

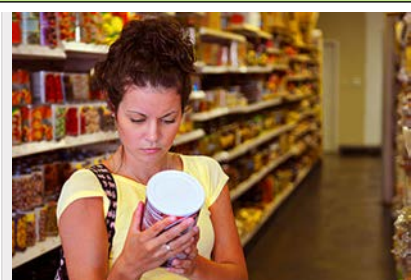
[Heart surgeon dies a month after he was punched outside hospital](#)

Eat Slowly

This gives your brain the chance to get the signal that you're full, so you're less likely to overeat. And if you take it slow, you're more likely to think about what you're eating and make sensible, healthy choices.



Want to Lose Weight?
Go Vegan



Foods Labelled 'Low Cholesterol'

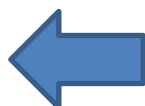
When you're shopping and you see an item that says it's low in cholesterol, you still need to check the nutrition label. If it's high in saturated fat, it can raise your LDL ("bad") cholesterol. Also check the serving size. It might be smaller than you think, and if you eat too much, you'll get more cholesterol than you realized.



ARTICLE

What to Eat if You Have Psoriasis

It's possible that your eating habits can affect your skin. Here's some research to consider.



Discovery of diabetes

The full name for diabetes is diabetes mellitus. This term comes from the Greek word "diabetes" (to siphon or pass through) and the Latin word "mellitus" (honey or sweet). The first use of the term "diabetes" can be traced back to Apollonius of Memphis around 250 BC. The first English record of diabetes in a medical text occurred around 1425. In 1675, Thomas Willis added the word "mellitus" because people with diabetes had sweet-tasting urine. In 1776, Matthew Dobson was able to confirm that the urine of people with diabetes had a sweet taste because it contained excess sugar. He deduced this when he noticed a brown sugar-like substance in the urine. Dobson also noticed that diabetes proved fatal in some people, while in others it was a chronic condition. This is the first time that a clear difference between type 1 and type 2 diabetes was identified.

Early diabetes treatments

The early Greek physicians recommended exercise, if possible, on horseback. They believed this would reduce the need for excess urination. Other treatment options included overfeeding with wine, which was thought to help compensate for the loss of fluid. Unfortunately, these ways of managing diabetes were not particularly effective. Because of the lack of proper treatment, people with diabetes experienced severe health problems.

Discovery of the pancreas



Joseph von Mering (pictured) and Oskar Minkowski are credited with discovering in 1899 that the removal of the pancreas from a dog allowed it to develop diabetes.

Image credit: PD-US

In 1889, Joseph von Mering and Oskar Minkowski discovered the role of the pancreas in diabetes. After removing the pancreas from dogs, they found that the animals developed all the signs and symptoms of diabetes. However, they also died shortly afterward. This discovery helped scientists to understand the role that the pancreas plays in the regulating blood sugar levels.

In 1910, Sir Edward Albert Sharpey-Schafer made another breakthrough. He found that diabetes was caused by a lack of a certain chemical that was produced by the pancreas.

Sharpey-Schafer called this chemical insulin, which is derived from the Latin word "insula." This means island and refers to the insulin-producing cells in the pancreas, known as the islets of Langerhans.

MNT

Scientists Tweak Antibiotic to Boost Power Against 'Superbugs'

[Bacterial Infections 101 Pictures Slideshow](#)



TUESDAY, May 30, 2017 (HealthDay News) -- Health experts have long warned about the looming health threat posed by "superbug" bacteria that can mutate to resist antibiotics.

But now scientists say they've modified an existing antibiotic, vancomycin, to make it a much more potent fighter against these germs. "Doctors could use this modified form of vancomycin without fear of resistance emerging," research leader Dale Boger of The Scripps Research Institute in La Jolla, Calif., said in an institute news release. MNT

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Reducing dietary salt may mean fewer nighttime bathroom trips

Men who battle with nocturia — waking up at night to urinate — may find relief by reducing the amount of salt in their diet, according to recent research findings. Nocturia can interfere with your sleep, which may lead to problems like increased stress, irritability, and tiredness.



It May Be Best to Steam Broccoli

If you're trying to cut your cholesterol, steam your broccoli -- that helps it lower your levels more. Raw broccoli has cancer-fighting compounds, though. In a part-by-part breakdown, the florets have a few more nutrients than the stalks. And the leaves, which most people throw out, have some nutrients not found in either the stem or the florets.-

• China has built hundreds of dazzling bridges in recent years, and now boasts [the world's highest bridge](#), the longest bridge, the highest rail trestle and a host of other superlatives.

Chinese officials celebrate them as proof that they can roll out infrastructure bigger and better than any other country.

But critics say the projects, which are often fueled by government loans, big construction companies and officials who profit from them, are piling up debt and breeding corruption.

Start Your Day With Whole Grains

Fiber can help lower cholesterol, prevent constipation, and improve digestion. And Americans don't



eat enough of it. On average, we get less than half of what we need. Most whole grains are a great source of fiber. Fiber supplements can be another source of fiber in addition to the foods you eat. Start with breakfast: Look for whole-grain cereal or oatmeal with 3 or more grams of fiber per serving. Add fruit and you'll be on your way to the daily goal of 38 grams for men under 50 and 25 grams for women under 50. WebMD

A taste to remember!

