



Serena Williams accuses Ilie Nastase of racially abusing her and unborn child

<https://youtu.be/Yfwlj0gb>

## Harder calcium deposits may predict heart attack risk



Harder

*calcium deposits may predict heart attack risk (Thinkstock photos/Getty Images)*

People with proportionately higher quantities of harder calcified plaque best predicted risk of heart attacks, while soft plaque did not, representing a potential paradigm shift, researchers said.

The study may be a "game-changer" for determining who is at risk of a heart attack.

"It's a disease marker, not a risk marker. And we think it's possibly a very important predictor," said Brent Muhlestein from the Intermountain Medical Centre Heart Institute in Utah, US.

Atherosclerosis is caused when plaque -- a sticky deposit known to cause ruptures -- builds up in the arteries, narrowing and hardening them.

The notion that soft plaque is more likely to rupture and cause heart attacks than hard calcium deposits in coronary arteries may be wrong, according to the study that will be presented at the American College of Cardiology Scientific Sessions in Washington D.C.

"We previously thought the lipid-laden soft plaque was more likely to rupture and cause heart attacks, but based on our new research, it's more the calcified plaque that appears to be associated with adverse cardiovascular events," Muhlestein added.

Furthermore, the study potentially could mean a lot of patients may not require statin therapy, even though they have high cholesterol.

"Maybe we can find and identify them. If there's no atherosclerosis, you're not going to have a heart attack. So the coronary calcium score may allow us to much more effectively select who we treat," Muhlestein said.

For the study, the team evaluated the composition of coronary artery plaque identified in the subjects through computerised tomography (CT) coronary angiography.

The patients were followed for an average of nearly seven years to see if their plaque composition had predicted whether they'd have a cardiac event.

TOI

## World's oldest person dies aged 117



Emma Morano, at 117 the world's oldest person and also believed to have been the last surviving person born in the 1800s, dies at her home in northern Italy.

Some doctors had warned her against eating three eggs daily, which she did for years, but she ignored their advice.

## Obama to Keynote Global Food Innovation Summit



The 44th United States President Barack Obama will be the guest of honor at the 2017 **Seeds&Chips** Global Food Innovation Summit. Obama will be a keynote speaker on May 9, and will also discuss **food** and agriculture on a panel with Sam Kass, senior food policy advisor to President Obama and promoter of the White House's health-conscious revolution.

[Keep reading...](#)

## New Breakthrough Treatment Combats Diabetic Kidney Disease

Scientists have developed a drug to prevent progression of the most common cause of kidney failure, diabetic kidney disease. The breakthrough could lead to a new way to treat Type 2 diabetes, one of the world's fastest-growing chronic diseases.



## Harmful Cocktail: Alcohol Plus Energy Drinks May Raise Injury Risk



People who mix alcohol with energy drinks may be at a greater risk of getting hurt while they are intoxicated than those who drink alcohol by itself.

[Read More](#)

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Tens of Thousands Protest 'Alternative Facts' at March for Science

Scientists and science enthusiasts (along with their curious kids) turned out in droves to make their voices heard.

[Read More](#)

## Presidential Visions for Space Exploration: From Ike to Trump



A brief look at how each American president helped shape and steer American activities in space.

[Read More](#)



<https://youtu.be/6UxJlbuV7U>



## Congratulations from Down Under



Agnes and Michael Thambayagam celebrated their Ruby wedding anniversary in their home in Sugar Land Texas on 26<sup>th</sup> April, 2017 They had their silver wedding anniversary celebration in Ridgefield, Connecticut, USA on 24 April 2001 and their wedding in Hull, England, UK on 24 April 1976.

Agnes is the author of the book, *The Gentiles*, Studied at St. Antony's College, University of Oxford, UK Studied South Asian History at University of Oxford Went to Holy Family Convent Collegiate School, Jaffna, Sri Lanka

Michael studied at the University of Manchester, England. Worked at Schlumberger Went to St. Patrick's College, Jaffna, Sri Lanka Health & Views wish this couple a healthy long life with blessings

<http://www.pahana.com.au/paper/id/100>



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Noam Chomsky: Can the World Survive America's Anti-Science Agenda?



Love and Happiness: An Obama Celebration by The Obama White House  
1,617,293 views



## Presidential Visions for Space Exploration: From Ike to Trump



A brief look at how each American president helped shape and steer American activities in space.

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## SUNFEST - Sri Lankan New Year Celebrations 2017

The consulate General of Sri Lanka in Sydney organised a Consular Mobile Service to the community at the SUNFEST festival, organised by the Sri Lankan Association OF NSW, Sinhalese Cultural Forum supported by SBS and the Muslim Association.

The benefits the community gained by bringing the consular services to their doorstep is one-step forward in the community services organised by the Consul General-Lal Wickramatunge.

The services rendered were: applications for dual citizen-ship: birth registrations: pass-port alterations: police reports, visas and many other services.

The venue was Shore-grounds in Castle Hill, from 9.30am-till 4pm.

The festival was a great success, attended by over 200 families with their children-had a great fun-day, and the weather was congenial with a blue sky and a temperature of 22 deg.C

The activities included children's races, Drumming (rabana) by groups of children, traditional dances, and entertainment to the adults. There were over 10 food-stalls supplying traditional foods and other popular foods like Biryani, hoppers, and exquisite delights.

Very successful event to look forward in the future, too

Reported by Dr Harold Gunatillake

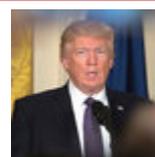
Please watch you- tube produced by the same author.



SLIDESHOW

## These Things Put Your Heart in Danger

Heart disease is the No. 1 killer in the U.S., but do you know what it is? See what can make you likely to have serious problems.



## VIDEO: The Trump Administration: 100 Days in 2 Minutes

A whirlwind tour of the triumphs and setbacks that marked the first 100 days of Donald J. Trump's presidency.



## Beer Drinkers May Develop Irregular Heart Rhythms

By NICHOLAS BAKALAR

German scientists used Oktoberfest to show that moderate social drinking may lead to arrhythmias.

This is a wonderful, one minute clip filmed in Glasgow. Full of wisdom, and very brief. It's not a joke, it's not religious, it's not political. It's just...true  
[http://www.youtube.com/watch\\_popup?v=Hzgzim5m7oU&vq=medium](http://www.youtube.com/watch_popup?v=Hzgzim5m7oU&vq=medium)  
 Sent by Rohantah



**Lifting Lighter Weights Can Be Just as Effective as Heavy Ones**  
 By GRETCHEN REYNOLDS  
 In a study, participants' muscles got bigger and stronger whether they lifted heavy or light weights — as long as they lifted until they were tired.



**By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher.**  
 - Socrates

Turnbull said modern Australian values included freedom, equal rights of men and women, democracy, the rule of law and a "fair go".



Prime Minister @TurnbullMalcolm lists what he thinks are our "uniquely Australian" values. #auspol #abc730 #citizenship  
 8:16 PM - 20 Apr 2017



**6-Year-Old Science Prodigy Hosts Trending Podcast**



## The Pope's message from the Mass.



There are many who appreciate you, admire you and love you.  
 I would like you to remember that to be happy, is not to have a sky without storms, road without accidents, works without fatigue, relationships without disappointments. To be happy is to find strength in forgiveness, hope in battles, security in the box of fear, love in disagreements.  
 Being happy is not only valuing the smile, but also reflecting on sadness. It is not just to commemorate success, but to learn lessons in failures. It is not just to have joy with applause, but to have joy in anonymity. To be happy is to recognize that life is worth living, despite all the challenges, misunderstandings, and periods of crisis. Being happy is not a fatality of destiny, but a conquest for those who know how to travel within their own being. To be happy is to stop being a victim of problems and become an actor in one's own history. It is to cross deserts out of itself, but to be able to find an oasis in the recesses of our soul. It is to thank God every morning for the miracle of life. Being happy is not being afraid of your own feelings. It is knowing how to talk about yourself. It is courage to hear a "no". It is safe to receive criticism, even if it is unfair. It is to kiss the children, to pamper parents, to have poetic moments with friends, even if they hurt us. To be happy is to let the free, happy and simple creature live within each one of us. It is to have maturity to say 'I was wrong'. It is to have the audacity to say \*forgive me\*. It is to have sensitivity to express \*I need you\*  
 It is to be able to say \*I love you\*  
 May your life become a garden of opportunity to be happy ...  
 May you be joyous in your spring. In your winter you are friend of wisdom. And when you get in the way, start all over again. Then you will be more passionate about life. And you will discover that to be happy is not to have a perfect life. But use tears to water the tolerance. Use the losses to refine the patience. Use flaws to sculpt serenity. Use pain lapping pleasure. Use obstacles to open the windows of intelligence. Never give up ....  
 Never give up on the people you love. Never give up being happy, because life is a must-see! "

\*Pope Francisco\*  
 (Sent by Russel Nathanielsz)

## Smarter Living



Photo Illustration by Tony Cenicola/The New York Times

This is what 2,000 calories [looks like](#).



Put the weights down. Here are some brain fitness exercises, [from puzzle games to flying drones](#).



• **Recipe of the day:** The homemade sofrito is central to this [Cuban black bean recipe](#).



**Grace VanderWaal & Jason Mraz singing I'm Yours at the ...**  
 by Jim Taylor  
 1,317,856 views



**Malcolm Turnbull: 'We are announcing changes to strengthen citizenship' – video**

**What does a chicken egg have to do with your flu shot?**

Each and every influenza vaccination delivered this flu season has relied on the humble chook egg.



