

## Coming Soon? Scientists Discuss Potential Breakthroughs in Alien-Life Search



A recap of the recent Breakthrough Discuss conference, where scientists and engineers came together to talk about the best ways to hunt for life beyond Earth's solar system

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## Deep sleep may act as fountain of youth in old age

UNIVERSITY OF CALIFORNIA - BERKELEY

As we grow old, our nights are frequently plagued by bouts of wakefulness, bathroom trips and other nuisances as we lose our ability to generate the deep, restorative slumber we enjoyed in youth. But that does not mean the elderly need less sleep, according to neuroscientists at the University of California, Berkeley.

JOURNAL

## What Happens On Your Body If You Drink Soursop Juice! Graviola Juice Benefits!

Robert von Rotz Roy

128,226 views

3 months ago



[Is Donald Trump the most unpopular US president in history?](#)

## Why are barium swallow tests used?



A barium swallow can help a doctor identify problems in the food pipe, stomach, or bowel.

A barium swallow test may be used if someone has any of the following conditions:

- frequent, painful [heartburn](#)
- gastric reflux, where food or acid keeps coming back up the food pipe
- difficulty eating, drinking, or swallowing

This test can give a doctor information about how the person is swallowing.

It can also reveal if someone has any of the following in their food pipe, stomach, or the first part of the bowel:

- ulcers
- abnormal growths
- blockages
- narrowing

If someone has a [tumor](#), this will show up on the X-ray as an irregular outline that extends from the wall of the affected organ.

MNT

## Can people with diabetes eat peanut butter?

Written by David Railton Reviewed by Natalie Butler, RD, LD



Peanut butter may help people to manage diabetes, a condition that affects blood sugar levels. How exactly does this popular snack help to control the condition?

A diet high in [magnesium](#) is thought to offer protective benefits against the development of [diabetes](#). Peanuts are a good source of magnesium.

Natural peanut butter and peanuts are also low glycemic index (GI) foods. This means that they have a [lower effect](#) on blood sugar levels. MNT

## How GI affects blood sugar

GI is a 100-point scale applied to foods. This scale measures how blood sugar and [insulin](#) spike after eating specific food types.

Foods that are digested slowly and release sugar gradually into the blood stream have a lower GI. Peanuts have a GI score of just 14, making them one of the lowest GI foods. Foods high in GI cause blood sugar and insulin to spike severely after eating them. This is followed by a crash in blood sugar that can result in hunger, cravings, and [tiredness](#). These cycles of spiking and crashing blood sugar and insulin levels are not good for the body. They can contribute to the development of [type 2 diabetes](#).

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Health editor

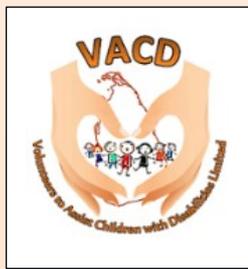


## Top 8 Health Benefits Of Flax Seeds

Flaxseeds are a healthy functional food recommended by many a fitness or health guru. Whether it is postmenopausal women looking for relief from hot flashes or men trying to ward off heart disease or prostate cancer, flaxseeds seem to have something to offer to all of us...

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**"Your benevolence and valuable tax-deductible donations will assist our mission to make a meaningful transformation in the lives of children with disabilities"**



**Volunteers to Assist Children with Disabilities Ltd. (VACD)** is a registered charity made up of volunteers with 91% of our revenue being directly utilised to assist children with disabilities. The Australian Taxation Office (ATO) endorsed VACD with charity concessions and Deductible Gift Recipient (DGR) status while the Australian Charities and not for Profit Commission (ACNC) gave us their "Tick of Approval" for transparency and accountability.

#### What do we do?

- Offer special education, grant monthly allowances for children with academic potential, organize regular sports & recreation activities, provide nutritious meals, life skills, vocational, music, dance and computer training;
- Sponsor and equip Paediatric clinics in local hospitals to provide regular health checkups, medication, therapeutic services etc. and donate hearing aids, spectacles, wheelchairs and extend financial assistance for specialist services;
- Provide skills training and micro finance for parents to establish cottage industries and small businesses to supplement their household income;
- Engage with the local community and various organisations to eliminate the relentless stigma, discrimination, physical and sexual abuse and social isolation confronted by these children and their families and improve their welfare and future;

Please visit our webpage: <http://www.vacd.org.au/> for more information on VACD and to make your charitable Tax-Deductible donations.

Be part of this incredible, challenging and yet extremely rewarding altruistic journey and share our story with your family, friends, loved ones and colleagues.

Many thanks, best wishes and warm regards...Felix

#### Felix Stephen

Chairman of the Board of Directors,  
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**Could artificial sweeteners be bad for your brain?**



### [15th Birthday Celebration of Ishini Palliaguruge-Kandy Sri Lanka](#)

Worth a watch-Ed



Lam Yik Fei for The New York Times

The "war on pollution" China declared under President Xi Jinping has scored many victories, but progress has been especially limited in parts of the rural heartland where the chemical industry is king.

Our correspondent traveled to Dapu, in central China, where [300 children poisoned with lead](#) are suffering hearing loss, impaired speech, stunted growth, anemia and seizures. Their families faced a backlash and threats when they sued a local chemical giant.

"There's no way to win," a father said. "There's no such thing as justice."

By CHARLES MCDERMID

eLanka Newsletter

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## Is White Bread OK for Some People?

Study suggests it might be, but at least one nutrition expert advises sticking with whole grains

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By Serena Gordon

HealthDay Reporter

TUESDAY, June 6, 2017 (HealthDay News) -- For years, you probably have been told that wheat bread is far better for you than its white counterpart, but a small, new study suggests that maxim may not hold true for everyone.

Researchers looked at how quickly blood sugar levels rose after eating (a process called the glycemic response) either white bread or sourdough-leavened wheat bread. The researchers found that the response seemed to vary by person, and that some people didn't have a bad glycemic response to white bread.

"Our study suggests that, in terms of glycemic responses, different people respond differently to even the same meal," explained study author Eran Segal, from the Weizman Institute of Science in Rehovot, Israel.

"In the context of white bread, this means that some people respond badly to white bread and should probably avoid it, while others have a healthy response to it, given what we measured," Segal said. "In a broader sense, what this means is that the 'one-size-fits-all' diets that are given to the population as a whole, without personalization, are probably not optimal for everyone," added study co-author Dr. Eran Elinav, who's also from the Weizman Institute.

The researchers theorized that differences in the gut microbiome (the natural bacteria living in a person's intestine) may explain why people respond differently to different breads. The researchers added that they were able to predict what a person's glycemic response would be to a particular bread based on the makeup of their microbiome.

Both Segal and Elinav did report they are paid consultants for a company that offers personalized dietary advice based on an individual's gut microbiome.

At least one nutritionist wasn't convinced that people should give up on whole grains.

## Exercise versus caffeine: Which is your best ally to fight fatigue?

POSTED JUNE 08, 2017, 10:30 AM

[Monique Tello, MD, MPH](#), Contributing Editor



Chronic lack of sleep makes it hard to focus on a task. As if this didn't make complete logical sense, multiple research studies have shown that sleep deprivation has about the same effect on our cognition and coordination as a few alcoholic beverages.

[Learn more >>](#)

# In India, Slight Rise in Temperatures Is Tied to Heat Wave Deaths

By MIKE



People cooling off at a fountain near the India Gate monument in New Delhi on Tuesday. Credit: Altaf Qadri/Associated Press

HONG KONG — A temperature increase of less than one degree Fahrenheit over half a century raised the probability of mass heat-related deaths in India by two and a half times, a [new study](#) has found, in the latest sign that even a slight rise can have a grave effect on health.

The study, published on Wednesday in the journal *Science Advances*, found that as the mean summer temperature and the annual number of heat-wave days increased in India from 1960 to 2009, there was a “substantial increase” in related mortality rates.

The [climate change](#) researchers also warned that future increases in global temperatures — which are projected to be far greater than those analyzed in the study — could take a “relatively drastic human toll” in India and many other low-latitude countries in the developing world.

The study “provides evidence of not only warming in India, with some parts warming more than others, but also that as warming progresses heat waves become more frequent and more intense,” said [David Mark Taylor](#), a professor of tropical environmental change at the National University of Singapore. (He was not involved in the study.)  
NYT

[Our so-called 'universal' health care: the worried well waste money, while the poor just get sicker | Amy Corderoy](#)

Editor: This is an article you need to read. The author hits the nail on the head. Well researched article to read for your wellness is recommended. Please read. Thanks-Dr Harold



## Potatoes Top Bananas in Potassium

We need potassium to help strengthen our muscles and control our blood pressure. Bananas are high in it, but they aren't the best source. Why not try a spud instead? Potatoes have more potassium. They don't have any fat and are a good source of vitamins and iron, too.