Ishara Jayawardane



Tibbatu is another intelligent choice when it comes to Lankan Cuisine. A vegetable high in protein it too has many medicinal benefits. Garden Talk speaks to District Agriculture Instructor, the Office of the deputy provincial Agriculture Director (Extension) Colombo, Thanuja Jeewandara on this vegetable that is excellent for health

"Belonging to the family Solanaceae, Tibbatu comes in two varieties. One is Thitta Tibbatu or otherwise known as Katu Tibbatu (botanical name being Solanum Indicum) and the other variety is Rata Tibbatu also known as Hen Tibbatu/ Goni Tibbatu/ Ela Tibbatu (botanical name being Solanum Violaceum Ortega)," said Jeewandara.

Tibbatu belongs to the same family as Chili and Tomato.

"When comparing Thitta Tibbatu and Rata Tibbatu, the canopy size of Thitta Tibbatu is less than Rata Tibbatu.

Thitta Tibbatu has a diameter of 2 – 2 ½ meters while Rata Tibbatu has a diameter of 3.5 diameters. Both trees, however grown up to 1 ½ - 2 meters. The leaves of Thitta Tibbatu are dark green. It is thorny on the underside of the leaves and has more thorns than that of Rata Tibbatu. The flower of Thitta Tibbatu is purple. Rata Tibbatu flowers are yellow. The fruit of Thitta Tibbatu has a diameter of 12mm. The fruit is yellow/greenish. When it ripens it takes on a color of reddish/orange," stated Jeewandara.

Rata Tibbatu also has its unique characteristics. pointed out Jeewandara.

NUTRIENTS in 100g

Water 75g; Energy 39 calories
Protein 3.1g; Fat 0.8g; Carbohydrate. 4.8g
Calcium.10 Milligram:: Phosphorus 90 Milligram
Iron 1.2 milligram

MEDICINAL VALUES

* It is described in indigenous medicine

* It is good for respiratory illnesses – asthma

* It purifies the blood

* It increases the palatability

* It is good for skin diseases

* It is good for heart diseases

Sent by

Nail Fungus: Symptoms and Treatment



Nail fungus, also medically known as onychomycosis, is a chronic fungal infection of the fingernails and/or toenails.

New Selfie Danger? Camera Flash May Trigger Seizure-Like Response



Snapping a selfie may come with an unwanted side effect, at least for one teen.

[Read More](#)



Jim Ed Brown (Medley of Jim Reeves) Rest In Peace, Jim ...

by Classic Country Music

“Trumpcare isn't popular. But universal healthcare would be

Kate Aronoff

Ulcerative colitis

is a chronic inflammatory bowel disease. This disease causes the lining of the large

intestine and rectum to swell and develop sores.

Most people with ulcerative colitis go through periods when the symptoms are active, which is known as a flare, and

periods when the symptoms disappear, which is known as remission.

The most important part of treatment for ulcerative colitis is managing and easing the symptoms of flares while

increasing the length of remissions.

The exact causes of ulcerative colitis and its flares are still unknown. Researchers have ruled out connections to diet and stress. Instead, researchers are focusing on the immune system's response or overreaction as the most likely cause.

A family history of the disease can also be a predictor of who will develop ulcerative colitis.

Ulcerative colitis flares have no known cause. Treatment focuses on reducing the number of flares that a person experiences.

Despite diet changes being one of the main focuses of treatment to avoid flares, researchers have found no evidence of food causing flares.

How to reduce flares

A large part of treating ulcerative colitis is preventing and controlling flares.

Preventing flares involves a variety of steps and measures. Some of the most common steps to preventing flares are described below.

Diet plans

Diet plans are a crucial part of preventing as well as managing flares when they happen.

Diets should contain foods that a person knows will not cause them to either experience the symptoms of a flare or make an active flare worse.

People can develop personal diet plans, but a doctor or dietitian can help balance the diet and recommend what foods to include or exclude.

In addition to following a diet plan, a person should keep a food journal. Keeping track of all the foods eaten can help a person work out what foods are safe for them to eat and what foods might trigger a flare.

Stress

In a similar way to many other diseases, managing stress is an important part of any prevention plan. Stress is thought to trigger flares in a person.

Stress can be managed in a number of different ways, including exercise, therapy, and taking the time to relax.

Written by Jenna Fletcher: Reviewed by Elaine K. Luo, MD

An open letter to President Maithripala Sirisena:

EXTINCT IS FOREVER

Monday, June 12, 2017 - 01:00

Dear Mr President,

I write as a concerned citizen of Sri Lanka. I have lived all my life in this country and truly appreciate the supremely beautiful flora and fauna that we are blessed with. My entire family emigrated to Australia, but it never entered my head to do the same and turn my back on my Motherland.

However, I am deeply saddened at the last few decades of wanton destruction of the environment. Sure, development must take place, but I personally know of many instances when environmental impact assessment reports are not carried out before undertaking major projects, in spite of vetos from the Central Environmental Authority and other environmentalists, who have done in-depth studies and research.

The Mahinda Rajapaksa regime created havoc in the Hambantota/Mattala/Colombo Port areas. Don't take my word for it -look for yourselves. Is this sustainable development? Now that the damage is done and white elephants have been created, your government has no option but to make the best of it, inheriting enormous debts to the Chinese government and others.

But the point is: are you and your government going to make the same mistakes?

I voted for you, along with many of my friends. I personally was delighted that in your Manifesto you included protection of animals. I believed you and had great expectations of a radically changed society (Yahapalanaya), where citizens live by the rule of law. I am Chairperson of The Animal Protection Trust and can tell you that your Ministers and other government officials continuously block our efforts to promote the Animal Welfare Bill and the setting up of an independent Animal Authority.