## The Possibility of Silicon-Based Life Grows

[Read Article](#)

**Serena Williams May Be Pregnant: How Safe is Tennis In Pregnancy?**



Tennis star Serena Williams hinted today that she may be pregnant, but is it safe for her to continue serving up hard hits on the court while she's expecting?  
[Read More](#)

[How to make Soft Chapati / Phulka / Roti | Chapati Recipe | Phulka Recipe](#) Guru's Cooking Recommended for you



**Julian Assange / Arrest is a priority, says Trump's attorney general**



**FEATURED EV-D68: Signs and Treatment**

What is Enterovirus D68? Learn about this deadly strain that has sickened hundreds of children across the U.S.

[READ MORE](#)

## The Case for Christ: What's the Evidence for a Resurrection?



The movie 'The Case for Christ' was released this weekend. A scholar takes a close look at the claims for the historicity of Jesus' resurrection.

[Read More](#)

## Depression: How 'Staged' Approach Could Aid Diagnosis & Therapy



A "staged" approach to diagnosing depression — that acknowledges different degrees of symptoms — could improve the way people are treated.

[Read More](#)

## Why it is important to remove bra while sleeping



Let's find out why wearing a bra while sleeping could harm your bosom health.

It is suggested that if you want to cut back on food intake, you can have a glass of water before your meal. This will make you feel fuller faster, thus, making you eat less. But some people exploit this logic to the extent that it becomes unhealthy. You need a certain amount of calories for your body to function fine. Guzzling glasses of water before a meal just so you don't feel hungry is unhealthy! TOI

If your water intake is excessive, it can dilute your body's natural balance of salt, thus making you low on sodium. This can lead to a condition called hyponatremia. Athletes keep on sipping water all the time, which can lead to cell swelling and may cause vomiting, nausea, seizures and even death in some cases. TOI



## Ayurveda Tips To Prevent Hair Loss

And 1

Drinking water can never be boring but adding flavour in a glass of plain water can make it interesting. You need to know that commercially available flavoured water may do more harm than good. So, add your own flavour to plain water, such as, watermelon, cucumber, lemon, berries, fruits etc., and sip it throughout the day.



## 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

## FEATURED NEWS

### Prostate Cancer Guidelines Updated

A panel plans to soften its rules against prostate-specific antigen screening.

[READ MORE](#)

## EVERY HEART COUNTS

### What is the link between Vitamin D and type II Diabetes?

People with lowest levels of vitamin D are at higher risk of developing type 2 diabetes in their later life.

## Is Mayonnaise Unhealthy For You?

Some delicacies are just unimaginable without mayonnaise, isn't it? What would our burgers, subs, deviled eggs, and coleslaws taste like without this creamy condiment? But is mayonnaise healthy for you?...

[READ MORE](#)

[http://www.flixy.com/12-year-old-performs-astonishing-duet-with-opera-star.htm?utm\\_source=enl](http://www.flixy.com/12-year-old-performs-astonishing-duet-with-opera-star.htm?utm_source=enl)



### 12-Year-Old Performs Astonishing Duet With Opera Star

[www.flixy.com](http://www.flixy.com)

12-year-old Amira Willighagen performs 'O Sole Mio' with Italian opera superstar Patrizio Franco Buanne.

12-Year-Old Performs Astonishing Duet With Opera Star [www.flixy.com](http://www.flixy.com) 12-year-old Amira Willighagen performs 'O Sole Mio' with Italian opera superstar Patrizio Franco Buanne.

[READ MORE](#)

## Why Are You Always Hungry?

If you constantly feel hungry, even after meals, it could be due to lack of sleep, diet soda, or one of these health conditions.

## Amsterdam's solution to the obesity crisis: no fruit juice and enough sleep

## Side Effects You May Face If You Consume Too Much Spinach

With zero cholesterol content, a cup of boiled and drained spinach contains 41 kilocalories. However, you don't have to become a spinach gourmand like Popeye. Eating too much spinach can have its own side effects. Here is what you should know about the excessive intake of spinach...



A drawing of Sherlock Holmes by Sidney Paget from 1891 in The Strand Magazine. Credit: Time Life Pictures/Mansell via Getty Images

• **Try to center yourself** today by practicing [deep mindfulness and concentration](#).



## Millets can work magic on diabetes: Study



Millet can significantly bring down sugar levels in those suffering from type-2 diabetes.



## Thousands of British children exposed to illegal levels of air pollution

More than 2,000 schools and nurseries close to roads with damaging levels of diesel fumes, joint investigation by Guardian and Greenpeace reveals



The most beautiful version of Hallelujah you have ever ... by ROY & ROSEMARY  
1,691,089 views



## What Is Schizophrenia?

[New study offers hope for more effective treatment of leukemia](#)



## This is what Her Majesty the Queen has before lunch

Before lunch, she'll partake in a little light drinking (does that mean we all can?) — specifically a [gin and Dubonnet](#) (a wine-based aperitif) with a slice of lemon and a lot of ice.



## What the Bacteria in Your Mouth May Reveal About Your Cancer Risk

Read Article

In Ahn's research on pancreatic cancer, her team found that people who had higher levels of one type of oral bacteria, *Porphyromonas gingivalis*, had a 60 percent higher risk of developing pancreatic cancer compared with people who had lower levels of these bacteria. And higher levels of another type of oral bacteria, *Aggregatibacter actinomycetemcomitans*, was linked to a more than doubled risk of pancreatic cancer, she said. Pancreatic cancer is [one of the deadliest cancers](#), in part because it's very difficult to [diagnose at an early stage](#), Ahn said during her talk. She hopes that, in the future, doctors will be able to identify the disease by looking at a person's oral bacteria.



## Jim Reeves Greatest Hits Jim Reeves Best Songs Full Alb...

by Bailey Duran



## Interview with 101 year-old Hattie Mae MacDonald of Feague, Kentucky:



Reporter: Can you give us some health tips for reaching the age of 101?

Hattie: For better digestion I drink beer. In the case of appetite loss I drink white wine. For low blood pressure I drink red wine. In the case of high blood pressure I drink scotch. And when I have a cold I drink Schnapps.

Reporter: When do you drink water?

Hattie: I've never been that sick.

## Climate Nexus 30-Year EPA Veteran: 'I Have Never Seen Anything Like It'

President Trump's visit to the U.S. Environmental Protection Agency (EPA) last week to [sign an executive order](#) overturning years of work on the [Clean Power Plan](#) and other policies is just the latest sign of sinking employee morale at the EPA. With enormous budget and staffing cuts and total about-faces on policy, the Trump administration "is outright turning things over completely on their head," a senior EPA official [told the LA Times](#). "I have never seen anything like it."

Keep reading...



## How Vitamin D Can Help You Lose Weight

Vitamin D is an important micronutrient with major health benefits, including improved immunity and ... [READ MORE](#)

From Your Quora Digest - Health

## How effective are multivitamins?



**Craig Good**, I know better than to take them.

Written Fri

They're extremely effective. They've been shown to reliably transfer money in huge quantities from innocent customers into the pockets of people who make and sell multivitamins.

See [Vitamin Supplements: Bad Idea](#).

## Practice Good Oral Hygiene



Not surprisingly, there's also oral hygiene.

Brushing at least twice per day is an important step in preventing cavities and tooth decay.

It's recommended to brush after each meal whenever possible and then again before you go to bed.

You can further promote good oral hygiene by using a toothpaste that contains fluoride, which helps protect your teeth.

Additionally, stimulating saliva flow helps bathe the teeth in beneficial minerals.

Chewing sugar-free gum may also prevent plaque build-up by stimulating saliva production and remineralization. Lastly, nothing ensures keeping your teeth and gums healthy like visiting your dentist every six months.

**Summary:** Besides watching your sugar intake, try to eat a healthy, balanced diet, take good care of your teeth and visit your dentist regularly in order to prevent tooth decay.

Authoritynutrition

## Typically Harmless Virus May Trigger Celiac Disease



A usually harmless virus may play a role in triggering celiac disease, a new study in mice suggests.

[Read More](#)

## Scientists Sound the Alarm: CO2 Levels Race Past Point of No Return

Cassie Kelly

The National Oceanic and Atmospheric Administration (NOAA) reported that carbon dioxide levels in 2016 broke records for the second year in a row with an increase of 3 parts per million (ppm).

The measurements are coming from the Mauna Loa Baseline Atmospheric Observatory in Hawaii and were confirmed by NOAA's Earth System Research Laboratory in Boulder, Colorado. The numbers show that the rate of CO2 in the atmosphere is now at 405.1 ppm, the highest it has been in more than 10,000 years. Pieter Tans, lead scientist of NOAA's Global Greenhouse Gas Reference Network, said the findings are accurate and disturbing.

Keep reading...

### Authority Nutrition



## Powerful Health Benefits of Cumin

By Dr. Matthew Thorpe

Cumin is a spice made from the seeds of the *Cuminum cyminum* plant.

Many dishes use cumin, especially foods from its native regions of the Mediterranean and Southwest Asia.

Cumin lends its distinctive flavor to chili, tamales and various Indian curries. Its flavor has been described as earthy, nutty, spicy and warm.