WebMD



## Skewered Fish

Skewers are great for cooking whole small fish like fresh sardines, which are loaded with heart-healthy fats. You can easily grill several fish at once. Insert one skewer through each fish near the base of the head. Insert a second skewer near the tail. That holds the fish firmly in place, so they're easy to turn. Brush them and the rack lightly with olive oil and cook the fish, turning once, just until they flake easily. WebMD

## Health Benefits Of Treadmill Exercise

Treadmills are equipment de rigueur at most gyms and in many homes today. But what are treadmill workout benefits? Are they worth the investment? Going by what research suggests, treadmills are versatile and a good way to fit in aerobic exercise...

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# Chondroitin Eases the Pain of Knee Arthritis

By [RONI CARYN RABIN](#)

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Patients with osteoarthritis of the knee who were treated with high-quality, prescription-grade chondroitin got as much pain relief after six months as those treated with a nonsteroidal anti-inflammatory drug, a new clinical trial has found. They also showed similar improvements in function, such as the ability to walk distances and perform daily activities.

## There was a Mensa convention in San Francisco.

Mensa, as you may know, is a national organization for people who have an IQ of 140 or higher.

Several of the Mensa members went out for lunch at a local cafe. When they sat down, one of them discovered that their salt shaker contained pepper, and their pepper shaker was full of salt.

How could they swap the contents of the two bottles without spilling any, and using only the implements at hand? Clearly, this was a job for Mensa minds.

The group debated the problem and presented ideas and finally came up with a brilliant solution involving a napkin, a straw, and an empty saucer.

They called the waitress over ready to dazzle her with their solution. "Ma'am," they said, "we couldn't help but notice that the pepper shaker contains salt and the salt shaker has pepper."

But before they could finish, the waitress interrupted: "Oh, sorry about that."

She leaned over the table, unscrewed the caps of both bottles and switched them.

There was dead silence at the Mensa table.

Kind of reminds you of our Congress in Washington D.C. tackling a problem, doesn't it?

**PS I was not attending the meeting**

Sent by Dr Quintus De Zylva

• **More than 10 percent** of the global population is now obese, according to a new study, with some of the fastest rises in China, Latin America and Africa. [\[The New York Times\]](#)

**Spending more** could offer you a [bigger return than saving](#).

## Eating more fruits and vegetables may lower risk of blockages in leg arteries

Eating three or more servings of fruit and vegetables per day may lower your risk of developing [peripheral artery disease](#) (PAD), according to new research in [Arteriosclerosis, Thrombosis and Vascular Biology](#), an American Heart Association journal.

PAD narrows the arteries of the legs, limiting blood flow to the muscles and making it difficult or painful to walk or stand.

Previous studies linked lower consumption of fruits and vegetables with the increased occurrence of [coronary heart disease](#) and [stroke](#).

However, there has been little research into the association of eating fruits and vegetables and PAD.

After studying data from 3.7 million people, researchers found:

People who reported eating three or more daily servings of fruits and vegetables had 18 percent lower odds of PAD than those reporting eating less.

When stratified by smoking status, the association of lower PAD and increased fruits and vegetables was present only among participants who were current or former smokers.

Overall, 6.3 percent of participants had PAD and 29.2 percent reported eating three or more servings of fruits and vegetables daily.

"Our current study provides important information to the public that something as simple as adding more fruits and vegetables to your diet could have a major impact on the prevalence of life-altering peripheral artery disease," said Jeffrey Berger, M.D., study coauthor and associate professor of medicine and surgery at New York University School of Medicine in New York City.

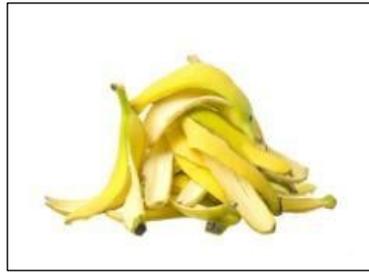
MNT



### Turkey-and-Apple Sandwich for Lunch

Turkey sandwiches are a lunchtime staple, and for good reason: Four slices of the deli meat deliver 9 grams of protein. Look for a low-sodium version, and use it in this twist on the brown-bag favorite: Spread whole-wheat bread with whole-grain mustard. Top with turkey, cheddar cheese, thin slices of green apple, and spinach. WebMD

## Why you should have banana peel



Many people in India have been using banana peels to many advantages for decades now. Not only banana peel is edible but it also holds many benefits.

## The American Heart

[Association](#) says the research on whether coffee causes heart disease is conflicting. The World Health Organization, which for years classified coffee as "possibly" carcinogenic, [recently reversed itself](#), saying the evidence for a coffee-cancer link is "inadequate." National dietary guidelines say that moderate coffee consumption [may actually be good for you](#) – even reducing chronic disease.



Billionaire Gives Away His Fortune to Help Save the Ocean



Giant 'Dead Whale' Is Haunting Reminder of Massive Plastic Pollution Problem



Lower your BP more for longevity

*Credit: Jinga/Shutterstock*

People with [high blood pressure](#) can benefit from reducing their blood pressure to levels well below those recommended in current guidelines, according to a new study.

In the study, researchers reviewed information from 42 previous clinical trials and found that treatments that lowered people's systolic blood pressure to between 120 and 124 mm Hg were linked with the greatest benefits, compared with treatments that didn't get blood pressure this low. (Systolic blood pressure is the top reading in a blood pressure measurement.)

For example, patients who achieved a blood pressure in the 120-to-124 mm Hg range were 40 percent less likely to die during the study period, compared with those who achieved a blood pressure in the 140- to-144 mm Hg range. Some current guidelines recommend that people ages 60 and older with high blood pressure simply aim to reduce their systolic readings to lower than 150 mm Hg.

The researchers said that their new findings, published today (May 31) in the journal *JAMA Cardiology*, support the idea of using more aggressive treatment for people with high blood pressure, and they suggest that current guidelines should be revised to recommend lower blood pressure targets. [Top 10 Amazing Facts About Your Heart]

The study provides "provocative evidence that lower is better," Dr. Clyde Yancy and Dr. Robert Bonow, of the Feinberg School of Medicine at Northwestern University in Chicago, wrote in an editorial accompanying the study. "The population health benefits of lower blood pressure targets, much lower than we have previously recognized, are real," they said.

[View this email in your browser](#)



## Elevated Cancer Rates Linked to Environmental Quality



### Functions of the pancreas

The pancreas does two main things. It makes fluids that contain enzymes, which break down the nutrients in food – like fats and proteins – so your body can use them. And it makes hormones like insulin to balance your blood sugar levels

Enzymes are proteins that boost the rate of chemical reactions in your body. Without them, processes that can take seconds or minutes would take years. Enzymes in the pancreas combine with bile, a liquid made by the liver, to break down food.

. When ducts, or tubes, in the pancreas are blocked, enzymes build up. That causes the pancreas to begin to self-destruct. When this happens, it's called acute pancreatitis. Symptoms include gradual or sudden pain in the abdomen, which can be mild at first but usually becomes severe. Treatment often involves time in the hospital on IV fluids, without eating or drinking, so the pancreas can rest. WebMD

[Americans 'under siege' from climate disinformation – former Nasa chief scientist](#)



Relax-Read & Share

## Vaalvosai School for the Deaf



Vaalvosai School for the Deaf is a school that strives to provide education to deaf children. Many deaf children wish to learn and study like other children. The deaf school aims to make this wish come true and provide educational opportunities for the children that are not easily available elsewhere. The School was started in May 1999 with only three teachers and eleven children in a rented building. Since then it has grown to include ten teachers and sixty-nine children. At present the hostel accommodates 30 students from distant places. The organization would like to expand its facilities for many more deaf children of their villages who are in need of such education.

The school is unique in its facilities and services to children with different levels of hearing disabilities and backgrounds. Students include orphans, children from economically disadvantaged backgrounds and those with learning disabilities. The students are taught to learn sign language and lip-reading based on the national curriculum. They are also taught extra circular activities such as planting seeds as well as learning how to use a computer, helping them become computer literate. We have teachers specially trained in verbal and communication therapy. These teachers give verbal training to students, which has improved the student's speech. This has helped many children feel more comfortable with themselves and increased their confidence.

The facilities and opportunities in the school have helped change many lives. We encourage people to donate, please donate generously as your contributions help improve the lives of many children. Donations help run the school and the school would not be able to make the same difference to the children's lives without them. Most other deaf schools do not provide the level of care as this school does and so there is high demand for the taking of more students. In the school, a method of "Total Communication" is used. This method combines oral and manual techniques. These techniques include; spoken language, drawing, writing, finger-alphabet and lip-reading. A wide range of communication techniques ensures that students can choose the technique they are most comfortable with as well as being able to use a different method if one method cannot be used for some reason. All the deaf pupils of the school wear hearing aids donated by the school. The students receive speech therapy from a trained therapist. These speech therapy sessions are vital for improving a student's confidence and are very well received by the students.

