)*



9 Foods That Can Trigger a Migraine

Migraines affect up to 15 percent of adults worldwide ... [READ MORE](#)

Breast Cancer: 10 Things to Know



Do You Have a Magnesium Deficiency? Here's How to Know



5 Ways China Is Becoming the Global Leader on Climate Change

Last week, the U.S. Environmental Protection Agency chief Scott Pruitt called the ... [READ MORE](#)

The Dalai Lama said that it is up to his followers, not China, to decide the fate of his office.

In a speech to tens of thousands of his followers in Arunachal Pradesh's Tawang, the Dalai Lama said that it's up to his [followers to decide](#) whether the office of the Dalai Lama exists in the future. The spiritual leader denied that he had any knowledge of where his successor would be born.

VIDEO: Bollywood dance workout



Samosa in Somalia



Yes, you read it right! [Samosa](#), the yummy snack that you eat here in India is banned in Somalia. Prepared from refined flour and a filling of meat or vegetables, the snack has a triangular shape which seemed to be a symbol of Christianity to 'Al-Shabaab group'. The shape didn't go well with the group, as they thought it resembles the Christian Holy Trinity and so they banned Samosa in Somalia in the year 2011.



It's Official: KFC Goes Drug-Free to Fight Superbug Crisis

What can America's most iconic fast-food chicken chain do to fight the growing epidemic of ... [READ MORE](#)

[Australia's politicians have betrayed the Great Barrier Reef and only the people can save it | David Ritter](#)



How to Feed the World Without Destroying the Planet

Island Earth is the story of a young indigenous scientist's journey through both sides of the GMO battle in ... [READ MORE](#)

Unpasteurized raw milk and dairy products in US

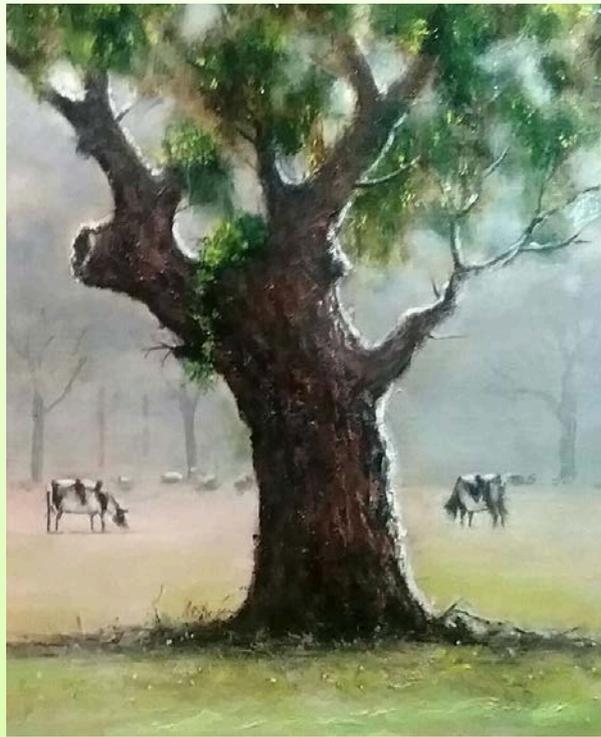


Due to some health concerns, there is prohibition on unpasteurized milk and all unpasteurized dairy products in Canada and in 22 states of the USA. The actual reason behind this ban is that the germs present in these products may spread listeriosis, E-coli and food poisoning.



ARTICLE
New (Pricy) Drugs Better Than Statins?

Two injectables may lower cholesterol better than statins, but are you willing to pay about \$14,000 a year for them? See how they work and who should take them.



A Tree more natural than the natural-painting by James Moron-Carlingford, Sydney

Vaccinating your child

Filmmaker Ty Bollinger and his team have scoured America and spoken with advocates, doctors, scientists, and researchers on BOTH sides of the vaccine debate, and their new documentary series is here.

[Introducing: The Truth About Vaccines](#)

This is a brand new, cutting edge documentary series - a must-see if you have children, grandchildren, nieces or nephews.

This new cutting-edge series explores both sides of the vaccine debate and gives you the full story, so that you can make your own decision about what's best for your family.

And they're releasing the whole thing for FREE on April 12th.

[Click Here To Watch The Entire Series For FREE](#)



What DASH Can Do for You

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

Cut the Salt

Too much salt causes fluids to build up in your body. This puts extra pressure on your heart. On DASH, you'll lower your sodium to either 2,300 or 1,500 milligrams a day, depending on your health, age, race, and any medical conditions. Here are some ways to cut back:

Choose low- or no-sodium foods and condiments. Watch foods that are cured, smoked, or pickled. Limit processed foods. They're often high in sodium.

Get Your Grains

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

Load Your Plate With Vegetables

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

Don't Forget Fruit

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

WebMD

HEALTH NEWS

Things you didn't know about female condoms



You can use these six secrets to enhance your knowledge about female condom.

HEALTH NEWS



Can ayurveda treat cancer? AIIMS to study

While proponents of the alternative therapy claim it does, the scientific community denies it, citing lack of evidence.



Which Type Of Banana Is Good For Health?

by [CureJoy Editorial](#)



Health Benefits Of Fenugreek: Natural[...]

by [Claude Butler](#)



Is a Glass of Wine at Night Healthy?

Drinking wine is like a U-shaped curve. A little bit is ok; a little more is bad news. For women, wine can be ... [READ MORE](#)



6 Reasons To Not Consume Ajinomoto During Pregnancy

Toe cramps can happen to anyone at any time. But how do you handle it? This type of muscle spasm can cause a lot of pain for a seemingly minor body part. Instead of just brushing it off, learn about these essential facts about toe cramps...

READ MORE

Vitamin C could halt the growth of cancer: High doses of the substance found in ORANGES is 10 times more effective than some trial drugs



University of Salford researchers claim that vitamin C starves cancer cells by preventing the mitochondria - the powerhouse of cells - from gaining any energy to grow.