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90% of Minke Whales Killed in Norway Are Female and 'Almost All' Pregnant

Ninety percent of the minke whales hunted and killed each year in Norwegian waters are ... [READ MORE](#)

**Fantastic-** China will be ahead in everything in time to come. The World's Largest Telescope | A China Icons Video.

<https://www.youtube-nocookie.com/embed/7SRV3rnULO?rel=0>

• 800 Australians die per year from prescription drug overdoses: experts



## Pay Days – A necessity & How so?

*Those anxiously awaited days called "Pay Days" Are they wonderful or dreadful? – It's hard to say It all depends on your spending ways To a retiree it would be the pittance of "Pension Days"*

*"A Labourer is worthy of his/her hire" is how it goes But the wages will be commensurate with what one does Some a pittance; some a living wage; and the fortunate, humongous To some it's hand to mouth and others a fortune to amass*

*But these pay days are a necessity to our lives dictates Most of us stretch it to the last pennies While some are able to build nest eggs in investments, bonds & RRSP's But just hold on! You forgot the ever lurking taxes that approaches*

*Every so often and definitely every month the 3 levels of governance Sends in their claim for a share of the pie; as taxes Leaving you with the only solution you possess in your lives Pay up! And keep tightening the belt around your already small waist*

*You look up at the High Heavens Seeking a remedy to the scourge of the tax maladies But there is no immediate recourse Only an apparent and longing wait for the next elections*

*Until then it is a matter of "Grin & Bear", Dear Readers Think of yourself as the lucky ones For I do not know about the plight of the "poor" Pensioners Who eke out a frugal living on a quarter of their hitherto usual earnings Noor Rahim*

## Study ties Mediterranean diet to larger brain volume



Can eating a Mediterranean diet help you hold on to more brain cells in older age? A study published online in January's issue of *Neurology* suggests there's an association.

## Infant mortality in Sri Lanka

Annually, around 6,000 infants are born with birth defects and it is the second leading cause for infant deaths (20 percent) in Sri Lanka. Around 2,000 infants are born in Sri Lanka annually with congenital heart diseases, Acting Director General of Health Services Dr. J.M.W. Jayasundara Bandara said. He said that some of the infants suffer from birth defects such as congenital heart diseases which could be cured through surgery, while President Maithripala Sirisena stated recently that he would provide the required funds for such surgeries. The 'Little Hearts' projects which is now going on would be able to collect a part of the funds required for such surgeries. Meanwhile Consultant Community Physician Dr. Kapila Jayaratne (MBBS, MSc, MD (Com.Med)) said that only 5.6 percent of infants / children below the age of five die in Sri Lanka annually and only eight children out of every 1,000 die before celebrating their first birthday. Statistics are very satisfactory when compared with developed countries such as UK, where four children below the age of five die out of 1,000 every day. (Daily News)

<http://elanka.com.au/feeling-tired-time-dr-harold-gunatillake/>



## The Saltiest Foods May Surprise You

A new report points the finger at some surprising sources of salt in the diet.

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MORE

## Poison in ayurvedic drugs



Many patients face deadly effects of heavy metal.

## EVERY HEART COUNTS



Jaw pain could be a sign of serious heart condition

While chest pain is a well-known sign of heart attack, it's much easier to miss this sign if the pain mimics typical shoulder neck, or jaw pain.

## Thyroid Cancer Rates Triple, and Scientists Look for Cause



Thyroid cancer rates have tripled over the last four decades, a new study finds.

[Read More](#)

## The most common infectious disease in babies you may never have heard of

It's the most common infectious cause of malformation in Australian babies, but few pregnant mothers are aware of the dangers of CMV.



Relax/Read/Share

Climate Change May Cloud Americans' Mental Health: Report



<https://youtu.be/U09OMHjVJzc>

Interview with Ken Roseboro by Blythe Natural Living at 2014 Natural Products Expo West



## Lengthening of the Shadow of Nature/Life

I am woken up early, due to the sudden brightness in the room; and as habit has it I peer outside through the blinds. Lo and behold I see the brilliant sunshine very early in the morning with the reflection on the snow that is blinding. Yes! At last I doth see a welcome change in the weather; with more to come of which I'm sure.

Feeling a sense of freedom of movement did I feel and see. Quickly did I don my track suit and shoes to very soon venture out to inhale the fresh air of the atmosphere; and shake off the shackles of confinement that I endured during the harsh weather of the months gone by.

The sidewalks that were fit for Bob-sleds, Skiers and Snow-mobiles are now sans snow; except for the few odd patches of ice. Very bravely did I venture out taking in the fresh cold air and gingerly stepping over the patches of ice, for fear I may slip and fall.

As I walk down the sidewalk I hear the gentle and melodic rustle of the rivulets of water from the melting snow; flowing swiftly towards the sewers with its steady rhythm. The down side is of course the melting of the ice that exposes the dirt and debris that had laid forlorn during the winter days; that was hitherto covered by the carpet of pristine white snow.

The birds have still to return from their southbound journey, to avoid the winter; however one can see a few squirrels scampering around playfully in gay abandon. Like myself there are the brave who have ventured out too, to imbibe on Nature's goodness, with smiles of glee on their faces.

Enjoy the walk, I did. But alas! I had a motorist whiz past me and before I knew it I got splashed with a mixture of muddy slush and brine. I shake off this minor glitch and continued soaking in the beauty of the day. Continuing on the way I did detect a few patches of exposed tufts of frost burned grass; which I'm sure will turn into a healthy and lush green in the days to come. Thereby turning the pristine white carpet into a lusher eye soothing green carpet.

Not wanting to overdo my first outdoor walking spree I just walk around a block and return to the comfort and warmth of my Home. Very soon I'm slumped in my favourite recliner with a mug of tea in my hands. Having warmed up my innards lulls me into a state of reminiscence.

My thoughts brings back vivid memories of my schooldays. At my present age my thoughts go back to one of the subjects called Hygiene & Physiology. A subject that taught us the various functions and systems of the human body; coupled with the need for cleanliness; with the old saying of "Cleanliness is next to Godliness". There was so much to learn of one's own physique; and the ways and means to keep one's self healthy. In school did they promote Physical Education by the inclusion of physical training classes every morning; and including a day at the College Gymnasium in every week. There were also concerted efforts to get students to participate in sports. It was advocated that "A healthy body developed a healthy mind". So some of us did participate in after school hour sports events to keep our selves fit; and with the hopes of representing the School in the chosen sport. The participation, of course, was an added qualification when one sought employment in any reputed firm. It is only in later life that one asks one's self the question - What price the development of the mind through physical activity? What effects it had on the fair, wear and tear on our physique was never given very much thought - Did it? In addition we also had to follow a pre-vocational subject called Motor Mechanism. We were soon to find that it involved studying systems and functions of a motor vehicle. Soon to realise that our own bodily functions and systems were almost akin to each other.

I soon compare my body with that of a motor vehicle and find that all the physical activities have worn out some of my (and if not, almost all) body parts and systems; some due to excessive usage and some due to injuries. In comparison it does remind you of an old motor vehicle doesn't it? Didn't Sir Isaac Newton say "Every action has an equal and opposite reaction". This is one of Newton's laws of motion; and is no doubt extendable to all facets of life too.

Thanks to modern medicines, prosthetics and advanced medical procedures in organ transplant we are to a great extent able to overcome some of our physical setbacks. The same can be said of the motor vehicle too; but here again it would be difficult to get spares for older models. It was only the other day that the Receptionist at my Doctors asked me what was wrong; and I told her that my knee was giving me trouble and there was no spare parts available, especially for my old model. I can still hear her laughing.

Alas! I'm jolted out of my reverie. It was like the lengthening of the shadow that one casts in life; and in later life must live under its shadow. Forever reminiscing of the good times and bad; that were encountered, consciously and unconsciously until darkness encloses the shadow when you fall asleep or you snap out of your reverie. Such is life that one must always remember the goodness in life and remember the revered old saying of:

"Do right and fear no man; Do wrong and fear the wrath of God".

With the lengthening of the good weather forecast, I guess one will not have to indulge in their flashbacks in life; but to venture out and surround oneself with exuberance and enjoy the healthy goodness of Mother Nature. Leave everything else with gay abandon and continue with one's life - living one day at a time; with an open mind and a heart of good intentions.

Noor Rahim

## Chronic Kidney Disease in Sri Lanka

Director National Institute for Nephrology, Maligawatte, Dr. Ratnasiri Hewage has disclosed that approximately 5,000 new kidney patients are detected annually. Dr Hewage, however, said that there had been a decrease in the spread of kidney diseases at present. The causative factors of kidney disease had been identified in 75 per cent of cases. Most of them were related to Non-Communicable Diseases (NCDs) such as diabetes, high blood pressure, increase in the cholesterol level, overweight, stress and neglecting minor kidney ailments. He said the causes of the remaining 25 per cent kidney disease patients were unknown and those conditions were commonly known as Chronic Kidney Disease of Unknown Etiology (CKDu). Announcing the National Celebrations on 'World Kidney Day' at Wilgamuwa, District Secretariat, Matale on Monday (13) the Director said that critical kidney patients should undergo dialysis or kidney transplant surgery. (Daily Island)



### Wine-Loving Physicist Solves Bottle Drip Problem

See This

## Foods that can cause heartburn

What is heart burn? Acid juice is prevented refluxing into the gullet (oesophagus) by a valvular sphincter mechanism at the lower end of the gullet. The fundus (globe) of the stomach with the lower end of the gullet due to its angular position forms a valve: meaning food entering the stomach is prevented from re-entering the gullet. Acid fluid refluxing into the lower gullet causes inflammation of the inner lining. The nerves are irritated and ...