Sent by Dr Quintus De Zylva-Melbourne

**Sent to me from Batti. AuSLMAT will visit the east coast from 2<sup>nd</sup> July and will be with the children at the Ozanam Centre for Differently Abled children on the 2<sup>nd</sup> evening. Q**

[www.auslmat.org](http://www.auslmat.org)

## Does moderate drinking really protect against heart disease?

Written by [Ana Sandoiu](#)

When studies first suggested that alcohol, in moderation, may improve health, many of us were delighted at the news. But a new, in-depth review of these studies suggests that believing the health benefits of alcohol may be wishful thinking.



*New research suggests that the studies previously indicating that alcohol is good for one's health may have been biased.* Previous [research](#) has indicated that a moderate amount of alcohol can protect against [heart disease](#).

More than 100 prospective studies have shown an inverse correlation between moderate alcohol intake - defined as no more than one daily drink for women, and no more than two drinks per day for men - and the risk of [heart attack](#), blood clots, [stroke](#), and other adverse cardiovascular events.

Some researchers suggest that the connection is not just observational, but that it can also be backed up scientifically and biologically. Moderate amounts of ethanol seem to raise levels of the "good" kind of [cholesterol](#), which has, in turn, been linked to a lower risk of heart disease.

But a new research review contests these findings. The extensive meta-analysis of existing studies was [published](#) in the *Journal of Studies on Alcohol and Drugs*.

The new review examined 45 cohort studies that showed people who drink moderately to be in better health than those who abstain from alcohol, therefore inferring that a moderate intake of alcohol may have positive health effects.

We can't 'prove' it one way or the other. But we can say there are grounds for a healthy skepticism around the idea that moderate drinking is good for you [...] The risks of low-level drinking are small, [but] the notion that one or two drinks a day is doing us good may just be wishful thinking."

Do not confuse the Nitrates in beetroot, and spinach with the nitrites used to cure meats. Nitrites in cured meat is converted into dangerous nitrosamines

Naturally contained nitrates in above vegies are converted to nitrites in the mouth due to bacterial action. These nitrites are converted into nitric oxide which has many health benefits

## Fat nation: The politics of obesity in Australia

It's no wonder obesity is a tough public health issue for governments to deal with — research has uncovered a range of barriers to tackling it, some more obvious than others.



## Dietary Fibre and Whole grains

Written by Dr Harold Gunatillake  
Health writer

When you think of a balanced nutritious diet for your health, gut microbial benefits, and longevity you need to give priority to foods that are conducive to good health, including dietary fibre. Next time you visit the grocery or super-market, purchase items and foods having high fibre and whole grains. This includes mainly green vegies, root veggies, fruits, unprocessed grains, excluding meat produ...

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## Cancer symptoms that are usually ignored

**It should be noted that these symptoms indicate that there is something wrong with our body mechanism. They should never be brushed aside thinking that they are only temporary discomforts**



## What DASH Can Do for You

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

### Cut the Salt

Too much salt causes fluids to build up in your body. This puts extra pressure on your heart. On DASH, you'll lower your sodium to either 2,300 or 1,500 milligrams a day, depending on your health, age, race, and any medical conditions. Here are some ways to cut back: Choose low- or no-sodium foods and condiments. Watch foods that are cured, smoked, or pickled. Limit processed foods. They're often high in sodium.

### Get Your Grains

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

### Load Your Plate With Vegetables

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

### Don't Forget Fruit

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

### Have Some Yogurt

Low- and no-fat dairy foods are good sources of calcium and protein, which can help maintain a healthy blood pressure. Try to get three servings of dairy every day. Choose skim or 1% milk, buttermilk, and low- or no-fat cheeses and yogurt. Frozen low-fat yogurt is OK, too. One serving equals 1 cup of yogurt or milk, or 1 1/2 ounces of cheese -- about the size of three dice

WebMD

## Tryptophan Manages Sleeping And Waking Cycle

Tryptophan is an amino acid that milk contains which helps [improve the quality of sleep](#) you get, as well as how long you sleep. It helps the body with creating serotonin and melatonin, two neurotransmitters that help the body manage its sleeping and waking cycle. You could have your cup of warm milk about half an hour before you turn in for the night.<sup>4</sup>

## Magnesium Helps Ward Off Sleep Problems

The magnesium in milk is another reason to consider switching milk-drinking to the evening or night.<sup>5</sup> The nutrient plays a key role in a whopping 300 biochemical reactions in the body<sup>6</sup>, including those that [help you maintain normal nerve and muscle function](#). And it's these latter two that are critical in the context of sleep and nighttime rest. By keeping the body plied with this nutrient you might be able to stave off restless leg syndrome and muscular cramping caused by magnesium deficiency, to get a proper night's rest.<sup>7</sup>

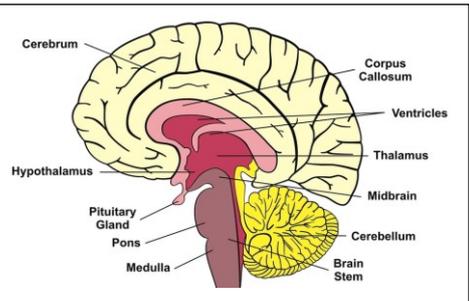
## Calcium Fights Insomnia

The calcium in milk also helps boost serotonin levels in the body, while the melatonin helps fight off insomnia in those struggling with this sleep disorder due to stress or other reasons.<sup>8</sup> CureJoy

## 8 cooking methods and how they affect your food

We know a variety of ways in which food can be prepared, but what it does to our meal is what we need to understand first. Here we decode how different cooking methods affect the nutrient value of the food we eat.

## What Is Short-Term Memory Loss?



Short-term memory loss occurs when a person can remember incidents from 20 years ago but is fuzzy on the details of things that happened 20 minutes prior. Medical conditions and injuries can cause short-term memory loss.

[Read More](#)



## How Is Fat Lost from the Body?

[Read Article](#)

**\*Police questioning a robber in Mumbai\***

**\*Police\*: How did u come to know that there is no one in the house?**

**\*Robber\*: The update of the entire family with 15 photographs was available on facebook. "Enjoying Holidays in Dubai for one week"**

**This is not a joke. \*Think of it Seriously\***

**A silent message for all**

Ameer Hussain



## High-Fiber Diet Tied to Less Knee Arthritis

By NICHOLAS BAKALAR



## Reduced US air pollution will boost rainfall in Africa's Sahel, says study

The Earth Institute at Columbia University

# Raised blood platelet levels 'strong predictor' of cancer

email

Having a high blood platelet count is a strong predictor of [cancer](#) and should be urgently investigated to save lives, according to a large-scale study. Around two per cent of people over 40 - up to half a million people in the UK - have a raised blood platelet count - known as thrombocytosis. Now, a study of 40,000 patient records led by the University of Exeter Medical School found that more than 11% of men and 6% of women over the age of 40 with thrombocytosis went on to be diagnosed with cancer within a year. This rose to 18% of men and 10% of women if a second raised platelet count was recorded within six months. In the general population, around 1% develop cancer in any one year. In the cohort analysed, of people who had been sent for a blood test by their GP, around 4% of men and 2% of women developed cancer. Lung and [colorectal cancer](#) were more commonly diagnosed with thrombocytosis. One-third of patients with thrombocytosis and lung or colorectal cancer had no other symptoms that would indicate to their GP that they had cancer.

MNT

## Go Nuts for These Nuts -- It's Healthy!



Simply adding nuts like walnuts and almonds to your diet can lower your odds of getting heart disease, some cancers, and other conditions.

## Tomatoes can fight stomach cancer



Study shows the fruit's extracts can inhibit growth of malignant cells.

## Prostate cancer: Stages and outlook

Written by Ian Franks Reviewed by Christina Chun, MPH

Prostate cancer is a male-only disease and is the second most common male cancer in the United States, after skin cancer. In the case of [prostate cancer](#), the [American Cancer Society](#) estimate that there will be about 161,360 new cases and about 26,730 men will die from prostate cancer in the United States in 2017. As with [cancers](#) elsewhere in the body, some aggressive prostate cancers can grow and spread rapidly, while most grow slowly.

### Prostate cancer stages

The stages 1 through 4 are only a part of the complex system doctors use to categorize cancer. Doctors and people who have cancer refer to the disease in terms of stages 1, 2, 3, or 4. These stages are just part of a much more complicated system that is used to categorize cancer and how far it has spread. When looking at prostate cancer, the standard is the American Joint Committee on Cancer (AJCC) TNM system. Here, those stages are defined as T1 to T4. The T of TNM relates to the growth and location of the main tumor:

#### T1

These tumors are found either during a procedure called a transurethral resection of the prostate (TURP), which is used to treat abnormal growth of the prostate, or during a needle biopsy. A needle biopsy is a test used to investigate a rise in prostate-specific antigen (PSA).

