

Supermodel Gigi Hadid Is Ready for Space in Harper's Bazaar Photo Shoot

By Tariq Malik, Space.com Managing Editor



Gigi Hadid poses in a launch control center scene at NASA's Kennedy Space Center in Florida during a visit for a photo shoot with Harper's Bazaar.

Credit: Photographer: [Mariano Vivanco/Harper's Bazaar](#)

Supermodel Gigi Hadid may not be an astronaut, but she's certainly no stranger to spaceships. In a [photo shoot for the next issue of Harper's Bazaar](#), Hadid got up close and personal with some vintage NASA space vehicles at the [Kennedy Space Center](#) in Cape Canaveral, Florida. The photos, by [Mariano Vivanco](#), are part of the magazine's cover story "Gigi Hadid's Space Odyssey," by [Josh Duboff](#). Although Hadid doesn't talk much about space travel in [Duboff's](#) story, she does admit that she believes in extraterrestrial life, as does her boyfriend, former One Direction member [Zayn Malik](#). (Editor's note: One Direction members are no strangers to space exploration, either: The band's [space-y 2015 music video for "Drag Me Down"](#) was filmed at NASA's Johnson Space Center in Houston. Also, Malik is of no relation to this reporter.)

Supermodel [Karlie Kloss](#) Visits SpaceX Rocket Factory (Video)

Get your friends to like this health newsletter

To subscribe email: haroldgunatillake1@gmail.com

Bill Shorten delivers Labor's budget reply speech – video

Fat found in women's bottoms helps to build babies' brains: Scientists say curvy girls produce more intelligent children

Scientists found fats in women's behinds were vital for development

Researchers claim such cells are routed directly towards baby's brains

It helps explain why women find it difficult to shed weight from areas

Ladies with larger stores of such fat 'likely to produce smarter children'

By [SOPHIE BORLAND FOR THE DAILY MAIL](#)

The age-old riddle of why women are fatter than men may have been solved – they need curvy thighs, hips and buttocks to make their babies intelligent, a study claims. These 'fat banks' play a vital role in fuelling the development of newborns' brains via breast-feeding, say the academics. Professor Will Lassek, a public-health epidemiologist at Pittsburgh University, Pennsylvania, who led the research, explained: 'The fat in these areas is a depot for building a baby's brain.'



'Women have traded muscle for fat, so they are about a third as strong.' Men's bodies are made up of just five to 10 per cent body fat, and they have a much more linear shape as a result.

Women's extra fat is lost during breast-feeding, when it is needed for their baby's brain, according to Professor Lassek, who has published his research in the book *Why Women Need Fat*.

Mothers who breast-feed typically lose one pound of fat (half a kilo) a month, he added. Over the past five million years, the average human brain has trebled in volume from 400ml to 1,200ml. It could therefore follow that women have had to become fatter to keep up with the growing demands of babies' brains.

David Bainbridge, a reproductive biologist at Cambridge University who has also studied the female body shape, said the latest findings could explain why men find curvy women such as singer Jennifer Lopez so attractive: it's because their children are likely to be cleverer.

'The brain-building, breast-milk lipids (fats) are largely derived from the fat stored in a mother's thighs and buttocks,' he said.

'Women with larger thighs have higher levels of these lipids. There is even evidence that they and their children are more intelligent as a result.'

Ed: Sri Lankan women have fat backs but thin legs. Now there is a reason why Sri Lankan babies are so intelligent.

What increases your blood cholesterol?

[Saturated fat](#), trans fat, carbohydrates, and cholesterol in the food you eat increase cholesterol levels. Reducing the amount of [saturated fat](#), [trans fats](#) and sugars in your diet helps lower your blood cholesterol level. Increasing the amount of fiber and plant-derived sterols can also help lower LDL cholesterol.

DIET

Navratri 2017: 7-day detox diet plan

Navratri is the right time to let go off your cravings and watch your health the Indian way.



Vesak celebrated at Sri Lanka High Commission in Canberra

Vesak celebrations at the Sri Lanka High Commission in Canberra commenced on Vesak Full Moon Poya Day with alms offered to the resident monks of the Canberra Sri Lanka Buddhist Vihara at the High Commission. On Saturday 13th May Vesak Bhakthi Gee were presented by the High Commission staff.

Saturday programme included blessings invoked by the venerable monks followed by Bhakthi Gee, where all staff of the High Commission took part.

Dr Michael honoured



Mr Rajendra Thiagarajah, Deputy Chairman of Cargills Bank Ltd, Colombo presents the CTCC award to Dr Michael Thambynayagam. Mrs Agnes Thambynayagam stands next to her husband. The president of CTCC (Canadian Tamils' Chamber of Commerce), Mr Ajith Sabaratnam stands next to Agnes on her left.

Breast Cancer is linked to Obesity

As body mass index, or B.M.I., rises, so does a woman's risk of developing breast cancer, especially if she carries much of her excess weight around her waist. That's because abdominal fat is particularly metabolically active, producing growth factors and hormones, including estrogen, that can stimulate the growth of breast cancer cells. Dr. Walter Willett, professor of epidemiology and nutrition at Harvard T.H. Chan School of Public Health, told Nutrition Action Healthletter in 2010: "Probably the single most important thing women can do to reduce their risk of breast cancer is to avoid weight gain in adult life."

Being overweight also diminishes a woman's chances of surviving breast cancer, though it is not known whether losing weight *after* a breast cancer diagnosis enhances a lasting remission. My vote: Don't wait for definitive evidence, since shedding excess weight can reduce the risk of heart disease, diabetes and several other cancers.

For relaxed reading & sharing

Breast cancer & heart disease are both linked to the same type of diet

As for what to eat, I'll give you one guess. The diet widely promoted as protective against heart disease also is most effective against breast cancer. That diet emphasizes fiber-rich vegetables, fruits and whole grains, minimizes protein foods like red meat that are rich in saturated fats, and includes few if any sugar-sweetened foods and drinks.

A [recent analysis of 15 prospective studies](#) found the lowest risk of breast cancer among women with the highest intake of fruit and vegetables. However, the strongest association was found, not for women who changed their diets *after* breast cancer, but for those who ate lots of fruit and vegetables early in life and continued to do so as adults.

Especially protective are vegetables and fruits rich in substances called carotenoids, the orange-colored plant pigments that are precursors of vitamin A. These include not just sweet potatoes, carrots and winter squash but also dark-green leafy vegetables like spinach and kale, as well as fruits like cantaloupe and tomatoes.

With regard to soy foods, the jury is still out. Although Asian women who consume lots of these foods all their lives have one of the lowest rates of breast cancer, the supposed protective substance in soy – isoflavones — showed no benefit among women who eat a Western diet. And experts caution against taking supplements of isoflavones, a source of high concentrations of plant-based estrogen.

It's also best to avoid saturated fats. Although there is no overall link between dairy products and breast cancer risk, high-fat dairy foods like cheese, ice cream and whole milk, which naturally contain estrogen, [may shorten the lives](#) of breast cancer survivors.

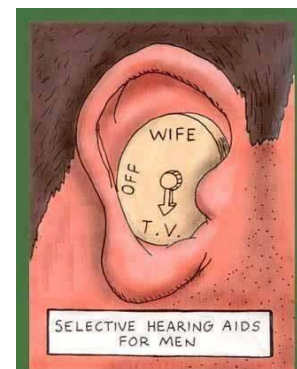
Based on a number of studies, including a 20-year follow-up of young American nurses, the [American Cancer Society suggests](#) that women limit their consumption of red meat (beef, pork and lamb) to two meals a week and greatly limit or avoid processed meats like bacon, sausage, luncheon meats and hot dogs.

Now to a personal favorite: [physical activity](#). Not only can [regular exercise help to prevent](#) breast cancer and promote recovery from the disease, it also protects against many other chronic ills and can help women achieve and maintain a normal body weight.

More than 50 observational studies conducted here and in many other countries have found that active women [have a lower risk](#) of developing breast cancer and lower mortality if they get it.

