

Health Education for Sri Lankans & others

Manchester crowd sings Don't Look Back in Anger  
– video

Contrary to popular wisdom, an older, more experienced  
doctor may not always be the best choice.  
Your Doctor's Age Might Affect Your Care

## Smartphones in rural India



Mr. Neti stops periodically to take selfies and post them on Facebook. He describes his smartphone as his "best friend," or his "guru."  
Credit Atul Loke for The New York Times



## Cooking With Aluminum Foil May Increase the Aluminum Content of Foods



Most of your aluminum intake comes from food. However, studies show that aluminum foil, cooking utensils and containers can leach aluminum into your food (6, 9).

This means that cooking with aluminum foil may increase the aluminum content of your diet. The amount of aluminum that passes into your food when cooking with aluminum foil is affected by a number of things, such as (6, 9):

**Temperature:** Cooking at higher temperatures.

**Foods:** Cooking with acidic foods, such as tomatoes, cabbage and rhubarb.

**Certain ingredients:** Using salts and spices in your cooking.

However, the amount that permeates your food when cooking can vary.

For example, one study found that cooking red meat in aluminum foil could increase its aluminum content by between 89% and 378% (10).

Such studies have caused concern that the regular use of aluminum foil in cooking could be harmful to your health (9).

However, many researchers have concluded that the minimal contributions of aluminum from aluminum foil are safe (6, 11).

Cure Joy

## Gulp! Soda Linked to Memory Woes, Strokes and Dementia

Memory problems and smaller brain volumes are just two things that are more common in people who often drink soda.

[Read More](#)

## Terrifying Video: Why a Sea Lion Pulled a Little Girl into the Water

Why did a sea lion pull a little girl who was sitting on a dock into the water, only to release her an instant later?



[Read More](#)



## Slow Meals in France

When you eat your meals slowly and savor them, like lots of people do in France, that may lead to fewer calories, especially for men. So take your time, and enjoy a nice, long meal with friends. WebMD

## Mind

MEDITATION FOR REAL LIFE

## How to Be Mindful While Gardening

By DAVID GELLES

Go ahead and get a little dirty with this meditative practice.

[Sleepless Nights Could Pose Heart Risk Dangers](#)

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

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## 5 Things Women Should Know About Ovarian Cancer

Read Article



## India's 'Fruit of the Gods' Could Make Solar Cells Cheaper and More Efficient



## Dairy Allergy Versus Lactose Intolerance

Many people think that dairy allergy is the same as lactose intolerance. But contrary to popular belief, the two are completely unrelated!<sup>4</sup> Individuals who have a dairy allergy experience allergic symptoms to milk because their immune system recognizes casein and/or whey as harmful substances. In turn, this causes the immune system to overreact and triggers hives, vomiting, itching, and even anaphylactic shock in extreme cases, which can be life-threatening. Yeah, it's not fun.

In comparison, people who are lactose intolerant are unable to digest the sugar component in milk – lactose – due to low levels of an enzyme called lactase. Consuming milk or derivative products when you're lactose intolerant can lead to symptoms such as diarrhea, gas, or abdominal cramps, but this condition is not life-threatening. Sure, you'll be uncomfortable, but you'll live! People with a dairy allergy will be intolerant and/or allergic to milk and all milk-based products. However, those who are lactose intolerant can be sensitive to some milk products but not others, depending on how the milk fat is processed in specific derivative products.<sup>5</sup> For example, someone who is lactose intolerant may be able to digest yogurt easily but could experience discomfort with cheese or butter. The specific reaction depends on how the casein and whey in each product were broken down and processed during production. Cure Joy

AusLMAT News



### The AuSLMAT Team to Sri Lanka 2017

Standing left to right - Shiran, Dr. Pavithra, Dr. Dilshani (and Tanesha) Dr. Sanka, Preethi de Silva (diabetic educator), Dr. Rajini and Dr. Graeme Sloman -- Seated left to right Dr. Quintus, Assoc. Prof. Omar Farouque, Dr. Jennifer and Isabel Sloman  
Absent for the photograph - Dr. Irma Bilgrami, Kate East, Jeremy de Zylva, Aidan Miles, Harvey and Maddie de Zylva  
AuSLMAT's Medical Mission to Sri Lanka in 2017 will commence from Jetwing Blue Negombo on Saturday 1st July and visit Sigiriya, Dambulla, Kandy, Batticaloa, Passikudah, Valaichennai, Yala, Matara, Akuressa, Weligama and Galle. We are grateful to the many donors who have provided medical equipment, soft toys, clothes and educational material. Free general medical clinics will be conducted at Passikudah and Weligama and lectures will be given at Matara and Karapitiya Hospital Galle.

Dr. Upali and Dr. Dharmapriya from Sri Lanka will assist us at the clinics along with Earl, Sanjana, Nishaji, Mahesh and Rankiri. We are grateful to all of them for making this another successful trip. AuSLMAT have visited Sri Lanka more than thirty times since the tsunami of 2004.

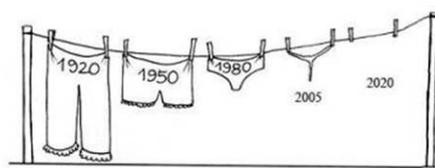
Dr Quintus de Zylva



### 10 Simple Home Remedies To Stop Hiccups In A Jiffy

Hiccups are annoying, to say the least. Most of the time, they go on their own. Sometimes hiccups can persist and you want to stop it by all means...

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## Use everyday habits to keep your memory in good shape

Your daily habits and lifestyle — what you eat and drink, whether you exercise, how stressed you are, and more — affect your mental health every bit as much as your physical health. A growing body of research indicates that regular exercise and a healthful diet can help protect your memory from aging-related decline.

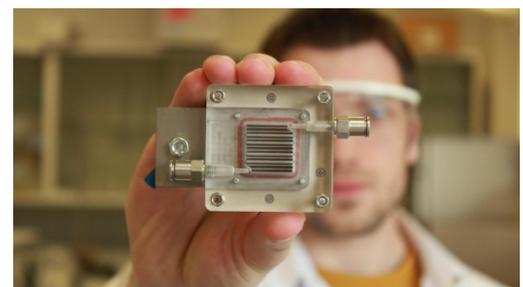
## Exercises for Knee Pain and Arthritis

Stretching keeps you flexible, improves your range of motion, and lowers your odds of pain and injuries.

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## Chinese

When ordering Chinese, the healthiest choices are often the steamed ones. People should choose steamed broccoli and chicken with sauce on the side over brown rice, instead of chicken over white rice. Most Chinese noodle dishes, such as lo mein, should also be avoided due to their high carb count.



New technology generates power from polluted air

## A Shocking Diagnosis: Breast Implants 'Gave Me Cancer'

By DENISE GRADY

A rare cancer of the immune system, linked to implants, has had devastating effects on women, many of whom had reconstructive surgery after breast cancer.

## What is the best way to treat severe dandruff?



ARTICLE

### Types and Grades of Brain Cancer



Astrocytomas, meningiomas, and oligodendrogliomas are the most common types in adults. Get the basics on each, and how they are treated.

### Carbs Could Cause Trouble for Patients with Inflammatory Bowel Disease

Certain types of carbohydrates may worsen symptoms of inflammatory bowel disease.

[Read More](#)



### Is Aluminum Foil Safe to Use in Cooking?



### Fresh fish is always healthier than frozen fish.

Unless you know for sure it's high-quality fresh fish, go with frozen. A lot of fish is flash frozen on the boat right after it's caught. After thawing, it should still be quite good.

On the other hand, "fresh" fish that was never frozen may have spent a few days sitting in a smelly ship's hold by the time you buy it. And some "fresh" fish may have been frozen and then thawed out behind the supermarket counter.

WebMD

### Americans Claim Gluten Sensitivity More Than Others



Avoiding gluten is a worldwide phenomenon, but the reasons why people do so vary, a new study finds.

[Read More](#)

### Can Patients with Celiac Disease Eat Oats?



For people with celiac disease, the rules are clear: no gluten. But what about oats?