Continue Reading  
Dr Harold

## The Frankenstein of Giant Viruses Found in Sewage Plant

The new discovery reveals how giant viruses evolved from smaller ones.

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## Shanika Gunaratna on

TWITTER»  
Shanika Gunaratna covers science and technology for CBSNews.com

<http://www.cbsnews.com/news/sexual-abuse-accelerates-puberty-girls/>

## DE-STRESS

Micro living for macro benefit  
Why living small can prime you for life's bigger, better things... like everyday contentment and overall happiness...



## FITNESS

VIDEO: Correct your posture with these 7 super easy yoga asanas

Do you often feel pain in your lower back, shoulders and neck? Your posture might be the reason.



## HEALTH NEWS

Drinking wine exercises brain more than math

Drinking wine is the ideal workout for your brain, engaging more parts of our grey matter than any other behaviour.

## Alcohol and heart health

The researchers found that there were no heart conditions for which the never-drinkers had the lowest risk. This suggests that drinking is not necessarily bad for heart health.

They also found that, compared with people who never drank, moderate drinkers were less likely to

be diagnosed with several conditions, including chest pain, heart failure, stroke and peripheral artery disease. So, score a few points for the idea that drinking does lower the risk of some heart problems. For other conditions, there was no statistically significant differences between the groups, the study said.

However, heavy drinkers were more likely to be diagnosed with conditions such as heart failure, cardiac arrest, peripheral artery disease and stroke compared with moderate drinkers, the study found. So, this supports the idea that heavy drinking is probably not good for your heart health.

Interestingly, the researchers found that heavy drinkers were less likely to be diagnosed with a heart attack than moderate drinkers were. But the researchers noted that this finding does not mean that heavy drinkers are not at risk for having a heart attack; rather, it's just less likely for this to be the first heart problem these individuals have. So, really, this finding doesn't detract from the idea heavy drinking is probably not good for your heart health.

On the other side of the coin, the former drinkers were more likely that current moderate drinkers to be diagnosed with certain heart conditions, the researchers found. These conditions included chest pain, heart attack, cardiac arrest and aortic aneurysm, according to the study.

But this doesn't mean that quitting drinking is necessarily a bad thing. Rather, the finding that former drinkers had a higher risk for certain conditions than moderate drinkers fits into the "sick quitters" hypothesis, which suggests that some people stop drinking partly because it is harming their health, the researchers wrote.

Altogether, the findings suggest that moderate drinking is associated with a lower risk of several heart conditions, the researchers wrote. However, the researchers said they do not recommend that nondrinkers start drinking in an attempt to lower their risk of heart conditions. There are other, arguably safer ways to improve heart health, such as exercising and quitting smoking, that don't come with the risks of alcohol, they wrote.

The researchers noted that the study had limitations. For example, the information on drinking habits was not only self-reported by the people in study to health care workers, meaning it could be unreliable, but also sorted into the different categories based on the judgment of the researchers, meaning the grouping was somewhat subjective. In addition, the health care workers didn't use standard questions to ask about alcohol consumption.

Writing in an editorial that was published alongside the new study in the same journal, Dr. Kenneth Mukamal, an associate professor of medicine at Beth Israel Deaconess Medical Center in Boston, and Dr. Mariana Lazo, an assistant professor of medicine and epidemiology at Johns Hopkins Bloomberg School of Public Health in Baltimore, noted that the findings do "not offer a materially new view of the associations between alcohol consumed within the recommended limits and risk of cardiovascular disease."

Rather, the new study backs up what was already known from four decades of studies: that moderate drinking is linked to a lower risk of certain heart conditions, Mukamal and Lazo wrote.

The new study, however, "does set the stage for ever larger and more sophisticated studies in the future that will attempt to harness the flood of big data into a stream of useful, reliable and unbiased findings that can inform public health, clinical care and the direction of future research, they wrote.

Originally published on [Live Science](#).



## Mushrooms

Some of the benefits of mushrooms are listed below along with the species that are used in Traditional Chinese Medicine or herbal remedies.<sup>6</sup>

• **Antibiotic and antiviral properties:** Some species have antifungal, antibacterial, and antiparasitic action. These include edible mushrooms *Oudemansiella mucida* and *Agaricus blazei*, as well as mushrooms you can also eat as food like *Hypsizygus marmoreus*. Other like *Agrocybe aegerita*, *Dendropolyporus umbellatus*, *Ganoderma applanatum*, *Inonotus obliquus*, *Volvariella volvacea*, and *Armillaria mellea* have antiviral properties.



- **Anti-inflammatory action:** Food mushrooms like *Laetiporus sulphureus* and *Marasmius androsaceus*, as well as non-edible ones like *Fomes fomentarius*, *Piptoporus betulinus* and *Lenzites betulina*, have anti-inflammatory properties.
- **Antitumour activity:** Mushrooms may also help battle cancer. Species like *Pleurotus pulmonarius*, a type of Oyster mushroom, are said to act on tumors, slowing their spread. Some animal studies have been done, but further research may be warranted.<sup>7</sup> Their antitumor activity has been found to be beneficial when used in conjunction with chemotherapy.<sup>8</sup>
- **Blood pressure regulation:** *Auricularia auricula-judae*, *Flammulina velutipes*, *Pleurotus ostreatus*, *Schizophyllum commune*, *Trametes versicolor* and *Tremella fuciformis* are used in remedies to regulate blood pressure.
- **Hypercholesterolaemia and hyperlipidemia treatment:** For those with high cholesterol levels or high fats in their blood, mushrooms like *Grifola frondosa* may be used.
- **Hepatoprotective effect:** *Ganoderma lucidum* and *Lentinula edodes* are good for your liver and have protective benefits for this organ.

These mushrooms are worked into herbal teas, soups, tonics, tinctures, and other formulations that allow you to tap the health benefits. Do note that not all of these are backed up by adequate mainstream scientific study, so you will need to check with your doctor on their use or approach a trained practitioner for the right prescription. If you have a potentially life threatening condition, do not stop taking your regular medication and always check if consuming these will interact with your existing medication. View these as a therapeutic supplementary treatment.

### Mushrooms You Can Eat!

A wide range of edible mushrooms are used in cuisines from around the world. Many of these are now available in your local supermarket, and the more exotic ones can be found at specialty stores. Here's a roundup of some of the more popular kinds.

- **Button:** The most easily available, these white mushrooms have a mild yet earthy taste.
- **Portobello:** Vegetarians know this one well because it is often used as a stand-in for meat in many recipes. A mild-flavored, meaty-textured mushroom, it is essentially a mature white button.
- **Morel:** Sometimes expensive, yet not-so-pretty Morels have a honeycomb pattern and chewy texture.
- **Chanterelles:** Lacy moist golden fan-like chanterelles have a lovely peppery and fruity flavor.
- **Oyster:** Oyster mushrooms bear more than a passing resemblance to the shellfish of the same name and have a delicate almost sweet flavor.
- **Porcini:** An Italian favorite, this mushroom has a nutty flavor and a sourdough-like aroma. The porcini is distinctive and easily discernable in any recipe.
- **Enoki:** Used in Asian cooking, these delicate graceful mushrooms seem almost like bean sprouts with their long white stalks and tiny caps.
- **Shiitake:** Another oriental favorite, the umami flavor of these mushrooms is legendary.

Cure Joy

**'We've left junk everywhere': why space pollution could be humanity's next big problem**



# Elon Musk Wants to Computerize Your Brain

By Stephanie Pappas, Live Science Contributor |



Elon Musk, CEO of Tesla and Space X, has just launched Neuralink, a company aimed at connecting the human brain to electronic devices.

Credit: Pascal Le Segretain/Getty Images  
Elon Musk wants to hack the brain.

The CEO of SpaceX and Tesla has launched a medical research company called Neuralink in California, [the Wall Street Journal reported](#). The goal is to create brain-computer interfaces that would allow humans to connect directly with what he's called "the digital version of yourself" — electronic devices. Musk has previously urged the upgrade of human cognition to prevent people from [being made obsolete by artificial intelligence](#). [[Super-Intelligent Machines: 7 Robotic Futures](#)]

## Neural lace

Musk has been teasing the possibility of [a venture into computer-brain interfaces](#) for months. He [spoke at Recode's Code Conference in 2016](#) about the need to speed up human "output." Essentially, he said, humans are incredibly rapid at taking in information, but slow at outputting information to their digital devices. At the World Government Summit in Dubai, the United Arab Emirates, in January, Musk called artificial intelligence "dangerous" because it could render humans obsolete.

"This is going to be a massive social challenge," [he said at the conference](#).

Musk advocated a universal basic income, or a basic payment to unemployed people around the world, to confront these challenges. But he also floated the idea of a "merger with biological intelligence and machine intelligence."

"To some degree, we are already a cyborg," Musk said at the Dubai conference. "You think about the digital tools you have, your phone, your computer, the applications that you have. ... You already have a digital tertiary layer."

Currently, people interact with their devices by thumb-typing on their phones, Musk said. A "high-bandwidth interface to the brain" would help achieve a symbiosis between human and machine intelligence and could make humans more useful in an AI-driven world, he said.

In science fiction, this idea is sometimes called "neural lace" for the netting of electronic implants that would presumably be required for such an interface.