You don't have to become a jock or run marathons to glean protection. [Activities like brisk walking](#) are effective, especially if done for an hour a day. But even 30 active minutes a day are better than none.

nyTimes.com



Alcohol is related to breast cancer in women

A factor clearly related to breast cancer risk is alcohol. Women who consume two to five drinks a day are 40 percent more likely to get breast cancer than nondrinkers. In fact, just one drink a day can raise a woman's cancer risk by about 7 percent.

Alcohol consumption affects the level of sex hormones that increase cancer risk in both premenopausal and postmenopausal women. Among women already treated for breast cancer, consuming the alcohol equivalent of three or four drinks a week increases the risk of a recurrence, especially for postmenopausal women and women who are overweight or obese.

nyTimes.com

Faecal transplants could cause recipients to take on donors' traits: expert



Faecal transplants could be causing some patients to take on the physical and mental characteristics of their donors, including body shape and even symptoms of depression, an expert in infectious diseases says.





Obama: 'Changing Climate Already Making it More Difficult to Produce Food'

Why Donald Trump Is Wrong About Exercise



President Donald Trump reportedly eschews exercise because he believes it drains the body's "finite" energy resources, but experts say this argument is flawed.

[Read More](#)

High Commissioner's address at the 70th Anniversary of Diplomatic Ties – Blood Donation on 29th April 2017
https://youtu.be/H_5oVfEQCE

Drug addict loses fingers after speed mixed with plastic

An Adelaide woman had parts of her fingers amputated because of plastic pebbles used to bulk out an illegal drug batch, and is warning others of the dangers of addiction.

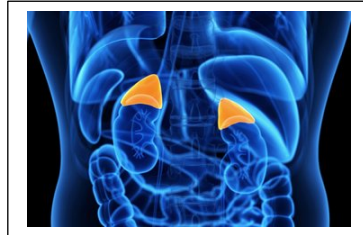


Cybercrime / Attack could escalate as week begins, experts warn



Wesak Celebrations at Lankarama Buddhist Temple-Schofield, Sydney
Pic by Kalinga Seneviratne

Adrenal Glands: Facts, Function & Disease



The adrenal glands affect metabolism, blood pressure, the immune system, sex hormones and the body's response to stress.

[Read More](#)

Space Webcasts: NASA Delays 1st Orion/SLS Test Flight to 2019, No Crew



May 12, 2017 | Article
NASA will hold a teleconference today at 3 p.m. EDT (1900 GMT) to give a status update on Exploration Mission 1 (EM-1), the first combined test flight around the moon of the Orion spacecraft and its Space Launch System megarocket.

[Read More](#)

<https://youtu.be/qEui9ImJail>

https://youtu.be/68_UIH52GTo

eLanka, Lankan-Australian "News-King": Always read eLanka!

View this email in your browser



OPINION | EDITORIAL The Trump-Russia Nexus

By THE EDITORIAL BOARD
Many unknowns remain, but here is what we know about the collusion story so far.

7 Ways Alcohol Affects Your Health

Read Article

Relax, Read, & Share

Alston Koch in South America



Sri Lankan born Australian entertainer and now Hollywood based Alston Koch yet again raises the barrier of professional entertainment when he was invited as a Special VIP guest to Ecuador in South America. Alston thrilled audiences in four shows in QUITO & GUAYAKIL before been whisked away by helicopter to Peru.

Quito, formally San Francisco de Quito, is the capital city of Ecuador, and at an elevation of 2,850 metres above sea level, it is the highest official capital city in the world and the one which is closest to the equator. It is located in the Guayllabamba river basin, on the eastern slopes of Pichincha, an active stratovolcano in the Andes mountains.

Invited by the first woman President of South America (Rosalie Arteaga) former, who was also V. President of Ecuador for two years and now one of the most prolific humanitarians and educationists in all of South America Alston was welcomed and felicitated by the Rotary Club of Ecuador well as being the most privileged entertainer and they first Asian to perform in South America's most recognized and popular concert hall known to the world as 'The House Of Music'
By A.B. Perera

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

Niranjan- MasterChef- celebrates his 60th birthday



Universal Counting Leader



Green tea is a big natural source of fluoride, so this in combination with its anti-bacterial effects provides a great natural way to help strengthen your teeth, prevent cavities and help reduce bad breath-TOI

Are Cholesterol, Saturated Fat Less Important to Heart Disease?



Blame chronic inflammation (rather than cholesterol) for heart disease, a new editorial says. But the stance is controversial -- here's why. [Read More](#)

Real Foods Contain Polyphenols



Plant foods contain polyphenols, which have antioxidant properties that help protect against disease and may also help you lose weight (20, 21).

Polyphenols can be divided into four categories: phenolic acids, lignans, stilbenes and flavonoids. One particular flavonoid that is linked with weight loss is epigallocatechin gallate (EGCG). It's the ingredient in [green tea](#) that provides many of its proposed benefits. For instance, EGCG may help extend the effects of hormones involved in fat burning, such as norepinephrine, by inhibiting their breakdown (22). Many studies show that drinking green tea may help you [burn more calories](#). Most people in these studies burn 3–4% more calories daily, so the average person who burns 2,000 calories per day could burn 60–80 extra calories

Real foods don't contain added sugar and have other nutrients that are great for your health. Foods high in added sugar are typically higher in calories, aren't as filling and increase your risk of obesity.

By [Ryan Raman, MS, RD](#)



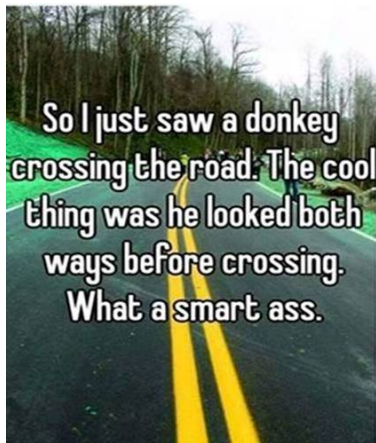
Stephen Hawking: One Thing Threatens Us More Than Donald Trump ... Climate Change



Cameron Spencer/Getty Images

• **Running for an hour, no matter how healthy or unhealthy you are, could [add up to seven hours](#) to your life.**

Not popping any vitamin D? [You may be in the minority.](#)



SriLankan Airlines to launch Colombo-Melbourne flights this year

Prevent Prostate Cancer

Prostate cancer is common in men over 50, especially in men who eat fatty food or have a family history. [Read more...](#)



[Why Do French Fries Taste So Bad When They're Cold?](#)

[Read Article](#)

Benefits of eating cheese for daibetics

Some research suggests that people with diabetes may actually benefit from cheese. A 2012 study published in the *American Journal of Clinical Nutrition*, looked at the eating habits of 12,400 people with type 2 diabetes, and 16,800 people without diabetes. Researchers found that people who ate 55 g of cheese, about two slices per day, could lower their diabetes risk by 12 percent. Cheese is also high in protein. A single slice or 1 oz of Cheddar cheese contains [about 7 g](#) of protein. Protein can help people feel fuller longer, reducing the temptation to binge on unhealthful foods, or eat too many sugary [carbohydrates](#).

Cheese is also an excellent source of protein for vegetarian people who have diabetes.

MNT

Obama Says His Presidential Library Will Be a 'Hub for the Community'

By JULIE BOSMAN

The former president and first lady came to Chicago to unveil plans for the Obama Presidential Center, saying it would be a different kind of presidential library.

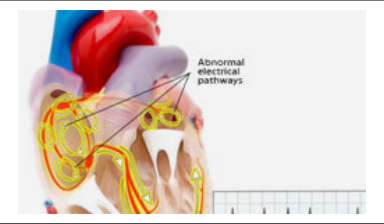
https://youtu.be/isiZ9U83_SM



Mel Gibson's New Christian Film Receives 10 Minute Stan...

by mark wlms
964,752 views

AFib and Abnormal Heart Rhythm



Atrial fibrillation – AFib for short - is the most common type of irregular heartbeat.