[Read More](#)

### Men need more protein than women.

How much protein you need depends on your sex, age, how much you weigh, how active you are, and other things. But yes, guys usually need more protein than women. An average man needs about 56 grams of protein a day. Women need 46 grams. A typical day with about 50 grams of protein could include: Chicken (3 ounces), two large eggs, 2 tablespoons of peanut butter, and 8 ounces of yogurt.

WebMD

### The health risks from eating fish often outweigh the benefits.

Many foods from vegetables to dairy products and meat, can be tainted with chemicals and other unsavory things. Fish, too, can have mercury and PCBs. But experts say the benefits are much more likely to outweigh the risks.



### Allergies Getting Worse? Blame Climate Change

If you're sniffing and sneezing a lot more lately, you're hardly alone. Climate change is making seasonal allergies worse, an expert says. 'With the combination of increased...

[Read more ...](#)

### ISIS Lays Down Arms after Katy Perry's Impassioned Plea To 'Like, Just Co-Exist'



MAYADIN, SYRIA—Abu Bakr al-Baghdadi, the leader of the Islamic State, released a statement Wednesday confirming that ISIS would be immediately surrendering its fight to establish a powerful caliphate after viewing an interview in which pop singer Katy Perry said, "The greatest thing we can do just unite and love on each other and like, no barriers, no borders, like, we all need to just co-exist."

The powerful statement which single-handedly dismantled ISIS came shortly after a terrorist attack on civilians in Manchester killed 22 people, and led the reclusive head of ISIS to hold an emergency press conference declaring the group's jihad finished.

"Despite my previous belief that we must slay the infidel in the name of Allah until Islam rules the world, I just can't deny that Katy's words have touched my heart," al-Baghdadi said as he symbolically held up and then tossed an AK-47 onto the ground. "It is time for the mujahideen to start uniting and loving on people."

"I just can't believe we didn't see it before. It's all so clear now," he added.

After the video started to go viral in ISIS cave networks and strongholds, thousands of terrorists began pouring out into the streets of Mayadin, giving one another spontaneous group hugs, destroying their weapons, and planting trees and flowers in an attempt to begin rebuilding the Middle East into a utopian wonderland.

The  **Babylon Bee**

### Spacewalker's 'Action Cam' Captures Spectacular Views - Raw Video



ESA astronaut Thomas Pesquet carried a camera to capture the spacewalk action on March 24, 2017.

[Read More](#)



## Top 4 Health Benefits Of Eggplant

Eggplant, also known as aubergine, is a member of the nightshade, or Solanaceae, family. Eggplants are easy to cook and have numerous health benefits...

[READ MORE](#)

# Uncle Fatty: Obese Monkey Shows Dangers of Human Food

By Tia Ghose, Senior Writer |



Tourists at a food market in Thailand make a habit of feeding this now-obese macaque loads of sugary and fatty foods.

*Credit: Viral Press:* A morbidly obese macaque who lives near a floating market in Thailand is raising eyebrows for his sheer size.

At about 33 lbs. (15 kilograms), the chubby monkey, dubbed "Uncle Fatty" by tourists in the park, dwarfs his average-size comrades, who typically weigh about between 13.2 and 15.4 lbs. (6 and 7 kg), said Patricia Turner, a pathobiologist at the University of Guelph in Canada, who has studied [obesity](#) in macaques. The portly primate is now entering a special wildlife rescue center to get to a healthier state.

But how exactly did Uncle Fatty get so rotund, and are the causes and consequences of obesity in animals similar to those found in humans?

"Like humans, [macaques](#) become obese from consuming excess calories — regardless of the type of food," Turner told Live Science in an email.

And it turns out that Uncle Fatty isn't alone: As animals that live in association with humans take up the habits of people, the animals too are facing increased rates of [obesity](#) and [metabolic disease](#), such as type 2 diabetes, Turner said. [[See Images of Uncle Fatty, the Obese Macaque in Thailand](#)]

## 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. People with a family history of glaucoma, the elderly, and African-Americans are at increased risk of the disease.

### 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. WebMD



**Stephen Hawking: We Have 100 Years to Find a New Planet**



**10 Health Benefits of Flaxseeds**



**Sri Lanka appeals for international help as mudslides kill dozens**

Floods and torrents of mud unleashed by heavy rains in Sri Lanka kill 91 people and leave 110 others missing as authorities appeal for international help.

## The Truth About Schizophrenia



It's a serious mental illness that's seriously misunderstood. It affects your sense of what's real and changes how you think, feel, and act. Treatment can help.

## Mummy of Ancient Egyptian Nobleman Discovered Along Nile River

## Can the antioxidant resveratrol reduce artery stiffness in diabetics?

Resveratrol, a natural compound found in red wine, peanuts, berries and the skin of red grapes, may reduce artery stiffness in some people with [Type 2 diabetes](#), according to an abstract presented at the American Heart Association's Arteriosclerosis, Thrombosis and Vascular Biology / Peripheral Vascular Disease 2017 Scientific Sessions.

"This adds to emerging evidence that there may be interventions that may reverse the blood vessel abnormalities that occur with aging and are more pronounced in people with Type 2 diabetes and [obesity](#)," said Naomi M. Hamburg, M.D., M.S., senior author of the study and chief of the vascular biology section at the Boston University School of Medicine in Massachusetts.

As the body's largest artery, the aorta, becomes stiffer, the risk of [heart attacks](#) and [strokes](#) increases. In the current study, researchers used a test called the carotid-femoral [pulse](#) wave velocity (CFPWV) to measure aortic stiffness in 57 patients with Type-2 [diabetes](#) (average age 56 years, 52 percent female, 67 percent African-American and on average rating as obese on standard height/weight charts). Tests were performed after patients consumed daily doses of 100 mg/day of resveratrol for two weeks followed by 300 mg/day of resveratrol for two weeks and after comparable [placebo](#) dosing for a total of four weeks. Participants were also tested on several other measures of their blood vessels' ability to relax and expand as needed to accommodate changes in blood flow, an important indicator of healthy blood vessel function.

Researchers found:

- In the overall study group, there was a trend toward reduced aortic stiffness with resveratrol treatment; however, the change was not statistically significant.
- In a subset of 23 patients with high arterial stiffness at the start of the study, the 300 mg dose of resveratrol reduced aortic stiffness by 9.1 percent, the 100 mg lowered reduced aortic stiffness to a lesser extent, 4.8 percent, while stiffness increased with the placebo treatments.

"The effect of resveratrol may be more about improving structural changes in the aorta, and less about the relaxation of blood vessels, and people with more normal aortic stiffness may not get as much benefit," Hamburg said.

MNT



Is Eating Too Much Turmeric Unhealthy?

## Mexican



*Salad with grilled chicken and healthful fats such as avocado is a good replacement for Mexican dishes high in carbohydrates.*

Mexican fast food venues typically offer tacos, burritos, and tortilla chips. Similar to many of the burger fast food spots, they have started to offer salads and other seemingly healthful options.

A grilled chicken salad with beans, avocado and salsa as dressing and served without a deep-fried shell is a good option.

Grilled chicken tacos on soft corn tortillas with limited or no cheese, avocado and grilled vegetables can typically still be ordered while staying within carbohydrate meal goals.

Beware of fried taco shells that are low fiber, yet high fat and high calorie.

MNT *Written by Jenna Fletcher*

## Testosterone May Protect Men From Allergic Asthma



Testosterone -- the male sex hormone -- may be the reason why so many more women have asthma than men, new research suggests. The study found that testosterone...

[Read more ...](#)

## Vitamin D Fails the Asthma Test



Vitamin D supplements aren't likely to reduce the risk of asthma, allergies or the skin condition eczema in children or adults, a new study finds. Previous research had suggested that...

[Read more ...](#)

## In Year 1 Million, What Will Humanity Look Like?



In the year 1 million, humans might still exist — but they won't be like humans today.

