

Misuse of Hand Sanitizer Linked to Poisoning Cases in Kids



Alcohol-based hand sanitizers are meant to help keep kids safe from germs, but when kids misuse them, the sanitizers may cause harm.

[Read More](#)

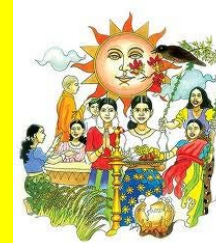


Here's what the Queen eats for breakfast, lunch and dinner

Queen Elizabeth avoids starch, likes to drink and generally keeps it simple. Her former chef says she's "not a foodie," unlike her husband.

[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. Circulation of this newsletter is global: 60% of our subscribers are from Australia; 30% from US; Remaining 10% from UK, NZ, Canada and others. Readers can promote this newsletter by recommending and sharing with others. If they wish to subscribe please email: haroldgunatillake1@gmail.com Thank you Health editor



Sinhala and Tamil New Year dawns on 13 April at 11.58 pm according to the Vaakkiya Tamil Almanac, and at 1.29 am on 14 April according to the Thirukkanitha Tamil Almanac on Kaarthigai star of the fourth stage, according to Hindu priests and astrologers.



Credit: Tim De Boeck / Shutterstock.com

An opal-mining underground town in Australia

The town of Coober Pedy in southern Australia (population: approximately 1,700) is hot. Very hot. The record high temperature in January (summer in the Southern Hemisphere) is 116.8 degrees Fahrenheit (47.1 degrees Celsius). Because of this desert climate, more than half of the town's residents live underground.

Coober Pedy is an opal-mining town, so perhaps it's fitting that residents dug to beat the heat. The dugout homes of Coober Pedy aren't [mole-people affairs](#), either. According to the town's website, some are positively mansion-like, with square footages of more than 4,800 square feet (450 square meters). Underground, the temperature stays a comfortable 77 degrees F (25 degrees C), no matter how the sun blazes above.

By Stephanie Pappas, Live Science Contributor

[White wine linked to higher risk of certain melanomas](#)-page 7

[Whole-Grain Foods May Help You Stay Slim](#)



Women wear traditional clothes and play the "Rabana" during the festive time

FESTIVAL HIGHLIGHTS

Watch the video!

Take a trip back in time and relive the magic of January.

[WATCH NOW](#)

US President Donald Trump to host Prime Minister Narendra Modi later this year, said the White House.

President Trump also expressed support for the Prime Minister's economic reform agenda and emphasized his great respect for the people of India," a statement issued by the White House said. On Monday, The [US President in a telephonic conversation congratulated PM Modi](#) on the outcome of recent state elections.

What Is Lactose Intolerance?

By Helen West for Authoritynutrition

Lactose intolerance is a very common digestive problem. In fact, it affects around 75 percent of the world's population (1).

Interestingly, it's most prevalent in Asia and South America, but much less common in parts of the Western world like North America, Europe and Australia (2).

Those who have it don't have enough of an enzyme called lactase. Produced in your gut, lactase is needed to break down lactose, the main sugar found in milk.

Without lactase, lactose can pass through your gut undigested and cause unpleasant symptoms like nausea, pain, gas, bloating and diarrhea (1).

Fear of developing these symptoms can lead people with this condition to avoid foods that contain lactose, such as dairy products.

However, this isn't always necessary, as not all dairy foods contain enough lactose to cause problems for people with an intolerance.

In fact, it's thought that many people with an intolerance can eat up to 12 grams of lactose at a time without experiencing any symptoms (3). To put that in perspective, 12 grams is the amount found in 1 cup (230 ml) of milk.

Additionally, some dairy foods are naturally low in lactose. Below are six of them.

Butter: **Hard Cheese:** **Probiotic yogurt:** **Some dairy protein powder:** **Kefir:** **Heavy cream**

Rare White Rhino Killed for Coveted Horn at French Zoo

March 07, 2017 | Article



A first-of-its-kind killing in a zoo does not surprise some conservationists familiar with rhino poaching.

[Read More](#)

Are You Familiar with the Health Benefits of Vitamin K?



Vitamin K was discovered in 1929 Germany by observing its coagulation factor for clotting. They called the newly discovered vitamin Koagulationsvitamin. That may be one of the most straightforward and clear vitamin functions in a label we'll ever see. Obviously that's where the K comes from.

[Read More...](#)

Sri Lanka Association of NSW-News



Dearest Members,
We kindly request your attendance and participation in our first ever 'Open Day'! An initiative of our President and his Committee, 'Open Day' is to be an ongoing, monthly get together where people simply gather and enjoy each other's company. It is a great opportunity to discuss matters relevant to our community, careers, or just general topics of interest. This is not a formal event and simply a chance to meet up for some light enjoyment and casual refreshments.

It will be held on the 4th of April from 1130AM-400PM at the Pennant Hills Leisure and Learning Centre. A nominal fee of \$5 will be charged as a contribution towards the cost of hosting this event, food, beverages etc.

Further details can be found on our website at <http://slansw.org.au/events/sri-lankan-open-day/>

If you have any questions or would like to discuss the event please contact Sam Masachchi on 0404042112 or Nick Berman on 0411216332.

Upper Respiratory Infection Versus Lower: What's the Difference?

The body's respiratory system includes the nose, sinuses, mouth, throat (pharynx), voice box (larynx), windpipe (trachea), and lungs. Upper respiratory infections affect the parts of the respiratory tract that are higher on the body, including the nose, sinuses, and throat, while lower respiratory infections affect the airways and lungs.

Upper Respiratory Infection

Types of upper respiratory infection include the common cold (head cold), the flu, tonsillitis, laryngitis, and sinus infection. Of the upper respiratory infection symptoms, the most common is a cough. Other symptoms of upper respiratory infection may include stuffy or runny nose, sore throat, sneezing, muscle aches, and headache.

Lower Respiratory Infection

Lower respiratory infection can be caused by bronchitis, pneumonia, respiratory syncytial virus (RSV), severe flu, or tuberculosis, for example. Lower respiratory infection symptoms include a severe cough that may produce mucus (phlegm), cause shortness of breath, chest tightness, and wheezing when exhaling.

Whooping Cough (Pertussis)

Whooping cough (pertussis) caused by the *Bordetella pertussis* bacterium. Whooping cough is a highly contagious respiratory infection characterized by uncontrollable, violent coughing that can make it difficult to breathe. The whooping cough sound comes from an ill person taking a deep breath after a coughing fit, making a "whooping" sound in the process of sucking air in.

What are the Symptoms of Whooping Cough?

Early whooping cough symptoms resemble a common cold, and include sneezing, runny nose, stuffy nose, fever, other cold symptoms, and a mild cough. After 1-2 weeks the cold symptoms of whooping cough get better but the cough gets worse and can last for weeks.

Anyone, including adults, can get pertussis, but whooping cough in infants can be particularly severe and even life threatening. Once considered a disease of yesteryear, whooping cough returned to national headlines in 2010 when 10 infants in California died during a whooping cough outbreak.

How is Whooping Cough Spread?

Whooping cough is highly contagious. Pertussis bacteria are usually spread by coughing, sneezing, or sharing a breathing space. People infected with whooping cough are most contagious up to two weeks after the cough begins.

Whooping Cough (Pertussis) Vaccine

The pertussis vaccine is recommended for both adults and children. This vaccine helps prevent the spread of infection of whooping cough in infants and others. Whooping cough vaccines are available beginning at 2 months old, with subsequent doses (booster shots) required throughout early adolescence.

Swine Flu (H1N1)

Swine flu (H1N1) is a respiratory illness caused by an Influenza-A virus. A virus's genetics allow that particular virus to live inside a specific species, like a human, cat, dog, monkey, and others. The swine flu gets its name because the Influenza-A viruses that causes swine flu (H1N1v viruses) show genetic similarities to viruses that infect pigs.

Swine Flu Symptoms

As with any seasonal flu, swine flu symptoms can include fever, cough, sore throat, a general feeling of being unwell (malaise), headache, chills, muscle pain, and joint pain. Swine flu symptoms can also include vomiting and diarrhea.

Can You Catch Swine Flu from Eating Pork? How is Swine Flu Spread?

Swine flu cannot be spread by eating cooked pork products. It is possible for swine flu to spread from pigs to humans, though this type of spread is most common among people in places like pig barns and livestock fair exhibits housing numerous live pigs. Usually, swine flu is spread from person to person though sneezing, coughing, or kissing. H1N1 flu is typically contagious from 1 to 7 days of the initial viral infection.

Swine Flu Vaccine The swine flu vaccine is prepared either as a shot or as a nasal spray. As a shot, the swine flu vaccine is a "killed virus" vaccine. As a nasal spray, the H1N1 virus vaccine is a "live virus" vaccine that has been weakened (attenuated). In each case, the swine flu vaccine works by exposing patients to a small dose of the virus, which helps the body develop its own immunity to swine flu. People as young as six months old can begin to receive swine flu vaccination.

Medicine.net

GLOBAL WARMING IS A CONTRIBUTORY FACTOR FOR OBESITY

Dunking yourself in cool water is a remedy so old that [Hippocrates recommended it](#), and Charles Darwin famously underwent a regime of being "[scrubbed with a rough towel in cold water for two or three minutes](#)" to improve his ailing health. For present-day scientists, the fascination with the power of cold continues, with everything from a blast of icy water during a morning shower to walking topless in winter being studied as a possible quick-and-simple path to a healthier life.

A new report from the [Leiden University Medical Centre](#) in the Netherlands has linked global warming with a rise in type 2 diabetes, and numerous studies in the past few years have lent credence to the idea that [artificial heat may be a contributing factor to obesity](#), as it has caused our metabolisms to slow down. The theory goes that of the two types of fat in the body (white and brown) brown fat burns calories, and there's evidence to suggest that [when you're cold, brown fat is either produced, or activated](#). In our world of central heating and controlled environments, we simply aren't cold often enough. So which of all the practical cooling tips may actually improve our health?