80 comments

380 shares

Blood sugar and health

The body converts [carbohydrates](#) from food into sugar (glucose), which serves as a vital source of energy. Blood sugar levels vary throughout the day but, in most instances, insulin and glucagon keep these levels normal.

Health factors including insulin resistance, [diabetes](#), and problems with diet can cause a person's blood sugar levels to soar or plummet. Blood sugar levels are measured in milligrams per decilitre (mg/dl). [Ideal blood sugar ranges](#) are as follows:

- Before breakfast - levels should be less than 100 mg/dl for a person without diabetes and 70-130 mg/dl for a person with diabetes.
- Two hours after meals - levels should be less than 140 mg/dl for a person without diabetes and less than 180 mg/dl for a person with diabetes.

Chicken Biryani with Cucumber Raita

(Health article written by Dr Harold Gunatillake)



In this preparation- biryani consists of curried meat, poultry, fish or vegetables combined with basmati rice to make a complete meal. Here chicken curry is layered with the rice and baked, then served with a fresh cucumber raita. Source: Cook Smart for a Healthy Heart, Reader's Digest Canada

Biryani rice become... [See More](#)

The results, in the British Medical Journal, showed adults who drank no alcohol were 32 per cent more likely than moderate drinkers to have a heart attack.

Cheers! Drinkers who have one glass of wine a night 'are at less risk of heart failure than teetotallers'

Men and women who drank moderately – within 14 units of alcohol a week – were found to be less at risk. This is equivalent to a pint of very...

How does broccoli help prevent cancer? Study sheds light

Written by [Honor Whiteman](#)

Past research has suggested that sulforaphane - a compound present in broccoli and other cruciferous vegetables - can help to prevent cancer or slow its progression. A new study may have discovered how.

Researchers from Oregon State University (OSU) found that sulforaphane reduced the expression of long noncoding RNAs (lncRNAs) in [prostate cancer](#)

cells, which disrupted the cells' ability to form colonies - a hallmark of metastatic [cancer](#).

Previously believed to be "junk DNA" with no significant function, lncRNAs have increasingly emerged as key players in the development of numerous cancers, including prostate, breast, stomach, and [lung cancers](#).

Studies have suggested that lncRNAs can regulate gene expression - the process by which genes are switched on or off in order to do their jobs. When lncRNAs become dysregulated, it is believed that they can fuel disease development.

Not only does the new study provide further evidence of the role lncRNAs play in cancer, but it supports previous research hailing the anticancer effects of sulforaphane.

"It's obviously of interest that this dietary compound, found at some of its highest levels in broccoli, can affect lncRNAs," says principal study investigator Emily Ho, of the Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health at OSU.

"This could open the door to a whole range of new dietary strategies, foods, or drugs that might play a role in cancer suppression or therapeutic control," she adds.

Ho and colleagues recently reported their [results](#) in *The Journal of Nutritional Biochemistry*.



Shrine Over Jesus' Tomb in Danger of 'Catastrophic' Collapse



The shrine is built over the cave where Jesus was supposedly buried.

Scientists say it could fail catastrophically without further repair.

[Read More](#)

["Chromium supplementation, especially in the form of chromium picolinate...can improve both glucose and insulin metabolism" in diabetics, say researchers Dr. William T. Cefalu, and Dr. Frank B. Hu, citing several studies, on the American Diabetes Association Website.](#)

Breast Implants Linked to Cancer: How Does It Happen?



Women with breast implants are at increased risk of developing a rare type of cancer, the FDA said. But how do these implants increase the risk of cancer?

[Read More](#)

Who Knew? Sauerkraut Makes for a Healthy Life

By Dr. Mehmet Oz, MD and Dr. Mike Roizen, MD

On "Beat Bobby Flay," when chef Flay's world-famous tacos were bested by Brian Tsao's Korean beef and kimchi version, the not-so-happy Bobby found out the hard way that fermented cabbage (that's sauerkraut and kimchi) is just what's needed to create a tasty, healthful meal (and an entertaining TV show). Wanna give sauerkraut a try? Shred about five pounds of cabbage; then sprinkle it with three tablespoons of salt (it preserves the cabbage while fermentation begins).

Place the cabbage in a pot with a weighted lid. After a couple of days, or longer, in a cool environment, the sugar in the cabbage converts into lactic acid.

That prevents the cabbage from rotting and encourages the growth of lactobacilli – the probiotics also found in yogurt. (These bacteria bolster immune strength and help ease intestinal distress, including constipation and irritable bowel syndrome.)

For kimchi, before you start fermenting, add red pepper paste, ginger and garlic to the basic sauerkraut recipe.

If you don't make the sauerkraut or kimchi yourself, just make sure you're getting all their health benefits and flavor when you buy them: Choose only raw and unpasteurized products, surrounded by a lot of liquid in the jar. It's true that all fermented foods – that's also miso, tempeh and kefir – contain gut-friendly bacteria.

But cabbage (broccoli and Brussels sprouts, too) also has anti-cancer compounds called glucosinolates.

So get sweet on sauer, and add kimchi or sauerkraut to veggie dumplings or toss into a slaw and use them as condiments with stew or



Click here for the 9 Things You Need to Know about Kombucha, Kimchi, and Other Probiotic Foods slideshow.

Simple Secret to Sleep

What one technique may improve sleep quality and reduce insomnia and fatigue, among older men and women?



Woman sleeping - image from Shutterstock

As we age, we typically experience declines in the quality of our sleep.