Only last week there was another tragedy on the Habarana Road, where a baby elephant was killed by a speeding bus. Its mother tried to resuscitate it, by which time a crowd of people had gathered. To the humans, this was a chance to take photographs and videos, but to the mother elephant, it was intense sadness and bereavement. Animals, especially elephants, are intelligent and family orientated. Eventually, the mother was shot dead by the Police, I am told. Where were the Wildlife officers? Why could not the elephant have been tranquilised? The driver of the bus was apparently remanded. I can bet my bottom dollar that some politico will intervene and the driver will go scott free, without a fine or jail sentence.

So, two more elephants lose their lives. Totally preventable deaths.

A well-known animal activist contacted the Provincial Councillor of the North Central Province, offering, at her own expense, to erect large luminous signboards and speed humps on roads where wildlife cross and are vulnerable.

This was in April of this year. She had no response whatsoever. There was no commission or money to be gained, so the authorities were just not interested. Money and Power -that's the name of the game!

Mr President, you and your government promote Buddhism and tolerance for all other religions, but the stark reality is that this country has a very bad track record relating to the protection of animals. The Buddha, who preached compassion to all living beings, must weep to see the misery and abuse that is taking place. You have the authority, given by us, the citizens of this country, to take action.

Live up to your noble traditions and take note before it is too late. Gather around you educated, sensible people to carry out your orders, not giving way to the ignorant, greedy, self-seeking officials, who have no love for the country. Take heed, or you will live to regret it.

In the final analysis, we should be true to ourselves. You are in a position to rule the land without fear or favour.

Do it!

Lorraine Bartholmeusz

SAVING THE ELEPHANT

This magnificent tusker was seen at Yala on one of AuSLMAT's trips to Sri Lanka. Any piece of ivory is from the killing of an elephant. The International Fund for Animal Welfare (IFAW) is quoted as saying that 144,000 elephants were poached across Africa between 2007 and 2014. The Great Elephant Census says that one elephant is killed every fifteen minutes.



There is however now some hope – Auctioneer John Albrecht of Leonard Joel says that he has been “born again” and from the 1st of January 2019 will no longer trade in ivory. The Convention on Trade in Endangered Species (CITES) recommended that all members close down their domestic markets for ivory – France has done so, the US is currently doing this and the UK is talking about this. Australia has not done so as yet!

John Donne 1572-1631 “ Nature’s great masterpiece, an elephant, the only harmless great thing”.

Sent by Dr Quintus de Zylva

Drinking coffee and tea may prevent liver disease

By [Ana Sandoiu](#)



The results of a new study have concluded that tea and coffee consumption can do wonders for liver health.

Cirrhosis, or chronic liver disease, is a serious condition and a leading cause of death among people across the United States. To prevent it, new research recommends that we simply take a break and enjoy a cup of tea.

Chronic liver disease currently ranks as the 12th leading cause of death in the U.S., with almost 32,000 people dying from it every year.

Liver-related death is often the result of cirrhosis. Although a large number of cirrhosis cases are caused by long-term alcohol consumption, non-alcoholic fatty liver disease (NAFLD) can also lead to cirrhosis.

Fortunately, there are quite a few things that we can do to protect our liver.

Apart from avoiding alcohol, maintaining an active, healthy lifestyle may ward off **obesity**, which is a risk factor for a fatty liver.

New research, published in the *Journal of Hepatology*, adds a couple of new preventive factors to the list: tea and **coffee**. A team of scientists led by Sarwa Darwish Murad, Ph.D., a hepatologist at the Erasmus MC University Medical Center in Rotterdam in the Netherlands, set out to examine the impact of coffee and tea consumption on liver health.

Dr. Murad explains the motivation behind the research:

"There is quite some epidemiological, but also experimental data suggesting that coffee has health benefits on liver enzyme elevations, viral hepatitis, NAFLD, cirrhosis, and liver cancer. [...] We were curious to find out whether coffee consumption would have a similar effect on liver stiffness measurements in individuals without chronic liver disease."

Socialize

It's not about how many people you know or how often you see them. What matters is a real connection with others. It can make you happier, more productive, and less likely to have health problems. So call up a friend and go to dinner, or join a team or club to make some new ones.



The information contained in this newsletter is informational only and not designed to be a substitute for medical guidance. At all times a practitioner should be consulted.

People Are Healthier in the Summer (and Here's Why)

By Agata Blaszczak-Boxe,
Contributing Writer



Credit: PHOTOCREO Michal Bednarek

The activity of human genes changes with the seasons, and with it, immunity changes too, according to a new study. Seasonal changes in gene activity mean that [the immune system](#) revs up inflammation in the winter, researchers found. This may help explain why the symptoms of inflammation-related conditions — such as heart disease and rheumatoid arthritis — often worsen in winter, and why people tend to generally be healthier in the summer. "Our results indicate that, in the modern environment, the increase in the pro-inflammatory status of the immune system in winter helps explain the peak incidences of diseases that are [caused by inflammation](#), by making people more susceptible" to inflammation's effects, said study co-author Chris Wallace, a genetic statistician at the University of Cambridge in the United Kingdom.



This Is Your Brain on Coffee

By GRETCHEN REYNOLDS

Why drinking three cups a day may be good for us.

Ditch the Juice, Eat the Fruit

If you like orange juice, have an orange instead. Even 100% pure juice loses nutrition when you process it, and it can put a lot of hidden sugar in your diet. On the other hand, actual fruits are good sources of vitamin C, potassium, fiber, and folic acid. And they're low in fat, sodium, and calories.