Rebecca Nicholson

Outdoor swimming has [exploded in popularity in the last few years](#), thanks to reports of its magical properties. The cold shock can [boost the immune system](#), improve mental health by stimulating endorphins, dopamine and serotonin, and [reduce uric acid](#), which means it's easier to cope with stress.

Moratuwe is the Place

<https://m.youtube.com/watch?v=wTaJbcRFVJk>

Problems When You Pee

Many men have urinary issues as they get older, like the need to go more often, leaks, or a weak stream. Usually, these are signs of an enlarged prostate, but they could also mean prostate cancer. See your doctor for an exam and maybe a special blood test called a PSA test.-WebMD

Infant's Rare 'Parasitic Twin' Successfully Removed with Surgery

A 10-month-old girl who was born with a rare "parasitic twin" attached to her body has undergone a successful surgery.

[Read More](#)



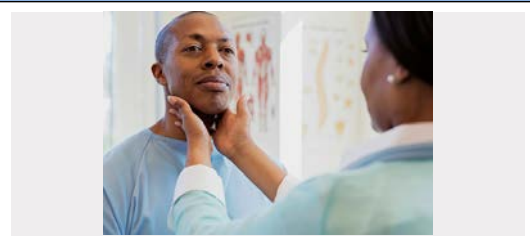
Nagging Cough

If you don't smoke, there's very little chance a nagging cough is a sign of cancer. Usually, it's caused by postnasal drip, asthma, acid reflux, or an infection. But if yours doesn't go away or you cough up blood -- especially if you are a smoker -- see your doctor. She may test mucus from your lungs or do a chest X-ray to check for lung cancer.



Bloating

You may have a full, bloated feeling because of your diet or even stress. But if it doesn't get better or you also have fatigue, weight loss, or back pain, have it checked out. Constant bloating in women may be a sign of ovarian cancer. Your doctor can do a pelvic exam to look for the cause.



Swollen Lymph Nodes

You have these small, bean-shaped glands in your neck, armpits, and other places in your body. When they're swollen, it often means you're fighting an infection like a cold or strep throat. Some cancers like lymphoma and leukemia can also cause this kind of swelling. Talk to your doctor to pinpoint the cause.



Stephen Hawking Fears He's Not Welcome in Trump's US

[Read Article](#)

Bitter melon seeds cure cancer: Research



A research conducted by the Peradeniya University has revealed the potentiality of bitter-melon seeds in destroying cancer cells.

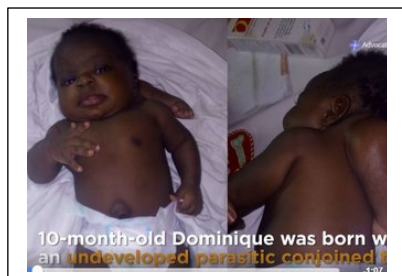
Prof. Jayantha Rajapaksa of the Veterinary Faculty engaged in the research said during his one-year research it was possible to discover the Alpha Steric Fatty Acid (ASFA) contained in bitter-melon seeds which was capable of suppressing cancer cells.

There is a general belief among people that bitter melon has medicinal value for diabetes but they do not take its seed as food which is a medicine in whole also capable of the lowering sugar levels he assessed.

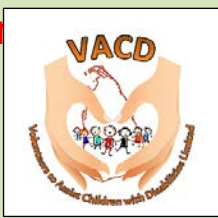
One kg of pesticide-free bitter melon seeds costs about Rs.8,000 and eight seeds are necessary to produce one capsule of bitter melon medicine he said. He also said this medication has no side effects and it is now being administered to patients at the Kandy General Hospital Cancer Unit and had proved success.

This innovative medicine will soon be presented to the Medical Faculty of the Peradeniya University, he added. (*Nadeeka Daya Bandara*)

<http://www.dailymirror.lk/article/Bitter-melon-seeds-cure-cancer-Research-125767.html#sthash.3oA1xs3i.dpuf>



10-month-old Dominique was born with an undeveloped parasitic conjoined twin.



ETSY RipplesGifts:

I am delighted to invite you to visit 'RipplesGifts', an online store at Etsy, which is a global E-marketplace for handmade and vintage items by following the link below that will take you directly to the shop: https://www.etsy.com/au/shop/RipplesGifts?ref=hdr_shop_menu/

This is my own initiative to raise funds for VACD's ongoing programs and projects. Notwithstanding the number of hours I spend to get these items ready (which I really enjoy) and the cost of materials being borne by me. I am thrilled that all gross proceeds of sales are donated by me to VACD and hope that this initiative will assist us to boost our financial position and mission.

Given that there are thousands of similar shops on Etsy it would significantly improve my chances of being more visible to prospective shoppers if you could please mark RipplesGifts as a 'favourite' (button on top left of home page) shop and mark as a 'favourite' any item/s on RipplesGifts that catches your eye and you like. Please remember to pay RipplesGifts a visit for your gift needs and please share this information and the weblink among your friends, family, colleagues and loved ones – Thank you

Social Media / Facebook:

Please visit the VACD Facebook page on: <https://www.facebook.com/Volunteers-to-Assist-Children-with-Disabilities-1104614162919537/?fref=ts> or through the Facebook icon on the VACD webpage: <http://www.vacd.org.au/>. This page is regularly updated with news and information on VACD, up-to-date expert opinions and recommendations, postings and links to inspirational talks and videos etc. Please leave comments/likes and encourage and invite your family, friends and colleagues to do the same so that we can broaden our reach and mission. To those who already follow us – thank you!

Ongoing Programs & Projects

- **EAP:** We are delighted to report that all sponsors under the Educational Assistance Program (EAP) where a monthly payment of \$20 or Rs.2000 per child goes directly to the child for educational purposes have agreed to continue with their sponsorships, while thanks to the Derana TV documentaries and efforts by friends and family others have also pledged their assistance to this initiative. There are still more eligible children on the waiting list awaiting sponsorship.
- **Microfinancing:** The Regional Development Bank, Bandarawela in collaboration with VACD have extended microfinance to five parents of VACD children of Rupees 50k each to set up a grocery store, agriculture, sale of party goods, and Tea cultivation for 2 parents.
- **VACD Centres:** We continue to explore ways and means to establish much needed VACD centres in Badulla, Welimada and Mahiyangana because the local authorities lack the resources to provide the facilities that we do and have urged us to extend our services across province.

Many thanks to....

- Multilac Paints in Colombo for donating paint for a much-needed facelift of our VACD Centre in Bandarawela.
- Ataraxia Capital Partners, Colombo and Capital Alliance Group, Colombo for their donations of computers to the VACD Bandarawela centre

VACD Webpage: You can find us on <http://www.vacd.org.au/> for more information on our charity and how to provide tax deductible (Australian Tax payers) financial support for our projects, programs and mission.

Please join us and encourage your friends, family and colleagues to be part of this incredible, challenging and extremely rewarding altruistic journey which we have been on for the past five+ years.

We would love to hear from you.

Many thanks, best wishes, warm regards, Love & God Bless...Yasmin

[Yasmin Stephen](#)

Administration & Communications Secretary

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<http://www.vacd.org.au/>

<https://www.facebook.com/Volunteers-to-Assist-Children-with-Disabilities/>

<https://www.etsy.com/shop/RipplesGifts/>

Health Tip

No reputable research has found using antibacterial cleaning products in your home will cut sickness. Even hospitals use regular detergent except when there are highly infectious outbreaks of illness.

Does cleaning with antibacterial products reduce illness in your home?

The Health Quarter with Sophie Scott

Dance moves harming young bodies



[Watch video](#)



Eating peanuts may prevent heart attack



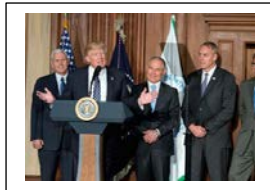
Eating peanuts with a meal may help protect against cardiovascular diseases such as heart attacks and stroke.

This is how you should drink water



Just like there are rules to eat, there are rules to drink water too. Here are some you probably didn't know.

Trump Ditches Clean Power Plan: What It Means for Science & Health



President Donald Trump signed an executive order today (March 28) that dismantles the Clean Power Plan, an Obama-era regulation that would have set limits on emissions of carbon dioxide and other pollutants from power plants.

[Read More](#)

• [Play Me The Waltz Of The Angels – Owen Mac](#)



Myths and Facts About Back Pain

Back pain is extremely common. In fact, 80% of people will have significant back pain.

[VIEW SLIDESHOW](#)

ARTICLE

Costochondritis and Tietze's Syndrome

Costochondritis is a common form of inflammation of the cartilage where ribs attach to the breastbone (the sternum). [Read more...](#)

Ed: You need to differentiate this condition from chest pain from heart disease (angina). Press on your ribs near the sternum bone in front of your rib cage. If you feel the pain (tender), it is not heart disease- Aren't you relieved knowing this condition?

How Urine Could Help Astronauts Grow Food in Space



Scientists are growing tomatoes in urine to feed future Mars astronauts.

[Read More](#)



The best natural home remedies to

DIY treatments to help soothe period pain, headaches, and more.

[Read more](#)

What Is a Stroke?

When the brain's blood supply is inadequate, a stroke results. Stroke symptoms (for example, loss of arm or leg function or slurred speech) signify a medical emergency because without treatment, blood-deprived brain cells quickly become damaged or die, resulting in brain injury, serious disability, or death. Call 9-1-1 if you notice stroke symptoms developing in someone.