TAKE THE QUIZ

Amino Acids Assist Arterial Health in women

Amino acids are the building blocks of proteins, key components of muscle and tissue throughout the body. Amy Jennings, from the University of East Anglia (United Kingdom), and colleagues studied 1898 female twins, ages 18 to 75 years, surveying for their intake of seven amino acids associated with cardioprotective activity. The team conducted diagnostics to assess arterial stiffness and atherosclerosis. The analysis revealed that higher intakes of arginine, cysteine, glutamic acid, glycine, histidine, leucine, and tyrosine were associated with decreases in central systolic blood pressure, pulse wave velocity, and mean arterial pressure – key markers of arterial health. The study authors write: "These data provide evidence to suggest that intake of several [amino acids] is associated with cardiovascular benefits beyond blood pressure reduction in healthy women."

Jennings A, et al. Amino Acid Intake Is Inversely Associated with Arterial Stiffness and Central Blood Pressure in Women. *J Nutr.* 2015 Jul 22; pii: jn214700.

Chronic Fatigue Syndrome Linked with Differences in Gut Bacteria

People with chronic fatigue syndrome may have imbalances in their gut bacteria, a new study suggests.

Chelation Therapy for CAD

by Gervasio A. Lamas, MD, FACC; Ian Ergui, BS; Omar M Issa, DO

Ethylene diamine tetraacetic acid (disodium EDTA or edetate disodium), patented in 1938 by Munz, is a chelating agent capable of binding cationic metallic and nonmetallic ions and mobilizing them from physiological tissue in a process termed chelation. [Read more...](#)

Women are more likely to die following a heart attack than men.

Although heart disease is sometimes thought of as a "man's disease," approximately the same number of women die from it as men in the United States. It is one of the leading causes of death for women, killing 289,758 women in 2013. This equates to one in every four female deaths. For both men and women, cancer is the second leading cause of death after heart disease: 21.6% of female deaths in 2014 were a result of cancer.

Avocado



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

Health Benefits Of Green Vegetables Act As A Source Of Folate



Folate is a B vitamin necessary for the formation of RBCs in the blood. It supports the proper development of the fetus and prevents birth defects. Folate is also the vital component required for DNA and RNA synthesis, cell division, and amino acids production. Green vegetables, especially leafy vegetables are the abundant sources of folate.

One of the most common deficiencies found is folate deficiency which gives rise to various problems like digestive disorder, anemia, and cardiovascular diseases. Including portions of greens in your daily diet helps fight these conditions. Cure Joy



Dr Larry Moore • 155

Greeting we from Kokilaben Hospital are urgently contact DR Moore Larry. As we have a lot of patients who are here for kidney transplant, and we shall offer you (\$450,000,00) for your Kidney. My name is Doctor DR Moore Larry, I am a Nephrology in India Surgical Hospital. Our hospital is specialized in Kidney Surgery/transplant and other organ treatment, we also deal with buying and transplantation of kidneys with a living and healthy donor. If you are interested in selling your kidney, contact us ... [Read More](#)

DIET



[Here's how including red foods can help you](#)
Rich in antioxidants, fats and proteins, here are some benefits of red foods.



Tip: One shouldn't mix orange with carrot as when taken together they may cause heartburn and excess bile reflux

What Is the Purpose of Fat?

Are you carrying too much body fat? What is a healthy body fat percentage? Learn all about fatty foods. [Read more...](#)

Common antibiotics linked to increased risk of miscarriage



Mission Control for the body's salt and water supplies

New studies show that salty food diminishes thirst while increasing hunger, due to a higher need for energy

MAX DELBRÜCK CENTER FOR MOLECULAR MEDICINE IN THE HELMHOLTZ ASSOCIATION

We've all heard it: eating salty foods makes you thirstier. But what sounds like good nutritional advice turns out to be an old-wives' tale. In a study carried out during a simulated mission to Mars, an international group of scientists has found exactly the opposite to be true. "Cosmonauts" who ate more salt retained more water, weren't as thirsty, and needed more energy.

For some reason, no one had ever carried out a long-term study to determine the relationship between the amount of salt in a person's diet and his drinking habits. Scientists have known that increasing a person's salt intake stimulates the production of more urine - it has simply been assumed that the extra fluid comes from drinking. Not so fast! say researchers from the German Aerospace Center (DLR), the Max Delbrück Center for Molecular Medicine (MDC), Vanderbilt University and colleagues around the world. Recently they took advantage of a simulated mission to Mars to put the old adage to the test. Their conclusions appear in two papers in the current issue of *The Journal of Clinical Investigation*.

What does salt have to do with Mars? Nothing, really, except that on a long space voyage conserving every drop of water might be crucial. A connection between salt intake and drinking could affect your calculations - you wouldn't want an interplanetary traveler to die because he liked an occasional pinch of salt on his food. The real interest in the simulation, however, was that it provided an environment in which every aspect of a person's nutrition, water consumption, and salt intake could be controlled and measured.

The studies were carried out by Natalia Rakova (MD, PhD) of the Charité and MDC and her colleagues. The subjects were two groups of 10 male volunteers sealed into a mock spaceship for two simulated flights to Mars. The first group was examined for 105 days; the second over 205 days. They had identical diets except that over periods lasting several weeks, they were given three different levels of salt in their food. The results confirmed that eating more salt led to a higher salt content in urine - no surprise there. Nor was there any surprise in a correlation between amounts of salt and overall quantity of urine. But the increase wasn't due to more drinking - in fact, a salty diet caused the subjects to drink less. Salt was triggering a mechanism to conserve water in the kidneys.

Before the study, the prevailing hypothesis had been that the charged sodium and chloride ions in salt grabbed onto water molecules and dragged them into the urine. The new results showed something different: salt stayed in the urine, while water moved back into the kidney and body. This was completely puzzling to Prof. Jens Titze, MD of the University of Erlangen and Vanderbilt University Medical Center and his colleagues. "What alternative driving force could make water move back?" Titze asked.

Should You Take Citrulline – supplement?

By Grant Tinsley, Ph.D.

The amino acid citrulline is gaining popularity as a supplement for health and exercise performance.

It's produced naturally in the body and found in foods, but taking supplements increases citrulline content in the body above typical levels.

While some people are convinced of its effectiveness for health and exercise performance, others are skeptical.

This article will tell you everything you need to know about citrulline and whether you should take it.

What Is Citrulline?

Citrulline is an amino acid that was first found in watermelon (1).

It is considered nonessential, meaning that your body can naturally produce some on its own.

However, you can increase your levels by eating foods containing citrulline or by taking dietary supplements, rather than relying on your body's production alone.

These higher levels may produce beneficial effects on health and exercise performance, as discussed later in this article.

Citrulline has important roles in the body, but unlike some amino acids, it is not used to build proteins (2).

However, it plays a necessary part in the urea cycle, which rids your body of harmful compounds. Specifically, the urea cycle removes ammonia from the body. The final product of this cycle is urea, which your body gets rid of in urine.

Citrulline can also help widen your blood vessels and may play a role in muscle building (3, 4).

Summary: Citrulline is an amino acid made naturally in the body, found in food and available as a dietary supplement. Increasing your intake may have beneficial effects on health and exercise performance.

Young Blood Boost the Aging Brain?

A new study hints that young blood may be 'fountain of youth' for older brains.

[READ MORE](#)

Consume less than 10 percent of calories per day from saturated fats. (The guidelines do not encourage a low-fat diet. According to the guidelines, 35 percent of total calories per day should be from fat.)



Side Effects Of Eating Grapefruit You Should Know

Over the last few years, grapefruit has been under scrutiny because of some of its possible side effects.

Here are the top 4 side effects of eating grapefruit...

[READ MORE](#)

Mind

MEDITATION FOR REAL LIFE



How to Be Mindful While Cleaning the Bathroom

By DAVID GELLES

If we can be mindful while scrubbing the toilet, we can be mindful during any moment throughout our daily lives.

Epigenetics: how your life could change the cells of your grandkids

Your life experiences could modify your DNA and make a difference to your children and grandchildren. The science of epigenetics is just getting started, but promises to deliver big changes to the way we treat disease and understand heredity.



Consume less than 2,300 milligrams (mg) per day of sodium for people over the age of 14 years and less for those younger.



[What's a Vomitorium?](#)

[Read Article](#)

ARTICLE [Health Benefits of Bananas](#)



They help with metabolism, and they can ease tummy issues. We share even more reasons to go bananas.



Are you feeling tired all the time?