There are three different types of T1 [tumor](#), categorized according to how the cancer is detected:

- T1a: detected during TURP, cancer is present in 5 percent, or less of the tissue removed
- T1b: detected during TURP, cancer is present in over 5 percent of the tissue removed
- T1c: discovered during needle biopsy

#### T2

These tumors are larger than T1 tumors and are divided into three types according to their size and location:

- T2a: present in one half or less of one side of the prostate
- T2b: present in more than one half of one side of the prostate
- T2c: present in both sides of the prostate

#### T3

These tumors have grown outside of the prostate.

#### T4

These tumors have grown into the tissues outside of the prostate.

N shows if the cancer has spread to lymph nodes while M denotes whether or not it has spread, elsewhere in the body. This staging system also relies on two other important factors. These are the level of PSA in the blood at the time of diagnosis and the Gleason score. PSA is a protein that appears in higher levels in the bloodstream when there is a problem with the prostate. The Gleason score reflects how cancerous the cells appear and how likely that a tumor will spread. Both factors are determined either through a biopsy or surgery.

MNT

## Tree nuts may lower risk of colon cancer recurrence, death

Written by [Honor Whiteman](#)

Consuming at least 2 ounces of tree nuts every week may significantly reduce the risk of cancer recurrence for patients who have been treated for stage III colon cancer, and it could more than halve their risk of death.



Eating tree nuts may benefit patients with stage III colon cancer, research suggests.

This is the conclusion of a new study due to be presented at the [2017 American Society of Clinical Oncology \(ASCO\) Annual Meeting](#), which is being held in Chicago, IL, next month. According to the American Cancer Society, there will be around [95,520 new cases of colon cancer](#) diagnosed in the United States this year. For patients with stage III colon cancer, whereby the [cancer](#) has spread to nearby lymph nodes or tissues, 5-year survival rates range from around [53 to 89 percent](#).

The new [study](#), however, suggests that regular consumption of tree nuts may lower the likelihood of cancer recurrence following treatment for stage III colon cancer and improve patient survival. Cashew nuts, hazelnuts, walnuts, almonds, and pecans are all tree nuts, and a number of studies have documented their potential health benefits. One [study](#) published in 2014, for example, associated tree nut intake with reduced risk of [obesity](#) and metabolic syndrome, while other [research](#) has associated tree nut consumption with better heart health.

## Spinach

This leafy green tops the chart as one of the healthiest vegetables, thanks to its impressive nutrient profile.

One cup (30 grams) of raw [spinach](#) provides 56 percent of your daily vitamin A needs plus your entire daily vitamin K requirement—all for just 7 calories (1).

Spinach also boasts a great deal of antioxidants, which can help reduce the risk of chronic disease. One study found that dark green leafy vegetables like spinach are high in beta-carotene and lutein, two types of antioxidants that have been associated with a decreased risk of cancer (2).

In addition, a 2015 study found that spinach consumption may be beneficial for heart health, as it may [lower blood pressure](#) (3).

**Summary:** Spinach is rich in antioxidants that may reduce the risk of chronic disease, as it may reduce risk factors such as high blood pressure.

**Authority Nutrition**

[Statins could reduce risk of breast cancer death by 38%, research shows](#)



# Diabetic foot problems

The two main foot problems that affect people with diabetes are:

## Diabetic neuropathy

Over time, diabetes can cause nerve damage that makes it hard for people with diabetes to feel sensation in their extremities.

The condition also makes it difficult for a person to feel an irritation on their foot or notice when their shoes are rubbing. This lack of sensation and awareness leads to an increase in the risk of cuts, sores, and blisters developing.

## Peripheral vascular disease

Diabetes leads to changes in the blood vessels, including arteries. In [peripheral vascular disease](#), fatty deposits block these vessels beyond the brain and heart. It tends to affect the blood vessels leading to and from the extremities, reducing blood flow to the hands and feet.

Reduced blood flow can lead to pain, infection, and slow healing wounds.

Severe infections may lead to amputation.

## Symptoms

Symptoms may vary from person to person and may depend on what issues a person is experiencing at the time. Symptoms of diabetic foot problems can include the following:

- loss of feeling
- numbness or tingling sensation
- blisters or other wounds without painful
- skin discoloration
- skin temperature changes
- red streaks
- wounds with or without drainage
- painful tingling
- staining on socks
- deformed foot appearance

Written by Jenna Fletcher  
Reviewed by William Morrison, MD



## Best First Foods For Your Baby

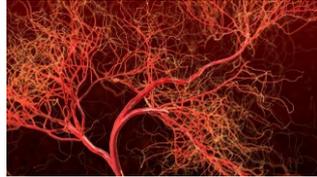
Your little one is no more a tiny infant, just a couple of days old . As she crosses the 3-month milestone, she's growing up fast – and her needs are changing too...

READ MORE

# Effect on systems and organs

The effects of diabetes can be seen on systems throughout the body, including:

## The circulatory system



Diabetes may cause complications in the circulatory system, which can lead to heart attack and stroke.

Diabetes can damage large blood vessels, causing macrovascular disease. It can also damage small blood vessels, causing what is called microvascular disease. Complications from macrovascular disease include [heart attack](#) and [stroke](#). However, macrovascular disease can be prevented by:

- [quitting smoking](#)
- controlling [blood pressure](#) and lipids
- taking [aspirin](#)
- using prescription medications

Microvascular disease can cause eye, kidney, and nerve problems, but good control of diabetes can help prevent these complications.



## 4 Ways Apple Cider Vinegar Can Help Lower High Blood Pressure

High blood pressure is a health problem that affects 1 in 3 American adults. If you are looking at alternative remedies, try apple cider vinegar for high blood pressure. Studies have found that apple cider vinegar (ACV) has nutrients that can bring down blood pressure levels and improve heart health...

READ MORE

[Fruits and vegetables for heart health: More is better](#)



# Happy Father's Day

My Dad is my tutor and mentor  
Be it helping me on the computer  
Or in my math and grammar  
Regardless of day or time he'll help me without a murmur  
He finds a lot of time to help me in my leisure  
Takes me out to the movies – which is such a pleasure  
And plays outside in the garden until the sun is a-goner  
That's my Dad; he is such a do-gooder  
My Dad is also a preacher  
Teaching me the good in life & to be a believer  
In sickness he gives me succour  
Until I am back on my feet; feeling like a warrior  
Today's a day that you would sit & wonder  
Am I getting younger or older?  
But remember Dad that I'm your greatest admirer  
And shall remain ever-loving now & forever  
Noor Rahim

# Six tips for safe strength training

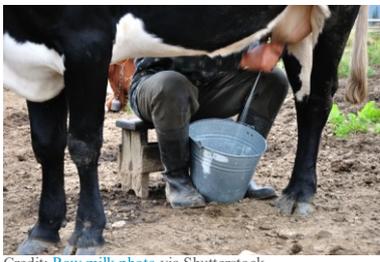


Image Stock

Strength training isn't just for bodybuilders. Like aerobic exercise, it's important for everybody, and it should be a part of any comprehensive exercise program. Of course, if you've never trained with weights before, it can seem a little daunting. But as long as you ease into it gradually and take the proper precautions, strength training is safe for most people. Use the six tips below to help you get the most from your strength workouts.

- 1. Focus on form, not weight.** Good form means aligning your body correctly and moving smoothly through an exercise. Poor form can prompt injuries and slow gains. "I often start people with very light weights because I want them to get their alignment and form right," says master trainer Josie Gardiner. Concentrate on performing slow, smooth lifts and equally controlled descents whenever you learn a new exercise. You can always add weight to challenge your muscles once you know how to move with good form.
  - 2. Tempo, tempo. Control is very important.** Tempo helps you stay in control rather than undercut gains through momentum. Sometimes switching speed — for example, taking three counts to lower a weight and one count to lift it, instead of lifting for two and lowering for two — is a useful technique for enhancing power.
  - 3. Breathe.** Blood pressure rises if you hold your breath while performing strength exercises. Exhale as you work against gravity by lifting, pushing, or pulling the weight; inhale as you release.
  - 4. Keep challenging muscles.** The "right" weight differs depending on the exercise. Choose a weight that tires the targeted muscles by the last two repetitions while still allowing you to maintain good form. If you can't do the last two reps, choose a lighter weight. When it feels too easy to complete all the reps, challenge your muscles again by adding weight (roughly 1 to 2 pounds for arms, 2 to 5 pounds for legs); adding a set to your workout (up to three sets per exercise); or working out additional days per week (as long as you rest each muscle group for 48 hours before exercising it again).
  - 5. Practice regularly.** Performing a complete upper- and lower-body strength workout two or three times a week is ideal.
  - 6. Give muscles time off.** Strenuous exercise, like strength training, causes tiny tears in muscle tissue. Muscles grow stronger as the tears knit up. Always allow at least 48 hours between sessions for muscles to recover. For example, if you're doing split strength workouts, you might do upper body on Monday, lower body on Tuesday, upper body on Wednesday, lower body on Thursday, etc.
- For additional advice and tips to help you get the most from your workouts, purchase the [Workout Workbook](#), a Special Health Report from Harvard Medical School.