Stroke Symptoms

Initial symptoms of a stroke can occur in someone suddenly. Know these signs of a stroke:

Difficulty speaking

Difficulty understanding or confusion, especially with simple tasks

Difficulty with muscle strength, especially on one side of the body

Difficulty with numbness, especially on one side of the body

Severe headache

Vision changes (in one or both eyes)

Difficulty with swallowing

Facial droop on one side

Signs of a Stroke

F.A.S.T. Test

F means face -- If one side of the face droops, it's a sign of a possible stroke

A means arms -- If the person cannot hold both arms out, it's another possible stroke sign

S means speech -- Slurring words and poor understanding of simple sentences is another possible stroke sign

T means time -- If any of the FAS signs are positive, it's Time to call 9-1-1 immediately

Diagnosing Types of Strokes

There are two main types of strokes (ischemic and hemorrhagic) and they are treated differently. They are often emergently diagnosed by a head CT scan (or an MRI scan).

Ischemic Stroke

This slide shows a CT scan of an ischemic stroke, which is responsible for about 80% to 90% of all strokes. Ischemic strokes are caused by clots that reduce or stop blood flow to the brain. The clot may develop elsewhere in the body and circulate to become lodged in a blood vessel in the brain, or the clot may originate in the brain. Ischemic strokes are usually divided into two main subtypes: thrombotic and embolic.

Thrombotic Stroke

Nearly half of all strokes are thrombotic strokes. Thrombotic strokes are caused when blood clots form in the brain due to a diseased or damaged cerebral artery.

Embolic Stroke

Blood clots also cause embolic strokes. However, in the case of embolic strokes, the blood clot forms in an artery outside the brain. Often these blood clots start in the heart and travel until they become lodged in an artery of the brain. The physical and neurological damage embolic strokes cause is nearly immediate.

Medicine.Net

Glaucoma

Glaucoma is a group of eye diseases that develop due to elevated intra-ocular pressure (IOP) within the eye. The increased pressure affects the optic nerve and may cause vision loss. Glaucoma is classified either as open-angle (the more common form that is usually painless) or angle-closure glaucoma (which often occurs suddenly and is associated with pain and redness of the eye).

In the early phases of glaucoma there are often no symptoms. By the time vision is affected, the damage is permanent. Progression of glaucoma can be slowed or halted with eye drops, laser treatments, or surgery so early diagnosis is key.

Cataracts: A cataract is a painless cloudy lens in the eye that causes blurry vision. It progresses slowly as we age (most people who live long enough will have some cataract-like changes to their cornea). Other causes of cataracts include diabetes, trauma, some medications, and excessive UV light exposure.

Your doctor can see a cataract while doing a routine eye exam. Treatments for cataracts include eyeglasses, magnifying lenses, or surgery. Surgery is curative as the cloudy lens is removed and replaced with an artificial one. The need for surgery and the risks involved should be discussed with your eye doctor.

Age-Related Macular Degeneration (AMD)

Age-related macular degeneration is an eye disease with onset at any age, usually after age 60, that progressively destroys the macula, the central portion of the retina that helps with focus. It rarely causes total blindness as only the center of vision is affected.

There are two types of AMD: wet and dry. In wet AMD, abnormal blood vessels behind the retina start to grow, leaking blood and fluid, causing loss of central vision, which may occur quickly. In dry AMD, the light-sensitive cells in the macula slowly break down causing central vision to diminish over time.

Retinal Detachment

Retinal detachment occurs when the retina (tissue in the back of the eye) separates (detaches) from its underlying structures. The buildup of fluid behind the retina is what separates the retina from the back of the eye. Retina detachments are often painless, and symptoms that may be noticed include perception of flashing lights, floaters, or a curtain drawn over your visual field. Risk factors for retinal detachment include being a nearsighted adult age 25 to 50, or an elderly person after cataract surgery. Treatment for a detached retina involves surgery, mostly using lasers, that can improve vision affected by the retinal detachment.

Conjunctivitis (Pink Eye)

Conjunctivitis, or pinkeye, is redness and inflammation of the clear tissue covering the eye and the inside of the eyelids (conjunctiva). It is commonly caused by bacterial or viral infections but may also be due to irritants (chemicals, pollutants, or allergens).

Most cases of infectious conjunctivitis are viral and do not need treatment with antibiotics. Bacterial conjunctivitis can be treated with antibiotic drops or ointments prescribed by your doctor. A crusty discharge may make it difficult to open the eyelids. If this happens a warm, wet compress may be applied to the eyes to gently remove the crusting.

To reduce the spread of the infectious conjunctivitis, wash hands frequently, do not share eye drops, cosmetics, towels, or washcloths. -Medicine.Net

'Fearless Girl' statue stares down Wall Street's iconic bull



NEW YORK (AP) — A new statue of a resolute young girl staring down Wall Street's famous Charging Bull was erected by a major asset managing firm for International Women's Day to make a point: There's a dearth of women on the boards of the largest U.S. corporations. State Street Global Advisors, the Boston-based investment giant, had the statue created to push companies to increase the number of women directors.

Artist Kristen Visbal's "Fearless Girl" drew crowds Wednesday that initially came to pose for pictures with the bull, but the novelty quickly became a New York hot spot.

The girl is sculpted in bronze, her hands firmly planted on her waist, ponytailed head held high.

"Know the power of women in leadership. SHE makes a difference," reads a plaque at her feet.

"As a steward of nearly \$2.5 trillion of assets, we want to engage with boards and management around issues that we think will drive core results," said Lori Heinel, State Street's deputy global chief investment officer. "And what you find repeatedly is having more diverse boards and more diverse senior management will actually drive better results for companies." Twenty-five percent of the Russell 3000 — a broad index of U.S. companies — have no women on their boards, according to State Street, which manages many of their assets.

According to ISS Analytics, a business research firm, just 16 percent of board seats on companies in the Russell 3000 are held by women; the average board of directors has eight men and one woman. "It's going to happen to the end of time unless you change something," says Erik Gordon, a lawyer and professor at the University of Michigan's Ross School of Business. "It's got to not just be the rules. It's got to be the culture."

State Street has three women on an 11-member board. Heinel said her company also will urge those in Great Britain and Australia to add women to their leadership. [Losangelespost.com](https://www.losangelespost.com)

Curejoy Expert Dr. Janardhana Hebbar Explains:

Is Banana Weight Loss or Gain Fruit?



As with any food eating in excess will lead to side effects that you didn't bargain for. Bananas contains approx 105 calories, out of which just 3 come from fat. The amount of carbs (around 27) in the form of fruit sugars should also not worry you much as these are broken into glucose instantly providing energy for your workouts and any strenuous activity. Ask any athlete, weight trainer, nutritionist or healthy-living buff and he will vouch by the boost that the humble banana provides. Forget the body, but for the brain glucose is the primary energy source to function effectively.

Considering you overeat bananas (more than 2 a day) the additional glucose gets stored as glycogen in your muscles and liver, as primary energy source when required. Only when it crosses this storage limit does the glucose gets stored as fat. Nutritionists feel that you need to eat a whole lot of bananas to reach these limits and it depends a lot on your level of activity, metabolism, age, body type and other factors.

Bananas will provide enough nutrition and energy needed for healthy weight sustenance and only excess will lead to slight weight gain. Nutritionists and dietary experts recommend having a mix bowl of fruits to avoid excess of one and also to get the benefits from a wide variety of fruits. So pick up seasonal fruits, add in a banana or two and keep the weight gain fears to rest.



12 Fruits and Vegetables You'd Better Buy Organic

EWG's analysis of tests by the U.S. Department of Agriculture found that nearly 70 percent of ... [READ MORE](#)

What Is a Pescatarian and What Do They Eat?

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

A pescatarian is someone who adds fish and seafood to a vegetarian diet.

There are many reasons people choose to forgo meat and poultry, but still eat fish.

Some people choose to add fish to a vegetarian diet so they can get the health benefits of a plant-based diet plus heart-healthy fish.

Others might be trying to curb the environmental impact of their diet. For some, it might be simply a matter of taste.

This article explains more about the benefits and drawbacks of a pescatarian diet, including exactly what a pescatarian does and doesn't eat.



What Is a Pescatarian?

Most simply, a pescatarian is someone who doesn't eat meat, but does eat [fish](#).

The term pescatarian was coined in the early 1990s and is a combination of the Italian word for fish, "pesce," and the word "vegetarian." Sometimes it's spelled "pescetarian," but this means the same thing.

In scientific literature, this diet is often described as "pesco-vegetarian," and is lumped into the spectrum of vegetarianism (1).

By that definition, a pescatarian is someone who chooses to eat a [vegetarian diet](#), but who also eats fish and other seafood. It's a largely plant-based diet of whole grains, nuts, legumes, produce and healthy fats, with seafood playing a key role as a main protein source.

Many pescatarians also eat dairy and [eggs](#).

Of course, just as vegetarian diets can vary widely, so can pescatarian ones. It's possible to eat a meat-free diet that's full of processed starches, junk food and fish sticks, rather than a healthier one based on whole foods.

Summary: A pescatarian is someone who follows a mostly vegetarian diet but also eats fish and seafood.

[Authoritvnutrition.com](https://www.authoritvnutrition.com)

Health Benefits of Baking Soda And Castor Oil Mix

Nature cures have made a comeback as the go-to remedies to treat that rash, cold, and even more serious ailments.

One such recipe is mixing: baking soda and castor oil...

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Penicillin: Discovery, Benefits and Resistance

Penicillin is a drug used to fight bacterial infection. After its accidental discovery, it was hailed as a "miracle drug." However, over the years, some bacteria have become resistant to penicillin, making some infections difficult to treat.

[Read More](#)

Amazing Health Benefits Of Tea Tree Oil

by [CureJoy Editorial](#)

Widely known for its topical antiseptic and anti-fungal properties, tea tree oil deserves a permanent spot in your natural medicine cabinet. You can reach out to this holistic healing remedy not only for fungal infections like athlete's foot, jock itch, toenail fungus, or scabies, but to eradicate dandruff, head lice too. To ensure safe usage, always dilute with carrier oil.