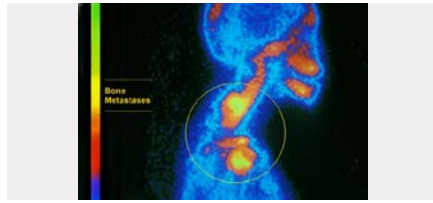


Were you been active in life interested in your work, enjoying nature and the birds, spending time with your family, now suddenly lost interest, feel tired and not motivated to do the things you did before? You should not neglect your feeling of tiredness and take it for granted, hoping you'll feel better soon. You may be too stressed at work and more pressure from your superiors and having sleepless nights can all make you fatigued and tir...

[Continue Reading](#)



Contrary to the known belief that cashews cause weight gain, the high fiber content in cashews helps loose weight. Fiber also satiates your appetite. Include cashews in your restricted dietary plan if you plan to shed a few pounds.



What Is Bone Metastasis?

Bone metastasis happens in people who have cancer that forms in another part of the body. Cancer cells from that area break away and travel through the bloodstream and lymphatic system. When the cancer spreads to distant body organs, this is called metastasis. Common sites of metastasis include bones, the lungs, and the liver.

Risk Factors

Any type of cancer can raise the risk for bone metastasis. Although your doctor can't tell for sure if cancer will spread, certain types of cancer are more likely to spread to bone. These include cancers of the breast, lungs, thyroid, prostate, and kidneys. Larger tumors that have spread to the lymph nodes are also more likely to spread to the bones.

Where Bone Metastases Form

A bone metastasis can grow in any bone. But cancer most commonly spreads to the bones that are close to the center of the body. The spine is the most common place for a bone metastasis to form. Other common areas for bone metastases include the thigh bone, upper arm bone, ribs, hips, and skull.

Symptoms

Bone pain is often the first symptom of a bone metastasis. At first, the pain may come and go. It is often worse at night but feels better when you move. Over time, the pain may feel worse with movement and become more constant.

Cord Compression

Cancer growing in the spine can put pressure on the spinal cord. This can affect the nerves, causing loss of mobility, muscle weakness, numbness, and trouble urinating. Cord compression is a medical emergency because it can lead to paralysis. Treatments include steroid injections, radiation, chemotherapy, and surgery. Physical therapy may be needed to help regain muscle tone.

How Metastasis Affects the Bones

Bone metastasis often damages bones by making them weaker. Over time, this can cause them to break, even during routine activities like coughing or sitting down in a chair. At other times, bone metastasis can cause bone to become harder, though it may still break. In some cases, bone metastases can have both types of features.

WebMD



FEATURED

Sneaky Depression Triggers

From too little vitamin B12 to too much time alone, take a look at surprising causes of depression in midlife and beyond -- and how to beat it.

[READ MORE](#)



2 Billion People Drink Contaminated Water, Says WHO



Is Coconut Oil Healthy for Your Skin?



6 Health Benefits You Can Reap From A Mediterranean Diet

While our Mediterranean ancestors might not have set out looking for a diet that would keep them extra healthy, studies have found it to be vastly superior to many other kinds of diets in the world. Here are 6 amazing health benefits of following a Mediterranean diet...

[READ MORE](#)

Oatmeal-ideal breakfast for diabetics

Hot or cold, oatmeal is a cereal that you can enjoy several times a week. The soluble fiber in oats slows the rate at which your body breaks down and absorbs carbohydrates, which helps to keep your blood sugar levels stable. Furthermore, oats are rich in omega-3 fatty acids, potassium, and folate.

You can choose from steel-cut, rolled, or instant oats. However, it's best to stay away from flavored varieties as they are often packed with sugar. Oatmeal is fast and easy to make. You can cook the oats in skim or low-fat milk and sweeten them using raw honey. You can make your oatmeal even healthier by throwing in some nuts or chopped fruit such as apples and strawberries. BabaMail

Trans Fat Ban Tied to Fewer Heart Attacks and Strokes

Three years after the trans fat ban went into effect, hospital admissions for heart attacks and strokes started dropping.

[Read More](#)

“Can vitamin E therapy help slow Alzheimer’s decline?”

Maybe. Among men with mild-to-moderate Alzheimer’s disease, high-dose vitamin E slowed their decline more than the Alzheimer’s drug meantime. According to the researchers, it could “noticeably prolong” a person’s ability to do simple tasks.

Harvard Medical School

Studies suggest that after a meal, you should wait for at least 30 minutes before having water. This helps in absorption of nutrients because if you drink water right after your meal, it dilutes gastric juices. Also, drinking water immediately after a meal dilutes the enzymes that are essential for the process of digestion. (Picture courtesy: Frédérique Voisin-Demery/ Flickr) (Picture Courtesy: Pixabay/)



Basil, also known as Tulsi, sharpens concentration and the senses. It’s a mental stimulant which helps in clearing the head and fighting intellectual fatigue and burn out. (Picture Credit: Wikimedia Commons)



Rosemary is a stimulating herb, known to help promote good blood circulation. It helps in rebuilding the nervous system after mental strain and is known to help creativity by easing exhaustion and lethargy. It’s energising and immunity boosting as well. (Picture Credit: Pixabay)



What Is the 80/10/10 Diet?

The 80/10/10 Diet is a low-fat, raw [vegan diet](#) developed by Dr. Douglas Graham, a raw foodist, retired chiropractor and former athlete.

It is also sometimes referred to as 811, 811rv or LFRV (low-fat raw vegan). The diet is based on the idea that the optimal diet should provide at least 80% of calories from carbs, with no more than 10% of calories from protein and 10% from fats. Unlike many popular diets, the 80/10/10 Diet has no time limit.

Instead, it is promoted as a long-term solution to increase longevity and reduce obesity and disease.

Summary: The 80/10/10 Diet is a low-fat, raw vegan diet consisting primarily of raw fruits and tender, leafy greens. It is promoted as a long-term solution to obesity and disease.

Authoritynutrition

Why Raw?



The 80/10/10 Diet is based on the idea that humans aren’t naturally omnivores, but rather frugivores, or animals that prefer to eat fruit. It proposes that your digestive system is physiologically designed to digest fruit and tender, leafy greens.

It suggests that although humans can tolerate other types of foods, those foods aren’t optimal. In nature, a diet naturally based on fruit and tender greens would provide roughly 80% of calories from carbs and no more than 10% of calories each from protein and fats. This is what the 80/10/10 nutrient distribution is based on. Raw fruits and tender, leafy greens are believed to contain all the nutrients humans require, in the optimal proportions your body needs.

Cooking is believed to damage the nutrients naturally found in foods, making them nutritionally inferior to [raw foods](#).

Cooking is also alleged to produce toxic compounds that are believed to cause various diseases, including cancer, arthritis, [hypothyroidism](#) and chronic fatigue.

In contrast, raw foods are presented as detoxifying, easier to digest and most conducive to weight loss and optimal health.

Summary: The 80/10/10 Diet promotes the consumption of raw foods because cooked foods are viewed as nutritionally inferior, toxic and damaging to the human body. Authoritynutrition



Great Barrier Reef Again Hit by Severe Coral Bleaching

Read Article



New Mathematical Equation Shows How Fast Humans Are Wrecking Earth



Granola Bars

Check granola bar labels for ingredients like corn syrup, brown sugar, honey, brown sugar syrup, dextrose, and fructose. Some have a yogurt or chocolate coating, or chocolate chips, which can ramp up the sugars fast -- anywhere from 8 to 12 grams per serving. Instead of eating a 1-ounce granola bar, switch to 1 ounce of granola (about 1/3 cup) and the sugar lowers to about 5 grams. WebMD



Sam Kalda

MEDITATION FOR REAL LIFE

How to Be Mindful When Your Angry



By DAVID GELLES
Anger can be a natural, life-affirming emotion, if you let it be.



10 Awesome Health Benefits of Mangoes You Didn’t Know

This summer is going to be golden...

READ MORE



Learning From Our Parents’ Heart Health Mistakes



By JANE E. BRODY
What a half-century of medicine — and a population in the Amazon — can teach young people about living longer.



SLIDESHOW

Natural Heart Boosters

We look at the supplements and foods that may help keep your heart strong.