[Read More](#)



12 Farmworkers Poisoned by Toxic Pesticide Only One Month After EPA Denies Ban



## The B vitamins (vitamin B complex) are:

- B-1 (thiamine)- B-2 (riboflavin)- B-3 (niacin)
- B-5 (pantothenic acid)- B-6- B-7 (biotin)
- B-12- Folic acid

The B vitamins, such as thiamine, riboflavin, B6, B12, and folic acid (folate) help the body with the health of red blood cells nerves, the heart, and the brain. Anemia, memory loss, fatigue, weakness, and digestive problems are signs of low B vitamins. These vitamins can be found in fish, meats, poultry, eggs, and dairy products.

## Vitamin C

There are plenty of rich sources of vitamin C, so you can reach your needs without a supplement by balancing your diet. Foods that are high in vitamin C are red peppers (higher than oranges), guava, oranges, kiwi, Brussels sprouts, and broccoli.



### 3 Side Effects Of Eating Too Many Peanuts

Peanuts, or groundnuts, are a staple in the United States. They are present in almost every food item ranging from ice cream to granola bars. Even peanut butter and peanut oil are much loved...

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FEATURED

## Breast Cancer Diagnosis and Treatment

Learn about causes, symptoms, and prevention. Know the types of treatments such as drug therapies.

[READ MORE](#)

## Which is the healthiest food?



Ecky Thimble, studied at Master of Commerce [Written Sun](#)

Based upon its effects on restoring the health of my son who became severely ill from an incompetent doctor administrating unnecessary antibiotics - this is the single healthiest food on Earth:

**Red cabbage.** Why?

It benefits every stage of the gastro-intestinal system as follows:

- **Eliminates gastritis** of the stomach and also reduces arthritis (due to anti-inflammatory compounds - even a microscopic dose of red cabbage juice stops gastritis)
- **Eliminates dysbiosis** of the small intestine (potent source of healthy lactobacteria, even more so in fermented form such as sauerkraut or kimchi)
- **Stimulates pancreatic enzyme** production to assist digestion
- **Repairs damaged intestinal walls** (due to high glutamine content)
- **Eliminates constipation** of the large intestine (due to high fibre content)
- **Boosts the immune system** (potent source of vitamin C)
- **Reduces osteoporosis**, in conjunction with a diet rich in calcium and Vitamin D (potent source of Vitamin K)
- **Reduces degenerative diseases** like Alzheimers (potent source of anti-oxidants)
- **High source of vitamin A** (for healthy eyes)
- **High dose of iron** (to reduce anemia)

All other less effective - and let's face it, less pretty - foods are essentially fighting for second place to the mighty red cabbage.

## Understanding the link between sugar and diabetes

Although eating sugar is not directly linked to developing diabetes, some evidence suggests that increased overall availability of sugar makes diabetes more common. A [2013 study](#) that looked at 175 different countries found that more sugar in the food supply increased diabetes rates.

Specifically, for every additional 150 [calories](#) of sugar available per day per person, diabetes levels rose 1 percent. This change continued even when researchers controlled other factors linked to diabetes, such as obesity, exercise, and overall calorie consumption. This research suggests that sugar consumption does affect diabetes, at least on a population level.

The study did not look at individuals, so does not support the claim that individual sugar consumption causes diabetes. Despite this, it gives people who eat a lot of sugar something to consider, especially if they have other diabetes risk factors.

A [2012 review](#) of previous research suggests that some forms of sugar consumption could increase the risk of diabetes. Drawing upon previous research, the study suggested that sugary drinks were likely to increase the risk of type 2 diabetes. Research on the link between other forms of sugar intake and diabetes, as well as sugar and other health risk factors, did not reach any firm findings.

[Can you get diabetes from eating too much sugar?](#)

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### Cheese Compound Curtails Cancer

Spermidine, found in foods such as cheese, mushrooms, and whole grains, is shown to prevent liver cancer and boost longevity.

[Read the full story](#)



### Hydrogen Therapy: How it Prevents Aging and Disease

Dr. Nick Delgado weighs in on the benefits of hydrogen therapy.

[Read the full story](#)

## Dairy Allergy Versus Milk Allergy

Dairy allergy is the blanket term used for an allergy to milk and *all* milk-based products. Specifically, a dairy allergy is an allergy to the milk proteins casein (comprising about 80% of the protein in milk) and whey (about 20%).<sup>2</sup> Having an actual allergy to milk usually means having to avoid *all* dairy products including butter, cheese, yogurt, ice cream, sour cream, ghee, whey, milk chocolate, cream cheese and so on. CureJoy

<http://elanka.com.au/health-tip-day-dr-harold-nitric-oxide/>



## Love and cancer at 28



Ben Bravery is a trained scientist. But he discovered that when you have cancer, you'll try anything.



Building collapses in Wellawatta (English)  
[https://www.youtube.com/watch?v=SaVNUlp\\_m3xo](https://www.youtube.com/watch?v=SaVNUlp_m3xo)



# Why choose vegetables when you are a diabetic?

*Arugula and other green, leafy vegetables are rich in nutrients and fiber.*

When considering foods to avoid, many people with diabetes might think about sugary or high-carbohydrate foods, such as [cinnamon](#) rolls or bread. Certain vegetables, though, can also cause blood glucose problems.

The GI refers to how quickly foods cause blood sugar levels to rise. Foods high on the GI, such as most potatoes, rapidly release glucose, potentially triggering blood glucose spikes.

They can also cause weight gain when eaten in excess.

Low to moderate GI vegetables, such as carrots, offer better blood glucose control, and a lower risk of weight gain.

Nitrates are chemicals that naturally occur in some vegetables. They are also used as preservatives in some foods.

Eating nitrate-rich foods, not foods processed with added nitrates, [can lower blood pressure](#), and improve overall circulatory health.

This means that nitrate-rich foods, such as beets, are among the best vegetables for people with type 2 diabetes who have a higher risk of cardiovascular disease. This is still true despite their high level of [carbohydrates](#).

The key to good food management, in this instance, is to reduce carbohydrate consumption elsewhere, such as by eliminating bread or sugary snacks.

Fiber and protein are both very important in a healthy diabetes diet. Protein is vital for good health, and can help people feel fuller for longer, reducing the urge to snack and supporting weight loss. Many dark, leafy greens are rich in many vital nutrients, fiber, and contain protein.

Fiber can [help control](#) blood glucose levels.

It also supports healthy [cholesterol](#) levels, can lower blood pressure, and relieve [constipation](#). Like protein, fiber can help people feel fuller for longer.

Many fruits and vegetables, nuts, and legumes are rich in fiber.

## Best vegetables for type 2 diabetes

Eating a wide variety of foods, including a mix of the best vegetables for type 2 diabetes, can help people stay healthy while enjoying a range of meals.

**Low GI:** Vegetables, with GI scores less than 30, include:

Fast facts about GI values of foods

- Frozen green peas score [39](#) on the GI index
- Carrots score 41 when boiled and 16 when raw
- Broccoli scores 10: Tomatoes score 1: artichoke

- Asparagus: broccoli: cauliflower: green beans: lettuce

- Eggplant: peppers: snow peas spinach: celery

It is worth remembering that the GI gives a relative value to each food item, and it does not refer to an amount of sugar.

The [glycemic load \(GL\)](#) refers to how much a person will eat in a serving.

**Nitrates:** Vegetables rich in nitrates include:

- Arugula: beets and beet juice: lettuce: celery: rhubarb

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<http://elanka.com.au/alcohol-health-benefits-written-dr-harold-gunatillake-health-writer/>

<http://elanka.com.au/health-tip-day-foods-drugs-hurting-kidneys-dr-harold-gunatillake/>

# Can people with diabetes eat cheese?

People with [diabetes](#) can safely eat cheese as part of a balanced, healthful diet. Just as with other foods, moderation is the key. A diet mainly consisting of cheese is unhealthy for anyone.

When selecting cheeses, people with diabetes need to consider a few things:

## Calories



*Although cheese is high in fat, it can be enjoyed in moderation by people with diabetes.*

Cheese is very high in calories and fat. Though calorie content varies among cheese varieties, people with diabetes should avoid overindulging in cheese.

[Type 2 diabetes](#) is linked with [obesity](#), and losing just a few pounds can reduce the risk of diabetes.