Michelle Obama made a surprise appearance at the BET Awards and people got emotional

<https://t.co/ILtjnywSda>



Arugula Salad

When it comes to leafy greens, arugula is a super food: rich in vitamins and bone-building calcium. Toss in some shredded parmesan cheese and slivered almonds to get 215 mg of calcium in a small, tasty salad. That's twice what you'd get in a slice of cheese quiche.

Arugula (1 cup): 125 mg calcium
Almonds (12 nuts): 35 mg calcium
Parmesan (1 Tbsp): 55 mg calcium

WebMD

SLIDESHOW

10 Health Myths Debunked



Must you really drink 8 glasses of water a day? Can a toilet seat make you sick? And does antiperspirant cause breast cancer? We set the record straight.

Dilemma of the PSA test to detect Prostatic Cancer

Written by Dr. Harold Gunatillake FRCS, FICS, FIACS, MB, BS, AM (Sing)-Health writer
When you are over 40, the doctors' advice you to have a PSA test to check and record the number as your base, for future comparisons. If there is a history of prostate cancer in the family, you are advised a test yearly. If you do not have a family history and you... [See More](#)



For Coffee Drinkers, the Buzz May Be in Your Genes

By ANAHAD O'CONNOR

Is coffee good for you or bad for you? The answer may be in your genetic makeup.

Stimulate Your Nerves With Onion And Garlic

by [CureJoy Editorial](#)

Your sole has over 7,000 nerve endings and is a vital channel to stimulate your nerves. Cut onion or garlic slices and put them into your socks under your sole while sleeping. As they are air purifiers they remove any bacteria and also the Phosphoric acid enters the blood stream and helps purify blood. Don't reuse the slices as they hold onto the dirt they accumulate.

Meridians are direct pathways to different organs in the body. Although many claim that these don't exist, Chinese medicine practitioners strongly believe that these meridians are nothing but the nervous system. When it comes to nerve endings, your sole tops the list with over 7,000 nerve endings. Stimulating these nerves regularly has several health benefits but is hard to do as out feet are always under stress and its not very convenient to stop walking during a regular day. Here's a trick that is both natural and effective. Just cut a slice of Onion or Garlic and slip it inside your socks, positioning it under your feet while you sleep. They are both air purifiers and when applied on the skin kill germs and odor. Also the Phosphoric acid it contains enters our bloodstream and helps purify blood. Remember not to reuse these onion slices as they collect and store germs or bacteria.

Coffee drinking genetically controlled

About a decade ago, Ahmed El-Sohehy, a professor in the department of nutritional sciences at the University of Toronto, noticed the conflicting research on coffee and the widespread variation in how people respond to it. Some people avoid it because just one cup makes them jittery and anxious. Others can drink four cups of coffee and barely keep their eyes open. Some people thrive on it.

Dr. El-Sohehy suspected that the relationship between coffee and heart disease might also vary from one individual to the next. And he zeroed in on one gene in particular, CYP1A2, which controls an enzyme – also called CYP1A2 – that determines how quickly our bodies break down caffeine.

One variant of the gene causes the liver to metabolize caffeine very quickly. People who inherit two copies of the "fast" variant – one from each parent – are generally referred to as fast metabolizers. Their bodies metabolize caffeine about four times more quickly than people who inherit one or more copies of the slow variant of the gene. These people are called slow metabolizers.

But when they split the subjects into two groups – fast and slow caffeine metabolizers – they found something striking: Heavy coffee consumption only seemed to be linked to a higher likelihood of heart attacks in the slow metabolizers.

[Get ready! India's own GPS set to hit the market early next year](#)



From next year, if you ever lose your way in any part of the country or anywhere in the Arabian sea, 'NavIC' will come to your rescue and help you find your bearings. Yes, India's very own desi Global Positioning System is operational and is set to hit the market for public use in early 2018.

Turmeric and medicine



Turmeric and its compounds are being studied for conditions such as cancer, inflammation, and psoriasis.

Turmeric plays an important role in medical practices, such as Ayurveda and Traditional Chinese Medicine (TCM).

Medical science is interested in the herb, as well, due to the high levels of friendly compounds it contains. Of particular interest is a class of compounds called curcuminoids. One curcuminoid found in turmeric is *curcumin*. This name is sometimes loosely used to describe all of the curcuminoids in turmeric.

Turmeric and curcumin are being studied for a number of human conditions such as:

- [irritable bowel syndrome](#)
- inflammatory bowel disease
- [cancer](#)
- [arthritis](#)
- [uveitis](#)
- [peptic ulcers](#)
- [inflammation](#)
- *h. pylori* infections
- [vitiligo](#)
- [psoriasis](#)
- [Alzheimer's disease](#)

Turmeric is also often added to the diet to help reduce inflammation and oxidative stress.

Written by Jon Johnson Reviewed by Natalie Olsen, RD, LD, ACSM EP-C

Eating more fiber may lower risk of osteoarthritis

Written by [Ana Sandoiu](#)
Published: Wednesday 24 May 2017

Osteoarthritis affects millions of people both worldwide and across the United States. New research shows that a diet rich in fiber may lower the risk of developing painful knee osteoarthritis.



Fruit and whole-grain cereals are excellent sources of fiber.

Osteoarthritis (OA) is the most common type of [arthritis](#), affecting more than [30 million](#) U.S. adults. Worldwide, it is [estimated](#) that almost 10 percent of men and 18 percent of women aged 60 and over live with symptomatic OA.