Is It Wise to Take a Steroid for a Sore Throat?



Kids Under 12 Shouldn't Take Codeine Drugs, FDA Says



Children younger than 12 should not take codeine, a drug found in some cough and pain medicines, according to new rules from the FDA.

[Read More](#)



Vincent van Gogh

Today he's one of the world's most celebrated painters, but van Gogh struggled with mental illness throughout his life. Different stories of his behavior make some scholars think he had schizophrenia. According to one account, van Gogh, during an argument with fellow painter Paul Gauguin, heard someone in his ear say, "Kill him." Instead, he took a knife and cut part of his own ear off. Other psychiatrists think he might have had depression or bipolar disorder instead.

WebMD

What to Know About Schizophrenia

The disorder affects people in different ways. Some people hear voices or think others are plotting against them. They might not make sense when they talk. Others might sit for hours without moving or speaking. Some people can be violent, though many are not. Once symptoms begin, usually in the late teens, 20s, or early 30s, they last for a lifetime. There's no cure, but medications, talk therapy, and other treatments can help people manage the illness.

Banana flower salad

<https://youtu.be/QlImTtWhJjE>



No evidence sugar-free soft drinks aid weight loss – study

Academics say no evidence to support perception that 'diet' drinks are healthier than full-sugar versions



Photograph: Jeff J Mitchell/Getty Images

[Soft drinks](#) made with artificial sweeteners, such as diet colas, do not help people lose weight and may be as big a part of the obesity problem as the full-sugar versions, academics have said.

A paper by researchers at Imperial College London and two universities in Brazil contends that artificially sweetened beverages, often called diet drinks, are just as big a problem as those containing sugar. There is no evidence they help people lose weight, they say, possibly because people assume they can eat more because their drinks are low in sugar.

The report says the combined factors of what goes into artificially sweetened drinks, how they are consumed, and their environmental impact mean that "far from helping to solve the global obesity crisis [they are] a potential risk factor for highly prevalent chronic diseases".

Sugar-sweetened drinks, including sports beverages, have been identified as one of the major causes of obesity. Many countries, including Mexico and France, have introduced sugar taxes to try to reduce consumption, and the UK plans to do so next year.

Many manufacturers are looking to boost sales of drinks containing artificial sweeteners in order to escape the levy. Such products already account for 25% of the global soft drinks market.

Prof Christopher Millett, senior investigator at Imperial's School of Public [Health](#), said: "A common perception, which may be influenced by industry marketing, is that because 'diet' drinks have no sugar they must be healthier and aid weight loss when used as a substitute for full-sugar versions. However, we found no solid t says the evidence does not suggest they help with weight loss, although they probably do not cause people to put on weight. Some studies show no weight loss; others show a small loss, but those studies were not always well done and were often funded by the soft drinks industry, the authors say.

Maria Carolina Borges, the first author of the study, from the Federal University of Pelotas, in Brazil, said: "The lack of solid evidence on the health effects of ASBs [artificially sweetened beverages] and the potential influence of bias from industry-funded studies should be taken seriously when discussing whether ASBs are adequate alternatives to SSBs [sugar-sweetened beverages]." The Guardian.com

Italian court rules mobile phone use caused brain tumour



Court awards pension to employee who claimed work-related use of a mobile led to him developing a benign tumour

An Italian court has ruled that excessive, work-related use of a mobile phone caused an executive to develop a benign brain tumour.

In what could become a landmark ruling, the court in the northern town of Ivrea awarded the plaintiff a state-funded pension.

The judgment, which was handed down on 11 April but only made public on Thursday, is subject to a possible appeal.

Roberto Romeo, 57, had testified that his work duties obliged him to use his mobile for three to four hours of each working day for 15 years.

"For the first time in the world, a court has recognised a causal link between inappropriate use of a mobile phone and a brain tumour," his lawyers, Stefano Bertone and Renato Ambrosio said in a statement.

Romeo said he did not want to demonise mobiles, "but I believe we have to be more aware about how to use them.

"I had no choice but to use my mobile to talk to colleagues and organise work – for 15 years I was calling all the time, from home, in the car.

"I started to have the feeling of my right ear being blocked all the time and the tumour was diagnosed in 2010. Happily, it was benign but I can no longer hear anything because they had to remove my acoustic nerve."

A medical expert estimated the damage to Romeo at 23% of his bodily function, prompting the judge to make a compensation award of €500 per month to be paid by INAIL, a national insurance scheme covering workplace accidents.

Theguardian.com





Blueberry Nutrition Facts

These little berries aren't known as a superfood for nothing.

- Blueberries are packed with fiber, antioxidants, manganese, and vitamins B, C, and K.⁴
- A one cup serving of blueberries contains only 84 calories but 4 gm of dietary fiber which keeps you feeling full longer.⁵
- One cup of blueberries provides you with a whopping 25% of recommended daily vitamin C intake. This helps [bolster your immune system](#), maintain strong gums, and promote collagen production in the body. The manganese content in blueberries helps develop healthy bones. The fiber keeps you regular and can help [lower bad cholesterol levels](#).⁶
- These little blue dynamos are also a fat-free, low-sodium fruit that makes for an excellent on-the-go snack.

Maintains Brain Function

Blueberries are good for your brain in many ways. The polyphenols in blueberries have been associated with reduced risk of dementia, improved cognitive performance in normal aging and better cognitive evolution. High total polyphenol intake is also linked with better language and verbal memory along with learning in both animals and humans. Studies conclude that blueberry consumption also appears to have a noticeable impact on short-term memory and improve long-term reference memory after just eight weeks of supplementation.⁸

The super fruit also helps prevent and fight Alzheimer's Disease. In a study, 47 participants with mild cognitive impairment aged 68 and up were asked to supplement their diet with freeze-dried blueberry powder or a placebo powder. The 16-week study concluded that the blueberry group had improved memory, improved access to words and concepts along with better cognitive performance and brain function.⁹

Boosts Memory

We all know that memory often takes a beating with old age. But that can be fixed with blueberries. When wild blueberry juice was supplemented for 12 weeks to older adults, it improved their memory function immensely. Older adults with early memory decline and an increased risk for dementia were recruited for the study.¹⁰

Blueberries have also shown to improve object recognition memory loss in rats. Even on a short-term consumption basis, the blueberry-enriched diet prevented and reversed object recognition memory loss in aging rats.¹¹

Make sure you add blueberries to your grocery list, especially when you're nearing retirement age. Cure Joy editorial-extract



10

Ways to Tell if You're Dehydrated

Water is absolutely necessary for survival. It makes up approximately 60 percent of the human body, with ... [READ MORE](#)

What Is Inflammatory Bowel Disease?

Inflammatory bowel disease (IBD) refers to two different chronic conditions or diseases that may be related, Crohn's disease and ulcerative colitis. Both diseases consist of inflammation of the wall of the bowel or intestines - hence the name - leading to bowel that is inflamed, swollen and that develops ulcers. The inflammation and its consequences are different in Crohn's disease and ulcerative colitis. The inflammation results in various degrees of abdominal discomfort, diarrhea, and intestinal bleeding. Both diseases can result in serious digestive problems.



George Washington

(1789-1797) Two years after leaving office, when Washington was 67 and otherwise healthy, he woke in the night with a sore throat and trouble breathing. As treatment, his doctors took more than a half-gallon of blood from him during four "bleedings." This was standard at the time, but it definitely didn't work. He got much worse and died less than 24 hours later. Medical experts think he may have had a severe infection of the larynx (voice box). WebMD

[Gluten-free diet carries increased obesity risk, warn experts](#)



Dr. Graeme Sloman A.O. A.M. E.D. FRACP
Dr. Graeme Sloman – cardiologist at Epworth Hospital and his wife Isabel will be with the AuSLMAT medical team on our mission to Sri Lanka for 2017. Graeme was recently honoured with an Order of Australia for his services in cardiology. He has visited Sri Lanka as a lecturer in cardiology many years ago. He will be with us at the teaching hospitals in Batticaloa and Galle and also assist at the medical clinics we will do at Valaichenai and Weligama. AuSLMAT is proud to have Graeme and Isabel with us on this visit to Sri Lanka from the 1st of July.