There are several steps that people with diabetes can take to help them eat cheese without gaining weight:

- stick to small servings
- choose lower-calorie cheeses
- use cheese as a source of flavor rather than as the main course

## Saturated fat

Cheese is high in saturated fat compared with many other foods. In small quantities, saturated fat is harmless and can actually be beneficial to the body. But excessive intake of saturated fats is linked to weight gain, high [cholesterol](#), gallbladder problems, and [heart disease](#).

The [American Heart Association](#) recommend a diet that contains no more than 5-6 percent saturated fat. That means that in a 2,000 calorie diet, no more than 120 calories or 13 grams (g) should come from saturated fats.

Other experts advise [no more than 10 percent](#) of daily caloric intake, which increases the amount of saturated fat, and cheese, that a person can consume safely. People with diabetes can meet this goal by sticking to no more than one serving of cheese per day.

The connection between saturated fat intake and heart disease is not as clear as it once seemed. An [analysis of previous research](#) found insufficient evidence linking saturated fats and heart disease.

However, people with diabetes are already at a higher risk of heart disease. As a result, they should continue consuming only small quantities of saturated fats until research provides clearer guidelines.

Until this time, the emphasis for people with diabetes should be to eat lots of plant-based foods that are rich in unsaturated fats.

## Sodium

People with diabetes should keep their salt (sodium) intake to [2,300 milligrams \(mg\)](#) per day or less. Salt can elevate blood pressure, causing or worsening diabetes-related cardiovascular problems.

Cheese is often high in salt, and processed cheeses are the worst culprits. A [2011 study](#), for example, found an average salt content of 1,242 mg per 100 g in processed cheese. String cheese had an average salt content of 724 mg per 100 g.

## Will cheese affect blood sugar levels?

Cheese has a low glycemic index (GI), which means that it releases glucose slowly and will not trigger significant blood glucose spikes. Of course, cheese is often consumed with other foods, some of which can spike blood glucose.

A cheese platter that offers cheese, fruit, honey, and crackers can elevate blood glucose. People with diabetes should be mindful of the foods they eat along with cheese and not just the cheese itself.

MNT



Credit: [Lunch meat photo](#) via Shutterstock

## Listeria

*Listeria monocytogenes* are bacteria found in soil and water, and are also present in raw foods as well as in processed foods and unpasteurized milk. Unlike other germs, Listeria can grow and spread even in the cold temperatures of an average refrigerator.

Symptoms of Listeria infections include fever and chills, headache, upset stomach and vomiting. But for some people, the illness can become more serious, even fatal. People at increased risk of getting listeriosis are pregnant women and their unborn fetuses, adults over age 50, and people with weak immune systems.

An estimated 1,600 people become seriously ill with listeriosis each year, according to the CDC. Of these, 260 die.

To prevent Listeria infections, the CDC recommends scrubbing firm produce such as melons and cucumbers with a clean produce brush and cleaning up all refrigerator spills right away, especially juices from raw meat, hot dogs and lunch meat.

Factory-sealed, unopened packages of lunch meat should be stored for no longer than two weeks, and meat sliced at a local deli no longer than three to five days in the refrigerator, the CDC says.  
Live Science



## Spice It Up in India

Indian food is loaded with herbs and spices, such as turmeric, curry, ginger, and cardamom. These are full of antioxidants and other things that are good for you. They also can lend some heat to the dishes, which may help you eat less.

WebMD



Credit: [Mussels photo](#) via Shutterstock

## Vibrio

*Vibrio parahaemolyticus* bacteria live in saltwater, and are often found in raw seafood. People who eat raw or undercooked shellfish become infected usually within 24 hours, causing symptoms such as watery diarrhea with stomach cramping, nausea, vomiting, fever and chills.

Symptoms can last up to three days. More severe infections are rare, and occur more commonly in people with weakened immune systems.

An estimated 4,500 cases of *V. parahaemolyticus* infection occur each year in the U.S., according to the CDC.

Most infections can be prevented by thoroughly cooking seafood.



## Smaller Portions in Japan

Little dishes typically mean fewer calories. Studies show that people who eat bigger portions are more likely to be overweight and less healthy. A soup starter, along with plenty of water, will help you walk away satisfied. And it's not just the small helpings. The traditional Japanese diet doesn't include a lot of red meat, and research shows that can be a good thing.

WebMD

## First Symptoms of Parkinson's

Parkinson's is a progressive disease of brain cells that affect loss of muscle control.

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## POST-SURGERY QUESTION

"You'll be fine," the doctor said after finishing the young woman's surgery. But, she asked, "How long will it be before I am able to have a normal sex life again doctor?"



The surgeon seemed to pause and his face reddened as a small tear ran down his cheek from the corner of his eye.

The girl was alarmed. "What's the matter doctor? I will be all right, won't I?" He replied, "Yes, you'll be fine. It's just that no one has ever asked me that after having their tonsils out."  
Sent by Rohantah

## Energy Drinks May Jolt the Heart

The surge from energy drinks can cause unhealthy changes in your heart rhythm.

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## Shoulder Pain: Common Cause

Rotator cuff tears are one of the most common causes of shoulder pain for everyday folks. Learn about rotator cuffs and how to prevent injuries.

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# Celebrity nutritionist tells you why you must eat mangoes

TNN | May 1, 2017, 11.01 AM IST



Mangoes are genetically compliant with our bodies. (Picture Courtesy: Shutterstock Images)

When celebrity nutritionist [Rujuta Diwaker](#) tells you that mangoes are safe for diabetics, you dance with joy. The magician behind [Kareena Kapoor's](#) post pregnancy weight loss is now a household name, thanks to her easy-to-follow diet tips. Since Rujuta has made it evident that she is pro-local foods, her latest post on social media talks about the king of fruits: Mangoes! Here are some basic tips she shared to debunk major myths regarding our summer favourite:

## Top Comment

*Mangoes are the best in the world.* **Manisha Anand**

**1. Why do we need to eat mangoes:** According to Rujuta, we need to eat mangoes for three basic reasons:

**a) Mangoes are local fruits:** Anything local is familiar with our body. Hence, no harm can come from this yellow fruit.

**b) Mangoes are in season:** Rujuta has often spoken about how we should consume seasonal fruits and vegetables to achieve a healthy body.

**c) Mangoes are genetically compliant with our bodies:** "You can consume mangoes in the form of pickle, aamras, panna or simply eat the slices," says Rujuta. Since mangoes are something we have grown up eating, it cannot do any harm to our body.

**2. Rujuta has listed down the following nutrients present in mangoes, that make it perfectly ok for diabetics and weight-watchers to eat it:**

**a. Mangoes are rich in beta-carotene:** A nutrient found especially in yellow foods, beta-carotene, according to Rujuta, will give you a flawless complexion.

**b. Mangoes are packed with vitamin C:** "This will help your bones and joints"

**c. Mangoes are loaded with fiber:** Since fruit fiber is good for our digestive tract, Rujuta says, eating mangoes will sort out your worries concerning constipation. Along with this, mangoes will help in reducing your cholesterol.

**d. Mangoes are rich in vitamin B6:** Rujuta says that this will help you in getting rid of feeling bloated when you get up in the morning or late in the evening.

**3. Here are some myths Rujuta busted in order to make mangoes our friends again:**

**a. Myth: Mangoes are bad for diabetics**

**Fact:** Rujuta says that mangoes are excellent for diabetics and there is no issue at all, infact "one mango everyday will help diabetics with a variety of reasons." Mangoes are rich in antioxidants and fiber. They will help your insulin sensitivity and will also regulate your blood sugar levels. Mangoes, according to Rujuta, are also recommended by the American diabetic association and Mayo clinic.

**b. Myth: Mangoes are full of calories**

**Fact:** Rujuta strongly recommends eating the healthy calories from mangoes rather than from flourless cakes, fizzy drinks and fiber rich biscuits. "Mangoes have a density of nutrients and these calories are only healthy for us." says Rujuta.

**c. Myth: Mango is fattening**

**Fact:** Mangoes have nutrients, which help accelerate fat burning. "Rather than thinking that mangoes are fattening, remember that foods which are not local are way more fattening," says Rujuta.