Mindfulness [meditation](#) is a self-administered approach that intentionally focuses one's attention on the emotions, thoughts and sensations occurring in the present moment. David Black, from University of Southern California (California, USA), and colleagues enrolled 49 men and women, ages 55 years and older, who experienced moderately (or greater) disturbed sleep, who were divided into two groups. One group visited the study center for six weekly two-hour sessions of a course in Mindfulness Awareness Practices for daily living. Those included meditation, eating, walking, movement and friendly or loving-kindness practices. A certified teacher led the exercises and also instructed participants to meditate for five minutes daily, gradually increasing to 20 minutes daily. The other group attended six weeks of a sleep hygiene and education course, where they learned about sleep problems, and self-care methods for improving sleep, and weekly behavioral sleep hygiene strategies. Prior to the start of the six-week programs, the average sleep quality questionnaire score was 10.

At the end of the study period, those in the meditation group demonstrated improvement in their sleep score by an average of 2.8 points, compared to 1.1 points in the sleep hygiene group. Among those in the meditation group, daytime impairments, including symptoms of insomnia, fatigue and depression, were improved as well. The study authors conclude that: "Formalized mindfulness-based interventions have clinical importance by possibly serving to remediate sleep problems among older adults in the short term, and this effect appears to carry over into reducing sleep-related daytime impairment that has implications for quality of life."

VIEW NEWS SOURCE...

Black DS, O'Reilly GA, Olmstead R, Breen EC, Irwin MR. "Mindfulness Meditation and Improvement in Sleep Quality and Daytime Impairment Among Older Adults With Sleep Disturbances: A Randomized Clinical Trial." *JAMA Intern*

6 signs that it may be time to have a joint replaced



An ailing knee or a hip can make life miserable. Even if your doctor recommends it be replaced, you need to carefully weigh the risks and benefits before agreeing to this major surgery and understand that it will require significant rehabilitation to get back on your feet.

The most important factor in choosing to have a knee or hip replaced is how much it hurts and how much it is affecting your life. Here are six signals that it's time to have a knee or hip replaced:

1. You can no longer complete routine daily tasks without help.
2. You have significant pain, like pain that keeps you awake at night despite the use of medications, pain that keeps you from being able to walk or bend over, pain that isn't relieved by rest, or pain that isn't helped by non-surgical approaches.
3. Your doctor says that less-complicated surgical procedures are unlikely to help.
4. You have osteoarthritis and feel the disease is wearing you down physically, emotionally, and mentally.
5. You are suffering severe side effects from the medications for your painful knee or hip.
6. Tests show advanced arthritis or significant joint damage.

Finding the right surgeon and hospital can make a big difference to the success of your operation. In general, you're likely to have a better result and fewer complications if your surgeon performs the operation at least 100 times a year and operates in a hospital where replacements are routinely done.

Harvard Medical School

Global Warming Is Killing the Great Barrier Reef

The Great Barrier Reef has suffered "off the chart" damage.

[Read More](#)



Are Energy Drinks Good or Bad for You?

By [Dr. Keith Pearson, PhD, RD](#)

Energy drinks are intended to boost your energy, alertness and concentration.

People of all ages consume them and they continue to grow in popularity. But some health professionals have warned that energy drinks may have harmful consequences, which has led many people to question their safety. This article weighs the good and the bad of energy drinks, providing an extensive review of their health effects.



What Are Energy Drinks?

Energy drinks are beverages that contain ingredients marketed to increase energy and mental performance.

Red Bull, 5-Hour Energy, Monster, AMP, Rockstar, NOS and Full Throttle are examples of popular energy drink products.

Nearly all energy drinks contain the ingredient [caffeine](#) to stimulate brain function and increase alertness and concentration.

Energy drinks also typically contain several other ingredients. A few of the most common ingredients other than caffeine are listed below:

Sugar: Usually the main source of calories in energy drinks, although some do not contain sugar and are low-carb friendly.

B vitamins: Play an important role in converting the food you eat into energy your body can use.

Amino acid derivatives: Examples are taurine and L-carnitine. Both are naturally produced by the body and have roles in several biological processes.

Herbal extracts: Guarana is likely included to add more caffeine, while ginseng may have positive effects on brain function (1).

Summary: Energy drinks are designed to increase energy and mental performance. They contain a combination of caffeine, sugar, vitamins, amino acid derivatives and herbal extracts.

Energy Drinks May Cause Heart Problems in Some

Research seems to show that energy drinks can improve brain function and help you stay alert when you're tired.

However, there are also concerns that energy drinks have contributed to heart problems.

One review found that at least 17 people developed significant heart problems after energy drink use, which required them to visit the emergency room. Several of the people died from complications (8).

This is probably lower than the actual number of energy-drink-related heart problems, considering over 20,000 trips to the emergency department are associated with energy drink use every year in the US alone (9).

Furthermore, multiple studies in humans have also shown that consuming energy drinks may increase [blood pressure](#) and heart rate and decrease important markers of blood vessel function, which could be bad for heart health (10, 11).

Most experts believe that heart problems associated with energy drink use occur as a result of excessive caffeine intake.

This seems reasonable, since many of the people who suffered serious heart problems after drinking energy drinks were consuming more than three energy drinks at a time or also mixing them with alcohol.

Although you may need to be cautious about using energy drinks if you have a history of heart disease, consuming them occasionally and in reasonable amounts is unlikely to cause heart problems in healthy adults with no history of heart disease.

Summary: Several people have developed heart problems after consuming energy drinks, possibly due to drinking too much caffeine or mixing energy drinks with alcohol.

Real Flying Car Will Be Available for Pre-order This Year



No joke: a functioning flying car will be revealed this month.

[Read More](#)



BPS Boosts Breast Cancer Cells

Recent research reveals that BPS is not a safer alternative to BPA as it is an endocrine-disrupting chemical that multiplies breast cancer cells.

[Read the full story](#)

Great opportunity for equality
A United States federal court has ruled that females can expose their breasts in public because there is no difference between male and female breasts ...Thoughts?