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Credit: [Raw milk photo](#) via Shutterstock

## Campylobacter

*Campylobacter jejuni* are a spiral-shaped bacteria that grow in chickens and in cows, infecting them without any signs of illness.

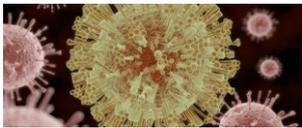
Most people who become ill with campylobacteriosis get diarrhea, cramping, stomach pain, and fever within two to five days after exposure. The diarrhea may be bloody and can be accompanied by nausea and vomiting. The illness typically lasts about one week.

In 2005, Campylobacter was found in 47 percent of raw chicken breasts tested through the Food and Drug Administration's National Antimicrobial Resistance Monitoring, according to the CDC.

About 13 cases of Campylobacteriosis are diagnosed each year for each 100,000 persons in the population. Most infections are generally mild, but the bacteria can be fatal among very young children, elderly and immunosuppressed individuals, according to the World Health Organization.

Ways to prevent Campylobacter infections include making sure to cook meat thoroughly, wash hands after handling raw foods and cleaning all countertops and kitchen utensils after use, and drinking only milk that has been pasteurized.

Live Science



## Are Viruses Alive?

Read Article

[Know the Signs of Thyroid Trouble](#)

[Studies Spotlight Diet, Supplements for Knee Pain](#)

## What are the benefits of eating a banana for breakfast?

Mark Macasiray, studied at Saint Paul University Philippines

[Answered Sun](#)

These are the benefits of eating bananas in the morning

### Advantages:

**Cleanses the Colon** - Bananas are rich in enzymes that cleanse the colon. When the gut is healthy, the body is able to absorb more nutrients from the food you eat. In addition, bananas are a rich source of dietary fiber and fructose. These nutrients keep the gastrointestinal tract healthy. They also boost the metabolic rate so you're less likely to gain weight.

**Promotes Better Digestion** - Although loaded with fiber, bananas are very easy to digest. They are filling, delicious and are low in calories. During the mornings, the stomach remains at rest. Just like a well-oiled machine, the stomach needs more time before it starts working at its peak. At this point, the stomach cannot tolerate hard-to-digest foods.

**Low in Calories** - Eating a banana is an excellent way to control your calorie consumption. You can eat as many bananas as you like during the morning and not worry about going overboard. You don't feel deprived because you are always full.

Of course, if there are advantages there should be also disadvantages

### Disadvantages:

**May Cause Constipation** - The high fiber content of bananas could trigger constipation in some people. As such, we recommend drinking more than 8 glasses of water each day to prevent constipation.

**Boosts Blood Sugar Level** - Bananas contain fructose, a sugar derived from fruits. As such, the morning banana diet is not recommended for diabetics or the sugar-addicted.

**Can Cause Cavities** - The fructose in bananas is quite sticky. Eating a banana leaves a lot of food debris in between teeth. This increases the risk of cavities. To prevent cavities, make sure to brush your teeth and floss after every meal.

On the other hand....

"reason why you should never eat bananas for breakfast" Despite being chock-full of potassium, fibre and magnesium, bananas aren't a great option for the first meal of the day.

The reason? They are made up of a whopping 25 per cent natural sugar, which will deliver a sugar rush leading to a crash a few hours on.

Unless it's paired with another "healthy fat" food, they'll only temporarily fill you up and leave you feeling sleepy and sluggish later. Dr. Daryl Gioffre explained: "Bananas seem like the perfect option to grab and go in the morning, but with a closer look, you'll find that bananas eaten alone aren't the best option because they're 25 per cent sugar and moderately acidic.

"Without balancing this banana breakfast with a healthy fat, many of banana's benefits are lost, while spikes in blood sugar and acid are gained."

They're also not great for helping you maintain a healthy digestive system.

Dr Gioffre continued: "When sugar is consumed in any form, it undergoes the process of fermentation, like beer and wine, and turns into acid and alcohol in your body. This clogs up your digestive system."

If the thought of swearing off bananas turns your stomach, don't panic.

Why not pair it up with a healthy fat, such as peanut butter, natural yoghurt or porridge, some spices (a dash of cinnamon) and some herbs?

This will help neutralise the acid and put the brakes on the metabolism of sugar to help dodge a spike and crash.

[Healthy Diet Base / news.com.au - Australia's #1 news site](#)

## Does Chocolate Guard the Heart?



New research suggests the sweet might help keep an irregular heartbeat at bay.

READ MORE

## Study 'proves medicinal cannabis can help children with severe epilepsy'

A team of international researchers publish what they say is the first scientific evidence that medicinal cannabis "as good as some of our best medications" in treating children with severe epilepsy.



## What is the most healthy food that people eat regularly?



Saurabh Thakur, studied at Commerce



Idli, also known as iddly, is a steamed cake made from rice and black lentils originating from Southern India. Idlis are made in a specialized mold and eaten with chutney, ...

[Read More >](#)

Vertigo and Balance Disorders

## Salmon and Tuna-superfood



Adding salmon and tuna to your diet helps control the aging process as well. The Omega-3 fatty acids help prevent cholesterol build up. They also help with keeping your brain power alert. This is another superfood that helps with your skin and fighting the signs of aging. The high-protein content and anti-inflammatory properties work with your body to maintain healthy skin. Try to have 3 to 4 servings of salmon or tuna each week.

by Jo Larsen

### LOVE WELL



## Are Men With Beards More Desirable?

By LESLEY ALDERMAN

Men who shave often may be wasting their time. Research suggests that both women and men prefer men who sport at least some amount of facial hair.

## How Regular Exercise May Make Your Body 'Younger'



High levels of exercise may keep your cells looking young, new research finds.

[Read More](#)

## Olive Oil



For beautiful and young-looking skin, be sure to include olive oil in your diet. It contains vitamin A and vitamin E. They work together to protect your skin from free radicals and aid in natural skin repair. We're talking fewer wrinkles and an even skin tone and texture. In fact, olive oil can be used as a moisturizer. Put a little bit in your bath water for that youthful glow.

Monounsaturated fatty acids found in olive oil can aid with several health concerns. Improve your heart health, cholesterol, and blood sugar by keeping olive oil in your diet. For even more added benefit, you should also use it as your cooking oil.

Maybe, you've already incorporated these anti-aging superfoods into your diet. If not, focus on adding these fantastic five right away! Harness the power of food as medicine!

by Jo Larsen

### ASK WELL



## How Much Weight Do I Need to Lose to Prevent Diabetes?

By RONI CARYN RABIN

Blood tests can determine if you have prediabetes, but losing a small amount of weight can prevent its progression to diabetes.



## Red Wine Healthier Than White Wine?

Whether you prefer white or red wine is generally a matter of taste. But if you want the healthiest pick, which should you ... [READ MORE](#)

### CLIMATE CHANGE

## THIS SHOULD CLEAR UP ANY MISUNDERSTANDINGS ABOUT CLIMATE CHANGE

The Arctic Ocean is warming up, icebergs are growing scarcer and in some places the seals are finding the water too hot according to a report to the Commerce Department yesterday from Consulate at Bergen, Norway.

Reports from fishermen, seal hunters and explorers all point to a radical change in climate conditions and hitherto unheard-of temperatures in the Arctic zone.

Exploration expeditions report that scarcely any ice has been met as far north as 81 degrees 29 minutes.

Soundings to a depth of 3,100 meters showed the gulf stream still very warm.

Great masses of ice have been replaced by moraines of earth and stones, the report continued, while at many points well known glaciers have entirely disappeared.

Very few seals and no white fish are found in the eastern Arctic, while vast shoals of herring and smelts which have never before ventured so far north, are being encountered in the old seal fishing grounds. Within a few years it is predicted that due to the ice melt the sea will rise and make most coast cities uninhabitable.

*This report was from November 2, 1922, as reported by the AP and published in The Washington Post 93 years ago. Sent by Rohantah Gunaratne*

## Controlling your weight is key to lowering stroke risk

There is a lot you can do to lower your chances of having a stroke. Even if you've already had a stroke or TIA ("mini-stroke"), you can take steps to prevent another.

Controlling your weight is an important way to lower stroke risk.

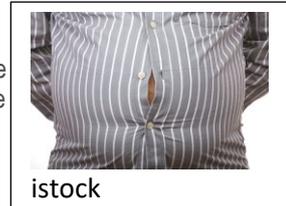
Excess pounds strain the entire circulatory system and can lead to other health conditions, including high blood pressure, diabetes, high cholesterol, and obstructive sleep apnea. But losing as little as 5% to 10% of your starting weight can lower your blood pressure and other stroke risk factors

**Move more.** Exercise is one obvious way to burn off calories. But another approach is to increase your everyday activity wherever you can — walking, fidgeting, pacing while on the phone, taking stairs instead of the elevator.