## Global mortality from outdoor Pollution

A study focused on the emission of fine particulate matter pollution (PM 2.5) from power stations, factories, aeroplanes and shipping in 13 regions, taking in data from 228 countries. Particulates are thought to account for more than 90% of the global mortality from outdoor air pollution, raising the number of deaths from heart disease, stroke, lung cancer and asthma.



## Child labourers exposed to toxic chemicals dying before 50, WHO says

The tiny particles can trigger asthma attacks in the lungs and can cross from the air sacs in the lung into the bloodstream, where they can cause inflammation, alter the way blood clots, and make blood vessels more permeable. Particulates have also been shown to migrate into other tissues, such as the liver, kidneys and brain, although it is less clear what the health consequences are in these organs, and the effects also depend on the chemical makeup of the particulates.

"In general, air pollution links to general ill health," said Matthew Loxham, a toxicologist at Southampton University who was not involved in the study. "It's a range of different conditions."

The Guardian.com



## Heart Attack Risk Game-Changer

Turns out that soft plaque may not actually be more likely to rupture and cause heart attacks than hard calcium deposits in coronary arteries.

[Read the full story](#)

## Improved Sleep and Reduced Stress Impact with Prebiotics

Researchers find that dietary prebiotics may be effective against stress-induced insomnia.

[Read the full story](#)



## 7 Amazing Health Benefits Of Shiitake Mushrooms

Shiitake mushroom became popular for its medicinal use during the Ming Dynasty where it is considered a tonic that could counteract the aches, pains, and fatigue associated with aging. Here are 7 amazing health benefits of shiitake mushrooms...

[READ MORE](#)



## Antioxidants Aplenty

Not all sweet potatoes are orange. Their skins and insides can be white, yellow, brown, red, pink, and purple. The range of color brings different nutrients to the table. Purple-fleshed sweet potatoes are thought to contain super-high levels of antioxidant and anti-inflammatory agents. As these substances pass through your system, they balance out free radicals -- chemicals that harm your cells.

Just one medium baked sweet potato can give your body a whopping 400% of the vitamin A it needs to keep your eyes and skin healthy and help hold off illness

. Deep-orange sweet potatoes contain beta-carotene, an antioxidant thought to fend off illness. This might include certain cancers as well as eye disease.

The way you cook your sweet potatoes can make a big difference in the nutrition you'll get from the dish. One study measured how many carotenoids, like beta-carotene, stayed in the food afterward. The simplest method, oven baking, turned out to be the best.

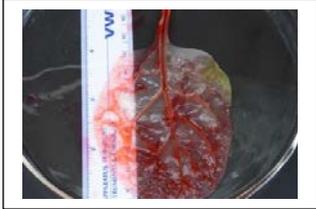
[Scientists found these colorful spuds have a unique protein called a protease inhibitor. When tested against cancer cells, it appeared to halt some growth.](#)

Sweet potatoes are rich in vitamin C, which revs up your immune system. High potassium levels help control blood pressure, while calcium bolsters your bones.

## Better for Blood Sugar

White potatoes, the ones you normally eat baked or as french fries, rank high on the glycemic index, which measures how quickly food affects your blood sugar. Sweet potatoes rate lower. They also have more fiber -- about 5 grams in a 3/4 cup serving -- which slows digestion and keeps you feeling fuller longer. WebMD

## Spinach Leaf Transformed into Beating Heart Tissue | Video



Scientists transformed a simple spinach leaf into human heart cells that can beat and carry blood.

[Read More](#)

## There Are at Least 79 Obesity 'Syndromes'



When it comes to obesity, there's more than meets the eye: A new review of studies from Canada suggests that obesity comes in at least 79 different forms that are linked to people's genes, and many are very rare.

[Read More](#)

## Trump to Scrap Clean Power Plan: What That Means for Earth



President Donald Trump is expected to sign an executive order on Tuesday (March 28) that will dismantle the Clean Power Plan, according to news sources.

[Read More](#)



[Can You Be Obese and Healthy?](#)



## World's biggest dinosaur footprints found in Western Australia



Scientists publish details of the world's biggest dinosaur footprints — sauropod prints measuring a whopping 1.7 metres.



## 7 Symptoms of Narcolepsy You Should Know

Nodding Off Way Too Often These Days?...

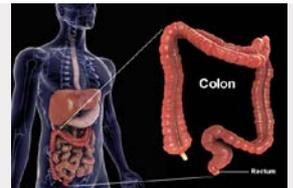
[READ MORE](#)



## 16 Home Remedies To Shrink The Open Pores

Although the size of our pores is determined genetically, there are certain factors which can stretch them out and make them look even bigger. These, we can deal with. Here are 16 home remedies to shrink your open pores...

[READ MORE](#)



## Colorectal Cancer: What Is It?

When doctors find this disease early, it's highly curable. It happens when abnormal cells grow in the lining of the large intestine (also called the colon) or the rectum. It can strike both men and women, and it has the second highest rate of cancer deaths in the U.S.



## What Are Polyps?

They're growths on the inside of your intestines. Most of them are harmless, but some can turn into colorectal cancer if not removed early. The two most common types of intestinal polyps are adenomas and hyperplastic polyps. They form when there are problems with the way cells grow and repair in the lining of the colon. WebMD

## Risk Factors You Can't Control

Some things you just can't help, such as: Your age -- most people with it are older than 50  
Polyps or inflammatory bowel disease  
Family history of colorectal cancer or precancerous colon polyps

What's the exact cause of muscle cramps? The exact cause of muscle cramps -- also called a muscle spasm or "charley horse" -- is not known. They happen when one of your muscles or muscle groups, usually in your calf or thigh, suddenly tightens up. Muscle fatigue, poor conditioning, dehydration, depletion of electrolytes, or muscles that are cold may also play a role.

## Many Women Who Get Breast Cancer Gene Test Don't Need It



FEATURED SLIDESHOW

## 10 Tips for a Healthy Night's Sleep



Insomnia is a condition characterized by difficulty falling or staying asleep.

[VIEW SLIDESHOW](#)

**Note:** Any medical information published on this website is not intended as a substitute for informed medical advice and you should not take any action before consulting with a health care professional.

## Recognize Common Eye Conditions



## Air pollution now major contributor to stroke, global study finds



## EVERY HEART COUNTS

## Mind your blood pressure



Stress activates the sympathetic nervous system continuously which is associated with the fight-or-

[Relax & Read- the way to go](#)

## Colorectal Cancer

### What You Need to Know About Colorectal Cancer



## Risk Factors You Can Control

Try to avoid these things that can raise your odds of getting the disease:

- Eating a lot of red or processed meats, or those cooked at high temperatures
- Obesity (having too much fat around the waist)
- Not exercising enough
- Smoking
- Heavy alcohol use

## What Are the Symptoms?

Colorectal cancer doesn't have early warning signs, so it's important to get checked. Finding it early means it's more curable. As the disease gets worse, you may see blood in your stool or have pain in your belly, bathroom-related troubles like constipation or diarrhea, unexplained weight loss, or fatigue. By the time these symptoms appear, tumors tend to be bigger and harder to treat.

WebMD

# The Hidden Dangers Of Belly Fat

by [CureJoy Editorial](#)

When people talk about losing weight, they're usually talking about subcutaneous fat – the fat that's stored right beneath the surface of the skin on our arms, legs, stomach, and almost everywhere else on our bodies. However, there's another kind of body fat that doesn't garner as much attention but is just as important to monitor. We're talking about visceral fat, more commonly referred to as abdominal fat or belly fat. Unlike subcutaneous fat, visceral fat is stored deep within the abdominal cavity and around important organs such as the liver, intestines, and pancreas to provide essential cushioning.



## Is Excess Belly Fat Worse Than Excess Subcutaneous Fat?

The short answer is, yes. Researchers consider excess visceral fat to be more unhealthy, toxic, and inflammatory to the body than subcutaneous fat.<sup>1</sup> Since visceral fat surrounds vital internal organs, storing excess levels of this fat leads to the release of inflammatory substances called cytokines within the body. Excess belly fat also interferes with our hormones, which can negatively impact brain function,<sup>2</sup> appetite and metabolism<sup>3</sup>, mood<sup>4</sup>, sleep<sup>5</sup>, and fertility.<sup>6</sup>

## How Do I Know If I Have Excess Belly Fat?

An apple-like body shape – that is, with most body fat stored around the midsection – and a bigger waistline are telltale signs of excess visceral fat. While belly fat is easiest to detect in people who are overweight or obese, even people who have a normal body weight (or even flat abs) may be carrying some amount of excess belly fat without even realizing it. It is therefore especially important to be vigilant about belly fat. As per the Centers for Disease Control, a waist circumference of more than 35" in women and 40" in men is indicative of unhealthy levels of belly fat.<sup>7</sup> You can also calculate your waist-to-hip ratio to assess your abdominal fat levels. Here's how:

- Measure your waistline around your belly button and then measure around your hips.
- Divide your waist measurement by your hip measurement.
- For women, this number should range between 0.8 and 1.00 and for men, it should be around 0.95.<sup>8</sup> If your ratio is higher than these numbers, it is time to take action.