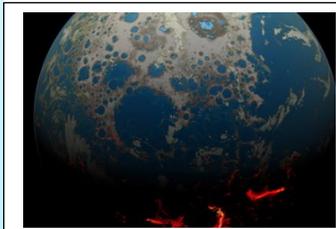


Biologics Can Prevent Joint Damage

With RA, your immune system mistakenly attacks your joints. Aggressive treatments like DMARDs and biologics slow joint damage by working on your defenses. Talk with your doctor about them.

[WebMD](#)

Discovery of Earth's Oldest Fossils Could Spur the Search for Life on Other Planets



Evidence of iron-eating microbes that existed earlier in Earth's infancy than previously known offers clues about where and what to look for in seeking signs of life elsewhere in space.

[Read More](#)



Top Anti-Inflammatory Foods

Incorporate these flavorful and powerful foods into your diet to help counteract inflammation.

[Read the full story](#)

When Are Biologics an Option for Arthritis?

If your RA hasn't responded to traditional disease-modifying medications like methotrexate or sulfasalazine, biologics may be able to help. Ask your doctor if it's an option for you

Potential Side Effects of Biologics

Like most medications, biologics can come with some side effects. For example, they may increase your chance of infections because they interrupt your immune system.

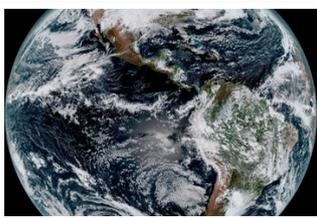
[WebMD](#)

Here's what we loved on the Day 3 of Amazon India Fashion Week



Here are the highlights from the 3rd day!

Trump's NASA Budget Would Cancel These 4 Earth Science Missions



On the chopping block are the Plankton, Aerosol, Cloud, ocean Ecosystem satellite; the Orbiting Carbon Observatory-3 experiment; the Climate Absolute Radiance and Refractivity Observatory Pathfinder mission; and the Deep Space Climate Observatory.

[Read More](#)

You can have heatstroke if your body temperature hits: 104F

If you've overdone it in really hot weather, watch for signs like nausea, confusion, fast breathing or heart rate, and headache. If you notice any of them, you need medical help right away.



When someone has a really low body temperature (hypothermia), you should put them under a heat lamp to warm them up.-False

Direct heat can hurt their skin or cause their heart to beat irregularly. Don't offer an electric blanket or heating pad, either. A few things that can help: Take off any wet clothes, cover them with blankets, and give them something warm to drink. Skin-to-skin contact is good, too. WebMD

Watch President Obama speak -- and sing -- at White House tribute to Ray Charles

President Barack Obama not only spoke at his final "In Performance at the White House" special tribute to...

[YOUTUBE.COM](#)



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Minimise your processed red meat eating- WHY?



Red meat has no fibre (soluble or insoluble) a most important ingredient for good functioning of your gut, including the health of trillions of microbiota, living in your gut to look after your health and well-being.

Trimethylamine N-oxide (TMAO) is a molecule produced by the microbes in your large gut when you consume red meat, eggs and dairy.

TMAO molecules produced by our healthy bacteria is harmful to our bodies: produces great blood vessel inflammation leading to atherosclerosis (hardening with plaques) including heart disease.

People who suffer from heart disease have very high levels of TMAO and the latter molecule causes blood clots.

TMAO causes inflammatory diseases in your large bowel-such as Crohn's disease, ulcerative colitis, including cancer.

Doctors now check for your TMAO level in your blood when you visit the casualty department (ER) with chest pain, and high levels are diagnostic of a heart attack.

This blood test could also give doctors a sense of a patient's risk for serious heart problems, such as heart attack or even death, a new study finds.

Another urgent blood test the doctors do at the emergency unit is to look at the levels of a compound called 'Troponin T' which is found in the blood after a person has a heart attack.

So presently in most hospitals both TMAO and Troponin levels are checked up to confirm acute cardiac events.

So the story you take home is not to add on red meat in to your basket, and make it as less frequent as possible, may be when inviting friends to dinner or at a celebration.

There are many expat Sri Lankans suffering from heart disease, and reading this brief article should minimise the future incidence and a recurrence of those who have had the cardiac intervention for an event.

Furthermore, your friendly trillions of microbiota inhabiting your large bowel will be happier if you consume high fibre foods.

They are your best allies and boarders and the tremendous amount of work they do to boost your immune system, digestion of certain foods, manufacture of certain vitamins and so on- needs to be remembered and given credit.

Dr Harold

Fatty and Fried Foods can cause Migraine



Fat may also affect susceptibility to migraines. This may be because high levels of certain fats in the blood lead to the production of [prostaglandins](#). Prostaglandins can cause your blood vessels to dilate, potentially leading to migraines and increased pain (10). One study on this association found that at the beginning of the study, participants eating a high-fat diet containing more than 69 grams of fat daily had nearly twice as many headaches at those who ate less fat (10). They also found that after reducing their fat intake, the participants' headache frequency and intensity decreased. Nearly 95% of the participants reported a 40% improvement in their headaches (10). Another study on a low-fat [vegan diet](#) found similar results, with reductions in headache pain and frequency (11). However, in both studies, other factors besides fat intake were changed, such as weight loss or excluding animal products.

Therefore, it's not possible to say for sure that lowering fat intake alone was responsible for the improvements.

Summary: Eating a diet high in fat may increase the frequency of migraines. Consequently, lowering fat intake has been shown to improve migraine intensity and frequency.

Authority Nutrition



U.S. Forces G20 to Drop Mention of Climate Change in Joint Statement

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Obese patients at risk in hospitals without overnight physicians

Obese people and those with multiple health problems should avoid major operations in small private hospitals where there is no physician overnight, experts say.