Dr Quintus de Zylva



John F. Kennedy

(1961-1963) Kennedy had many illnesses as a child, including scarlet fever, diphtheria, and asthma. But his most serious health problem was Addison's disease, a life-threatening condition in which your immune system attacks your adrenal glands and they don't make enough hormones. When he was diagnosed around age 30, his doctor gave him less than a year to live. He took steroids regularly as treatment until he was killed 15 years later in 1963.

THE CHECKUP



Too Clean for Our Children's Good?

By PERRI KLASS, M.D.

We need to study the health consequences of the modern and more "hygienic" built environment, which is clean but by no means sterile.

Early symptoms and warning signs of breast Cancer

Warning signs and symptoms can vary greatly from person to person, but there are some common signs:

lumps inside the breast or underarm area: change in breast size and shape: pain in a specific area that does not go away: prominent veins on the surface of the breast: nipple discharge that starts suddenly: sore or rash on the nipple swelling, redness, or darkening of the breast: dimpling of the skin on the breast: pulling in of the nipple or other parts of the breast

However, if any of these symptoms do occur, it does not necessarily mean that cancer is present.

The changes can often be the result of benign breast conditions.

Benign means it is not cancer and changes in the breast can be caused by a variety of factors throughout a woman's life.

For example, [puberty](#), pregnancy, and [menopause](#) may cause changes in the breast because of varying levels of the hormones [estrogen](#) and [progesterone](#) in the body.

Other warning signs can signify other benign conditions.



Nipple discharge

While nipple discharge can be troubling and unpleasant, again, it is usually nothing to worry about. It may simply be caused by the nipples being squeezed, or may be the result of an infection.

More serious signs include:

- discharge that occurs without squeezing the nipple: discharge in one breast and not the other: discharge that has blood in it

Anybody that notices nipple discharge should seek medical advice.

Lumps

Many women may find their breasts are lumpy. This is often because the breast is made up of tissue, which is lumpy in texture.

Lumpiness can vary widely in women's breasts. Usually it is nothing to worry about, particularly if it feels the same throughout both breasts.

There are other situations when it is best to get the lump checked out: These include:

- a harder lump that feels different from the rest of the breast: a lump that feels different from the other breast: something that feels different to how it felt before

Often these can be benign conditions, such as a [cyst](#) or fibroadenoma, which is a [tumor](#) made up of glandular and connective tissue. Fibroadenomas are most common in women in their 20s and 30s.

What to do if you spot symptoms

The [American Cancer Society](#) offers guidelines on cancer screening in adults. The majority of breast cancers in the United States (U.S.) are found in their early stages, before symptoms appear, thanks in part to the use of mammograms. A mammogram is an X-ray of the breast that checks for cancer.

The guidelines are as follows:

- Women aged 40 to 44 can start having mammograms if they wish.
- Women aged 45 to 54 should have a mammogram every year.
- Women over 55 should have a mammogram every two years, but can have one annually if they wish.

However, mammography does not find all breast cancers. So individuals should talk to a doctor to identify the best screening process for them.

Anyone who has any concern that they might have breast cancer should go and see their doctor.

What the doctor will do

Adult women of all ages are encouraged to conduct breast self-examinations. These should be done at least once a month to search for anything unusual. If someone has any concerns, they should go to their doctor who will carry out a clinical breast exam.

Clinical breast exam

A doctor, who is trained in how to identify abnormalities or warning signs of cancer in the breast, will conduct the examination in their office. The person being examined will be asked to remove the clothing from their top half. The doctor will then perform a number of checks to see if there are any problems.

These include:

- **Visual check:** The individual will be asked to raise their arms, put them by their sides, and press their hands against their hips. This can show differences in the size and shape of the breasts. The doctor will also look for any rashes, dimpling, or nipple discharge.
- **Manual check:** The doctor will use the pads of their fingers to check the entire breast, underarm, and collarbone for any abnormalities and suspicious lumps. They will also check the lymph nodes if they are enlarged.
- **Assessment:** If a lump is discovered, its size, shape, and texture will be noted down. The doctor will check to see if it has traits of cancer, or whether it is more likely to be a benign tumor or cyst. Either way further tests will be required.

Other tests

If a lump is discovered the person will undergo further diagnostic methods, which include:

- Mammogram: An X-ray of the breast.
- Ultrasound: Sound waves that do not damage or affect the body.
- MRI: Inside a machine, a magnet will transmit magnetic energy and radio waves to make a detailed picture of the breast.
- Biopsy: Tissue or fluid from the suspicious area is removed and sent for further tests.

Written by Tom Seymou

Parathyroid: Facts, Function & Disease

The parathyroids are four small glands that play a big part in regulating the amount of calcium in the blood.

[Read More](#)



Top 10 Galaxy S7 and S7 Edge New Features!
by PhoneBuff
696,782 views



Very beautiful pan flute music - Petruta Küpper - Einsa...
by Jouni Taipale



Trick Art Drawing - How to Draw 3D Letter A - Anamorphi...
by VamosART
368,338 views

The word "yearning" means: "eager to fulfill a desire"; "filled with a desire"; "longing for" or simply "craving" as per the common definitions in any dictionary.

In life we are constantly confronted with our "yearnings" or cravings; be it for materialistic requirements and wants; or for our spiritual needs/guidance. Yet with some resorting to spiritual favours (for fulfillment of cravings for ones needs/ requirements) in order to fulfill their materialistic desires.

Apart from such above desires; we in the very North or should I say "Top of the World" have a definitive "craving", working in our innermost sub conscience, when we confront the God given phenomena of the 4 well defined seasons that rules our very lives. That of Summer; Autumn; Winter; and Fall.

We "weather the storm" so to say year in and year out, bravely and meaningfully; with some enjoying and yet others complaining to themselves and to others at some of the discomforts that may confront them. That's the nature of the beast and needless to say is what governs us in a periodic manner and within a virtual calendar year.

It is under situations as such that the word "yearning" gives it full, valid and meaningful sense to the word. Come summer, we humans enjoy the heat and the long drawn daytime. To some this is the jackpot and you see them basking in the sun in skimpy clothes & sunglasses; and to others it is a time for fun and frolic with many outdoor activities. But to others who deem it too hot; their recourse would be to "yearn" for cooler weather. The Good Lord obliges with the advent of autumn; and also gladdens the hearts of those who "yearn" to see Natures kaleidoscopic changes of foliage colours that covers a vivid spectrum of eye pleasing scenery.

The season of autumn does dawn on us with cooler air and pretty surroundings with a penalty of slightly shorter daylight hours; but is more than compensated by Mother Nature's gift of technicolour's. You don't light clothing and meander around enjoying the colours and watching the insects, birds and small critters flying/ running hither and thither – busy collecting material for their nests and food to be stored; for they know that winter is around and they should prepare for it. Of

course you'll see the big bird populations' decrease as they fly off to warmer climes. So do the snowbird population of humans who "yearn" to seek lands with warmer temperatures. Very soon the leaves fall off leaving only trunks and stems sans the foliage; the days get cooler and colder by the day.

To keep you from being reminded of the advent of winter we see all the commercial advertisement and the soothing and enticing music that heralds the month of the Nativity and the dawn of a New Year. How you "yearn" for a "White Christmas" and the many shopping deals keep your mind in the "yearning" mode. This will lull you into bearing up the inconvenience of the vagaries of winter – the cold; the slush and the confinement to your home/place of work. When the last vestige of celebration is over; and the New Year has dawned; you go back to the drawing board and "yearn" so much for warmer weather and longer daylight too – don't you? This would be the 'zenith' of your "yearning" during Nature's cycle of seasons.

It does take a few months more before you see the season you "yearned" for ever, so eagerly. You see the slight warming of the atmosphere; the lengthening of the daylight hours. But the Birds, the bees and little critters are still to come out of their hibernation. You see the green grass at long last and now you "yearn" to see the budding of the tree leaves and the flowering of the garden plants. These will surely emanate/emerge from their sleep; to fulfill your "yearning". At long last you see your neighbours out in the yard – even though it is only to say Hi & Bye or the customary salutation of a "Good Morning"; the whirring noise of the lawn mowers bringing you to your senses that spring has sprung.