## What Causes Belly Fat?

The amount of belly fat you develop depends to some extent on genetic/hereditary, hormonal, and metabolic factors. A recent scientific study based on a sample of more than 68,000 people found evidence to suggest that genes may determine the waist-to-hip ratio.<sup>9</sup>

But your genes alone isn't to blame! While abdominal fat can depend on genetic factors, even someone who is not genetically predisposed to high levels of abdominal fat can develop it due to poor eating habits, lack of exercise, or inadequate stress management. In addition, hormones like cortisol, insulin, and estrogen have scientifically demonstrated relationships with abdominal fat. [Low estrogen levels](#) signal the body to gain weight, especially in menopausal women.<sup>10</sup> [Elevated cortisol levels](#) due to exposure to stress are also known to cause abdominal fat accumulation.<sup>11</sup> Insulin resistance and metabolic syndrome are also strongly correlated to the development of belly fat.<sup>12</sup>

## Potential Dangers Of Belly Fat

Excess belly fat has been linked with a number of health conditions. Here are some of the dangers you run with a heavy midriff. **Heart Disease**<sup>13</sup>: **Type 2 Diabetes**: **High Blood Pressure**: **Cancer**: **5. Dementia And Alzheimer's**: **Sleep Disorders**: **Depression**: **Arthritis**:

## Conquering Belly Fat

The four most beneficial things you can do to reduce belly fat levels are:

**1. Eating Clean:** Foods like brown bread, brown rice, and high-fiber oatmeal can help decrease belly fat. The CDC recommends plenty of fruits and vegetables, lean meats, and beans to reduce both subcutaneous and abdominal fat.<sup>22</sup>

Foods high in polyunsaturated fats (soybean oil, sunflower oil, herring, salmon, trout)<sup>23</sup> and monounsaturated fats (olive oil, canola oil, avocados, almonds, peanut butter)<sup>24</sup> can also help battle belly fat.

It is also very important to drink plenty of water every day<sup>25</sup> and avoid foods high in sugar, including sugary drinks.

**2. Exercising Regularly:** Even a moderate amount of exercise is crucial for losing belly fat.<sup>26</sup> But just like subcutaneous fat, it is impossible to "target" visceral fat when exercising. In fact, there is no evidence to suggest that abdominal exercises alone help reduce abdominal fat.<sup>27</sup> Instead of spot reduction, focus on a more holistic program aimed at weight loss and muscle building. Get in some moderate to intensive exercise 5 days a week. High-intensity exercise training has been found to significantly lower visceral fat levels.<sup>28</sup>

**3. Reducing Stress Levels:** The body's stress hormone, cortisol, is positively correlated with visceral fat gain.<sup>29</sup> Better stress management habits can, therefore, help lower abdominal fat. So remember to make time for yourself every day, breathe deeply, focus your energies, and identify [ways in which you can de-stress](#).

**4. Getting Plenty of Sleep:** Studies have shown that people who get only around 5 hours of sleep a night gained more weight over time than people who got 6-7 hours of shut-eye each night.<sup>30</sup>



## 4 proven herbs to heal cancer pain

Cancer pain starts along with the disease and can affect bones, organs and also nerves. The traditionally recommended opium-derived pain killers, like morphine and codeine, only provide temporary relief.

## Stephen Hawking plans to travel to space

British physicist Stephen Hawking is planning to travel into space onboard Richard Branson's Virgin Galactic spacecraft. Hawking, 75, said he had not expected to have the opportunity to experience space but that the Virgin boss had offered him a seat.



## Ice Cream

You do get some calcium from ice cream. But you also get 230 calories per half-cup, and that's just for plain vanilla, no toppings.

**Better Bet:** Look for the slow-churned kind. It's lower in fat, and many flavors have only 100 calories per half-cup. WebMD

## Top 8 advantages of lemon in water

### How does your diet affect your gut bacteria?

The trillions of bacteria living inside our gut are thought to have a powerful effect on our health and wellbeing. What foods should we eat (and avoid) to keep our gut health in check?



**Booze contains plenty of calories, but is it possible to drink and still maintain a healthy lifestyle?**



A study in the [Archives of Internal Medicine](#), of 19,220 women whose drinking was followed for nearly 20 years, found that the risk of becoming overweight was almost 30% lower for women who were light to moderate drinkers. (Moderate was defined as two five-ounce glasses of wine or bottles of beer a day for men, and one for women.) An extensive review of the evidence in Current Obesity Reports found that moderate drinking was not associated with weight gain.

However, it is not the moderate drinking that maintains weight but the healthy behaviour associated with it, says Professor Jean-Philippe Chaput of the faculty of medicine at the Children's Hospital of Eastern Ontario, lead author of the review. People who drink sensibly usually exercise and eat healthily too. "If your goal is to lose weight, give up alcohol," he advises. "If you want to maintain weight, then moderate drinking may be fine, but you need to eat less and exercise more – if you add alcohol on top, you add calories." He warns that binge drinking will put weight on, especially around the belly for men and the bottom for women.

Alcohol stimulates appetite – it makes salty peanuts strangely irresistible. But, Chaput warns, the metabolism of alcohol and its effect on weight depends on many factors, including genetics. [Studies of Finnish, Chinese and British men](#) show increases in weight after more than five years of moderate drinking. [Women may metabolise alcohol in a way that uses up more energy](#) – leaving less fat to be deposited. But Chaput's key message is that we shouldn't look at just one thing – in this case, alcohol – but at our overall health. And we shouldn't be fixated with dieting anyway. "Instead of measuring weight, we need to measure health," he says. A sentiment to which you can't help but raise a glass.

Alcohol Dr -Dillner's health dilemma/the Guardian.com

## Printing the Ancient Way Keeps Buddhist Texts Alive in Tibet

By EDWARD WONGMARCH

The most revered institutions in the Tibetan world, the [Parkhang printing lamasery](#) in the mountainous heart of the [Kham region](#). On Chinese maps, it is in the far west of Sichuan Province, across the Cho La, a vertiginous pass at 16,600 feet.

The press, in the [town of Derge](#), dates to 1729 and draws pilgrims from [across the Tibetan plateau](#) to the three-story monastery, its walls painted scarlet and its roof adorned with golden Buddhist icons.

The printing press is the embodiment of a hallowed tradition and is one site where the Tibetan language is being preserved, despite the [lack of government support for immersive Tibetan-language education](#) on the plateau. It has more than 320,000 wooden printing blocks that are on average more than 260 years old, said Ms. Pema, a volunteer who cleans the monastery's objects and guides visitors.

The monastery also houses collections of sutras, including 830 classic scriptures and copies of more than 70 percent of ancient Tibetan manuscripts, she said. The founder of the monastery, Chokyi Tenpa Tsering, embraced works from the range of Tibetan Buddhist schools.

"He was very open minded, like the ocean containing water from all rivers," she said.

Besides trying to preserve the old blocks, the printing house has been making new ones since the 1980s. A decade from now, it is expected to have 400,000 blocks, Ms. Pema said.

The printing blocks are constructed from red birchwood in 13 steps. At an early stage, the raw pieces of wood have to be soaked in feces for a half-year. Those that do not crack or break during this period are then made into printing blocks, Ms. Pema said. Craftsmen apply an herbal solution that repels rats and insects.

The printing operations employ about 60 people. The men have been here for two decades on average, despite low pay, Ms. Pema said. Each day, they print about 2,500 pieces of paper, on both sides, to be collected as sutras and distributed across the Tibetan plateau.

At its height, the press employed more than 500 people, and almost all were monks from the neighboring Gonchen Monastery. These days, the printers are laypeople.

The monastery is a warren of hallways and rooms. On the third floor, a few men sat with wooden boards in a small, dark room. Here they made simple [thangkas](#), large hangings with Buddhist iconography.

Clipped to a string were thankas showing popular aspects of the pantheon: the seated Sakyamuni Buddha, the fingers of one hand touching the earth; Medicine Buddha, holding a bowl; Mahakala, the fierce protector deity that appears in paintings as a blue, multiarmed, fanged demon.

In one corner of the room, an abbot sat discussing a text with one of the printers.

A few feet away, a tall Tibetan man in a black [Arc'teryx](#) jacket pointed out items in the room to a friend. He was Chime Dorje, a prominent doctor and advocate of traditional medicine who ran a clinic in the town center.

He said the monks here had once operated a clinic. Now he and others were the inheritors of the tradition. Like the printing process here, the practice of Tibetan medicine had managed to survive the Mao era and the advent of a quasi-market economy.

"There were myths that Tibetan medicine contained a large amount of mercury and lead, but actually its ingredients are just normal," he told me. "Some theoretical studies have also proven that Tibetan medicine is scientific." [New York Times](#)



### Bacontini

This cocktail is as fatty as it is trendy. It's Scotch or vodka infused with bacon fat. Sometimes it's served with a strip of bacon. At around 284 calories a glass, that's more than in a doughnut.

**Better Bet:** Classic martini, in moderation. The alcohol still adds calories, but your heart will prefer the olive to a strip of bacon.



### Peel Garlic in a Jar Hack

Stop buying pre-peeled garlic. With this easy method, peeling it no longer has to be a hassle.

### Magnesium.

The essential mineral magnesium is required for more than 300 enzymatic functions, and many Americans are deficient in it. Research has shown that magnesium-rich foods – such as spinach, lentils and broccoli -- or supplements may help promote healthy insulin production. If taking a supplement, use magnesium glycinate to reduce the laxative effect of the mineral.

### Omega-3 fatty acids

These fats commonly found in fish seem to lower insulin resistance and triglyceride levels to both help with blood sugar and reduce the risk of cardiovascular disease, a problem that plagues many diabetics. Mendelsohn says omega-3s work even better when combined with the healthy omega-6, gamma linolenic acid (GLA).