Teen Brain on Pot: New Study Examines First Exposures



A new long-term study could show scientists how first exposures to marijuana affect the teenage brain. [Read More](#)

How To Get Rid Of Mucus In Your Throat

by [CureJoy Editorial](#)

- [Drink Water](#)
- [Try Chicken Soup](#)
- [Use Eucalyptus](#)
- [Check Out Thyme Tea](#)
- [Drink Aniseed Tea](#)

Allergies and infections can cause excess mucus (phlegm) which irritates your throat. Sipping on warm fluids like chicken soup, thyme or aniseed tea, or just a plain glass of warm honey-lemon water can help loosen up or thin out the mucus, making it easier to expectorate. Equally soothing can be gargling with salt water and inhaling the eucalyptus-scented steam.

Jane Goodall: How Can We Believe It Is a Good Idea to Grow Our Food With Poisons? [@OrganicConsumer@JaneGoodallInst](http://rbl.ms/2nklQ1r)



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13 Ways to Lower Your Triglycerides

After you eat, your body converts the calories that you don't need into triglycerides and stores ... [READ MORE](#)

Celiac Disease Symptoms



Celiac disease is an uncommon disease in which your immune system attacks the cells lining the small intestine. The reaction is provoked by gliadin, one of the proteins in gluten that...

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ATMs, Coffee Shops Ideal Spots for Heart Defibrillators



By Amy Norton

HealthDay Reporter

MONDAY, March 20, 2017 (HealthDay News) -- ATMs and coffee shops may be among the best spots to place lifesaving defibrillators, a new study suggests.

Automated external defibrillators (AEDs) are devices that can be used by a layperson to restart the heart of someone in [cardiac arrest](#). But to do that, they have to be readily accessible.

The new study tried to locate where AEDs could potentially save the most lives.

Focusing on Toronto, the Canadian researchers found that many of the city's cardiac arrest emergencies happened near coffee shop chains, such as Tim Hortons and Starbucks, and ATMs connected to large banks.

In fact, those businesses accounted for eight of the top 10 hot spots.

While the study looked only at Toronto, lead researcher Timothy Chan thinks the findings would likely extend to other cities.

Both ATMs and chain coffee shops are ubiquitous, said Chan, who directs the University of Toronto's Centre for Healthcare Engineering.

They also have some other advantages, he noted: The coffee shops typically have long business hours, while ATMs are often accessible 24 hours a day -- which means their AEDs would likely be reachable when needed.

Plus, locals usually know where is the nearest ATM or Starbucks.

"If people generally knew that ATMs and coffee chains have AEDs," Chan said, "they might be able to respond more quickly when someone has a cardiac arrest."

Cardiac arrest is when the heart suddenly stops beating altogether. A common cause is ventricular [fibrillation](#), where the heart's main pumping chamber begins to quiver chaotically. It differs from a [heart attack](#), which is when blood flow to a part of the heart muscle is blocked because of a clogged vessel.

Dr. Benjamin Abella is director of the University of Pennsylvania's Center for Resuscitation Science, and a spokesperson for the American Heart Association.

As it stands, Abella said, AEDs are often available in places where large crowds gather -- like transportation hubs and sports stadiums. Some private businesses also buy them, to be able to respond to an on-site cardiac arrest.

[Signs of Type 2 Diabetes](#)



Breakfasts You Can Make The Night Before

Berries Pancake Bites



These bite-sized pancake bites can be loaded with berries of your choice (strawberries, blueberries, and cranberries) and are quick and easy to make.

Ingredients

- 1 cup flour
- 2 tsp sugar
- 2 tbsp melted butter
- 1/2 cup milk
- 1 beaten egg
- 1 tsp baking powder
- 1/2 tsp vanilla
- 1/2 cup berries of your choice (chopped preferably)

Directions

1. Preheat oven to 375°F.
2. Add baking powder and sugar to the flour and mix together.
3. Whisk together egg, milk, butter, and vanilla.
4. Mix all the ingredients together by adding wet ingredients to dry ingredients.
5. Now, spray the donut hole pan with nonstick spray.
6. Fill 2/3rd of each hole and press in 2-3 pieces of berries into them.
7. Bake for 12 minutes and then flip the pancake in each hole and bake for another 3 minutes.
8. Store them in a casserole to let them stay fresh overnight.

Cure Joy

Apple Cider Vinegar Rinse



Apple cider vinegar (ACV) is a wonderful option to resolve your hair fall woes. ACV is known to balance the pH levels of your scalp, prevent dandruff, treat dry and itchy scalp, and untangle your hair. You will notice the shine in your hair even after a single rinse. Use ACV to rinse your hair instead of shampooing it and be blown away by the results. Repeat once a week for effective results.-Cure Joy

Stuffed Breakfast Peppers



Rich in proteins and vitamins, and loaded with minerals the stuffed breakfast peppers are the go to options for a healthy morning start.

Ingredients

- 2 bell peppers
- 1 cup white mushrooms
- 1 cup broccoli
- 4 eggs
- 1/4 tsp cayenne pepper
- Salt and pepper, to taste

Directions

1. Preheat oven to 375°F.
2. Dice up mushroom and broccoli.
3. In a medium sized bowl, mix eggs, salt, pepper, cayenne pepper, and vegetables.
4. Cut peppers into equal halves. It is good to buy peppers which have flat symmetries, so they can be easily placed in the oven.
5. Deseed the peppers and pour a quarter of the mix into the pepper halves. Add more diced vegetables to fill up the empty space.
6. Place on baking sheet and cook for approximately 35 minutes.

Cure Joy



Antioxidants May Not Ward Off Dementia After All

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Does Caffeine Really Dehydrate You?

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Acute Pancreatitis

Sometimes, gallstones can set this off. It's inflammation of the pancreas, which makes enzymes and hormones like insulin that help with digestion. It causes severe stomach pain, nausea, vomiting, and a fever, and can be life-threatening. Seek medical help immediately if you have these symptoms. It also can be caused by heavy drinking, high levels of calcium, or a kind of fat called triglycerides.