**Skip the sipped calories.** Sodas, lattes, sports drinks, energy drinks, and even fruit juices are packed with unnecessary calories. Worse, your body doesn't account for them the way it registers solid calories, so you can keep chugging them before your internal "fullness" mechanism tells you to stop. Instead, try unsweetened coffee or tea, or flavor your own sparkling water with a slice of lemon or lime, a sprig of fresh mint, or a few raspberries.

**Eat more whole foods.** If you eat more unprocessed foods — such as fruits, vegetables, and whole grains — you'll fill yourself up on meals that take a long time to digest. Plus, whole foods are full of vitamins, minerals, and fiber and tend to be lower in salt — which is better for your blood pressure, too.

Harvard Medical School



istock

Relax, Read and pass it on



## 5 Amazing Benefits Of Salt Water Gargle

Even though there is not much evidence about the relief that salt water gargle provides for sore throats, those who have tried it will know that it is true...

[READ MORE](#)

## Get the Facts About High Blood Pressure (HBP)

Find out what high blood pressure is and arm yourself with knowledge about this "silent killer" affecting one out of every three adults over age 20.



## Understand the Symptoms & Risks of HBP

High blood pressure is a largely symptomless disease that often quietly threatens your health. Be aware of the risk factors that could increase your chances of developing high blood pressure.

## 14 Amazing Health Benefits Of Eating Broccoli

Most of the studies are focused on the benefits of florets of broccoli. However, a few research have concluded that the leaves and stems of broccoli also contain high levels of phenolics and they have high antioxidant and anticancer activities...

[READ MORE](#)

## Invasive Breast Cancer: Symptoms,

Two types account for about 95% of [invasive breast cancer](#).

- [Invasive ductal carcinoma \(IDC\)](#). This is the most common type, making up about 80%. With IDC, [cancer](#) cells start in a milk duct, break through the walls, and invade breast tissue. It can remain localized, which means it stays near the site where the tumor started. Or [cancer](#) cells may spread anywhere in the body.
- [Invasive lobular carcinoma \(ILC\)](#). This type accounts for about 10% of invasive breast cancers. ILC starts in the lobules or milk glands and then spreads. With ILC, most women feel a thickening instead of a lump in their breast.

Some women may have a combination of both.

### What are the signs of invasive breast cancer?

[Breast cancer](#) may have no signs or symptoms, especially during the early stages. As the [cancer](#) grows, you may notice one or more of the following:

- A lump or thickening in or near the breast or in the underarm that continues after your monthly menstrual cycle
- A mass or lump, which may feel as small as a pea
- A change in the size, shape, or contour of the breast
- A [blood](#)-stained or clear fluid from the nipple
- A change in the feel or appearance of the [skin](#) on the breast or nipple -- dimpled, puckered, scaly, or inflamed
- Redness of the skin on the breast or nipple
- A change in shape or position of the nipple
- An area that is distinctly different from any other area on either breast
- A marble-like hardened area under the skin

You may notice changes when you do a monthly breast self-exam. By doing a regular self-check of your breast, you can become familiar with the normal changes in your breasts.

WebMD

ARTICLE

## Breast Cancer Treatment Options

We explain 5 therapies, what kind of side effects they might have, and what to ask your doctor.



## Vitamin D Deficiency is Widespread

New study reveals that nearly 1 billion people worldwide are likely to have vitamin D deficiency or insufficiency as a result of chronic disease and inadequate sun exposure.

[Read the full story](#)

## Better Treatment May Prevent Strokes

If people with AFib took blood-thinning medications, strokes may be prevented.

[READ MORE](#)

## Best Yoga Asanas For Neck Pain

Neck pain, soreness, or tension in the neck is a problem that is likely to have affected you at one point or another. According to the American Osteopathic Association, 1 in 4 Americans reports neck pain...

[READ MORE](#)

## Alcohol decreases risk of heart disease and heart attack

When consumed in low doses, alcohol can reduce blood pressure, though when consumed in excess, it can have the opposite effect. Additionally, alcohol helps to clear fat from the arteries, and reduces the blood's tendency to clot, Zakhari said. These effects help to limit the chances of heart disease and [heart attack](#). Inflamed arteries that block blood flow are problematic for the heart, as it doesn't receive the oxygen it needs. Alcohol consumption encourages smoother blood flow, thus lowering the risk of heart disease.

Red wine also has the added effect of lowering cholesterol levels, although that benefit is specific to that beverage

By Susan E. Matthews, MyHealthNewsDaily Staff Writer

## Alcohol Reduces risk of stroke

For the same reasons that moderate drinking can lower the risk of heart attack, it also reduces risk of certain types of [stroke](#).

The most common type of stroke, called ischemic stroke, occurs when a vessel bringing blood to the brain gets "clogged," Zakhari said. "The alcohol helps the blood go to the brain, and therefore it reduces stroke." The other type of stroke, hemorrhagic, occurs when blood seeps out of a brain blood vessel. Because alcohol thins blood, it actually makes this type of stroke worse, but because hemorrhagic strokes only account for 20 percent of all strokes, there is still a net benefit, Zakhari said.

The benefits of alcohol on heart disease and stroke allow some people to argue that moderate consumption is associated with longer lifespan.

By Susan E. Matthews, MyHealthNewsDaily Staff Writer



## HEALTH NEWS

## Tomatoes can fight stomach cancer

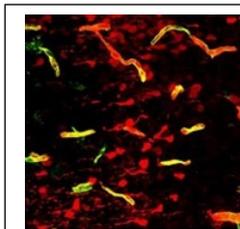
Study shows the fruit's extracts can inhibit growth of malignant cells

## Omega-3 Fatty Acids Preserve Blood Brain Barrier

*Blocking the Omega-3 fatty acid transporter Mfsd2a could open the blood-brain barrier for drug delivery to treat a range of disorders such as Alzheimer's.*

Chenghua Gu, a Harvard Medical School professor, has determined that omega-3 fatty acids are critically important to preserving the blood-brain barrier's integrity. This barrier is essential to the protection of the central nervous system. In particular, the blood-brain barrier guards the central nervous system against blood-borne pathogens, toxins, and bacteria.

The results were recently reported in an issue of *Neuron*.



Credit: Harvard Medical School

### About the Blood-Brain Barrier

The blood-brain barrier is best thought of as a vital evolutionary mechanism that prevents damage to the central nervous system. Unfortunately, this barrier is quite problematic when it comes to the delivery of therapeutic compounds to the brain. Gu's research serves as the first molecular explanation as to how the barrier stays closed by stifling transcytosis. This is a process that transports molecules over cells through tiny bubbles known as vesicles.

### About the Findings

Gu's research team found the formation of such vesicles is slowed by the lipid makeup of cells within the central nervous system's blood vessels. This involves a delicate balancing of omega-3 fatty acids and certain lipids maintained through the lipid transport protein known as "Mfsd2a". Blocking Mfsd2a activity could prove to be a viable strategy to send drugs across the barrier and into the brain to treat a multitude of disorders ranging from Alzheimer's to brain cancer. Gu's study is important as it provides the first molecular mechanism to explain how low transcytosis rates occur in the blood vessels in the central nervous system to allow for the blood-brain barrier's impermeable quality. However, the regulation of the blood-brain barrier is still somewhat of a mystery. Once researchers like Gu obtain a better understanding of these mechanisms, it will eventually be possible to manipulate the barrier to help therapeutics reach the brain quickly and safely.

### Study Details

Gu performed the study with the assistance of a Harvard Medical School neurology student named Benjamin Andreone and several other colleagues. The research team studied how Mfsd2a keeps the blood-brain barrier intact. Mfsd2a is a protein that serves as a transporter. It transmits lipids that contain DHA directly to the cell membrane. DHA is an omega-3 fatty acid commonly found in nuts and fish oil. The researchers created mice with an altered version of Mfsd2a where the substitution of a single amino acid shuts down its ability to transmit DHA. These mice were injected with a fluorescent dye. The research team then observed the blood-brain barrier leaks and elevated rates of vesicle formation as well as transcytosis that mirrored mice in which Mfsd2a was not present.

The researchers compared the lipids of endothelial cells within brain capillaries to those of lung capillaries that do not have barrier properties and lack an expression of Mfsd2. It was determined endothelial cells in the brain had two to five times as many lipids with DHA. Subsequent experiments showed that Mfsd2a stifles transcytosis by halting the formation of the caveolae vesicle that is created when a small portion of the cell membrane self-pinches.