The world is waking up to the benefits of tea tree. But did you know that it has been traditionally valued for its medicinal properties by Bundjalung Aborigines from New South Wales? They inhaled the scent of crushed tea tree leaves for colds and coughs, sprinkled them on wounds, and used infusions to treat skin disorders. And their oral history has tales of wondrous healing lakes which were lagoons into which tea tree leaves had been falling over time.¹ So lets' take a look at what this miraculous plant can do for you. It can:

1. Help With Herpes

The herpes virus (HSV 1 and HSV 2) causes cold sores and genital herpes. Now, there is no cure for herpes but did you know that according to research tea tree oil shows virucidal activity against HSV-1 and HSV-2?² Add a few drops of tea tree oil to a cotton swab and dab the affected area to deal with the painful blisters caused by the herpes virus. Applying it as soon as you notice signs of an attack (for instance, you may feel a tingling or burning sensation in the affected area before the appearance of blisters) coming on may even prevent an outbreak.³

2. Kill Ticks

Infected ticks can give you Lyme disease which starts off as a circular rash but can affect your nervous system, cause heart problems, and meningitis if left untreated. Now according to research, tea tree essential oil can be lethal to ticks (*Ixodes ricinus*) when inhaled and can be used to control an infestation.^{4 5}

3. Deal With Athlete's Foot

Athlete's foot can give you itchy, red, scaly, dry, cracked, or blistered skin. This fungal infection usually affects skin between your toes or on your soles. And tea tree oil can come to your rescue here too. According to one study most people with Athlete's foot who applied tea tree oil (50% or 25% concentration) to affected parts twice a day for four weeks showed a marked improvement.⁶ So try dabbing on some diluted tea tree oil if you get a fungal skin infection.

4. Treat Fungal Nail Infections

A fungal nail infection (onychomycosis) can give you thick, yellow nails that may crumble or separate from your skin and make it uncomfortable to walk, stand for long periods, or even wear shoes.⁷ But tea tree oil has anti-fungal properties and can be used to treat this condition. One study which compared an antifungal medicine (1% Clotrimazole) with 100% tea tree oil found that when they were applied twice daily for 6 months tea tree oil actually performed slightly better than the antifungal medication.⁸ Apply tea tree oil to the infected part for relief.

5. Help With Vaginal Infections

Vaginal infections can cause itching and pain in the vagina. You may also experience a foul odor. However, tea tree oil acts as a germicide against common vaginal pathogens like trichomonas vaginalis and candida albicans. Add a little diluted tea tree oil to a tampon and insert it. Do remember not to leave the tampon in for more than twenty four hours. Cleaning the vagina with a mixture of water and diluted tea tree oil can also be helpful.⁹

6. Treat Dandruff

Dandruff can leave you feeling self conscious about your itchy scalp. But don't worry, tea tree oil can help you get rid of dandruff. According to research tea tree oil acts against Malassezia, a yeast which is associated with dandruff. And studies have found that a shampoo with 5% tea tree oil can improve itchiness and greasiness in people with dandruff and effectively treat the condition.¹⁰ Now if you have an itchy scalp due to lice, don't worry tea tree oil works for that too!

7. Tea Tree Oil For Your Skin

Tea tree essential oil is traditionally used to treat a variety of skin conditions. It works really well as a natural antiseptic for skin infections. And it's used for acne, bruises, insect bites, scabies (where tiny mites infect your skin and cause a rash), diaper rash, hives, poison ivy etc. Do remember that some people have an allergic reaction (contact dermatitis) to tea tree oil when it's used topically and so it's always better to dilute the essential oil and do a patch test before applying it.¹¹

8. Should You Use Tea Tree Oil To Treat Gum Disease?

According to research tea tree oil is effective against a wide range of oral bacteria.¹² Studies have also found that it is useful in treating gum disease (gingivitis) and that it reduces bleeding in the gums when applied topically. However, tea tree oil can be extremely toxic if it's swallowed therefore it might not be a good idea to use it in the mouth.¹³

DNA confirms Aboriginal people's long-lasting connection to country



Members of the Stolen Generations may finally find a way back to their country, thanks to new research that reveals differences in Aboriginal DNA can be linked to specific geographic areas.



Yogurt is full of healthy calcium and protein, but even low-fat flavored yogurt can have 17 to 33 grams of sugar per 8-ounce serving (although some of that sugar may be naturally occurring, such as lactose) -- that's about as much as 2 scoops (1 cup) of chocolate ice cream. When shopping, look for ones that are lower in sugar. Or, buy it plain and toss in the fruit of your choice.

WebMD



'If You Like Pina Coladas ...'

You'll knock back more than twice the alcohol per drink as your beer-drinking friends, not to mention 550 calories per 10-ounce drink. That's about the same as a double-cheeseburger at your favorite fast-food place.

WebMD



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It turns out that juicing may not be the nutritional breakthrough it was touted as and ... [READ MORE](#)



Pasta Sauces

They taste savory, not sweet -- but many pasta sauces have between 6 and 12 grams of sugar per half-cup serving. That's the same amount you'd get from a chocolate chip cookie. The American Heart Association recommends that women have no more than 100 calories of sugar per day (about 6 teaspoons' worth) and men have no more than 150 calories (about 9 teaspoons). Too much sugar can lead to extra pounds, and that's bad for your health. So, look on the ingredient label for the sugar content of your favorite marinara or Alfredo sauces before planning your meal.

WebMD



Mai Tai

A couple of these ought to be quite enough. That's because a standard recipe has two servings of alcohol and about 340 calories. Compare that to a glass of wine -- one serving of alcohol and 121 calories. Of course, if you're lounging on the beach on a tropical island, a glass of wine might not cut it.

[Diabetes pill has anti-aging effects and extends the life of mice](#)
By [Greentea](#)

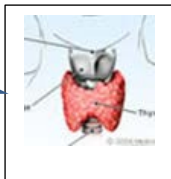


[Scientists trial anti-aging fruit](#)
By [Dixie](#)



Hashimoto's Thyroiditis

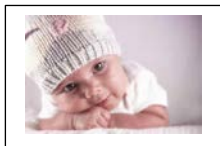
Hashimoto's thyroiditis is the most common cause of hypothyroidism in the US. This condition is caused by inflammation of the thyroid gland. Symptoms may include: fatigue, weight gain, cold intolerance, excessive sleepiness, dry or coarse hair, difficulty swallowing, a lump in the front of the throat, and many more



Beer

A 12-ounce beer has about 15 grams of carbohydrates, compared to 3 to 6 grams in light beer. Also, "light" and "low carb" are pretty much the same thing -- and also your best bet. Be careful with craft beers. Most have twice the alcohol and calories as regular beer. WebMD

How Brain Scans in Infants May Predict Autism



Brain scans of infants as young as 6 months old may be able to predict whether a child will develop autism, a new study suggests.

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Wise Italian Grandfather

An old Italian man in Brooklyn is dying. He calls his grandson to his bedside, "Guido, I wan' you lissina me. I wan' you to take-a my chrome plated ...38 revolver so you will always remember me."

"But grandpa, I really don't like guns.. How about you leave me your Rolex watch instead?"

"You lissina me, boy! Somma day you gonna be runna da business, you gonna have a beautiful wife, lotsa money, a big-a home and maybe a couple of bambinos. "

"Somma day you gonna come-a home and maybe finda you wife inna bed with another man. "Whatta you gonna do then? Pointa to you watch and say, 'Times up!' "?
Sent by Rohantah G

Food Additive Stimulates Cancer

By **Dr. Blaylock**

Wednesday, 01 Mar 2017 04:17 PM **More**

Posts by Dr. Blaylock

A dramatic display of the effect of inflammation on cancer aggressiveness has been demonstrated in experiments in which animals implanted with a human cancer — such as breast cancer — are exposed to a powerful inflammatory agent, such as the common food additive carrageenan, which is used in nondairy milks such as almond and coconut milk.

According to a report in the journal "Medical Hypothesis," human correlational studies show an increased incidence of breast cancers with high consumption of foods containing carrageenan, which triggered inflammation when injected in animals.

The tumors in the injected animals underwent a dramatic change, and began to invade aggressively and spread throughout the body.

Even more surprising was the finding that even if you diluted the carrageenan so that it did not produce obvious inflammation, it still caused the tumor to grow faster and invade and metastasize more intensely.

It seems that inflammatory mechanisms can occur at a level that is not obvious, yet still stimulates cancer invasiveness and growth.

Shanika Gunaratna is a niece of Rohantha Gunartane (UK) who works for CBS and is doing a MBA at Wharton .

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



Broccoli is a cheap vegetable with an average price of \$1.64 per head, and it provides some of almost every nutrient that you need.

It's particularly rich in vitamin C, which acts as an antioxidant and may boost your immune system. Just one cup provides 135% of your daily needs (1).

Additionally, it's rich in vitamin K and folate, both of which play a role in blood clotting and preventing certain neural tube birth defects (2, 3, 4).

Studies show that the nutrients and antioxidants in broccoli may help prevent chronic illnesses such as cancer and heart disease (5, 6).

You can enjoy broccoli raw or cooked. It's often added to salads, casseroles and soups.

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According to Mathew

<https://youtu.be/MBxzkO1zcN8>

Five Nobel laureates backing antiaging dietary supplement

By Dixie



Foods That Lower Cancer Risks



By **Dr. Blaylock**

Most cells in the body divide between 50 and 60 times and then die. This phenomenon is called the Hayflick limit.

But cancer cells can divide forever and are immortal, unless purposefully killed. Cancer cells are different from normal cells in other ways.

First, they have severely damaged chromosomes (a condition called aneuploidy), which results in the duplication or loss of thousands of genes.