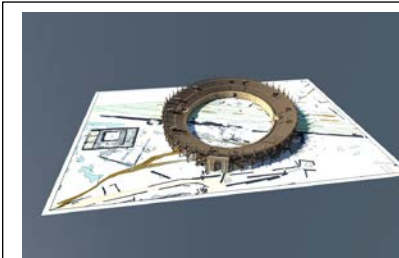
So Dear Readers; your "yearning" is surely answered by the Good Lord; when He thrust the 4 seasons on us. It also makes the year go by so quickly when we "yearn" from one season to another. Some call the present age the "Jet Age" but in my opinion it is the 4 seasons of "yearning" that makes the days fly by – the "yearning" of the next day being a better one than the day, today. I leave you with these thoughts of mine. Just go ahead and enjoy the Good Lord's gift of life with gusto and aplomb.

Noor Rahim

Carnuntum reconstructed

The ancient city of Carnuntum, in modern-day Austria, was one of the biggest in Roman Empire, complete with an amphitheater that could fit 13,000 people who wanted to watch gladiator battles. Without digging, archaeologists have detected ancient shops and food stalls that would have served spectators outside of the big arena.

The team, from the Ludwig Boltzmann Institute for Archaeological Prospection and Virtual Archaeology (LBI ArchPro), created digital reconstructions of what the area around the amphitheater would have looked like. [\[Read the full story here\]](#)



A lonely 70-year-old widow decided that it was time to marry again. She put an ad in the local newspaper that read: "Husband wanted! Must be in my age group, must not beat me, must not run around on me and must still be good in bed. All applicants please apply in person."

The following day, she heard the doorbell. Much to her dismay, she opened the door to see a gray-haired gentleman sitting in a wheelchair. He had no arms or legs.

"You're not really asking me to consider you, are you?" the widow asked: "Just look at you -- you have no legs!"

The old gent smiled: "Therefore, I cannot run around on you!"

"You don't have any arms either!" she snorted.

Again, the old man smiled: "Therefore, I can never beat you!"

She raised an eyebrow and asked intently: "Are you still good in bed?"

The old man leaned back, beamed a big smile and said: "I rang the doorbell, didn't I?"

Low-calorie sweeteners increase fat formation, study finds

Written by [Honor Whiteman](#)

Many people opt for low-calorie sweeteners as a "healthful" alternative to sugar, but a new study suggests that they may not be so beneficial after all. Researchers have found that consuming high amounts of low-calorie sweeteners may promote fat formation, particularly for individuals who are already obese.

The researchers recently presented their findings at [ENDO 2017](#) - the 99th annual meeting of the Endocrine Society, held in Orlando, FL. Sucralose is a zero-calorie, artificial sweetener that is up to 650 times sweeter than sugar. It is used as a sugar substitute in a wide variety of products, including diet sodas, table-top sweeteners (such as Splenda), baking mixes, gum, breakfast cereals, and even salad dressings. Given the widely documented [health implications of sugar consumption](#), an increasing number of people are turning to products containing sucralose and other artificial sweeteners, with the view that they are better for health.

"However, there is increasing scientific evidence that these sweeteners promote metabolic dysfunction," notes Dr. Sen.

For their [study](#), the researchers sought to gain a better understanding of how low-calorie sweeteners affect the body's metabolism at a cellular level.

WEIGHT LOSS

FAT BUSTER: From pleasantly plump to fabulously fit

Garima Narera's wake up call was a stern warning from her doctor to immediately lose 20 kilos or risk living a life full of diseases.



Know more about the insulin you take

This article enlightens those type 2 diabetics taking insulin daily. Those on anti-diabetic tablets will need to start on injection form at some stage or other.

Insulin injections can be divided into 3 categories: (1) Long acting insulin. (2) Intermediate acting insulin, (3) rapid acting insulin, according to the length of the period it works.

Long acting insulin works for a period from 18-24 hours is most beneficial and recommended to those diabetics who cannot be controlled with the shorter acting ones alone and the combination works well to control any diabetic situation. It will not benefit and control the blood sugar at times of spiking after a meal and has no peak activity. It is more beneficial as a basal injection releasing small amounts of insulin at a time more as an adjuvant to the shorter acting ones, and works better on those difficult ones.

These long acting ones are injected once a day, or may be split into twice a day by halving the dose on each shot. They mimic the natural function of the pancreas. Examples are Glargine, Detemir and Degludec.

Intermediate acting insulin

This variety is used as a twice a day injection. They are known as "isophane" or "NPH" insulin. It works on blood sugar within 2 to 4 hours and the levels get less within 12 hours.

This type of insulin can be combined with the long acting (24 hrs) insulin or even with the shorter acting insulin to control blood sugar levels.

Rapid acting insulin

This is the most popular one where the subject takes three injections a day- taken immediately before or immediately after a meal. These acts within 15 minutes and you need to be ready with your meal at site.

One great advantage of the short acting insulin is that you could adjust the dose according to the meal you are about to enjoy. You can also have an additional dose with a mid-night feast. They remain in the body for about 4 hours.

Types of rapid acting insulin are: lispro, glulisine and aspart.

There is short acting regular insulin. They begin to take effect in 30 minutes and peaks in approximately 2 to 4 hours. They are humiulin R and novolin R

The disadvantages of the rapid acting insulins are that you should be aware of warning signs of hypoglycaemia, and the risk is least with the basal long acting ones. You could get night hypoglycaemic attacks in your sleep with the intermediate acting insulin.

Weight gain is more with the shorter acting insulins.

Good advice by Dr Harold

Good cholesterol ratio vs. bad cholesterol ratio



A doctor can determine the levels of "good" and "bad" cholesterol in the body using a blood test.

Total cholesterol levels are made up of three different types of cholesterol.

High-density lipoprotein, or HDL, is considered "good" cholesterol. It makes up 20-30 percent of a person's total cholesterol level.

Low-density lipoprotein, or LDL, is considered "bad" cholesterol and makes up 60-70 percent of the total in the body.

Finally, very-low-density lipoprotein (VLDL) is a precursor to LDL and makes up about 10-15 percent of a person's total cholesterol.

These percentages matter because when increases or decreases occur, they can affect the chances of a person developing heart disease.

When a person has a test that shows a high total cholesterol level, it may be because LDL cholesterol levels have climbed. A doctor can determine the different levels of cholesterol by focusing on HDL, LDL, and VLDL separately, in a blood test.

A good cholesterol ratio shows that the body is working properly and is healthy. It signals that someone is in good health and is probably taking care of themselves.

The Framingham Heart Study states that the following cholesterol ratios [roughly signal](#) different degrees of heart disease risk:

- Men**
- 5.0 = average risk
 - 3.4 = half the average risk
 - 9.6 = twice the average risk

- Women**
- 4.4 = average risk
 - 3.3 = half the average risk
 - 7.0 = twice the average risk

While men and women have the same blood test, their average HDL, LDL, and VLDL levels are typically different. For example, in the case of menopausal women, it is usual for them to have an increased LDL.

This does not mean that women are unaffected by bad cholesterol ratios. It simply means women have shown to be less susceptible to bad cholesterol ratios.

Women should have a recommended HDL level of 50, while a man's recommended HDL level is 40.

MNT

"Every experience, no matter how bad it seems, holds within it a blessing of some kind. The goal is to find it."

—Buddha

"There are two drugs to treat age-related macular degeneration. Which is best?" Recent evidence shows that the cheaper treatment (Avastin) is just as safe and effective as a more expensive option (Lucentis) for this common form of age-related vision loss.

Harvard Medical School

Worst Ways to Die Are Pretty Weird (and Gruesome)



A physicist and a writer wrote a book about the most outlandish and gruesome ways to die, and then fielded questions about it on Reddit.

[Read More](#)



Inflammatory Foods You Should Avoid

Knowing what foods to avoid to cut inflammation, and what to have as part of an anti-inflammatory diet, is more important than ever with the average diet today chock-full of inflammation-causing foods...