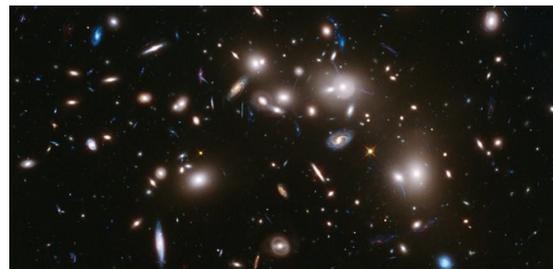
As anticipated, mice with the protein necessary for caveolae formation and mice lacking Mfsd2a showed elevated transcytosis as well as leaky barriers. Mice lacking in the protein and Mfsd2a had egregiously low transcytosis along with an impermeable blood-brain barrier. The research team believes Mfsd2a alters the membrane's composition after DHA is incorporated. As a result, it makes conditions unfavorable for the formation of the protein needed for caveolae formation. This is the first instance in which a cellular mechanism explains such a phenomenon.

### VIEW NEWS SOURCE...

*Benjamin J. Andreone, Brian Wai Chow, Aleksandra Tata, Baptiste Lacoste, Ayal Ben-Zvi, Kevin Bullock, Amy A. Deik, David D. Ginty, Clary B. Clish, Chenghua Gu. Blood-Brain Barrier Permeability Is Regulated by Lipid Transport-Dependent Suppression of Caveolae-Mediated Transcytosis. Neuron, 2017; 94 (3): 581 DOI: 10.1016/j.neuron.2017.03.043*

## Why Is Hydrogen the Most Common Element in the Universe?

By Laura Geggel, Senior Writer



A Hubble Space Telescope image of the distant universe.

Credit: NASA.

Hydrogen is the most common element in the universe, but why is that? To answer this question, "we need to go back to the Big Bang," said May Nyman, a professor of chemistry at Oregon State University.

The Big Bang created the [elements on the periodic table](#), building blocks that help make up the universe. Each element has a unique number of subatomic particles: protons (positively charged), neutrons (neutral) and electrons (negatively charged). [\[What Are the Ingredients of Life?\]](#)

[Hydrogen](#) — with just one proton and one electron (it's the only element without a neutron) — is the simplest element in the universe, which explains why it's also the most abundant, Nyman said.

In stars, hydrogen atoms fuse to create helium — the second most common element in the universe, [according to Encyclopedia.com](#). Helium has two protons, two neutrons and two electrons. Together, helium and hydrogen make up 99.9 percent of known matter in the universe, according to Encyclopedia.com.

Even so, there is still about 10 times more hydrogen than helium in the universe, Nyman said. Oxygen, the third most common element, is about 1,000 times less abundant than hydrogen, she added.

In general, the higher the atomic number, the less abundant is an element, Nyman said.

Earth's composition, however, is different than that of the entire universe. For instance, oxygen is the most common element by weight in Earth's crust, followed by silicon, aluminum and iron, [according to HyperPhysics](#), a site run by Georgia State University.

In the human body, the most common element by weight is oxygen, followed by carbon and hydrogen, according to HyperPhysics.

Hydrogen has a number of key roles in the [human body](#). Hydrogen bonds help give DNA its signature twist, and it helps the stomach and other organs maintain the correct pH, or level of acidity or basic), Nyman said.

"If your stomach gets too basic, hydrogen will be released to what it's bonded to," she said. "If it's too acidic, [hydrogen] will bond to something."

In addition, hydrogen allows ice to float on water (H<sub>2</sub>O) because the hydrogen bonds push the frozen water molecules apart, [making them less dense](#).

## How well you sleep at night with alcohol

A glass of wine may be a pre-bedtime [routine](#) for some, but it's important to understand how the alcohol affects your sleep. For most people, one serving of alcohol before bed will have no effect on sleeping. But more than one drink might — alcohol helps people fall asleep, but makes it more likely they'll wake up during the night.

"You will sleep faster, but not better," because alcohol interferes with REM sleep, Zakhari said.

Additionally, people often use an alcoholic drink as a means to fall asleep, particularly if they've drank lots of caffeine during the day, Gish said. This combination may seem to work on the surface, but it is not a healthy in the long run, Gish said. He tells patients with sleep problems to cut all alcohol and caffeine out for two weeks to understand where the problems lay.

By Susan E. Matthews, MyHealthNewsDaily Staff Writer

## Slight diuretic effect with alcohol

Alcohol is a diuretic, meaning that one of its effects is to encourage water to leave the body more quickly. Heavy drinkers can become dehydrated, and people tend to go to the bathroom frequently while drinking.

In modest amounts, this slight diuretic effect is not harmful, Zakhari said.

However, if a person is already slightly dehydrated before having a drink, perhaps from [heat](#) or from working out, the effect will be more apparent.

The effect is strongest in beer, Gish said, and is less obvious for hard alcohol or wine.

Another reason why drinking alcohol is often associated with being dehydrated is that people tend to snack on salty foods when drinking, which contributes to dehydration, he noted.

By Susan E. Matthews,

MyHealthNewsDaily Staff Writer

## Taking 10,000 steps every day has been one of the biggest public health messages this decade.

Clocking the Big 10 is said to be the key to reducing our risk of serious illnesses associated with inactivity, such as diabetes, heart disease and cancer.



That message has been heard loud and clear: everyone from kids to corporate high-flyers has a fitness device strapped to their wrist, quantifying every step.

Here's what you might not know: the 10,000 steps rule didn't originate from much scientific evidence.

In fact, "10,000 steps" is the translation of a Japanese word, "manpo-kei", which was the name of a pedometer.

In the 1960s, a researcher in Japan discovered that most people took less than 4,000 steps per day. He found that increasing those steps to 10,000 could improve overall health.

It was a nice, round number; it gained momentum and before long 10,000 steps became a worldwide phenomenon.

## Alcohol does have health benefits

Written by Dr Harold Gunatillake-Health writer

It is known that drinking alcohol moderately has its benefits without over-indulging. Moderate drinking is defined as two drinks daily for a man and one drink for a woman. Quantity-wise one drink is equivalent to one bottle of beer, one glass of wine or a small shot of spirits. Spirits like Scotch whiskey you request for a shot/35ml. It has 78 calories: has no proteins, carbs, fat, fibre and alc...

[See More](#)

## Fenugreek

Fenugreek is another seed with the potential to lower blood sugar levels. The seeds contain fibers and chemicals that help to slow down the digestion of [carbohydrates](#) like sugar. The seeds may also help delay or prevent the onset of type 2 diabetes.

A [recent study](#) found that people with prediabetes were less likely to be diagnosed with type 2 diabetes while taking powdered fenugreek seed. This was caused by the seed increasing the levels of insulin in the body, which also reduced the sugar in the blood.

Researchers found that the seed helped to lower [cholesterol](#) levels in patients as well. Fenugreek can be cooked into certain dishes, added to warm water, or ground into a powder. It can also be added to a capsule to be swallowed as a supplement.

MNT

<http://elanka.com.au/humble-cucumber-human-relationship-written-dr-harold-gunatillake-health-writer/>



[Crohn's Disease vs. Ulcerative Colitis](#)



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## Aloe vera



*Studies suggest an antidiabetic potential for aloe that may lower blood sugar levels.*

Aloe vera is a common plant with many different uses. Most people are aware of the plant being used to coat the skin and protect it from damage caused by too much sun exposure.

However, the plant has many lesser-known benefits as well. These range from helping digestive issues to possibly even relieving type 2 diabetes symptoms.

[One review](#) analyzed many studies using aloe vera to treat symptoms of diabetes.

Their results strongly suggested an antidiabetic potential for aloe. Subjects given aloe showed lower blood sugar levels and higher insulin levels.

**Further tests showed that aloe helps to increase how much insulin is produced by the pancreas. This could mean that aloe helps to restore bodies with type 2 diabetes or protect them from further damage. The researchers called for more studies to be done on aloe and its extracts to be certain of these effects. There are many ways to take aloe. Juiced pulp is sold in many markets and added to drinks, and extracts are put into capsules to be taken as supplements.**

MNT

## Bitter melon



*Bitter melon is a traditional Chinese and Indian medicinal fruit. Research suggests that the seeds may help to reduce blood sugar levels.*

*Momordica charantia*, also known as bitter melon, is a medicinal fruit. It has been used for centuries in the traditional medicine of China and India. The bitter fruit itself is cooked into many dishes, and the plant's medicinal properties are still being discovered.

One discovery being backed by science is that bitter melon may help with symptoms of diabetes. [One review](#) noted that many parts of the plant have been used to help treat diabetes patients.

Bitter melon seeds were given to both people with type 1 and type 2 diabetes to reduce their blood sugar levels. Blended vegetable pulp mixed with water also lowered blood sugar levels in 86 percent of the type 2 diabetes patients tested. The fruit juice of the bitter melon also helped to improved blood sugar tolerance in many cases.