Cancer cells have a different metabolism than normal cells. Unlike normal cells that can use a number of fuels, cancer cells are almost completely dependent on glucose for survival.

Cancer cells also secrete a number of inflammatory chemicals called cytokines, and many secrete an amino acid called glutamate. We can improve our DNA repair ability through diet and a few supplements, including folic acid, vitamin B12, vitamin B6, and niacinamide, all found in a good multivitamin.

The most potent anticancer foods include:

• Broccoli: Brussels: sprouts Cauliflower : Celery: Greens (mustard, collard, turnip): Kale: Parsley: Spinach

The best way to maximize your absorption of nutrients from these anticancer vegetables is to blenderize them. In a blender, add water to the vegetables and blend until they turn into a liquid. Drink a glass each day.

Onions

Onions are a popular vegetable with many health benefits, and they tend to be fairly low in price. At most stores, they can be purchased for about \$1 a pound (.45 kg).

They are well known for being rich in certain antioxidants that may protect against heart disease, diabetes and certain types of cancer (7, 8, 9, 10).

Additionally, onions provide small amounts of several nutrients, including vitamin C, manganese, vitamin B6 and potassium (11).

A small portion of onions can go a long way, and their versatility and flavor make them a great addition to any dish.

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Pollution

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Bagged Spinach



Bagged spinach is quite healthy and almost always reasonably priced. Most stores carry it for about \$2 per 9-ounce (255-gram) bag.

Spinach is rich in vitamin K, which plays an important role in bone health and reducing the risk of heart disease and cancer (3).

Also, spinach provides immune-boosting vitamin A, vitamin C, folate and manganese (12, 13, 14, 15).

Like other leafy, green vegetables, spinach also contains beneficial plant compounds. They have the ability to reduce inflammation and prevent cell damage, which helps prevent chronic diseases (16).

Incorporating spinach into your diet is simple. You can add it to salads, casseroles and soups. It can also be blended into smoothies for a nutrient boost.-authoritynutrition

Carrots



If your budget is tight, **carrots** are a cheap and nutrient-dense vegetable to include in your diet.

They can be purchased for an average of only \$0.74 per pound.

Carrots are one of the richest sources of beta-carotene, which is responsible for their impressive vitamin A content. Just one cup of carrots provides 428% of your daily needs for vitamin A, which promotes good eyesight and immune health (31, 32, 33). Furthermore, carrots contain a significant amount of fiber, vitamin C, vitamin K, potassium and manganese (31).

Due to their high antioxidant content, eating carrots regularly may help reduce the risk of certain types of cancer, including prostate and stomach cancer (34, 35).

You can reap the health benefits of carrots by enjoying them raw or cooked. They make an excellent addition to salads and cooked dishes.

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Quinoa

In general, **quinoa** costs around \$3–4 a pound, which is cheap for such a nutritious food.

Quinoa is a complete source of **protein**, which means it provides all the essential amino acids your body needs.

This sets it apart from other grains, which need to be paired with other foods to be considered complete protein sources. Also, quinoa contains antioxidants, fiber, B vitamins, vitamin E, iron, manganese, zinc and several other trace minerals, all of which protect your cells from damage that often leads to disease (77).

The health-promoting properties of quinoa have been shown to promote brain health and may help prevent the development of heart disease (78, 79).

The use of quinoa in cooking is similar to that of rice. It's easy and quick to prepare and can be eaten alone or incorporated into salads and cooked dishes.

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Oatmeal



Oatmeal is another nutrient-dense whole grain that is typically affordable at about \$2 a pound.

It contains an impressive amount of nutrients, including B vitamins, iron, manganese, phosphorus, zinc and magnesium (51).

Additionally, it's rich in fiber with 4 grams per cup (234 grams). Fiber promotes fullness and may help lower cholesterol and blood sugar levels

(51, 52, 53, 54, 55).

The combination of fiber, vitamins and minerals in oatmeal may have the potential to reduce the risk of several diseases, including type 2 diabetes, heart disease and obesity (48, 56, 57, 58, 59). In general, oats are enjoyed as a breakfast food. You can combine them with fruit, milk, yogurt and several other ingredients for a healthy and delicious meal.

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Dried Lentils



On average, dried lentils cost \$1.39 a pound, so they are fairly affordable and quite healthy.

A cup (198 grams) of lentils provides a significant amount of nutrients, including 90% of your daily need for folate, 37% for iron, 25% for copper and 49% for manganese (69).

They also contain an impressive amount of protein and fiber, which is why they are so filling and helpful for weight control (70).

What's more, lentils contain antioxidants that protect cells from inflammation. This may reduce the risk of chronic diseases such as diabetes and cancer (71).

Research also suggests that eating lentils is associated with improved blood pressure and cholesterol levels, which is important for preventing heart disease (72).

The use of lentils is similar to that of beans, and there are several ways that they can be incorporated into the diet, such as in salads and soups.

-authoritynutrition

Bipolar Disorder

Bipolar Disorder, earlier known as manic-depressive illness, is a mental illness in which the patient's moods can go from one extreme to another. Such emotional highs and lows can make the person elevated at times and depressed at other times. The shifts in mood can occur at varying time gaps depending on the severity of the condition and can occur as less as only few times a year or as frequent as multiple times a week.

Symptoms | Nov 15, 2016

A person suffering from BD will have manic/ hypomanic and depressive episodes.

A **manic episode** is a period lasting at least a week where the person will feel elevated, irritated and will have an increased energy to accomplish multiple activities.

A **hypomanic episode** is a period lasting at least four consecutive days where the person will feel elevated and irritated.

The symptoms for manic/hypomanic episodes include:

- Increased self-confidence- Distractibility : Less need for sleep : Talking a lot- Hyper active thinking process
- Increased agitation : Doing things that may have regrettable consequences such as shopping sprees, sexual indiscretions, investing foolishly, etc.

A **depressed episode** is when a person has depressed mood or loss of interest for at least a two-week period. The symptoms include the following:

- Depressed mood Loss of interest in most activities

- Changes in weight Insomnia or excessive sleeping Low levels of energy Continued fatigue Lack of concentration Morbid thoughts and suicidal tendency

There are four types of BD and the symptoms of each can vary.

They are:

Bipolar I: This is identified by at least one manic episode, before and after which the patient will experience hypomanic or depressive episodes.

Bipolar II: This is identified by at least one major manic episode which lasts at least two weeks and at least one hypomanic episode that may last up to four days.

Cyclothymia: This is identified by episodes of hypomania and depression which are less severe and shorter than major manic and depressive episodes but may fluctuate frequently and will come every one or two months.

Rapid-cycling Bipolar Disorder: This is identified by faster changes in mood and a person will have at least four episodes of depression, mania and hypomania within a year.

TOI

Pomegranates have an anti-aging effect

By **Greentea**



Slow Aging by Eating Less

Restricting calories can decelerate the cellular aging process.

Can eating less actually help you live longer? To understand the answer to that question it's important to know a bit about how cells in the human body work. Biology 101 tells us that a single cell is actually a complex matrix of parts that work together to support life. One of the key components needed to sustain life is protein which cells work to produce. Proteins are in every part of the human body from hair to organs to fingernails. It's the critical element that allows organs to function and bodies to grow.

One cell part, the **ribosome**, is responsible for the production or synthesis of that necessary protein. There is good news about ribosomes and bad news. The good news is that they work efficiently. The bad news is that they wear out and constantly need to be repaired. Scientists now believe that it's the wearing out/repairing process in ribosomes that impacts aging in humans. Researchers have found a correlation between the aging process and the speed with which ribosomes work. If the ribosomes slow down it appears to give them more time to repair themselves, which in the long run allows them to function longer, hence a reduction in the aging process.

In a study at Brigham Young University conducted on mice, researchers controlled the amount of food given to two different groups. While both groups of mice were fed enough food to sustain life, one group was allowed to eat as much as they wanted. The other group was fed a more limited diet. The mice with the restricted diet lived longer, had more energy, were healthier, and appeared "younger" than their counterparts. These conclusions support earlier research that also links the number of calories consumed with a long lifespan.

This research does not offer proof of the Fountain of Youth and people should not automatically assume that counting calories will ensure a longer lifespan. This study was with mice and needs to be conducted on humans to offer conclusive proof. Additionally, there are other factors that influence lifespan and the assumption that caloric intake alone will result in a longer life is not reasonable. It does, however, indicate that a clear understanding of how bodies use food may help people make wiser decisions about dietary choices.

The popular idea that "beauty is only skin deep" can be laid to rest when it has become clear that at least the aging process goes on at a deeper cellular level.

[VIEW NEWS SOURCE...](#)

Brigham Young University. "How eating less can slow the aging process." ScienceDaily. ScienceDaily, 13 February 2017.

Ask the doctor: Do I really need to floss every day?

The long-term benefits of flossing are still unknown. While new federal guidelines have dropped the recommendation for daily teeth flossing, the American Dental Association and most dentists still endorse the inexpensive and low-risk practice. [More »](#)

Fiber Intake Linked to Successful Aging

Eating the right amount of fiber helps in avoiding disease and disability into old age.

It is well known that a diet with adequate fiber assists in keeping people "regular." Increased dietary fiber may also [reduce the risk of developing type-2 diabetes](#) and has been shown to [lower blood pressure](#). There is now evidence of a surprising additional benefit, discovered by the Australian researchers from the Westmead Institute for Medical Research. Associate Professor Bamini Gopinath, PhD, from the Institute's Centre for Vision Research compiled data from the Blue Mountains Eye Study, a benchmark population-based study that examined a group of more than 1,600 adults, ages 50 years and older, for systemic diseases and long-term sensory loss risk factors. The researchers explored the relationship between carbohydrate nutrition and healthy aging. The factors they examined included total carbohydrate intake, total fiber intake, glycemic index and load, and sugar intake. The fiber made the greatest difference in what the researchers called "successful aging". They defined "successful aging" as including an absence of impairment, depressive symptoms, respiratory symptoms, and chronic diseases including cancer coronary artery disease, and stroke.