**d. Myth: Mangoes cause heat production in the body**

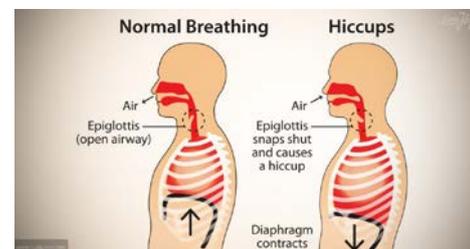
**Fact:** To tackle this, Rujuta gives the age old mantra of soaking mangoes in water as this will help in leaching out the excess phytic acid.

**4. How much mango is good for us?**

Rujuta talks about how mangoes have minerals, which make leptin sensitivity work well in our body. Leptin is a hormone which the body secretes as a response to the food that we eat. If we eat mangoes, our brain gets a signal to start eating in moderation. Rujuta further talks about how eating mangoes in summers will help us regulate our meals for the rest of the year.

So according to Rujuta, listen to your stomach and eat as much as it requires.

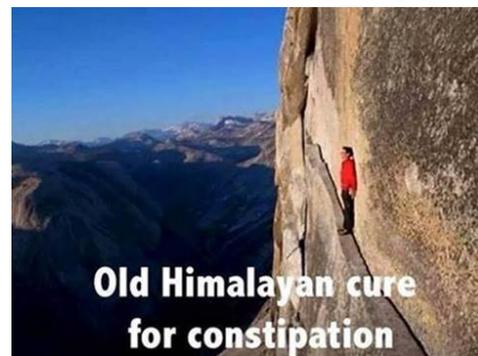
TOI



## 10 Simple Home Remedies To Stop Hiccups In A Jiffy

Hiccups are annoying, to say the least. Most of the time, they go on their own. Sometimes hiccups can persist and you want to stop it by all means...

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## Six ways you can re-use an old mobile phone

Chances are you're keeping an old smartphone in a drawer right now. If you're not going to recycle it, why not put it to good use?



## Zinc

Zinc is a metal and is found in cells throughout the body. It helps the immune system fight off invading bacteria and viruses and helps the body make proteins and the genetic material DNA. Zinc also helps wounds heal and is important for proper senses of taste and smell.

Food fact: Oysters contain more zinc per serving than any other food, but red meat and poultry provide the majority of zinc in the American diet.

## Avocado



Avocados are a good source of healthy fats and vitamins.

The avocado is the only fruit that is a good source of healthy fat. Avocados also provide about 20 different [vitamins](#) and minerals, and are especially high in [potassium](#), vitamins C, E, and K, lutein, and [beta-carotene](#).

Eating foods that contain healthy fats may help increase fullness. Eating fat slows the digestion of carbohydrates, which helps to keep blood sugar levels more stable.

Avocado is high in fiber too, with half a fruit containing 6-7 grams. According to the Department of Internal Medicine and Nutritional Sciences Program of the University of Kentucky, high fiber intake is associated with a significantly [lower risk for diabetes](#).

[Eating high-fiber foods](#) can also reduce [blood pressure](#) and cholesterol levels, improve weight loss, and make [insulin](#) more efficient.

- Spread avocado on toast in the morning instead of butter.
- Use avocado instead of mayonnaise in chicken or egg salad.

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## Pumpkin seeds



Pumpkin seeds are a good source of magnesium.

Pumpkin seeds are high in [magnesium](#) and [good fatty acids](#). The body needs magnesium for over 300 processes, including breaking down food for energy.

A lack of magnesium is linked to [insulin resistance](#), a main cause of diabetes. For every 100-milligram-a-day increase in magnesium intake, the risk of developing [type 2 diabetes](#) falls by [around 15 percent](#).

Two tablespoons of pumpkin seeds contain 74 milligrams of magnesium. This is around a quarter of the recommended daily amount.

- Brush pumpkin seeds with olive oil, season with cumin, and bake until brown and toasted.
- Make pumpkin seed butter by blending whole, raw pumpkin seeds in a food processor until smooth.

MNT

## Ezekiel bread



Ezekiel bread is one of the healthiest types of bread as it contains less processed ingredients.

Ezekiel bread and other sprouted grain breads are less processed than standard white and whole wheat bread.

The grains in Ezekiel bread are soaked and sprouted, allowing for higher protein and nutrient content.

Bread made from sprouted grains tends to contain more B vitamins, fiber, [folate](#), and vitamin C than other breads. They also have a beneficial effect on [blood sugar response](#). Ezekiel bread is often found in the freezer section. Sprouted grain breads have a denser consistency and are best when toasted.

- Toast Ezekiel bread and top with avocado, a sliced hard-boiled egg, and black pepper.
- People can also find sprouted grain bagels, English muffins, pizza crust, and tortillas.

MNT

## Strawberries



Strawberries are rich in vitamins.

[One study](#) found that fisetin, a substance contained in strawberries, prevented both kidney and brain complications in mice with [diabetes](#).

[Other human studies](#) have suggested that a higher intake of berries lowers the risk of diabetes.

One cup of fresh strawberries contains 160 percent of an adult's daily needs for vitamin C at only 50 [calories](#). [Several studies](#) have shown a link between lack of vitamin C and diabetes.

- Make a superfood salad by mixing strawberries, spinach, and walnuts.
- Add frozen strawberries to a smoothie with milk and peanut butter.

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## Chia seeds



Chia seeds are rich in antioxidants.

Chia seeds are rich in [antioxidants](#), healthy fats, fiber, magnesium, zinc, iron, and [calcium](#).

High-fiber diets are linked with stable blood sugar levels and a lower risk of developing diabetes.

Despite this, most adults are still not meeting their daily fiber needs.

Just 1 ounce of chia seeds provides 10 grams of fiber, almost half the daily recommendation for a woman over 50.

- Sprinkle chia seeds on yogurt, cereal, and oats.
- Chia can be a substitute for eggs in baking. Mix 1 tablespoon of chia with 3 tablespoons of water. Let the mixture sit for a few minutes. The seeds will absorb the water and form a gel that can be used instead of an egg.

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## Virgin Galactic Aims to Fly Space Tourists in 2018, CEO Says



Richard Branson's Virgin Galactic is on track to begin commercial passenger spaceflights before the end of 2018, the company's chief executive said.

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## SLIDESHOW

### The Ugly Truth About Your Toothbrush



Your toothbrush is home to more than 100 million bacteria including E. coli and staphylococci (Staph) bacteria. [Read](#)

**Angry Sharma barged into the Cardiologist clinic and held him by his collar :**  
**"Did u tell my wife that she has a cute vagina...?"**

**Doctor : U idiot, I told her that she has an "Acute Angina..!!"**

# What Are Lectins?



Lectins are a kind of protein that can bind to sugar. They're sometimes referred to as **antinutrients**, since they can reduce the body's ability to absorb nutrients. Lectins are thought to have evolved as a natural defense in plants, essentially as a toxin that deters animals from eating the plants (1). **Lectins** are found in many different plant- and animal-based foods, yet only about 30% of the foods you eat contain significant amounts (2). Humans are unable to digest lectins, so they travel through your gut unchanged. How they work remains a mystery, though research shows they bind to cells on the gut wall. This allows them to communicate with the cells, triggering a response. In small amounts, lectins play important roles in body processes, including immune function and cell growth. Research shows they could even have a role in cancer therapy (3). However, large amounts can damage the gut wall. This causes irritation that can result in symptoms such as diarrhea and vomiting. It can also prevent the gut from absorbing nutrients properly. The highest concentrations of lectins are found in healthy foods like **legumes**, grains and nightshade vegetables. Luckily, there are several ways to reduce the lectin content of these healthy foods to make them safe to eat. Research shows that by cooking, sprouting or fermenting foods that are high in lectins, you can easily reduce their lectin content to negligible amounts (4, 5, 6).

## Cure Joy

Calcium is a mineral that is an essential part of bones and teeth. The heart, nerves, and blood-clotting systems also need calcium to work.