Eating or drinking the bitter melon can be an acquired taste. Luckily, similar effects were noted with extracts of the fruit taken as supplements as well.

There is not enough evidence to suggest that bitter melon could be used instead of insulin or medication for diabetes. However, it may help patients to rely less on those medications or lower their dosages.

MNT

## What are Bill Gates' children up to?



Aldrich Williams

- Jennifer Katharine Gates

Born April 26, 1996, Jennifer Katharine Gates is the first daughter of the world's richest man, Bill Gates. She has an estimated net worth of around...

[Read More »](#)

# Ginger



*Ginger has been used for many years to treat digestive and inflammatory issues.*

*Recent research suggests that it may reduce insulin resistance.*

**Ginger** is another herb that science is just discovering more about. It has been used for thousands of years in traditional medicine systems.

Ginger is often used to help treat digestive and inflammatory issues.

However, a [recent review](#) posted to shows that it may be helpful in treating diabetes symptoms as well.

In their review, researchers found that supplementing with ginger lowered blood sugar levels, but did not lower blood insulin levels. Because of this, they suggest that ginger may reduce [insulin resistance](#) in the body for type 2 diabetes. It is important to note that the researchers were uncertain as to how ginger does this. More research is being called for to make the claims more certain.

Ginger is often added to food raw or as a powdered herb, brewed into tea, or added to capsules as an oral supplement. MNT

# Garlic

**Garlic** has a long history of use as a medicinal plant, with roots tracing all the way back to ancient China and Egypt (12).

The main component of garlic is allicin, a plant compound that is largely responsible for garlic's variety of health benefits (13).

Several studies have shown that garlic can regulate blood sugar as well as promote heart health.

In one animal study, diabetic rats were given either garlic oil or diallyl trisulfide, a component of garlic. Both garlic compounds caused a decrease in blood sugar and improved [insulin sensitivity](#) (14).

Another study fed garlic to participants both with and without heart disease. Results showed that garlic was able to decrease total blood cholesterol, [triglycerides](#) and LDL cholesterol while increasing HDL cholesterol in both groups (15).

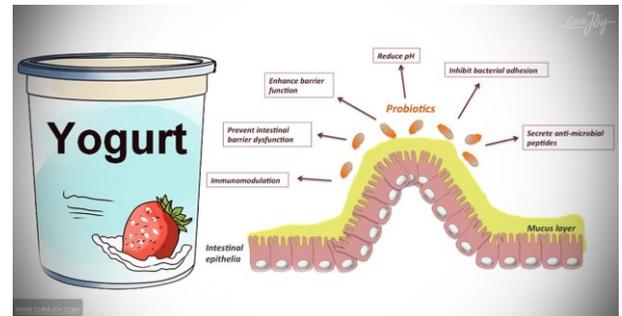
Garlic may be useful in the prevention of cancer as well. One test-tube study demonstrated that allicin induced cell death in human liver cancer cells (16). However, further research is needed to better understand the potential anti-cancer effects of garlic.

**Summary:** Studies show that garlic may help lower blood triglyceride levels. Some studies have also found that it could decrease blood sugar levels and may have an anti-cancer effect, although more research is needed.

EcoWatch



## 14 Healthiest Vegetables on Earth



### 5 Ways To Use Probiotics For Healthy, Glowing Skin

When you're dealing with diarrhea, probiotics are a lifesaver. The most common strain is Lactobacillus acidophilus or L. acidophilus. And it's amazing for gut health! But did you know it can transform your skin?...

[READ MORE](#)

### For a healthy breakfast

**Choose whole grains.** High-fiber, whole-grain cereals and breads can help keep your blood sugar on an even keel and avoid a midmorning energy crash. With the hundreds of types of cereal on the market, bran cereal, bran flakes, and steel-cut oatmeal are typically the healthiest bets. To choose the healthiest breakfast cereal, read the label and look for:

- 5 grams or more of fiber per serving
  - less than 300 milligrams of sodium per serving
  - less than 5 grams of sugar per serving.
- whole grain as the first item on the ingredient list  
Harvard Medical School

### ASK WELL



## How Much Sugar Is in a Glass of Wine?

By SOPHIE EGAN

Winemakers may add sugar to wine to "improve" the taste, and sugar content can vary widely.

## A few drops of Apple Cider Vinegar in drinking water

The key ingredient which can aid weight loss is the acetic acid in vinegar.

"The first effect is in the stomach triggering a whole bunch of receptors that makes you feel fuller," Dr Sweedman said.

"Also it actually stimulates a lot of metabolic pathways including breaking down fats in the liver and slowing gastric emptying which is food going out of your stomach. So those foods like starches which have a high GI, the digestion is spread out lowering the glycaemic index."



## Shrimp

You've probably heard seafood is a good choice when you're watching cholesterol. That's true, but shrimp is an exception. One serving, even if you cook it without fat, has about 190 milligrams of cholesterol. The American Heart Association recommends limiting cholesterol to 300 milligrams per day, or 200 milligrams per day if you have heart disease or high cholesterol. Try the scallops instead. They have less than a quarter of the cholesterol of shrimp.

WebMD



## Why Chocolate May Be Good for the Heart

By NICHOLAS BAKALAR

Eating chocolate may lower the risk for atrial fibrillation, the irregular heartbeat that can lead to stroke and heart failure.

"So many books, so little time."

— Frank Zappa

## Food-rescue groups to get \$1.2m funding boost

Organisations that rescue wasted food to feed the needy are being given hundreds of thousands of dollars in Federal Government funding to reduce their energy costs and increase their storage capacity.



If you're a lean man, your body is about 45% muscle, 15% bone, and 15% fat. If you're a woman, you have around 30% muscle, 12% bone, and 30% fat. The other 25% of your weight comes from your organs.

## Research Filter: Asgardia, human evolution and white bread

Listen now (Link will open in new window)

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IMAGE: WHITE BREAD OR BROWN BREAD? (PEXELS: MP1746: LINK TO LARGER IMAGE.)

The discovery of 300,000-year-old human remains has **dramatically changed** the way we understand human evolution. And new research has shown that brown bread isn't necessarily healthier than white bread. All the latest science news is dissected on RN Drive.

[Are women really stronger than men? | Angela Saini](#)

## This is a frightening statistic !

25% of the women in this country are on medication for mental illness. That's scary. It means 75% are running around untreated.

You need muscles for everything you do, from running and lifting to digesting, breathing, and even getting goosebumps! It's no wonder you have more than 600 of them to keep your body in working order.

## 5 cups of coffee daily may keep liver cancer at bay

The study, published in the journal BMJ Open, showed that the more coffee consumed, the greater was the protection against hepatocellular cancer (HCC) - the second leading cause of cancer death globally.

## Brown bread is not always whole grain.



Molasses or other things can give bread a brown color. Read the ingredient list. The word "whole" should always appear before the name of the grain, such as whole wheat, whole oats, or whole rye. And it should be the first thing on the ingredient list. Don't be misled by labels that say "multi-grain," "stone-ground," "100% wheat," "cracked wheat," or "seven-grain." These usually aren't whole grain. WebMD



## 'We shouldn't be selling things that make people sick'

By [Sarah Hawke](#)

Sugary drinks will be phased out of vending machines, cafes and catering services in NSW health facilities by December as the State Government attempts to reduce obesity rates.

## Storing bread

Putting bread in the fridge will actually make it go stale quicker.

Bread from the grocery store will stay fresh for 2 to 4 days if you leave it on the counter. Bakery bread, which usually has fewer preservatives, will keep 1 to 3 days.

If you want to store bread for a longer, put it in the freezer. It will stay fresh for 2 to 3 months.

## Enriched Bread

The word "enriched" appears on white bread and other bread products made from refined grains. Refining helps make bread light and airy and gives it a longer shelf life.

But it also strips away fiber, iron, and many B vitamins. "Enriched" just means that B vitamins and iron are added back after refining. But fiber may not be added back to "enriched" breads. Fiber is found in bread made with whole grains though, so that's your healthier choice.

## Bread has lot of salt

If you eat toast in the morning, a sandwich at lunch, and a roll with dinner, you're not just loading up on carbohydrates. You're also eating a lot of salt.

Most Americans get too much salt. When it comes to food sources, bread and rolls are the No. 1 source, beating out chips and other junk food.

A single slice of bread isn't high in salt. A slice of wheat bread has about 147mg sodium. Eating bread several times a day adds up. Too much salt can raise blood pressure. It can put you at risk of heart attack or stroke. WebMD

**A proposed overhaul** of the historic, 17-acre [Queen Victoria Market in Melbourne](#) has set off a fierce debate over preservation and modernization, illustrating the tricky balancing act that cities face when their most valuable historic real estate is still in use.

**A Chinese couple** abducted last month in Pakistan have been killed, a senior Pakistani official said, though he did not indicate who was responsible for the killings. [[The New York Times](#)]

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