[READ MORE](#)

Mild (Yoga) Stretches for sciatica



When you struggle with sciatica, moving around is probably the last thing that comes to mind. But it is important to be active because otherwise, the pain can last longer. Many people have confirmed that gentle back or yoga stretches really enhance their healing process and offer sciatica pain relief.

These exercises will stimulate the blood flow, strengthen your back muscles and improve your mobility.

www.healthy-holistic.com



8 Brilliant Health Benefits Of Holy Basil You Didn't Know

The fragrant tulsi or holy basil has earned its rights as a sacred plant in India. For centuries, ancient medical systems such as ayurveda have used it to treat a variety of disorders and ailments. Here are 8 brilliant health benefits of holy basil...

READ MORE

Tip for the day Drink a hot glass of milk to sleep

This is a folk remedy for insomnia. When milk gets into our gut it produce substances called casomorphins. They have morphine like properties Milk also has tryptophan an amino acid which makes serotonin in your body which regulate your sleep cycle. Other foods containing tryptophan are turkey, tofu, bananas, and cottage cheese Tryptophan enters the brain more readily when taken with starchy carbs with a high glycaemic index like white bread and jasmine rice. So eat a snack, drink a glass of hot milk and that could be the answer for your insomnia. Dr harold

HEALTH NEWS

Can ayurveda treat cancer? AIIMS to study

AIIMS doctors say many people in India believe and take to alternative therapies, and, in some cases, positive outcomes have been observed. However, evidence generation has remained elusive as most practitioners do not share the ingredients used.



Coeliac disease could be triggered by catching a virus, research finds

New research suggests an infection with a seemingly harmless virus could be behind why some people's immune systems react to gluten as if it were a dangerous pathogen instead of a harmless food protein.



What is the difference?



Sent by Rohantah Gunaratne

HEALTH NEWS

Fecal transplant offers hope for autistic kids

Children with autism may benefit from fecal transplants – a method of introducing donated healthy microbes into people with gastrointestinal disease to rebalance the gut.



Can 'an apple a day keep the doctor away'?



This phrase was first used in 1922, which went on to become 'An Apple a day keeps the doctor away' in the 20th century. It gives us the impression that apple is the most nutritious fruit around. While it may be true to some extent, there are fruits like banana, cherries, papaya, oranges and blueberries that are also heavily loaded with nutrients. Then why was apple the only fruit that was made part of the folklore?

The reason that this phrase lasted so long is because there is indeed some truth to it. Apples can prevent the buildup of cholesterol and can also manage blood pressure. Some studies even suggest that it can even protect you against some cancers.

According to Boyer and Liu, when the adage was created, 'apples were easy to grow. In fact, they still are easy to grow. And they can be in storage for almost a year after being harvested. Some studies also establish that apple's nutritional value remains relatively intact for as long as 200 days after harvest.' Moreover, you cannot deny the convenience of the fruit. It is easy-to-eat and since it consists of 85 per cent water and lots of fibre, it makes you full without burdening you with calories. Apple is among the most nutritious fruits, but it definitely doesn't keep the doctor away. The key is to have a varied diet. Nutritionists across the globe are recommending 3:4 ratio diet - which means three different colours of fruits and four different colours of vegetables every day. So next time you go shopping, do not forget to pick citrus fruits, seasonal fruits and berries besides apples. TOI

HEALTH NEWS

Low salt intake can cut night-time toilet trips

This reduction also caused a marked improvement in the quality of life of the participants.





Andrew Rae

Controlled breathing.

By LESLEY ALDERMAN
Controlled breathing, an ancient practice, can reduce stress and soothe your body.

The study revealed that those with a higher intake of legumes were 35 percent less likely to develop type 2 diabetes than their counterparts who consumed a smaller amount of legumes. Of all the legumes studied, lentils had the strongest association with a low risk of type 2 diabetes.

Sri Lankans eat lentils (dhal) almost daily. Some people's breakfast is dhal curry and bread. Some Colombo schools are also named after the word "Parippu"

Sugar Attracts Bad Bacteria and Lowers Your Mouth's pH



Sugar is like a magnet for bad bacteria.

The two destructive bacteria found in the mouth are *Streptococcus mutans* and *Streptococcus sorbrinus*. Both of them feed on the sugar you eat and form dental plaque, which is a sticky, colorless film that forms on the surface of the teeth (2).

If the plaque is not washed away by saliva or brushing, the bacteria convert it to acid. This creates an acidic environment inside the mouth.

The pH scale measures how acidic or basic a solution is, with 7 being neutral.

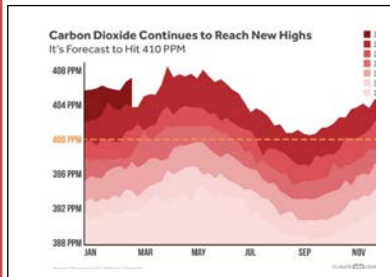
When the pH of plaque drops below normal, or less than 5.5, these acids start to dissolve minerals and destroy the tooth's enamel (3, 4).

In the process, small holes or erosions will form. Over time, they will become larger, until one large hole or cavity appears.

Summary: Sugar attracts harmful bacteria that destroy the tooth's enamel, which can cause a cavity in the affected tooth.

Authoritynutrition

Carbon Dioxide Could Reach Levels Unseen in 50 Million



The world is on track to reach an ominous carbon dioxide milestone by mid-century.

HEALTH NEWS

GPS is making our brain dull



Using GPS navigation to get to your destination may 'switch off' parts of the brain that would otherwise be used to simulate different route.

10 Most Common Side Effects Of Chemotherapy

Though the thought of undergoing chemotherapy or chemo terrifies many but knowing about its side effects can better prepare you for cancer treatment. They can also help you in coping with chemotherapy side effects. Here are few of the most common side effects of chemotherapy everyone should know about...



READ MORE

DIET ↓ Banana: The controversial fruit

Banana has always been the king of controversy.

How Sugar Causes Cavities and Destroys Your Teeth

By [Verena Tan](#)

It's common knowledge that sugar is bad for your teeth, but it wasn't always so.

In fact, when the ancient Greek philosopher Aristotle first observed that sweet foods like soft figs caused tooth decay, nobody believed him. But as science has progressed, one thing is certain — sugar causes tooth decay.

That said, [sugar](#) on its own is not the culprit. Rather, the chain of events that takes place afterward is to blame.

This article takes a detailed look at how sugar affects your teeth and how you can prevent tooth decay.

Your Mouth Is a Battleground

Many different types of bacteria live in your mouth. Some are beneficial to your dental health, but others are harmful.

For example, studies have shown that a select group of harmful bacteria produce acid in your mouth whenever they encounter and digest sugar (1).

These acids remove minerals from the tooth enamel, which is the shiny, protective, outer layer of your tooth. This process is called demineralization.

The good news is that your saliva helps to constantly reverse this damage in a natural process called remineralization.

The minerals in your saliva, such as [calcium](#) and phosphate, in addition to fluoride from toothpaste and water, help the enamel repair itself by replacing minerals lost during an "acid attack." This helps strengthen your teeth.

However, the repeated cycle of acid attacks causes mineral loss in the enamel. Over time, this weakens and destroys the enamel, forming a cavity.

Simply put, a cavity is a hole in the tooth caused by tooth decay. It's the result of harmful bacteria digesting the sugar in foods and producing acids.

If left untreated, the cavity can spread into the deeper layers of the tooth, causing pain and possible tooth loss.

The signs of tooth decay include a toothache, pain when chewing and sensitivity to sweet, hot or cold foods and drinks.

Summary: Your mouth is a constant battleground of demineralization and remineralization. Nonetheless, cavities occur when bacteria in your mouth digest sugar and produce acid, which weakens tooth enamel

AuthorityNutrition

Compiled, edited & published by
Dr Harold Gunatillake

To unsubscribe email:haroldgunatillake1@gmail.com

Dr Gunatillake-Health editor is a member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery, Member of the International Societies of Cosmetic surgery, Fellow of the International College of Surgery (US), Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery, Board member of the International Society of Aesthetic Surgery, Member of the American Academy of Aesthetic & restorative Surgery, Life Member of the College of Surgeons, Sri Lanka, Batchelor of Medicine & Surgery (Cey)