WebMD

Vertigo

If you suddenly find yourself dizzy, you might have vertigo. It can happen if tiny crystals in your inner ear, which help you control your balance, get moved around. You're more likely to get it as you get older, probably because the crystals aren't held in place as well. Your doctor can treat it with a series of head movements that move those particles back into place.



A study published in the November 2008 issue of the journal Pediatrics, by scientists at the Johns Hopkins Bloomberg School of Public Health, showed that kids cared for by a grandmother were 50-percent less likely to get injured than children cared for by daycare workers, other relatives, or even the child's own mother.



Heart Attack

This is the big one: 735,000 people have one every year. A 50-year-old man has a 1 in 2 chance of getting heart disease at some point. The most common signs are chest pain, shortness of breath, and pain in your back, shoulders, or neck. You might also feel sweaty, dizzy, or like you're going to throw up. Your risk is lower if you're at a healthy weight, don't smoke, and get regular exercise. WebMD

What Is Junk Food?

Junk food refers to highly processed foods that are generally high in calories, refined carbs and unhealthy fats. They're also low in filling nutrients like protein and fiber.

Some examples include french fries, potato chips, sugary drinks and most pizzas.

Junk food is widely available, cheap and convenient. Also, it's often heavily marketed, especially to children, and promoted with misleading health claims (1, 2, 3).

While it is tasty, it is usually not very filling and is easy to overeat.

Interestingly, junk food may also affect your brain in a very powerful way, especially when consumed often and in excessive amounts (4).

It may trigger a massive release of dopamine, a neurotransmitter that helps control your brain's reward and pleasure center.

When your brain is flooded with dopamine in such unnatural amounts, it can cause [food addiction](#) in some people (5).

Summary: Junk food is inexpensive, low in nutrients and high in calories. It affects the reward center in your brain and may cause addictive behaviors in some people.

By Hrefna Palsdottir, MS

Deep Vein Thrombosis and Pulmonary Embolism

Include Mushrooms in your daily meals

By Dr Harold Gunatillake-Health writer

Chinese and Japanese eat lots of varieties of Mushroom. Some Sri Lankans in Sri Lanka believe they are poisonous. You still could buy the button variety grown locally in the super-markets and other market places. They need to be thoroughly washed before use, as the market ones look dirty.

Mushrooms grow from the soil and further reason to clean them before cooking. They require careful cleaning to re...

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Stephen

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Professor Stephen Hawking could one day realize his dream of space travel thanks to ... [READ MORE](#)

OPINION | OP-ED CONTRIBUTOR

How Trump Can Fix Health Care

By BENJAMIN DOMENECH

The House G.O.P. plan to replace Obamacare has won few fans on the right or left. Here's a proposal to unite them: catastrophic coverage for all.

No Evidence Fish Oil in Pregnancy Makes for Brainier Kids



Please share with friends

Diet Sodas-Weight gain:



In an ironic twist of physiological fate, an oft-cited 2005 review by researchers at the University of Texas concluded that people who drank diet sodas "consistently" gained weight. And a comprehensive 2010 review published in the Yale Journal of Biology and Medicine noted, "Several large scale prospective cohort studies found positive correlation between artificial sweetener use and weight gain."

Newsmax.com

Artificial sweeteners spike blood sugar

Microbiome disruption: A landmark study found that artificial sweeteners spiked blood glucose in rodents by up to 400 percent, and researchers blamed it on the chemicals' effect on bacteria in the gut microbiome. And a 2014 study on humans concluded that artificial sweeteners' impact on the microbiome is so significant it may have contributed to the obesity and diabetes epidemics in our country.

But Lefferts notes that the latter study only tested with saccharine and was "too small and too short to draw firm conclusions about effects over the long term. But the results are provocative and deserve further study." Newsmax.com

Losing weight

You can probably lose 120 pounds in a year by eating 500 calories a day (if you're really overweight) and exercising moderately, but the second you start to eat like a human being again (and I mean simply a normal diet), the weight will come crashing back into your life like 10-ton truck. You don't want to kill your metabolism by not eating enough.

The thing most of us don't realize is that by changing our diet rather than consciously counting calories, we start eating less.

Stay wary of this and try to organize the calories you consume around this concept. Yes, to lose weight, you need to consume less than you "normally eat." But avoiding junk food and drinks with tons of sugar and carbs rather than merely counting calories is the name of the game if you want to maintain any of the weight loss you achieve.

A study at the University of Washington asked women who were overweight to increase their protein intake to 30% of their total calories. The results were incredible! On average, these women started consuming 441 fewer calories per day without even thinking about it.

CureJoy

Metabolic changes: Although a study that tracked more than 40,000 men found no link between diet beverages and diabetes, Lefferts explains that sugar substitutes can interact with sweet-taste receptors not only in the mouth but also in the gastrointestinal tract and pancreas, causing gut hormones to be secreted and other metabolic changes. "That could affect the regulation of body weight," she says.

"The bottom line is that too much sugar is worse than too much artificial sweeteners," adds Lefferts. "If you're drinking a lot of sugar-sweetened beverages, switching to diet would be a step in the right direction. Even better would be plain water or water with a slice of lemon or lime or a sprig of mint, a little juice mixed into seltzer, or tea or coffee."

How Much Water Should You Drink



After reading this list, if you're wondering what the recommended daily intake of water should be, you may not find a perfect answer. Though most health care professionals recommend eight 8-ounce glasses, the general rule to follow is to listen to your body's innate thirst mechanism. Other factors to consider are your lifestyle and food habits. Many foods also contain plenty of fluid which is absorbed by the body. This is why you may not feel so thirsty on certain days. Here are some factors that may impact your water intake.