Also known as "wear and tear" arthritis, the joint disorder affects elders in particular, with women over the age of 50 being the most likely to develop the condition.

New research - [published](#) in the journal *Annals of the Rheumatic Diseases* - investigates the link between a diet rich in fiber and the risk of developing knee OA. The new study consists of a meta-analysis examining two long-term studies on the benefits of a fiber-rich diet. The study was a collaborative effort between researchers from Tufts University in Boston, MA, and the University of Manchester in the United Kingdom.

The first author of the study is Dr. Zhaoli Dai, of the Human Nutrition Research Center on Aging and Friedman School of Nutrition Science and Policy at Tufts University.

Previous studies have shown that a diet rich in fiber has various health benefits, from lowering [blood pressure](#) and weight, to reducing [inflammation](#) and improving blood sugar levels.

Good sources of [fiber](#) include nuts, legumes, fruit, whole grains, and non-starchy vegetables.

DIET



How does keto diet fit into an Indian meal plan?

A keto diet is a low carb and high fat diet that is beneficial for those looking to lose weight and increase metabolic rate. This diet has increasingly become popular due to the fast results it delivers.

THE CHURCH ORGANIST

Miss Beatrice, the church organist, was in her eighties and had never been married.

She was admired for her sweetness, and kindness.

One afternoon, the Church Pastor called on her and she showed him into her quaint sitting room.

She invited him to have a seat while she prepared tea.

As he sat facing her old Hammond organ, the young minister noticed a cute glass bowl sitting on top of it.

The bowl was filled with water, and in the water floated, of all things, a condom!

When she returned with tea and scones, they began to chat.

The pastor tried to stifle his curiosity about the bowl of water and its strange floater, but soon it got the better of him and he could no longer resist.

'Miss Beatrice', he said, 'I wonder if you would tell me about this?' pointing to the bowl.

'Oh, yes,' she replied, 'Isn't it wonderful? I was walking through the park a few months ago and I found this little package on the ground.

The directions said to place it on the organ, keep it wet, and that it would prevent the spread of disease.

Do you know I haven't had the flu all winter!'

(Sent by Rohantah Gunaratne-London

<https://www.youtube.com/embed/dDESzUuZuC0?rel=0>

Attachments area

Preview YouTube video Amira Willighagen ~ Live in Concert ~ O Sole Mio



Broccoli Compound Could Help Treat Type 2 Diabetes



[Prostate Cancer Warning Signs & Prevention](#)



[Asthma Symptoms, Causes, and Medications](#)



Can turmeric help people with diabetes?

Including turmeric in the diet seems to promote general wellbeing. There is also evidence that indicates turmeric may be especially beneficial for people with diabetes. It is believed that curcumin is the source of many of the medical benefits of turmeric. The focus of most research has been on curcumin itself, rather than whole turmeric. A [review](#) in the journal *Evidence-Based Complementary and Alternative Medicine* compiled more than 13 years of research on the connection between diabetes and curcumin. The result suggests curcumin can help people with diabetes in **different ways, as described here:**

Curcumin may help control blood sugar

Curcumin may help people with diabetes control their blood sugar levels.

Tests using animal models indicated that curcumin could have a positive effect on high blood sugar. Many tests were also able to improve the levels of [insulin](#) sensitivity in test subjects. Other studies found that curcumin had little effect on blood sugar.

Thus, taking turmeric or curcumin orally may help reduce blood sugar levels to more controllable levels in some people, though more research on humans is necessary.

Written by Jon Johnson Reviewed by Natalie Olsen, RD, LD, ACSM EP-C

Debunking The Myth Around Avocados And Constipation

by CureJoy Editorial

Avocados being high in healthy fat and a plethora of vitamins and minerals top the list of must-have foods. The high fiber content and vitamin-C present in them promote easier bowel movements preventing constipation. These properties also enhance the colon-health keeping any infections or hemorrhoids at bay.

Avocados are listed as one of the top fruits to be included in the diet for regular consumption. Owing to their abundant vitamins, healthy fats, and minerals, avocados embrace your salad toppings, soups, sandwiches, or pasta equally. The buttery texture with a subtle aroma which is due to the presence of healthy monounsaturated fatty acids (MUFA) compensates for their not-so-sweet taste and blends with any meal or snack.

However, there has always been a question on if avocados cause constipation, and below is the answer.

Does Avocado Cause Constipation?

The answer is – no. Dietary fiber is an essential part of one's diet. One-half of an avocado has 4 grams of dietary fiber. This equates to 16% of daily recommended intake of fiber for women and 11% of daily recommended intake of fiber for men.

Have a Drink

Yes, we're talking about alcohol, but please notice the "a drink" part: two a day at most for men, one at most for women. More than that and the health benefits move quickly in the opposite direction. But a little alcohol can be good for your heart health, your stress level, and even your sex life.

Turmeric and diabetes management

If people with diabetes add turmeric to their diets, it should be used as a supplement to a comprehensive diabetes management plan. Many people with diabetes respond well to:

- eating a healthful diet
- exercising regularly
- managing their stress levels

Doctors will often work directly with a person to create an individualized health plan that addresses their specific symptoms.

A good diet plan for people with diabetes usually begins with a move away from processed foods. People should aim for a diet rich in natural, unprocessed meals instead. Eating a wide variety of vegetables, fruits, and grains helps to ensure a diet contains as many nutrients as possible.

People with diabetes must watch their [carbohydrate](#) intake, particularly carbohydrates in processed and refined sugars, as these can cause spikes in the blood sugar. Although natural sugars such as those found in fruit are better options, these also need to be accounted for when managing diabetes.