Fiber cereal - image from Shutterstock

According to the lead author of the paper, Gopinath, this study is the first to explore the relationship between carbohydrate intake and healthy aging, and the findings were significant enough to warrant further exploration. "Out of all the variables that we looked at, fiber intake -- which is a type of carbohydrate that the body can't digest -- had the strongest influence," she stated. "Essentially, we found that those who had the highest intake of fiber or total fiber actually had an almost 80 percent greater likelihood of living a long and healthy life over a 10-year follow-up. That is, they were less likely to suffer from hypertension, diabetes, dementia, depression, and functional disability."

Though there was likely an expectancy that the level of sugar intake would have the largest impact on successful aging, Gopinath pointed out that the particular group they studied were older adults, whose carbonated and sugary drink intake was fairly low. This study validates similar recent findings by the researchers, that emphasize the value of the overall diet and healthy aging.

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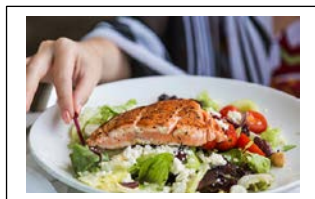
Bamini Gopinath et al. Association Between Carbohydrate Nutrition and Successful Aging Over 10 Years. The Journals of Gerontology, Series A: Biological Sciences and Medical Sciences, May 2016 DOI: 10.1093/gerona/glw091

Top 7 Health Benefits Of Eating A Plant-Based Diet

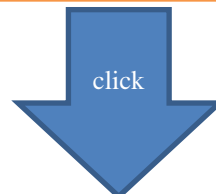
It's like vegetarianism without the restriction of animal products. Instead, it's about reducing the volume of those animal foods. Healthy options like egg whites and skim milk are welcome...

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Alternative Rheumatoid Arthritis Therapies Healthy Eating



Go for foods that fight inflammation, like those in the Mediterranean diet. Try cold-water fish like salmon and tuna, fruits, veggies, whole grains, and olive oil. Studies show they can cut joint swelling and help people with RA move more easily.



Dr harold Gunatillake

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How to Tell If It's a Cold or the Flu
Catching a cold or the flu can make you feel miserable. But how can you tell which one you have?

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The Importance of Testing for Glyphosate: The World's Most Widely Used Herbicide by William Shaw, PHD and Matthew Pratt-Hyatt, PhD

The overused herbicide decreases good gut bacteria, disrupts endocrine function, and creates oxidative stress.

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Glyphosate is the world's most widely produced herbicide and is the primary toxic chemical in Roundup™, as well as in many other herbicides. In addition, it is a broad-spectrum herbicide that is used in more than 700 different products from agriculture and forestry to home use. Glyphosate was introduced in the 1970s to kill weeds by targeting the enzymes that produce the amino acids tyrosine, tryptophan, and phenylalanine. This pathway (called the Shikimate Pathway) is also how bacteria, algae, and fungi produce the same amino acids. This pathway is not present in humans, so manufacturers of glyphosate claim this compound is "non-toxic" to humans. However, evidence shows there are indeed human consequences to the widespread use of this product when we consume plants that have been treated with it and animals who've also consumed food treated with it.

Glyphosate, Cancer, and the Microbiome

The World Health Organization International Agency for Research on Cancer published a summary in March 2015 that classified glyphosate as a probable carcinogen in humans.⁸ Possible cancers linked to glyphosate exposure include non-Hodgkin lymphoma, renal tubule carcinoma, pancreatic islet-cell adenoma, and skin tumors. Studies have also indicated that glyphosate disrupts the microbiome in the intestine, causing a decrease in the ratio of beneficial to harmful bacteria.⁹ Thus, highly pathogenic bacteria such as *Salmonella enteritidis*, *Salmonella gallinarum*, *Salmonella typhimurium*, *Clostridium perfringens*, and *Clostridium botulinum* are highly resistant to glyphosate, but most beneficial bacteria such as *Enterococcus faecalis*, *Enterococcus faecium*, *Bacillus badius*, *Bifidobacterium adolescentis*, and *Lactobacillus spp.* were found to be moderately to highly susceptible. The relationship between the microbiome of the intestine and overall human health is still unclear, but current research indicates that disruption of the microbiome could cause diseases such as metabolic disorder, diabetes, depression, autism, cardiovascular disease, and autoimmune disease.

Glyphosate and Chronic Health Conditions

Recent studies have discovered glyphosate exposure to be a cause of many chronic health problems. One specific scientific paper listed Roundup™ as one of the most toxic herbicides or insecticides tested.² Exposure to glyphosate has been linked to autism, Alzheimer's, anxiety, cancer, depression, fatigue, gluten sensitivity, inflammation, and Parkinson's.³⁻⁴ A 54-year-old man who accidentally sprayed himself with glyphosate developed disseminated skin lesions six hours after the accident.⁶ One month later, he developed a symmetrical parkinsonian syndrome. **Figure 1** shows the correlation between glyphosate usage and rates of autism, tracking services received by autistic children under the Individuals with Disabilities Education Act (IDEA). This data was originally collected by Dr. Nancy Swanson, along with similar data for many other chronic disorders.¹⁴ The causes for these disorders have been linked to glyphosate's impact on gut bacteria, metal chelation, and P450 inactivation.⁵⁻⁶ It can enter the body by direct absorption through the skin, by eating foods treated with glyphosate, or by drinking water contaminated with glyphosate. A recent study stated that a coherent body of evidence indicates that glyphosate could be toxic below the regulatory lowest observed adverse effect level for chronic toxic effects, and that it has teratogenic, tumorigenic and hepatorenal effects that can be explained by endocrine disruption and oxidative stress, causing metabolic alterations, depending on dose and exposure time.⁷

Glyphosate and Chelation

Another study found that glyphosate accumulated in bones. Considering the strong chelating ability of glyphosate for calcium, accumulation in bones is not surprising. Other results showed that glyphosate is detectable in intestine, liver, muscle, spleen and kidney tissue.⁵ The chelating ability of glyphosate also extends to toxic metals.¹⁰ **The high incidence of kidney disease of unknown etiology (renal tubular nephropathy) has reached epidemic proportions among young male farm workers in sub-regions of the Pacific coasts of the Central American countries of El Salvador, Nicaragua, Costa Rica, India, and Sri Lanka.**¹¹ The researchers propose that glyphosate forms stable chelates with a variety of toxic metals that are then ingested in the food and water or, in the case of rice paddy workers, may be absorbed through the skin. These glyphosate-heavy metal chelates reach the kidney where the toxic metals damage the kidney. These authors also propose that these chelates accumulate in hard water and clay soils and persist for years, compared to much shorter periods of persistence for non-chelated glyphosate. Furthermore, these chelates may not be detected by common analytical chemistry methods that only detect free glyphosate, thus dramatically reducing estimates of glyphosate persistence in the environment when metals are high (for example, in clay soil or hard water).



11 Surprising Facts About Placebos

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5 Reasons Why Ayurveda Recommends You To Eat With Hands

Eating with cutlery is considered convenient, clean, classy, and hygienic in the present world. However, eating with hands has more benefits as per Ayurveda. Here are those 5 benefits...



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Mercury: The Quintessential Anti-Nutrient

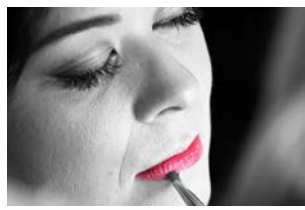
by Sara Russell, PhD, NTP, and Kristin G. Homme, PE(ret.), MPP, MPH
Cumulative, low-dose mercury produces largely-unrecognized, chronic, toxic effects. The authors discuss mercury's wide-ranging metabolic and biochemical effects, how to test for toxicity, and nutrition's role in treatment

Hot: Five-Day Fasting Diet Could Fight Disease, Slow Aging
By Greentea

Mediterranean Diet May Protect the Aging Brain
By Greentea

Side Effects Of Lipstick

by [CureJoy Editorial](#)



The most important component in a woman's make-up kit is probably the lipstick. No make-up kit is complete without one (or many, considering the different shades and brands). They no doubt add beauty to your pout. But, at what cost? Lipsticks come with some unavoidable side-effects, thanks to its manufacturing materials. Women wear lipstick when they leave home and continue wearing it all day long – sometimes even to bed. Many lipsticks contain lead, which is extremely harmful and causes irreversible health damage. They cause allergy, irritation, and chapping on the lips and the surrounding skin. Certain harmful chemicals and heavy metals can also cause cancer. Here are some harmful side-effects of using lipsticks regularly.

1. Heavy Metals Cause Renal Failure

Lipsticks contain harmful heavy metals like cadmium, magnesium and chromium. All these metals can cause dangerous diseases and organ damage. Extremely high amounts of cadmium can increase the risk of renal failure. Frequent application of lipstick can cause severe stomach tumors.

2. Lead Affects Nervous System

Lead is a common constituent in most lipsticks. Lead is a neurotoxin that has a harmful effect on the nervous system. It can also cause brain damage, hormonal imbalance and infertility.

3. Petrochemicals Disrupt Growth

Many lipsticks have petrochemicals as a common ingredient, which have harmful side-effects. Petrochemicals are a by-product of crude oil and natural gas. It can cause endocrine disruption that works as an obstacle for growth, development, reproduction, and intelligence.

4. Preservatives Cause Cancer The preservatives used in lipsticks are formaldehyde and parabens that are known carcinogens. Lipsticks that utilize these preservatives cause irritation of the eyes, coughing, wheezing and irritation on skin. The mineral oils used in lipsticks block the skin pores and are responsible for many permanent harmful effects.