- **Regular Exercise:** If you exercise regularly or perform physical activity that makes you sweat excessively, you need to drink 1.5 to 2.5 cups more water than your usual intake.
- **High Intensity Exercise:** Intense physical activities like marathons and triathlons demand a lot of energy from the body. Make sure you drink more water and also sports drinks with electrolytes.
- **Environmental factors:** If the climate is hot and humid, your body will sweat more than usual resulting in water depletion. However, make you drink water in small quantities through the day.

Based on your lifestyle, figure out your approximate water intake and make sure that you're always hydrated. If you're not drinking enough water right now, it might take your body some time to adjust to the higher water intake and you might have to urinate more often. So give your body time and spread your water consumption through the day to avoid overhydration.-Cure Joy



Too much of chlorine in tap water can cause Cancer

As much as we would to think that tap water is safe to drink, the fact remains that most drinking water in the United States has been treated with Chlorine to disinfect the water. Drinking too much of chlorinated water over a period of time means increased intake of chlorine. Studies have shown that the risk of bladder cancer increased with intake of tap water and beverages made with tap water. -Cure Joy



Early Bladder Cancer Symptoms

Most bladder cancers are detected at early stages when the tumor has not spread outside the bladder and treatments are successful.

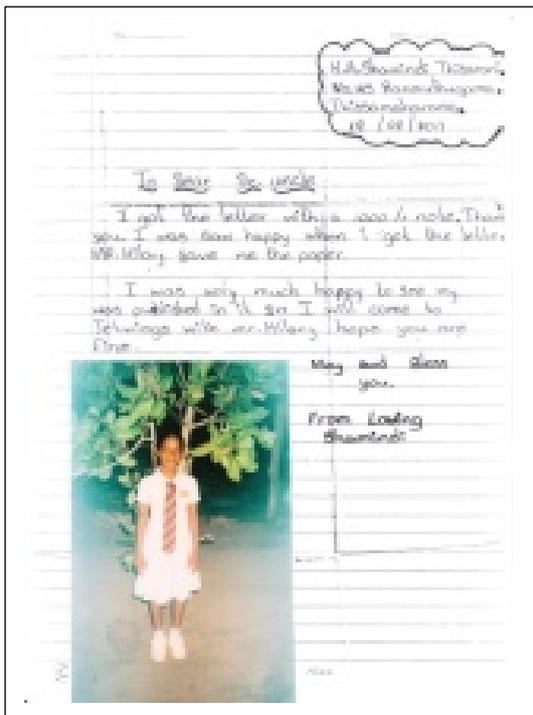
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You can snuggle your way to a better mood.

When you cuddle, cozy up, or snag a good hug, your brain releases something called oxytocin. Known as the "love" and "cuddle" hormone, it can lower stress and make you feel closer to someone. No one around to hug? You can get a big mood boost by petting your dog or cat, too. WebMD

Your brain changes when you hear a good joke.

When you laugh, chemicals called endorphins flow through your brain. They not only lift your spirits, but they also help your body ward off illness and ease pain. So go ahead: Giggle your way to better health. WebMD



SHAMINDI is aged 14 and in grade 9. Her father is a chena cultivator and her mother a housewife. She met AuSLMAT at the Beralihela Medical Centre when we did a clinic with Dr. Eresha two years ago. She will join us to visit the Yala wildlife sanctuary on Tuesday 4th July.

Her initial letter in January this year was written in English with the help of Hilary Mathiasz the English tutor for the whole village. Beralihela and Tissamaharama are quite close to the Yala sanctuary. Many of these children have never visited the sanctuary because there is a fee to enter. They live close enough to hear the trumpeting of the wild elephants! AuSLMAT makes a stop-over at Yala from the east coast of Sri Lanka on each of our visits to Sri Lanka. We support Mr. Hilary in his tutoring of these children in English. Poverty is no barrier to them learning to speak and write in English.
 Quintus de Zylva

FEATURED NEWS

Could a Blood Test Spot Autism?

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

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[Why America is NOT the greatest country in the world, anymore.](#)



Coconut oil. Scientific evidence suggests that consuming virgin coconut oil may help prevent obesity and reduce insulin resistance. Experts suggest using it in moderation due to its high saturated fat content

Bacon



The flavor of bacon has turned it into a meme in the breakfast world. Everyone loves bacon and anything can be improved upon with a heap of bacon added to it. Unfortunately your heart will be paying for this increase in fat at a later time. Research has shown that every 2 ounces of processed meat you eat, bacon and sausage for example, will see your risk for heart disease raise by an astronomical 42%. You're best served completely cutting the tasty treat out of your diet if you value the long term health of your body. At the very least you will want to cut your bacon intake down to the bare minimum and keep it to the occasional treat: such as going out for brunch with the family.
 Dailyforest.com

Cured or Processed Meats

Cured or **processed meats**, such as hot dogs or some lunch meats, contain preservatives known as **nitrites or nitrates**. In fact, in the 1970s when people first reported headaches after consuming nitrites, they were often referred to as "hot dog headaches" (1). Today, cured and processed meats are still often reported as migraine triggers. Nitrites may provoke migraines by causing the expansion of blood vessels. However, further research is needed to say how relevant this is for migraine sufferers (3).

Summary: Processed or cured meats often contain nitrates or nitrites, which may trigger headaches in susceptible people.