## Cinnamon Lower the Risk of Common Diabetes Complications



This spice does more than lower fasting blood sugar and decrease blood sugar spikes following meals.

It may also lower the risk of common diabetes complications.

People with diabetes have twice the risk of heart disease as people without it. Cinnamon may help lower this risk by improving established risk factors for heart disease (19).

A review of controlled studies in people with type 2 diabetes found that taking cinnamon was associated with an average decrease in "bad" LDL cholesterol of 9.4 mg/dL (0.24 mmol/L) and a decrease in triglycerides of 29.6 mg/dL (0.33 mmol/L) (9).

It also reported an average 1.7 mg/dL (0.044 mmol/L) increase in "good" HDL cholesterol (9). Furthermore, another study found that supplementing with two grams of cinnamon for 12 weeks significantly lowered both systolic and diastolic blood pressure (11).

Interestingly, diabetes has also been increasingly implicated in the development of Alzheimer's disease and other dementias, with many people now referring to Alzheimer's disease as "type 3 diabetes" (20).

Studies suggest that cinnamon extract may decrease the ability of two proteins — **beta-amyloid** and **tau** — to form plaques and tangles, which are routinely linked to the development of Alzheimer's disease (21, 22).

However, this research has only been completed in test tubes and animals. Further studies in humans are needed to confirm these findings.

**Summary:** Cinnamon may help lower the risk of diseases related to diabetes, such as heart disease and Alzheimer's disease.

Authority Nutrition

## Do Diet Sodas Raise Diabetes Risk? ←

Drinking soda is tied to an increased risk of so-called pre-diabetes, a precursor to full-blown disease, but diet soda is not, a recent study suggests.

## Crohn's Disease Stomach Pain

Crohn's disease usually affects the small intestine and less commonly the colon.

[VIEW SLIDESHOW](#)

## How insulin and glucagon work to regulate blood sugar levels

Written by Zawn Villines Reviewed by Alan Carter, PharmD

The pancreas secretes insulin and glucagon, both of which play a vital role in regulating blood sugar levels. The two hormones work in balance. If the level of one hormone is outside the ideal range, blood sugar levels may spike or drop.

Together, **insulin** and glucagon help keep conditions inside the body steady. When blood sugar is too high, the pancreas secretes more insulin. When blood sugar levels drop, the pancreas releases glucagon to bring them back up.

Contents of this article:

[Blood sugar and health](#)  
[Blood sugar regulation](#)  
[Blood sugar issues caused by diabetes](#)  
[How blood sugar levels affect the body](#)



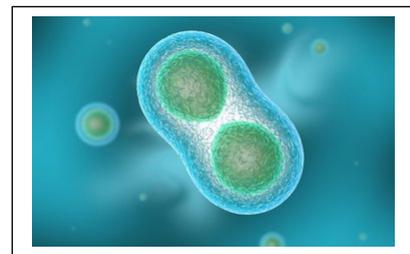
## Archaeologists Reconstruct Face of Medieval Man Who Died 700 Years Ago



The face of a British man who died about 700 years ago has been brought to life using reconstructive technology.

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## Nearly Two-Thirds of Cancers Are Due to Random DNA 'Mistakes'



Cancer is a disease caused by mistakes in DNA, and now a new study finds that majority of these mistakes are completely random — they're not due to heredity or environmental factors, but rather the result of random errors.

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## Cumin promotes Digestion

The most common traditional use of cumin is for indigestion.

In fact, modern research has confirmed cumin may help rev up normal digestion (1).

For example, it increases the release of digestive proteins made in the mouth, stomach and small intestine, which may speed up digestion (2).

Cumin also increases the release of bile from the liver. Bile helps digest fats and certain nutrients in your gut (1).

In one study, 57 patients with irritable bowel syndrome (IBS) reported improved symptoms after taking concentrated cumin for two weeks (3).

**Summary:** Cumin aids digestion by increasing the release of digestive proteins. It may also reduce symptoms of irritable bowel syndrome.

Authoritynutrition.com

## Is a Rich Source of Iron



Cumin seeds are naturally rich in iron (4).

One teaspoon of ground cumin contains 1.4 mg of iron, or 17.5% of the RDI for adults (5).

Iron deficiency is one of the most common nutrient deficiencies, affecting up to 20% of the world's population and up to 10 in 1,000 people in the wealthiest nations (6, 7).

In particular, children need iron to support growth and young women need iron to replace blood lost during menstruation (6).

Few foods are as iron-dense as cumin. This makes it a good iron source, even when used in small amounts as a seasoning.

**Summary:** Many people around the world don't get enough iron. Cumin is very dense in iron, providing almost 20% of your daily iron in one teaspoon. -Authoritynutrition.com

<https://www.youtube.com/watch?v=FKD7Kif9Nih>

**Kife Nih S'habadke** people in Vanni

In the movie, a mother is speaking in Sinhala language to Dr. Gunatillake who speaks only Sinhala and English. The mother is a Tamil from hill country...

YOUTUBE.COM

## Metformin Still Best Drug for Type 2 Diabetes ↑

Newly updated guidelines reaffirm that metformin is the first-line drug for people with type 2 diabetes, and that several other medications -- including newer ones -- can be added if needed. The recommendations come from the American College of Physicians (ACP). The American...

## Bone problems associated with diabetes

When we talk about complications with diabetes, bone problems do not get the same attention as compared to problems related to the heart, kidney or eye. Bone problems do occur in patients with diabetes and as all other problems, it is correlated with the duration of diabetes and blood sugar control. Joint pain and disorders could develop in a number of areas in the body. Data shows that 52% of people with bone problems like arthritis also had diabetes.

The various bone problems that can occur in diabetes are listed below:

### Charcot's joint:

This is also called as Charcot's foot or Charcot's arthropathy. It most commonly affects the feet. It is well known that diabetes damages nerves and this nerve damage in the feet can lead to numbness and loss of sensation in the feet. People with reduced sensation in the feet are more prone to injuries without knowing it. This could in turn put pressure on joints leading to their wear and tear. Joints are swollen, painful, tender and warmer to touch. Numbness, tingling could also be present. Severe damage could lead to deformities in the affected foot.

### Osteoarthritis:

Osteoarthritis involves inflammation of the tissues in the joints and damage to the cartilage. This is more commonly seen in people with type 2 diabetes. This disease is not directly related to diabetes, but more seen in overweight people with type 2 diabetes. People who are overweight usually tend to put extra strain on their joints; this extra strain can increase the risk of developing osteoarthritis. Osteoarthritis is most commonly associated with pain, stiffness and a grating sound or a limited range of mobility in the joints.

### Rheumatoid arthritis:

Rheumatoid arthritis is an inflammatory condition caused by an autoimmune disease (where your body attacks its own tissues). This type of problem is seen more commonly in people with type 1 diabetes. Type 1 diabetes is also classified as an autoimmune disease, which explains the possible link between the two diseases.

Pain and swelling are the key features of rheumatoid arthritis. Rheumatoid arthritis is usually associated with inflamed joints, which can be stiff and painful. Stiffness experienced in the morning that lasts for more than 30 minutes, is an indication of rheumatoid arthritis.

### Question to ask your doctor:

I have heard that bone problems do occur in people with diabetes. Do you think I am at risk of developing this?

### Dr. Piya Ballani Thakkar

Consultant Endocrinologist & Diabetologist  
Bombay Hospital and & Medical Research Centre



## Science-Backed Ways to Protect Your Eyesight If You Stare At a Screen for Over 2 Hours a Day

Anyone that has sat a computer for a long period of time can feel the toll that it takes on their eyes. At the end of a long studying session or after experiencing prolonged screen time, your eyes are red, irritated and feeling simply tired (especially if you haven't done any eye exercises).

This "tired" feeling is linked to the effect that high-intensity lights have on our retinas (the portion of our eye that is most sensitive to light), also known as light pollution. A large amount of exposure to screens, computer monitors and cell phones is now being linked to central blindness.

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### Grapefruit

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

[WebMD](#)

### PATIENT VOICES



## Bipolar Disorder

By **KAREN BARROW**

Riding the ups and downs of bipolar disorder can cause havoc for those with the condition and their loved ones. Here are firsthand accounts of living with bipolar disorder.

In recent times, the chiropractic profession has **come under fire** for promoting and practising unsubstantiated therapies that have not been subjected to rigorous scientific testing.

While some chiropractors claim to "treat" non-musculoskeletal conditions, such as infantile colic, bed wetting, asthma, ADHD, autistic spectrum disorders, period pain, ear infections and high blood pressure, there is no evidence to support these claims.

Critics argue these claims have the potential to be dangerously misleading.

The notion that spinal adjustment can improve or rectify a host of health conditions is based on a belief held by some chiropractors that misalignments (or "subluxations") in the spine can impair nervous system function, leading to all kinds of human ailments.

By locating and "correcting" these misalignments, some chiropractors believe they can unblock so-called nerve flow and eliminate disease, infection and childhood illness.

This premise does not fit within current scientific understanding of disease (or how to eradicate it).

## Background Briefing:



[Chiropractors manipulating the spines of newborns caused an almighty uproar in the profession.](#)

[ABC Health](#)



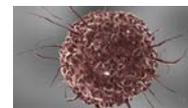
## See You There!

To change everything, it's going to take all of us—especially when ... [READ MORE](#)



## VIDEO: Eggs in Spicy Tomato Sauce (Ande Ki Kari)

Dress up hard-boiled eggs with bold flavors in this Indian curry sauce.