Fiber-rich foods are also needed, as they slow the rate of sugar absorption in the body. This may help prevent blood sugar spikes during the day.

Including plenty of other healthy spices besides turmeric in the diet may also help some people manage their diabetes symptoms. These include:

- [cinnamon](#)
- [ginger](#)
- cumin

Criticisms of turmeric and curcumin

Not everyone is convinced curcumin is as good as it seems.

A recent [study](#) posted to the *Journal of Medicinal Chemistry* was critical of the use of curcumin to help prevent or treat anything.

The researchers argued that curcumin is not very bioavailable, and that the quality of the herb can vary greatly. This makes it difficult to use or test its compounds in a controlled way. They called for more careful examination of curcumin in future research.

MNT

[Can Diabetes Be Cured?](#)

Is marriage good for your health? It depends who you're married to

New research has found being married has protective health effects – unless it doesn't

Emine Saner

If there's one thing Disney screenwriters, social conservatives, the patriarchy and the wedding industrial complex can agree on, it's that marriage is good for you. And there are a lot of studies to back that up. The latest, by researchers at the [Aston medical school in Birmingham](#), which analysed data from more than 900,000 patients, found that those with type 2 diabetes, high blood pressure and high cholesterol were more likely to survive if they were married than those who were single. The protective effect was put down to increased social support and care, such as your spouse nagging you to make lifestyle changes and take medication. Last year, the same team were part of a group that found married people were [more likely to survive a heart attack](#).

Other studies have found married people have lower levels of cortisol, the stress hormone, than [their single counterparts](#), and were 10%-15% less likely to die early. If you're reading this while single, and you're feeling depressed or anxious, don't be surprised – if you were married, you would be less likely to suffer from either.

[When does long-term acid reflux become a serious issue?](#)



Q. I have had acid reflux for many years, but it is well controlled with a proton-pump inhibitor. However, I am concerned about long-term damage from my reflux, even though I feel fine now. Should I have an upper endoscopy to look for possible damage?



Man's 29 Lbs. of Poop Removed: What Is Hirschsprung's Disease?

See This

Cardiac Arrest? Someday, Drones May Come to Your Rescue

[Quiz: Sudden Cardiac Arrest!](#)
[A Visual Guide to Heart Disease](#)
[Heart Symptoms Never to Ignore](#)
[Slideshow](#)



Bystander unloading AED from drone. Photo: JAMA

By **Alan Mozes**
HealthDay Reporter
Latest Heart News



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TUESDAY, June 13, 2017
(HealthDay News) -- Drones have been proposed for some pretty mundane uses, such as delivering pizzas or packages, but new research suggests the high-flying machines could be used to swoop in and save lives.

Swedish researchers think drones can quickly deliver defibrillators to someone whose heart has suddenly stopped beating.

"Each minute that passes after a [sudden cardiac arrest](#) decreases the chance of survival by approximately 10 percent," explained lead investigator Andreas Claesson. He's a paramedic with the Center for Resuscitation Science at the Karolinska Institute in Stockholm. "In rural areas, a drone carrying an AED [automated external defibrillator] could arrive far ahead -- meaning 16 minutes [faster] -- of emergency medical services," he said.

And that, Claesson said, could "potentially save lives through earlier [defibrillation](#) as carried out by bystanders onsite."



Watch the Fat

It's not as clear-cut as it sounds. You definitely want to keep an eye on trans fats, which are added to some foods (like frozen pizza and baked goods) to keep them fresh. They've been linked to heart disease. But some fat -- from dairy, whole eggs, fish, avocado, or nuts, for example -- is good for you as part of a balanced diet. And high-fat dairy may even help you lose weight better than low fat. This may be because the fat satisfies your hunger better than other calories.

WebMD

What Is Prediabetes?

It's when your blood sugar is higher than normal, but not high enough to be called diabetes. You won't necessarily notice any symptoms -- you can have it and not know it. A simple blood test can tell you if you do. You're at risk if you're overweight, over 45, and you don't exercise. It makes you more likely to have type 2

WebMD

Moderate alcohol consumption linked to brain decline

By [Catharine Paddock PhD](#)



The results of a new study have shown that even moderate alcohol intake can have a negative impact on cognitive health.

A new study concludes that even moderate alcohol consumption is linked to a raised risk of faster decline in brain health and mental function. The researchers say that their findings support the United Kingdom's recent tightening of guidance on alcohol and question the limits given in the United States guidelines.

The study - by the University of Oxford and University College London, both in the U.K. - is published in the *BMJ*.

Alcohol consumption is a [recognized](#) global public health issue.

According to the World Health Organization (WHO), "5.1 percent of the global burden of disease and injury is attributable to alcohol."

In 2010, the World Health Assembly passed a resolution urging countries to "strengthen national responses to public health problems caused by the harmful use of alcohol."

The U.K. government recently tightened their [guidance](#) on alcohol consumption, following new evidence of links to [cancer](#).

They suggest that men and women "are safest not to drink regularly more than 14 units per week, to keep health risks from drinking alcohol to a low level." This is roughly the amount of alcohol contained in four pints of strong beer or five large glasses of 14 percent wine.

However, the researchers behind the new study note that the U.S. guidelines allow a higher limit for men of 24.5 units per week.

Congestive heart failure:

Written by Zawn Villines Reviewed by Debra Sullivan, PhD, MSN, CNE, COI

Congestive heart failure undermines the heart's job of pumping blood around the body. This can occur when the heart muscle is too weak, or when another defect prevents it from circulating blood properly.