Authority Nutrition



Drinking too much of Water

Drinking too much water over a short period of time can have a serious impact on your brain. An excess of fluid in the blood reduces the concentration of electrolytes. This leads to increased fluid flow into the cells including the cells in your brain. If you're drinking more water and are also suffering from headaches, it could be a sign of overhydration. In severe cases, it's best to seek medical help immediately.-Cure Joy

Aged Cheeses cause Migraine

Cheese is often identified as a migraine trigger. Researchers have hypothesized that this is because aged cheeses contain high levels of **tyramine**, an amino acid that can affect blood vessels and trigger a headache (1). Other foods high in tyramine include those that are aged, cured, dried, smoked or pickled, including cheddar cheese, Swiss cheese, salami, **sauerkraut** and tofu. Unfortunately, the evidence on tyramine and migraines is mixed. Yet, more than half of the studies looking for a relationship between tyramine and migraines found that tyramine could act as a trigger in some people (3). High-quality studies are needed to confirm this link, though it's estimated that approximately 5% of people who suffer from migraines are sensitive to tyramine (3). If you feel your migraines are triggered by hard cheeses, this may be the reason why. **Summary:** Aged cheeses and other foods high in tyramine are often considered migraine triggers. The evidence is mixed, but there may be a link.
 AuthorityNutrition.com

Hypokalemia Or Potassium Loss if you drink too much of water/day



Potassium plays an important role in maintaining fluid balance in the body. Overhydration causes your body to expel more water through sweat or urine which can lower potassium levels in the body. Loss of potassium levels may cause hypokalemia, the symptoms of which could be such as vomiting, low blood pressure, paralysis, nausea, and diarrhea.
 Cure Joy



Drinking too much of water can give you muscle cramps

As mentioned before, consuming too much water will lead to a drop in your body's electrolyte levels. The resulting fluid imbalance also affects your muscular function which could lead to muscle spasms and cramping. If you're involved high endurance activities, it's important to not only drink more water but also to replenish your electrolytes. Having a sports drink can help as most of them contain electrolytes
 Cure Joy

Fruits to be consumed for people with diabetes

Wondering if you can eat fruits since you suffer from diabetes? Yes! Fruits are loaded with vitamins, minerals and fibre just like vegetables can be consumed by people with diabetes if their blood sugar is under moderate to good control.

Fruit contain carbohydrates, so you need to count it as part of your meal plan. Having a piece of fresh fruit or fruit salad for dessert is a great way to satisfy your sweet tooth and get the extra nutrition you are looking for.

#1: Kiwi: Many researchers have shown a positive correlation between kiwi consumption and lowering of blood sugar level.

#2: Black Jamun: Undoubtedly, this is one of the best fruit for diabetes patients. It is known to improve blood sugar control. Seeds of these fruit can be powdered and consumed by patients to control diabetes.

#3: Guava: Guava controls diabetes and it is good for preventing constipation.

Guavas are high in vitamin A and vitamin C and contain high amounts of dietary fibre. This fruit has a reasonably low GI (Glycemic Index).

#4: Cherries: Their GI value is 20 (or even lesser in some varieties) which makes it a healthy snack for diabetes patients at any time of the day.

#5: Peach: This tasty fruit is a great healthy treat, with a low GI value and therefore, a good option for patients with diabetes.

#6: Berries: In Diabetes, one can include a serving of different berries to keep their sugars in check. To name a few: strawberries, raspberries, cranberries and blackberries, are good for diabetes patients.

#7: Apple: Apples contain antioxidants, which help to reduce cholesterol levels, cleanse the digestive system, and boost the immune system. Apples also contain nutrients that help in the digestion of fats.

#8: Figs: This fibre rich fruit helps with insulin function in diabetes patients.

#9: Pomegranate: These tiny red rubies help diabetic people improve their blood sugar statistics.

Most fruits have a low GI because of their fructose and fibre content. Melons and pineapple have medium GI values as do some dried fruits such as dates, raisins, and sweetened cranberries.

Overall, fruits are encouraged for people with diabetes - so enjoy.

Dr. C. R. Anand Moses M.D., FRCP
Senior Consultant Diabetologist
(Former Director & Prof. Institute of Diabetology - Madras Medical College, Chennai)

It Takes Less Energy to Digest Junk Food



It requires energy to digest, absorb and metabolize the food you eat.

This is referred to as the **thermic effect of food** (TEF), and it generally accounts for around 10% of your daily energy expenditure (6).

Metabolizing **protein** in food requires a lot more energy than metabolizing carbs or fat (6, 7).

In fact, eating a high-protein diet may cause your body to burn up to 100 more calories per day (8, 9, 10).

Furthermore, the degree to which foods are processed affects the TEF. It will generally be higher when you consume whole foods made of complex nutrients, compared to refined, processed junk foods.

To investigate this, one small study in 17 healthy people compared two sandwich meals that differed in their level of processing, but not their macronutrient composition or calorie content (11).

The study found those who consumed a whole grain sandwich with cheddar cheese burned twice as many calories digesting and metabolizing the meal than those who ate a sandwich made with refined grains and processed cheese.

While this study was small, the results indicate that processed food requires less energy to digest and metabolize than whole foods. This leads to fewer calories burned throughout the day, making weight loss and maintenance more difficult.

Summary: Metabolizing food requires energy, which is referred to as the thermic effect of food. Processed junk food requires less energy from your body to digest because it's high in refined ingredients.

By Hrefna Palsdottir, MS



Drinking too much of water puts a strain on your heart

Your body has an effective water absorption mechanism. Almost 80% of the fluids you drink are absorbed by the small intestine through a process called osmosis. Water then enters the blood stream hereby increasing the overall volume of your blood. Drinking too much water can put undue strain on your heart due to the increase in blood volume and also lead to seizures in some cases.-Cure Joy

Social media triggers a hormone high.

It gives you a rush like a good workout or a long hug because it releases dopamine, your body's "reward" hormone. That's because the love you feel from social media affects the reward centers of your brain. Likes, shares, and retweets make us feel good -- and make us want to keep sharing. That helps explain why we spend too much time on our phones.

Bananas can boost your mood.

Bananas do have one of those uplifting hormones: serotonin. (It's commonly used in medications to treat depression.) But when it's in food, it can't get into your brain and won't affect your mood. You might feel better about yourself for choosing a healthy snack, though! -WebMD



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