5. Chemicals Harm The Body

Though bismuth oxychloride is a chemical used to preserve the lipstick, it is extremely harmful for the body. The harmful effect of lipsticks is due to the carcinogenic property of this ingredient. The propylparabens act as preservatives just like formaldehyde.

6. Increases Toxin Ingestion

Lipsticks are worn most of the time, including when eating out. Women ingest them accidentally while eating, long after they are applied. This increases the impact of the toxins present in lipsticks. The lipstick or lip gloss result in women exceeding the daily intake permitted for aluminium, cadmium, chromium and manganese. These accumulate in the body over time and cause toxicity. The intake of these metals are more than 20 per cent of their accepted daily intake (ADI) limits. ADI is the maximum amount of a toxin that a person can be exposed to without any major health risk.

So, here are some major side-effects caused by the harmful chemicals and heavy metals present in leading brands of lipsticks and lip gloss. The next time you wear your lipstick, make sure you wear one that does not contain these harmful ingredients. On the lighter side, even men are vulnerable to the side-effect caused by lipstick stain on their shirts, when they are caught by their wives who realize that the lipstick stain on their shirt does not belong to them.

Can You Eat Mussels While Pregnant?

by [CureJoy Editorial](#)



- [It's A Fact: Seafood Is Good For Pregnancy](#)
- [Why We Say Apply Caution](#)
- [Can Mussels Be Eaten During Pregnancy?](#)
- [How Should Mussels Be Eaten?](#)

Rich in omega 3's, iron, and vitamin B12, mussels is a nutrient-dense choice to be included in your pregnancy diet. However, to ensure safe consumption, be sure to cook them thoroughly (until the shell pops!). Also, discard any mussels that don't open on their own during cooking as they might harbor bacteria, viruses that can make you ill.

When it comes to eating seafood, pregnant women across the globe are confused. Even after they get the go-ahead from their ob-gyn, they may still worry about the safety aspect, thanks to all the warning signs that come with having seafood. Well, there are two sides to every coin and this subject is no different.

It's A Fact: Seafood Is Good For Pregnancy

There's no debating that seafood is good for health whether you're pregnant or not. Seafood is a great source of Omega-3 fatty acids. In addition to it, it also contains many other nutrients beneficial to health like selenium, iodine, zinc, calcium and vitamin D. Eating a good amount of oily fish during pregnancy results in a longer gestation, increased birth weight, and lower hypertension. It also assists a baby's brain to develop during pregnancy.¹ Thanks to the many hormonal changes happening in the body, pregnant women often go through depression. Studies have found that though depression during pregnancy is common in western countries, it is absent in countries with high seafood intake. The intake of omega-3 is found to have a direct effect on depression during pregnancy.²

What more? The advice to limit seafood intake could actually be detrimental to the well-being of both the mother and the developing fetus. How do we know it? A study using Avon Longitudinal Study of Parents and Children (ALSPAC) to assess the benefits and hazards of maternal seafood intake during pregnancy has shown that maternal seafood intake of more than 340g per week not only is beneficial to the development of the child, a lesser intake does not protect the babies from adverse outcomes. So if you are worried about contaminants in seafood affecting your child, this study has shown that the risks of the loss of nutrients far outweigh the risk from contaminants.³

Attention,

If you consume soda or know anyone who does, then this is affecting you directly.

For years, Big Soda companies have been handing out **millions of dollars** in an attempt to prove that their drinks are NOT the cause of obesity.

In fact, the New York Times recently exposed one Big Soda company that paid **\$1.5 million** to fund their own research group. Their ultimate goal? To convince the public that drinking soda is safe. (NYT, August 9, 2015).

But this goes beyond just soda. It turns out there are **THREE OTHER DANGEROUS FOODS** that are being marketed as "health foods."

These foods may be harming you from the inside, and they could be the reason why you are not losing weight, no matter what you have tried.

One of these foods even contains an ingredient that is actually banned in almost every first world country – except the U.S., where it is still legal!

These are three foods you should never eat! But they're so common, you probably have at least one of them in your pantry right now! You may have even consumed these foods today.

[Click Here](#) to find out these foods.

P.S. These foods might be extremely harmful to your health. About 80% of Americans consume at least one of these foods. So [please watch this shocking presentation](#) before it's too late

Without health life is not life; it is only a state of languor and suffering - an image of death. Buddha

[Fountain of Youth? Dietary Supplement May Prevent & Reverse Severe Damage to Aging Brain](#)

Intestinal Bacteria Alter Gut and Brain Function

NEUROSCIENCE NEWS MARCH 2, 2017
FEATURED NEUROLOGY NEUROSCIENCES MIN READ

Summary: A new study reaffirms the link between intestinal bacteria and altered gut and brain function.

Source: McMaster University.

Finding may lead to new microbiota-directed therapies for gastrointestinal upset and brain disorders.

Research from McMaster University has found that bacteria in the gut impacts both intestinal and behavioural symptoms in patients suffering from irritable bowel syndrome (IBS), a finding which could lead to new microbiota-directed treatments.

The new study, published today in *Science Translational Medicine*, was led by researchers from the Farncombe Family Digestive Health Research Institute at McMaster, in collaboration with researchers from the University of Waterloo.

IBS is the most common gastrointestinal disorder in the world. It affects the large intestine and patients suffer from abdominal pain and altered bowel habits like diarrhea and constipation, which are often accompanied by chronic anxiety or depression. Current treatments aimed at improving symptoms have limited effectiveness because the underlying causes are unknown.

The goal of the study was to explore whether fecal microbiota from human IBS patients with diarrhea has the ability to influence gut and brain function in recipient mice. Using fecal transplants, researchers transferred microbiota from IBS patients with or without anxiety into germ-free mice. The mice went on to develop changes both in intestinal function and behavior reminiscent of the donor IBS patients, compared to mice that were transplanted with microbiota from healthy individuals.

The researchers found that aspects of the illness that were impacted through fecal transplants included gastrointestinal transit (the time it takes for food to leave the stomach and travel through the intestine); intestinal barrier dysfunction; low grade inflammation; and anxiety-like behaviour.

"This is a landmark study because it moves the field beyond a simple association, and towards evidence that changes in the microbiota impact both intestinal and behavioral responses in IBS," said Giada De Palma, the study's first author and research associate with the Farncombe Family Digestive Health Research Institute.

"Our findings provide the basis for developing therapies aimed at the intestinal microbiota, and for finding biomarkers for the diagnosis of IBS," said Premysl Bercik, the study's senior author, associate professor of medicine at McMaster and a gastroenterologist with Hamilton Health Sciences

Ed: Those who suffer from IBS must read these findings

Saving Brain Cells From Stroke

NEUROSCIENCE NEWS MARCH 3, 2017
FEATURED NEUROLOGY 7 MIN READ

Summary: A compound called P7C3 provides both protection for neurons following a stroke and improves physical and cognitive outcomes, a new study reports.

Source: University of Iowa Health Care.

P7C3 compound protects mature and newborn neurons in rats, and also improves physical and cognitive outcomes, following stroke.

Researchers from the University of Iowa Carver College of Medicine and the University of Miami Miller School of Medicine have shown that a neuroprotective compound tested in rats provides two-pronged protection for brain cells during stroke and improves physical and cognitive outcomes in the treated animals.

Every year, nearly 800,000 Americans have a stroke and almost 130,000 die. Survivors often are left with long-term physical and cognitive disability that significantly alters their lives.

When a stroke interrupts the brain's blood supply, mature brain cells (neurons) die. In addition, reestablishing blood flow, known as reperfusion, also leads to processes that cause cell death. A part of the brain's natural response to stroke injury is to increase production of new brain cells in two specific regions (the subgranular zone of the hippocampal dentate gyrus and the subventricular zone of the lateral ventricles), which normally make a smaller number of new brain cells every day. Unfortunately, the vast majority of these newborn cells die within one to two weeks, limiting the benefit of this potential repair process. Minimizing the loss of brain cells is a primary goal for new stroke therapies.

"If we could prevent the mature brain cells from dying that would be beneficial," says Andrew Pieper, MD, PhD, professor of psychiatry in the UI Carver College of Medicine and co-senior study author. "But if we could also support or enhance this surge in neurogenesis (birth of new neurons), we might be able to further foster recovery, especially in terms of cognitive function, which is critically dependent on the hippocampus."

Using rats, Pieper and his colleagues Zachary B. Loris and W. Dalton Dietrich, PhD, tested the effects of a compound called P7C3-A20 on these two aspects of neuroprotection following ischemic stroke. Blood flow to the rats' brains was interrupted for 90 minutes and then the blockage was cleared allowing reperfusion. One group of rats was given the P7C3-A20 compound twice daily for seven days following the stroke. P7C3-A20 has previously been shown to prevent brain cell death in other animal models of neurologic injury, including Parkinson's disease, amyotrophic lateral sclerosis, stress-associated depression, and traumatic brain injury.

In terms of the brain itself, the P7C3-A20 compound reduced loss of brain tissue (atrophy) and increased survival of newborn neurons six weeks after stroke. In addition to the improved survival of both mature and newborn neurons, rats that received the P7C3-A20 compound for seven days after stroke also had better physical and cognitive outcomes than untreated rats. Treated rats had improved balance and coordination one week after stroke, and improved learning and memory one month after stroke. The findings were published recently in the journal *Experimental Neurology*.

There is hope for stroke victims.
Please read

How Do You Get Enough Vitamin K?

Vitamin K comes in many different forms, traditionally divided into two groups:

Vitamin K1 (phylloquinone): The most common form of vitamin K. It's found in plants, notably leafy greens like kale and spinach.

Vitamin K2 (menaquinone): This form is much rarer in food and mainly found in animal-sourced food and fermented foods like natto.