Over time, this failing causes the organs to receive less blood.

When the kidneys are deprived of a good blood supply, they struggle to filter fluids to make urine. This causes fluid to build up in parts of the body, particularly in the liver, eyes, lungs, and legs. Congestive heart failure (CHF) gets its name from the "congestion" of this excess fluid.

Left untreated, CHF can be fatal. Even with adequate treatment, CHF may get worse over time, triggering problems throughout the body.

Symptoms

Symptoms of CHF vary in severity but tend to get worse over time.

People with a history of cardiovascular health issues or several risk factors for CHF should seek immediate care if they experience symptoms of CHF. Similarly, if symptoms do not improve after a few days, a person should see a doctor.

The most common symptoms of CHF are: Shortness of breath or difficulty breathing: People with CHF may also struggle to breathe when lying down due to fluid accumulation in the lungs.

A persistent, unexplained cough: Some people experience wheezing and pink or blood stained mucous.

Swelling in the legs, ankles, abdomen, or hands: The swelling may get worse as the day goes on or after exercise. Feeling tired: This can happen even when someone is well-rested.

Changes in thinking and memory: Electrolyte imbalances due to CHF can impair the ability to think clearly.

Nausea: This can be accompanied by a drop in appetite.

A rapid heart rate: This occurs because the heart is unable to pump blood with a regular rhythm.

Feeling light-headed or dizzy: This might also include tingling or numbness in the extremities due to inadequate blood supply.

As fluid builds up, people with CHF may develop painful swelling. This is called edema and was once referred to as dropsy.

Swelling caused by CHF can undermine movement, and may even cause dangerous blood clots in the legs. Also, organs affected by fluid retention may not work properly, making it harder to breathe or exercise.

Children with CHF may experience delays in physical development, while babies with the condition may struggle to gain weight.

GSK's Chief Immunology Officer discusses unlocking the secrets of the immune system to tackle disease

Related tags: Innovation Research

Paul-Peter Tak, Chief Immunology Officer & Senior Vice President R&D Pipeline, GSK, highlights the work that is being done to explore the immune system.

We all know that a strong immune system is important for our health, keeping colds at bay and warding off infections. It is the body's first line of defence – a complex network of specialist cells and mediators of inflammation that springs into action to protect us against invading germs, from the moment we are born, every day of our lives.

And yet as science evolves we are learning that the immune system does so much more than protect us from an outside attack. And when these cells stop working properly, it can lead to a range of diseases that impact almost every area of medicine, such as asthma, arthritis and cancer. [View video](#)

As an immunologist who has studied the science of the immune system for more than 25 years, I have always been fascinated by the central role it plays in disease, and also by the potential to harness its power and alter the fundamental course of disease. Growth in our understanding of the immune system means scientists now have real opportunities to develop medicines capable of doing just that.

Our immune systems are hugely complex, made up of millions and millions of cells that interact with each other in so many different ways.

When working properly together, these cells are like a finely tuned orchestra playing in harmony. But when a cell falls 'out of tune', it can be highly disruptive.

Paul-Peter Tak, Chief Immunology Officer and Senior Vice President Research and Development Pipeline, GSK,

This disruption can cause illness. It may be that cells in our immune system wrongly attack and destroy healthy body tissue by mistake; perhaps they don't identify and destroy the unusual cells they should, resulting in the growth of a tumour; or they may harbour bacteria or viruses for many years resulting in unresolved infection.

Rapidly evolving science and relevance for many therapy areas explains why the field of immunology has become a fertile area for the discovery and development of new medicines – if we can pin-point exactly where these changes in our immune system are happening, and how, we could have the starting point to develop a new medicine.

That's by no means an easy challenge, but our research teams believe immunology has the potential to help in the development of medicines to tackle respiratory diseases, cancer, metabolic, infectious, neurological and inflammatory diseases. We also recognise that because the science is progressing so quickly in this field we won't discover everything on our own. And so we're joining forces with world-renowned academic scientists to identify the exciting areas of research that our drug discoverers should be exploring. We've invited some of the brightest academic scientists in the world to join us in our laboratories, where they'll be continuing their own research while gaining access to our world class technologies. [View video](#)

In turn we hope to learn from their different skills and ways of working. I believe that will lead us down a path we've not thought of yet – to discover the next breakthroughs in immunology that will help us to develop transformational therapies for patients.

Ray Silva

New South Wales

Age: 42

Occupation: Doctor



Cooking dishes packed with flavour and punch is a necessity for Ray, who loves foods with layer and depth to heighten the tastebuds. Born in Chicago, Ray spent his childhood years in the US before returning to his homeland of Sri Lanka with his family at the age of 10.

Together with his sister Meneka, the family remained in Sri Lanka until Ray was 15, at which time they relocated to Australia. Ray says his passion for food started with his parents' cooking, citing his Dad's crab curry as the best he has ever eaten.

Settling in Wollongong NSW, Ray completed high school before embarking on a degree in Chemistry from the University of Wollongong. In 1998 he began a degree in Medicine from the University of Queensland. Ray says his passion for both organic chemistry and food stems from an interest in precision and the skill and ability of following a recipe precisely to get a required result.

After university, Ray embarked on placements in hospitals across Australia, spending time in Cooktown, Brisbane, Batemans Bay, Cairns and Sydney across a variety of specialties including neurology, plastic surgery and emergency surgery.