Food fact: Milk, yogurt, and cheese are the main food sources of calcium for the majority of people in the United States.

# Red Kidney Beans



Red **kidney beans** are among the richest sources of **plant-based protein**. They are also a great source of carbs that are low on the glycemic index (GI). This means that they release their sugars more slowly into the blood, causing a gradual rise in blood sugar **rather than a sharp spike** (7). They are also high in resistant starch and insoluble fiber, which can help with weight loss and improve general gut health (8, 9, 10). Red kidney beans contain many vital vitamins and minerals, such as iron, potassium, folate and vitamin K1. However, raw kidney beans also contain high levels of a lectin called **phytohaemagglutinin**. If you eat them raw or undercooked, they can cause extreme nausea, vomiting and diarrhea. As few as five beans can cause a response. A hemagglutinating unit (hau) is a measure of lectin content. In their raw form, red kidney beans contain 20,000–70,000 hau. Once they're thoroughly cooked, they contain only 200–400 hau, which is considered a safe level (4). As long as they are properly cooked, red kidney beans are a valuable and nutritious food that shouldn't be avoided.

## Cure Joy



## Top 7 Health Benefits Of Longan Fruit

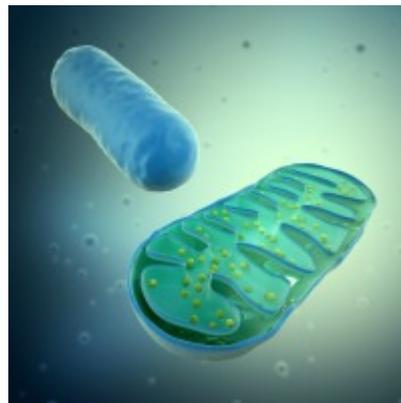
Longan has a long history as a medicinal fruit in Chinese medicine. Only the flesh is consumed, while the peel and seed are tossed away. Check out these 7 health benefits of longan...

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Lycopene is a naturally occurring chemical that gives fruits and vegetables a red color. It is present in particularly high amounts in tomatoes and tomato products.

# Mitochondrial 'Circuit Breaker' Protects Heart from Damage

*Heart mitochondria build power grid networks that enable them to limit disturbances in energy flow to a smaller region, preventing damage to an entire muscle*



Mitochondria - image from Shutterstock

Scientists have discovered biological mechanisms that protect the hearts power grid. One of the mechanisms functions like a circuit breaker allowing energy to keep flowing to the heart cells. This power grid is a network of mitochondrial circuits inside heart muscle cells that can keep on functioning even though individual components of those cells, the mitochondria, are damaged.

Researchers wanted to study these protective mechanisms to understand how skeletal and heart muscles function in healthy people and those with mitochondrial diseases, heart disease, and muscular dystrophy. The team of researchers from the National Institutes of Health released their study to the journal *Cell Reports*.

In 2015, the same research team discovered the mitochondrial power grid in human skeletal muscles. Even though questions were raised by other scientists who were skeptical of how this power grid actually worked, the study did reveal some key observations.

The scientists used 3D images to better see what makes up the hearts power grid. What they saw was a system of mitochondrial circuits throughout the heart. This system offered protection to the power grid if there was any disease-related damage. The mitochondrial circuits were organized in parallel rows of sub-networks, which differed from skeletal muscles which are organized in a single large network. The mitochondrial sub-networks limit electrical dysfunction spreading to smaller areas, which act like a mechanism preventing any damage.

The circuit breaker mechanism in the heart can be compared to a city power grid. If enough lightning were to strike the city the circuit breakers would activate, preventing total power loss to the city. This appears to be how the biological power grid protects the heart from damage.

[VIEW NEWS SOURCE...](#)

## No Aliens Yet for \$100 Million E.T. Hunt

Observations of nearly 700 stars by the Green Bank Telescope (GBT) in West Virginia revealed no compelling signs of alien civilizations, representatives of the Breakthrough Listen project announced Thursday (April 20).

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## Cheese Compound Curtails Cancer

*Spermidine, found in foods such as cheese, mushrooms, and whole grains, is shown to prevent liver cancer and boost longevity.*

A new study indicates that spermidine may minimize the risk of liver cancer and simultaneously boost lifespan. The beauty of his finding is that most people will enjoy consuming the foods that provide such benefits : aged cheese, mushrooms, whole grains, soy, corn, legumes and other foods with plenty of spermidine.



Researchers fed mice an oral supplement of spermidine. The results were quite intriguing. These mice were less inclined to incur liver fibrosis. They were also less inclined to develop hepatocellular carcinoma, the most prevalent form of liver cancer. The Texas A&M research team also found that the consumption of spermidine boosts the lifespan of mice by 25 percent. The study's findings were recently published in Cancer Research, a popular medical journal.

### About the Study

The study was spearheaded by Leyuan Liu, Ph.D. She works at Texas A&M's Institute of Biosciences & Technology. Liu and her research team keyed in on spermidine, a polyamine compound with a minimum of two amino groups. It is named as such as it was separated from sperm. Spermidine is commonly found in an array of food products like those listed above.

Previous studies indicated dietary spermidine might produce health benefits. As an example, a previous study linked oral supplementation of spermidine to improved longevity and heart health in mice. A recent study tied the compound to decreased blood pressure.

Liu's research team was more concerned with whether spermidine has anti-cancer properties. The researchers provided an oral spermidine supplement to mice that had a predisposition to the development of liver fibrosis or hepatocellular carcinoma, meaning an accumulation of scar tissue in the liver that has the potential to cause liver cancer.

### Study Results

The spermidine supplement reduced the odds of the development of liver fibrosis or hepatocellular carcinoma in mice. Furthermore, the mice given the supplement lived longer than the mice that were not provided with it. In fact, the increase in lifespan was about 25 percent which equates to a human being living to 100 instead of 81 years-old. However, it is important to note that this boost in lifespan was only observed in mice with lifelong spermidine supplementation. Mice that were provided the supplement at a later point in life enjoyed a longer life but the extension topped out at about 10 percent.

### Previous Research of Note

Liu's research team also conducted previous research that determined the lack of autophagy played a role in the development of cancer. Autophagy is the process through which cells consume their debris. The researchers determined the benefits of spermidine were reduced when the protein known as MAP1S was absent. This protein is a common trigger of autophagy. As a result, Liu's research crew believes the cancer-fighting properties of the compound are determined by the enhancement of autophagy related to MAP1S.

### A Look to the Future

Additional studies must be conducted to determine if spermidine supplementation is safe for human use. It is anticipated that this supplementation will provide meaningful health benefits. Spermidine might one day be added to bottled sodas or alcohol to balance out the beverages' negative ingredients and simultaneously enhance the liver, prolong lifespan and combat hepatocellular carcinoma.

[VIEW NEWS SOURCE...](#)

## Hydrogen Therapy: How it Prevents Aging and Disease

*Posted on April 28, 2017, 6 a.m. in Alternative Medicine Anti-Aging*

*Dr. Nick Delgado weighs in on the benefits of hydrogen therapy.*



Mounting evidence suggests hydrogen therapy may just be the fountain of youth we have been searching for since the dawn of time. Hundreds of studies confirm it's not only safe, it's also highly effective for the treatment of numerous diseases, for enhancing energy and sports performance, and for the promotion of optimal health and longevity.

### What It Is

Hydrogen therapy uses molecular hydrogen (H<sub>2</sub>), which is a naturally occurring molecule formed when two hydrogen atoms combine. Molecular hydrogen is the smallest element in the universe, and its tiny size allows it to quickly permeate and penetrate all of the body's tissues, and cells.

### Health and Longevity Applications:

#### Anti-Aging

Molecular hydrogen is a powerful antioxidant, that helps to defend cells and genes from damage and death caused by harmful free radicals. These properties, in combination with its anti-inflammatory properties help enhance longevity because aging is caused by tissue degeneration, oxidative stress and inflammation.

#### Disease Prevention

There are currently 150 different diseases in which molecular hydrogen appears to exert a beneficial effect. Some of the most common include: cardiovascular disease, Parkinson's disease, Alzheimer's disease, dementia, diabetes, allergies, osteoporosis, atherosclerosis, heart disease, and cancer.