Vitamin K2 is actually a large family of compounds, including menaquinone-4 (MK-4) and menaquinone-7 (MK-7).

MK-4: Found in animal-sourced foods like liver, fat, egg yolk and cheese.

MK-7: Formed by bacterial fermentation and found in fermented foods, such as natto, miso and sauerkraut. It is also produced by your gut bacteria (25, 26).

The current dietary recommendations do not distinguish between vitamin K1 and K2. For people aged 19 and older, the adequate intake is 90 mcg for women and 120 mcg for men (27).--Authoritynutrition.com



Scientists Identify 6 Chemicals from Plant Extracts that can Slow Down Biological Aging & Boost Longevity

By Greentea



Tips to measure your blood pressure correctly



Maintain
your BP
at
120/70
always

To determine whether you have hypertension, a medical professional will take a blood pressure reading. How you prepare for the test, the position of your arm, and other factors can change a blood pressure reading by 10% or more. That could be enough to hide high blood pressure, start you on a drug you don't really need, or lead your doctor to incorrectly adjust your medications.

National and international guidelines offer specific instructions for measuring blood pressure. If a doctor, nurse, or medical assistant isn't doing it right, don't hesitate to ask him or her to get with the guidelines.

Here's what you can do to ensure a correct reading:

- Don't drink a caffeinated beverage or smoke during the 30 minutes before the test.
- Sit quietly for five minutes before the test begins.
- During the measurement, sit in a chair with your feet on the floor and your arm supported so your elbow is at about heart level.
- The inflatable part of the cuff should completely cover at least 80% of your upper arm, and the cuff should be placed on bare skin, not over a shirt.
- Don't talk during the measurement.
- Have your blood pressure measured twice, with a brief break in between. If the readings are different by 5 points or more, have it done a third time.

There are times to break these rules. If you sometimes feel lightheaded when getting out of bed in the morning or when you stand after sitting, you should have your blood pressure checked while seated and then while standing to see if it falls from one position to the next.

Because blood pressure varies throughout the day, your doctor will rarely diagnose hypertension on the basis of a single reading. Instead, he or she will want to confirm the measurements on at least two occasions, usually within a few weeks of one another. The exception to this rule is if you have a blood pressure reading of 180/110 mm Hg or higher. A result this high usually calls for prompt treatment.

It's also a good idea to have your blood pressure measured in both arms at least once, since the reading in one arm (usually the right) may be higher than that in the other. A 2014 study in *The American Journal of Medicine* of nearly 3,400 people found average arm-to-arm differences in systolic blood pressure of about 5 points. The higher number should be used to make treatment decisions.

In general, blood pressures between 160/100 mm Hg and 179/109 mm Hg should be rechecked within two weeks, while measurements between 140/90 and 159/99 should be repeated within four weeks. People in the prehypertension category (between 120/80 and 139/89 mm Hg) should be rechecked within four to six months, and those with a normal reading (less than 120/80 mm Hg) should be rechecked annually. However, your doctor may schedule a follow-up visit sooner if your previous blood pressure measurements were considerably lower; if signs of damage to the heart, brain, kidneys, and eyes are present; or if you have other cardiovascular risk factors. Also, most doctors routinely check your blood pressure whenever you go in for an office visit.

For more on getting your blood pressure under control, buy [Controlling Your Blood Pressure](#), a Special Health Report from Harvard Medical School.

How to boost your good cholesterol

- **Exercise more:** Vigorous exercise is best for boosting your HDL (good) cholesterol, but any extra exercise is better than none.
- **Lose weight:** If you are overweight, losing 5% to 10% of your current weight can raise HDL, along with reducing blood pressure and blood sugar.
- **Avoid trans fats:** Not eating these artificial fats — found in hard margarines, many baked goods, and fried fast foods — raises HDL cholesterol. Reducing your intake also helps to lower LDL (bad) cholesterol.
- **Cut back on refined carbs:** Switch from refined carbohydrates (such as white bread) to whole grains. It also helps to add more lean protein to your diet.
- **Don't smoke:** Quitting smoking improves HDL and helps your health in many other ways.

If you drink alcohol, do so in moderation: Moderate drinking means one or two drinks per day. Moderate alcohol consumption supports healthy HDL levels, but it isn't something you should start doing specifically to boost good cholesterol.

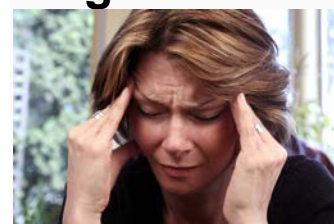
Harvard Medical School



Almond Milk side effect

Almonds are goitrogenic, which means, they contain substances that irritate your thyroid glands. When consumed in larger quantities, almonds could induce swelling in the thyroid glands affecting iodine assimilation. Therefore, people who are at a risk of low thyroid function should avoid almond milk. -curejoy.com

Migraine



The presence of amino acid tyrosine in almonds triggers or elevates a migraine in some people. Though this amino acid is essential for overall functioning of the body, higher levels of it could worsen the condition. Therefore, if you have had migraine attacks in the past, it is advisable to consult a doctor before you consume almond milk. Curejoy.com



Shelling peas in Delhi's Gurudwara Sis Ganj Sikh temple

Some 7,000 people, of all religions, are fed here for free every day and the volunteer chefs prepare vast vats of dahl and curry and thousands of chapatis. -theguardian.com

Fish Oil Fights Asthma



The healthy oils in Omega-3 fatty acids can be employed to fight asthma.

[Read the full story](#)



Associate Professor Omar and Dr. Jennifer will address the medical staff of the Matara Hospital on "The current management of Heart Failure" at 11am on Wednesday 5th July when AuSLMAT makes it's 2017 medical mission to Sri Lanka. We have made previous visits to the hospital since Dr. Roshan Gunaratne became cardiologist at Matara.

Lashitha Dananjaya is a young lad shown here in Ward 5 of the Matara hospital. We have assisted him in his study of English. He lives with his family in a suburb of Matara and is under investigation for a bone tumour.

AuSLMAT have made several donations to the Matara hospital including a defibrillator and hospital beds.
Quintus de Zylva

Staying Healthy

Maintaining good health doesn't happen by accident. It requires work, smart lifestyle choices, and the occasional checkup and test.

A healthy diet is rich in fiber, whole grains, fresh fruits and vegetables, "good" or unsaturated fats, and omega-3 fatty acids. These dietary components turn down inflammation, which can damage tissue, joints, artery walls, and organs. Going easy on processed foods is another element of healthy eating. Sweets, foods made with highly refined grains, and sugar-sweetened beverages can cause spikes in blood sugar that can lead to early hunger. High blood sugar is linked to the development of diabetes, obesity, heart disease, and even dementia.

The Mediterranean diet meets all of the criteria for good health, and there is convincing evidence that it is effective at warding off heart attack, stroke, and premature death. The diet is rich in olive oil, fruits, vegetables, nuts and fish; low in red meats or processed meats; and includes a moderate amount of cheese and wine.

Physical activity is also necessary for good health. It can greatly reduce your risk of heart disease, stroke, type 2 diabetes, breast and colon cancer, depression, and falls. Physical activity improves sleep, endurance, and even sex. Aim for 150 minutes of moderate-intensity exercise every week, such as brisk walking. Strength training, important for balance, bone health, controlling blood sugar, and mobility, is recommended 2-3 times per week.

Finding ways to reduce stress is another strategy that can help you stay healthy, given the connection between stress and a variety of disorders. There are many ways to bust stress. Try, meditation, mindfulness, yoga, playing on weekends, and taking vacations.

Finally, establish a good relationship with a primary care physician. If something happens to your health, a physician you know —and who knows you — is in the best position to help. He or she will also recommend tests to check for hidden cancer or other conditions.

[Read More](#)

White wine linked to higher risk of certain melanomas

Research we're watching

Published: March 1, 2017



Image: iStock

Alcohol is responsible for about 4% of cancer cases worldwide, typically in the esophagus, liver, pancreas, colon, rectum, and breast. A possible explanation is that the ethanol in alcohol metabolizes into acetaldehyde, which damages DNA and prevents DNA repair.

A team of researchers from Harvard and Brown universities sought to determine whether alcohol consumption can also raise risk for melanoma—a potentially deadly skin cancer. They used data from three large prospective studies in which 210,252 participants completed questionnaires about their alcohol consumption. The researchers noted which people developed several types of cancer, including melanoma, over an average of 18 years.



Wine

Some research says wine (red or white) may help your body use insulin better and may even make you less likely to get type 2 diabetes in the first place. It may also have heart benefits, to boot! Moderation is the key as too much alcohol can cause hypoglycemia. A standard 5-ounce serving has about 120 calories, nearly all of which come from alcohol, not carbs.

[WebMD](#)

Harvard Heart Letter Milk protein may lower blood pressure Research we're watching

Published: March 1, 2017



Image: © JANIFEST/Thinkstock

Whey protein, one of the main proteins found in milk, may modestly lower blood pressure, according to a small study in the December 2016 *American Journal of Clinical Nutrition*.

Whey is the liquid that's left over after milk is curdled and strained to make cheese. Evaporating this liquid creates whey protein powder, a supplement popular among athletes and bodybuilders for building muscle mass (despite insufficient evidence for this claim). For the study, researchers recruited 42 volunteers with slightly elevated blood pressure. The participants drank two shakes a day that contained whey, casein (another milk protein), or maltodextrin (a carbohydrate that served as a control). They all consumed each of the three supplements for eight weeks each, in random order. Thirty-eight people completed the entire study.

Consuming 56 grams per day of whey protein led to about a 3-point drop in systolic blood pressure (the first number in a blood pressure reading) and a 2-point drop in diastolic blood pressure (the second number) compared with the control. Both whey and casein also led to better blood vessel function as well as small improvements in blood cholesterol levels.

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