## Lactate May Drive Cancer

Lactate, a molecule produced during intense exercise, plays a key role in cancer cell formation.

[Read the full story](#)

# Can Sugar Injections Ease Knee Pain?



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Knee osteoarthritis, a leading cause of pain and disability in older adults, occurs when flexible tissue at the ends of bones wears down. While it can't be cured, physical therapy or anti-inflammatory medications are often prescribed to relieve pain and improve mobility.

Researchers examined data from 10 previous studies of what's known as prolotherapy, which is often used for chronic back pain. Prolotherapy involves injecting a solution of natural irritants like sugar or sodium next to the site where soft tissue like ligaments, tendons or muscle were injured or tore away from the bone.

Results from these studies, which had a total of 529 patients, suggest that prolotherapy may be a safe way to help ease pain from knee osteoarthritis. But the evidence on the effectiveness of prolotherapy isn't strong enough to recommend it until after other treatments fail, said senior study author Dr. Nicola Maffulli of the University of Salerno in Italy.

"There is no evidence that prolotherapy should be tried as a first line therapy," Maffulli said by email. "It should always be part of a holistic management plan, with weight reduction, activity changes, and physiotherapy."

Ideal patients for prolotherapy might include people with mild to moderate knee osteoarthritis who don't get relief from medication or physical therapy, Maffulli added.

Across all of the studies that Maffulli and colleagues reviewed, most tested injections containing dextrose (a sugar), and two combined dextrose and sodium. A few tested dextrose solutions that also contained anesthetics like lidocaine or ropivacaine.

Participants reported improvements in pain, function and range of motion with prolotherapy and also reported high levels of satisfaction with the treatment.

Newsmax.com

# Take a moment to be mindful

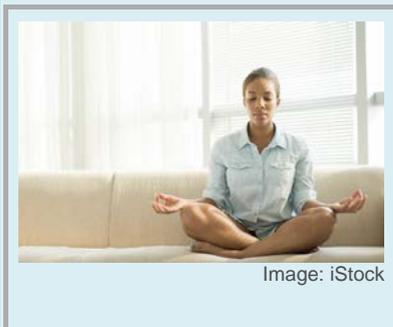


Image: iStock

Mindfulness is the practice of purposely focusing your attention on the present moment, such as how the air smells and feels as you walk your dog, or how a bite of bread tastes with dinner. The ultimate goal is to help shift your thoughts away from your usual preoccupations toward an appreciation of the moment and a larger perspective on life.

Scientific examination of mindfulness shows that it can improve both physical and psychological symptoms and create positive changes in health attitudes and behaviors. Here are two mindfulness exercises you can try on your own.

## Basic mindfulness meditation

1. Sit on a straight-backed chair or cross-legged on the floor.
2. Focus on an aspect of your breathing, such as the sensation of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale.
3. Once you've narrowed your concentration in this way, begin to widen your focus. Become aware of sounds, sensations, and ideas.
4. Embrace and consider each thought or sensation without judging it as good or bad. If your mind starts to race, return your focus to your breathing. Then expand your awareness again.

## Mindfulness in everyday moments

A less formal approach to mindfulness can also help you to stay in the present and fully participate in your life. You can choose any task or moment to practice informal mindfulness, whether you are eating, showering, walking, or playing with a child. With practice, this sense of awareness will become more natural.

1. Start by bringing your attention to the sensations in your body.
2. Breathe in through your nose, allowing the air to move downward into your lower belly. Let your abdomen expand fully. Then breathe out through your mouth. Notice the sensations of each inhalation and exhalation.
3. Proceed with the task at hand slowly and with full deliberation.
4. Engage your senses fully. Notice each sight, touch, and sound so that you savor every sensation.
5. When you notice that your mind has wandered from what you are doing, gently bring your attention back to the sensations of the moment.

To learn more about drawing on your strengths and finding the positive meaning in your life, buy [Positive Psychology](#), a Special Health Report from Harvard Medical School.

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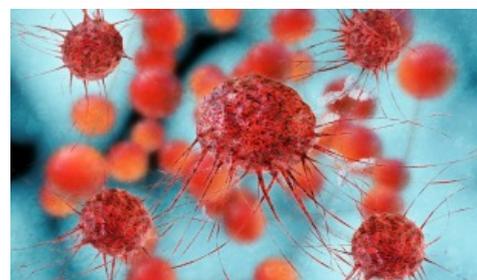
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## This One Ingredient In Your Deodorant Has The Potential To Cause Breast Cancer

Don't Let Your Personal Care Kill You...

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## Cancer Cells Slayed by Vitamin C

Research shows that Vitamin C is able to effectively pinpoint and kill cancer cells.

[Read the full story](#)

## Is Fruit Safe for People With Diabetes?



Most dietary recommendations for people with diabetes suggest eating plenty of fruits and vegetables (33).

Current nutrition guidelines recommend that people with diabetes consume 2–4 servings of fruit per day, which is the same as the general population (34).

Still, some people restrict the amount they eat because they are worried about the sugar content. However, studies show that when sugar is consumed in a *whole* fruit, it has very little effect on blood sugar levels (35).

What's more, fruit is high in fiber, which actually slows the digestion and absorption of sugar, improving overall [blood sugar control](#) (36).

The fiber in fruit can also reduce insulin resistance and may help protect against type 2 diabetes (37, 38).

Fruits also contain polyphenols, which have been shown to improve blood sugar control (39, 40).

Furthermore, eating more fruits and vegetables has been linked with lower levels of oxidative stress and inflammation in people with diabetes (41).

That being said, not all fruits are created equal.

Some of them raise blood sugar more than others, and diabetics are encouraged to monitor their blood sugar levels after eating to figure out which foods they should limit.

**Summary:** Fruit does contain sugar, but its fiber and polyphenols may actually improve long-term blood sugar control and protect against type 2 diabetes. -Authoritynutrition



## Reap the Health Benefits of Dark Chocolate

Studies have shown that dark chocolate has numerous science-backed health benefits.

[Read the full story](#)



## [Lentil Benefits and Top 5 Lentil Soup\[...\]](#)

by [Jenny Travens](#)

## Whole Body Vibration – how does it benefit you?

There are whole body vibrators (WBV), foot and other area vibrators in the super-markets and sports shops. The foot vibrator is used for better circulation of the feet and legs, especially for those who suffer from peripheral swelling (oedema) from poor circulation.

Could such rigorous vibrations from a foot machine improve and fast move one's circulation of the lower extremities? Push and force of the blood circulation in the...

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## What Is Kombucha?

By Elizabeth Palermo, Associate Editor

Kombucha can vary in appearance from a clear, lightly colored drink to a dark, cloudy, grimy-looking swill.

What smells like beer, tastes like carbonated vinegar and looks like something you forgot in the back of the refrigerator? Why, kombucha tea, of course! A fermented beverage that you can buy at most grocery stores or brew at home, kombucha is made by adding a symbiotic colony of bacteria and [yeast](#) (SCOBY) to brewed tea sweetened with sugar. This strange-looking tea is popular with health-conscious consumers who drink it for its many alleged health benefits.

Fans of kombucha have attributed several unproven health effects to the tea, including the restoration of hair color and thickening of hair, dissolution of gallstones, reversal of the signs of aging, lowering of cholesterol and [blood pressure](#), increase in blood circulation, relief of menopausal symptoms, strengthening of the immune system, improvement of digestion and liver functions, and even the prevention of cancer.

While many of these claimed health benefits have never been scientifically tested or proven, the beverage does contain important nutrients. Specifically, it has [B vitamins](#) and amino acids, which are known to boost the immune system and promote muscle development.

Though the jury is still out on whether this "miracle" tea really lives up to its reputation, many people enjoy kombucha simply for its unique flavor, which is acidic but slightly sweet. The Food and Drug Administration (FDA) has concluded that consumption of the beverage is safe in moderation, results confirmed in studies conducted by the Centers for Disease Control and Prevention (CDC).



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[Peanuts May Help to Prevent Heart Attacks and Strokes](#)

## Statins linked to higher risk of diabetes in older women

Written by [Catharine Paddock PhD](#)

Statins are often prescribed for older women with high levels of blood cholesterol, yet the effects of the drug have not been as well-studied in this group as in others. Now, a new study from Australia finds that older women taking statins to lower cholesterol may have a significantly higher risk of developing diabetes.

*The researchers say that statins are highly prescribed for older women, but there are few clinical trials looking at how they affect this group.*

The research - by a team at the University of Queensland (UQ) in Brisbane, Australia - is published in the journal *Drugs & Aging*.

**The study finds that among a group of more than 8,000 women aged 75 and over, those taking statins had a 33 percent higher chance of being diagnosed with new-onset diabetes.**

Lead author Dr. Mark Jones, of the UQ School of Public Health, says that statins are highly prescribed for this age group, but there are few clinical trials studying how they affect older women. "The vast majority of research is on 40- to 70-year-old men," he notes.

Statins are a class of drug designed to lower blood [cholesterol](#), most of which is made in the liver.

They [reduce liver production](#) of cholesterol and also help the liver to remove cholesterol from the blood.

While the body needs cholesterol, if there is too much of it in the blood it can lead to buildup of plaque in the walls of arteries, which is a risk factor for [stroke](#) and [heart disease](#) - the leading cause of death for men and women in the United States.

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