#### H<sub>2</sub> Safety

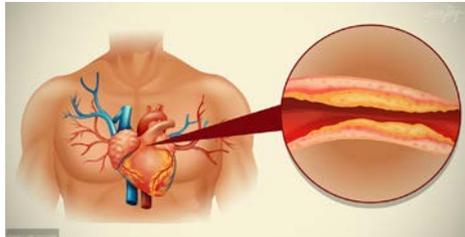
H<sub>2</sub> is completely non-toxic and naturally produced in the body when intestinal bacteria breakdown dietary fibers. There are no adverse effects associated with H<sub>2</sub>, and when H<sub>2</sub> is broken down, the byproduct is simply water (H<sub>2</sub>O).

#### Who Can Use H<sub>2</sub> Therapy

Since it has such a high safety-profile, and produces such a wide-range of positive health effects, virtually everyone can benefit from it. H<sub>2</sub> is so safe, that scientists are currently studying it as a therapeutic aid for terminally ill patients, for pediatric purposes, for pregnant women, and even for fetuses and newborns.ii

~Written by Nick Delgado, PhD, CHT

**Delicious and rich in antioxidants, blueberries rank number one in antioxidant activity when compared with 40 other fresh fruits and vegetables. Anthocyanin, the antioxidant that is thought to be responsible for this major health benefit, can also be found in blackberries, black raspberries, black currants, and red grapes.**



### 3 Ayurvedic Tips To Manage Cholesterol

Hyperlipidemia in Ayurveda is correlated to the disorders arising due to excessive fat in the body. Kapha provoking diet and lifestyle are the main causes of Medoroga, hence, avoiding the causative factor is pivotal in lowering cholesterol...

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### Walnuts



*Walnuts are an excellent source of fiber, protein, and healthy fats.*

The combination of fiber, protein, and healthy fats in walnuts makes them a great alternative to simple carbohydrate snacks like chips or crackers.

The fatty acids in walnuts can increase good [cholesterol](#) while decreasing harmful cholesterol. This may reduce the risk of heart disease or [heart attack](#). People with diabetes are at a greater risk for these conditions.

People whose [diets include large amounts of nuts put on less weight](#) than those that do not.

Weight loss can help to reduce blood sugars.

- Add crushed walnuts to yogurt, oats, or salad.
- Make a trail mix treat with walnuts, pumpkin seeds, and dark chocolate chips.

MNT

### Steroids May Be Risky Even in the Short Term

By [NICHOLAS BAKALAR](#)

**Taking oral corticosteroids for only a month or less may increase the risk of blood clots, infections and broken bones.**



### Lower Blood Pressure with Potassium-Rich Foods

Posted on April 17, 2017, 6 a.m. in [Blood Pressure Cardio-Vascular Functional Foods](#)

New reasearch reveals that a higher intake of dietary potassium can assist in lowering blood pressure.



According to the World Health Organization, more than one billion people throughout the world are living with hypertension. Hypertension is responsible for at least 45 percent of deaths due to heart disease and 51 percent of deaths due to stroke.

Researchers in a study conducted by the Keck School of Medicine at the University of Southern California reported that a higher intake of dietary potassium can aid in lowering blood pressure and that the kidneys excrete more water and salt when the dietary potassium level in the blood is high. Eating a high potassium diet can be likened to taking a diuretic. Also explored was the link between potassium, dietary sodium, blood pressure, and the sodium-potassium ratio and an investigation regarding the effects of potassium and dietary sodium on hypertension.

Alicia McDonough, Ph.D., professor of cell and neurobiology cell at the Keck School, stated that evidence in their analysis suggests that increasing dietary potassium may have an equally important effect and a direct benefit of lowering hypertension.

There are many nutritious foods that are rich in potassium, a valuable mineral and salt that aids with electrolyte balance and in numerous cardiac functions. Also, without it, your body's vital energy processes are not able to occur.

Here are some of the examples of potassium-rich foods.

**Banana:** Considered a traditional potassium fruit, a medium-sized banana offers about 15 percent of the daily requirements and can be added to other foods such as salads, cereal, jello, puddings, smoothies, and more.

**Yogurt:**Yogurt itself is one of the best suggestions for a part of a healthy breakfast, as a midday snack, or as a full meal especially with a variety of fresh fruits added. A 100-gram serving offers more than 250 milligrams of potassium.

**Apricots:** The apricot is tasty and is high in antioxidants including vitamins A and C as well as potassium. A 100-gram serving is about seven percent of the daily needs, is low on the glycemic index, and is an ideal quick snack.

**Acorn Squash:** It is loaded with potassium, with a 100-gram serving having over 400 mg of potassium. You can bake it with brown sugar and cinnamon for a side dish or make it stuffed with a favorite meat for a complete meal.

**Avocado:**The avocado has an abundant amount of omega-3 fatty acids, maintains the electrolyte balance, is a filling treat as a snack or added to a salad or smoothie, and has close to 1,000 milligrams of potassium per serving.

**Potato:** One cup (173 grams) is loaded with nearly 30 percent of the daily requirements for potassium. It is best to enjoy the potato boiled, baked, or grilled and avoid fried versions.

**Fresh Salmon:**Salmon is one of the healthiest foods and best meat sources as it is also one of the best sources of omega-3 fatty acids. A small three-ounce serving also contains over 500 milligrams of potassium.

**Almonds:**Almonds are high in fiber, low on the glycemic index, and help maintain glucose levels and the electrolyte balance. A serving of 28 grams contains about 200 milligrams of potassium and no sodium. However, snack on just a small amount because that serving contains close to 200 calories.

The ability of one's body to have control of the blood's potassium levels is critical to normal heart, muscle, and nerve functions. Since a typical Western diet consists of low potassium and high sodium foods, the body uses the retention of sodium to hold onto that potassium. That is similar to eating a diet high in sodium, which could significantly increase the hypertension risk.

[VIEW NEWS SOURCE...](#)

# How unhealthy is eating white bread, and why ?

How often one should eat it, including items like pizza, burger, etc ?



Sam Beach, Co-founder - CalorieQuality

When researching how healthy a food is on the internet, you should not take someone's opinion on faith alone. Consider the body of evidence comparing whole grain consumption to refined grain consumption and you will note the benefits of choosing whole grains (ie whole grain bread) over refined grains (i.e. white bread). Here are a few justifying points taken from an article I've written on assessing the quality of high carbohydrate foods ([Carbohydrate Quality](#)):

- A 2016 meta-analysis of 45 studies including information on 786,000 participants found high whole grain consumption was associated with reduced risk of coronary heart disease, cardiovascular disease, total cancer, and all cause mortality as well as mortality from respiratory disease, infections, diabetes, and all non-cardiovascular, non-cancer causes combined. In the analysis, all studies adjusted for BMI suggesting an association independent of BMI [\[1\]](#).
- Consumption of refined grains has been consistently correlated with weight gain while whole grains have been consistently inversely correlated with weight gain [\[2\]](#).
- An examination of 2 large cohort studies of 74,000+ women and 43,000+ men found whole grain consumption was associated with lower total and cardiovascular disease mortality in US men and women [\[3\]](#).
- Nutrients are always stripped in the process of refining whole grains. While refined grains include bran and fiber that help maintain a steady blood sugar, refined grains are higher in glycemic index and cause sharper blood sugar spikes. Blood sugar spikes and high glycemic index and high glycemic load foods increase the risk of inflammation, cardiovascular disease, weight gain, age related macular degeneration while whole grains have consistently been found to reduce the risk of inflammation, cardiovascular disease, and weight gain [\[4\]](#), [\[5\]](#), [\[6\]](#), [\[7\]](#), [\[8\]](#), [\[9\]](#), [\[10\]](#), [\[11\]](#), [\[12\]](#), [\[13\]](#).
- In the Nurses' Health Study of 160,000+ women without diabetes, consumption of whole grains was found to be associated with lower risk of developing Type II diabetes [\[14\]](#). Researchers estimated from the same study that swapping even some white rice for whole grains could reduce diabetes risk by 36 percent [\[15\]](#). A number of additional studies and meta analyses disease have concluded the evidence linking consumption of refined grains with Type 2 Diabetes and whole grains / lower glycemic index foods with significantly lower incidence of Type 2 diabetes is robust [\[16\]](#), [\[17\]](#), [\[18\]](#).
- In a study of 18,000 + women, higher consumption of low quality refined carbohydrates and other high glycemic index foods was associated with infertility [\[19\]](#).
- A study of 38,000+ women found higher consumption of low quality refined carbohydrates and other high glycemic load foods may increase the risk of colorectal cancer in women [\[20\]](#). A subsequent study of ~490,000 individuals found whole grain consumption was associated with modest reduced risk of colorectal cancer [\[21\]](#). A 2011 systematic review and meta-analysis of 25 studies found consumption of dietary fiber and whole grains were associated with a reduced risk of colorectal cancer .