Ray's daughter Maya was born in 2010 and three years later, he welcomed his second daughter, Lana.

Ray decided to commence his general practitioner training in 2014 and now works as a GP in a medical centre in Bondi Junction. Away from medicine and caring for his patients, Ray says one of his greatest loves is food. He loves to throw dinner parties for friends and family, and enjoys experimenting with different food techniques. He describes his cooking style as contemporary and his food idols include Shannon Bennett, Brent Savage, Ben Shewry and Martin Benn.

[Melting and cracking – is Antarctica falling apart?](#)

Cut Back on Sugar

Most of us get way more of it than we need. It's not just the added calories and the lack of nutritional value: It also can make your blood sugar spike and then crash, and that leaves you tired, hungry, and irritable -- "hangry."

[George Clooney / Actor sells his tequila company for up to \\$1bn](#)

Brain cancer could be prevented with olive oil compound

By [Honor Whiteman](#)

Published Monday 5 June 2017



Researchers say that an olive oil compound could help to prevent brain tumor formation.

The health benefits of olive oil are wide-ranging; studies have linked the fat to reduced risk of obesity and heart disease, as well as cognitive improvements. Now, new research suggests that olive oil may also help to prevent brain cancer.

Researchers from the United Kingdom found that oleic acid - a monounsaturated fatty acid present in olive oil - stops cancer-causing protein activity in brain cells.

Study co-author Dr. Gracjan Michlewski, of the Wellcome Trust Centre for Cell Biology at the University of Edinburgh in the U.K., and colleagues say that they are unable to conclude whether dietary intake of olive oil protects against brain [cancer](#).

However, they believe that their study could open the door to new strategies to prevent the disease.

Dr. Michlewski and colleagues recently reported their [findings](#) in the *Journal of Molecular Biology*.

Oleic acid halts brain tumor formation by encouraging miR-7 production

Previous research has shown that oleic acid can inhibit the disease-causing activity of specific proteins. With this in mind, Dr. Michlewski and team set out to investigate how the olive oil compound affects the activity of proteins miR-7, which is a microRNA involved in the suppression of brain tumor formation. To reach their findings, the researchers tested the effects of oleic acid on living, human cells and cell extracts.

The team found that the compound inhibits the activity of a cell protein called Musashi homolog2, which stops the protein from halting the production of miR-7. As a result, the formation of brain tumors is prevented.

The researchers say that further studies are needed to determine whether olive oil consumption can help to prevent brain cancer, but their current results are promising.

By [Honor Whiteman](#)

Type of natural sugar may prevent arteries from clogging

By [Ana Sandoiu](#)

The new study shows that trehalose may reduce the buildup of plaque inside the aorta. Shown here is the aorta of a mouse, with the red lines depicting the aorta's walls and the yellow section showing the macrophages removing cellular waste. Image credit: Ismail Sergin

A new study in mice shows that trehalose, a type of natural sugar, may boost the 'housekeeping' abilities of a certain kind of immune cell, thus reducing the buildup of plaque inside the arteries. Atherosclerosis occurs when plaque builds up inside the body's arteries. Plaque is made up of fatty deposits, cholesterol, and other "waste" from our cells. The buildup of plaque can narrow the arteries and decrease their elasticity. This, in turn, can lead to a variety of cardiovascular problems, such as increased blood pressure, coronary heart disease, peripheral artery disease, and even heart attack.

Although it is not exactly known what causes atherosclerosis, there are a number of risk factors and things that we can do to lower our chances of accumulating plaque inside our arteries. Smoking, high blood pressure, and high levels of the "bad" kind of cholesterol are all known to damage the arteries, so preventing these events from occurring may keep atherosclerosis at bay.

New research adds a potential preventive factor to the list. The natural sugar trehalose may have a protective role against atherosclerosis, as this new mouse study shows.

The research, whose senior author is Babak Razani, Ph.D., an assistant professor of medicine at Washington University School of Medicine in St. Louis, MO - was published in the journal *Nature Communications*.

Handwashing with cold water just as good as hot water for killing bacteria

By [Ana Sandoiu](#)

Published Wednesday 31 May 2017



New research suggests that hot water is not any better at washing away germs than cold water. Many of us have been taught from an early age that washing our hands with hot water and soap is crucial for keeping germs at bay. The United States government regulations also insist on the importance of hot water temperature for the health and safety of U.S. consumers. But is there any scientific evidence in support of this claim? A new study investigates.

The U.S. Food and Drug Administration (FDA) [state](#) that warm water is more effective for removing germs during handwashing than cold water is, and they require the water temperature in restaurants, cafeterias, and other food service establishments to be 40°C, plus or minus 2 degrees (or between 100 and 108 degrees Fahrenheit).

The rationale for this is that hot water makes soap lather and helps to get rid of the germs. But is this scientifically proven?

Previous [research](#) has drawn attention to the fact that there is not scientific evidence to back up the claim that hot water is required to kill off germs during handwashing. And now, new research suggests that cold water might do the trick just as well as hot water.

The study was carried out by researchers at the Rutgers University-New Brunswick in New Jersey, and the results were [published](#) in the *Journal of Food Protection*.



What Is Processed Meat?

There's no clear definition -- it's more of a description -- but if you smoke it, salt it, cure it, or add preservatives to it, it's probably processed. People who eat a lot of these kinds of meats are more likely to get heart disease, diabetes, and even certain kinds of cancer, thanks to all the salt, fat, and chemical preservatives. -WebMD

Thank you for reading my tit bits on health issues. Please share with your friends-Ed

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