Full disclosure - I am a cofounder of CalorieQuality. We're quantifying the healthfulness of every food you'll find in the supermarket or at popular chain restaurants to make healthy eating easier. Our free receipt-based health tracker helps you keep up with how well you're eating. Upload food receipts and our web app can tell you cumulative stats on your diet with important metrics like how much sodium you're getting relative to calories and if you're doing a good job eating unprocessed foods. It's like a calorie counter but much faster to use. You can check it out here - [Home](#).

## 41 juice cures you should know about



Agos ago, juice cures were very common as people relied more on home remedies than medicines. If we refer back to them, we can find juice cures for almost all health issues. Wondering how they work? Let's have a look.

The treatment of diseases through an exclusive diet of fruits and vegetables is known as raw [juice therapy](#). It is also called juice fasting or [juice cure](#). During the therapy, the eliminative and cleansing capacity of organs (lungs, kidneys, liver and skin) increases. As a result of this, all the accumulated metabolic waste and toxins are eliminated from the body. [Raw juice therapy](#) is considered by many as the most effective way to rejuvenate and detoxify the body and restore health.

The raw juice therapy allows your digestive system to rest because digesting raw juice doesn't put much pressure on the digestive system. This translates into a better and quicker absorption of nutrients by the body.

The process is very simple because all you need to do is blend different fruits and vegetables and consume them to manage the symptoms of an ailment. To get the maximum benefit from fruits and vegetables, use a '900 watt' slow electric juicer to blend them. Make sure you consume the juice immediately to ensure no loss of nutrients because fruits and vegetables may become stale after you peel their outer skin and lose some of their nutritive value.

Juice therapy can be used as the only diet if you want better and quicker results. But in that case, you need to take juice every three hours to maintain your health. If you do not find this comfortable, the therapy can be carried along with your normal diet.

You must have also noticed that when you get sick and consult a doctor, the doctor advises you to have fresh fruits, juice and vegetables. The reason behind this is the same as explained above.

But if you take a juice that's not advised during the kind of sickness you have, your condition can get worse. Every juice is not good for every disease and problem. But overall, raw juices are beneficial and have rejuvenating and revitalising effect on all functions of the body. There are many positive outcomes of juice therapy, such as follows:

- Raw juices contain certain natural medicines, antibiotics and vegetal hormones. For example, fresh juice of onion, tomato, garlic and radish contain antibiotic substances, string bean contains insulin like substance and cucumber and onion juice have the hormone needed by the pancreas to produce insulin.
- Raw juices are rich in alkaline elements, which help to normalise acid-alkaline balance in our body. Like in most of the health conditions, there is excess acidity in the body. Juices can help prevent it.
- Raw juices have good amount of easily absorbable organic minerals like calcium, potassium and silicon. These minerals help in restoring biochemical and mineral balance in the cells and tissues and thus, prevent premature ageing.
- Raw juice helps in speedy recovery by supplying needed elements for body's healing process and cell regeneration.

:- The best part about raw juices is that they require no digestion and all the nutrients get absorbed into the bloodstream directly.  
TOI

## Food & Climate change

Climate change affects the ecosystems that provide food, "and therefore our security of food is linked to the security of those ecosystems," deMenocal said.

The oceans, for instance, provide people with about 20 percent of their dietary protein, deMenocal said. However, [ocean acidification](#) caused by climate change makes it difficult, if not impossible, for thousands of species, including oysters, crabs and corals, to form their protective shells, which in turn disrupts the food web, [Live Science previously reported](#). On land, an increase of 3.6 degrees F (2 degrees C) would almost double the water deficit and would lead to a drop in wheat and maize harvests, [according to NASA](#).

Northern latitudes may see a temporary boost in soy and wheat farming, partly because of the warmer temperatures farther north and partly because increased carbon dioxide helps plants grow, NASA said. But at an increase of 3.6 degrees F (2 degrees C), this advantage almost disappears for soy, and entirely vanishes for wheat, NASA reported.

If temperatures get too hot when these plants are flowering, their growth can become stunted, leading to decreased or no edible food crop, such as corn or grain, NASA said. [[How Often Do Ice Ages Happen?](#)]

Livescience

## How Would Just 2 Degrees of Warming Change the Planet?

April 29, 2017 | Article

The Earth is home to a range of climates, from the scorching dunes of the Sahara to the freezing ridges of Antarctica. Given this diversity, why are climate scientists so alarmed about a worldwide temperature increase of just 2.7 degrees Fahrenheit?

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## 7 Conditions That Botox May Help Treat

[Read Article](#)

## Beyond a Bland Diet for IBS

You can still enjoy what you eat if you have inflammatory bowel disease (IBD). Bland foods may help when you have a flare. But as you recover, eat a well-balanced variety of fruits, vegetables, grains, and proteins. Staying on a bland diet, eating only foods like applesauce and saltines, can slow your recovery. You need calories, protein, and other nutrients for your body to heal.

### Add Probiotics

IBD can put the natural, healthy bacteria living in your GI tract out of balance. Get a natural boost with the probiotics found in many yogurts -- check the label. Or try kefir, a tangy fermented drink that's also full of probiotics.

### During a Flare

Cut out any of your usual triggers. You may want to avoid beans, whole-grain or multigrain breads, fruits, vegetables like cabbage or broccoli, and fatty or fried foods. Peel vegetables and fruits before you eat them; it may help. In addition to safe foods like bananas, rice, applesauce, and toast, you need protein, too, like chicken, ground beef, or tofu. It will keep your strength up and help you heal. Alcohol, caffeinated drinks, and juices may upset your stomach.



### Eat Smaller Meals

For a lot of people with IBD, meal size matters. If you eat too much at once, it can trigger symptoms. Instead of three big meals a day, go for five smaller ones: breakfast, lunch, dinner, and two snacks. Keep portions about the size of your fist. Small meals also help with cramping, a common problem if you have IBD.

### Roasted Veggies

Raw fruits and vegetables can irritate your stomach. If IBD symptoms are acting up, avoid them. You can lightly roast these foods to break down the fiber. Your meal will be easier to digest, and you'll still get loads of healthy nutrients from the sweet potatoes, carrots, squash, and other veggies.

### Milk Substitutes

A lot of people with IBD are lactose intolerant -- their bodies can't break down protein in milk products. But they still need key nutrients in dairy, such as calcium. Soy milk, almond milk, rice milk, and other options may be easier to digest. Most are fortified with calcium and vitamin D.

WEbMD

## Your daily stress is related to Cortisol hormone

Written by Dr Harold Gunatillake-health writer  
Cortisol is a hormone secreted by the adrenal glands sitting on top of your kidneys, and its secretion is related to stressful situations in your daily life. It is also called the stress hormone which helps you to balance your hormones and achieve good health.

Not only stress levels, cortisol seems to help regulate blood sugar levels, metabolism and also reduce inflammation like ex...

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Regenerative Agriculture

Can Save the Planet



## Weight-Loss Procedure Makes Stomach into 'Accordion' Without Surgery

CHICAGO —  
A new, nonsurgical weight-loss

procedure — which involves inserting a tube down a patient's throat and suturing the stomach — is safe and effective, a new study finds.

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