

How Bad for You Are Fried Foods?

By Stephanie Watson



Few of us are under the illusion that french fries – or any fried foods -- are good for us. But could eating them actually shorten our life? Although the connection between eating fried foods and obesity and heart disease is well known, a study published earlier this month is the first to link eating fried potatoes to death risk.

The study found people who ate fried potatoes (including french fries, fried potatoes, and hash browns) more than twice a week were more likely to die early than those who ate fried potatoes less often.

The report included 4,440 people, ages 45 to 79, who were enrolled in a study that looked at ways to prevent and treat knee osteoarthritis. Researchers followed participants over an 8-year period and asked them about their diet -- including the amount of fried and unfried potatoes they ate.

Study author Nicola Veronese, MD, said they focused on potatoes because the link between eating them and death risk hadn't been studied before. Some studies had found that potatoes raise the odds of having heart disease and other medical conditions, says Veronese, a researcher at the Institute of Clinical Research and Education in Medicine in Padova, Italy.

After 8 years, the chance of early death was about twice as high in the group that ate fried potatoes more than 2 times a week. What about french fries might have contributed to the participants' premature demise?

"We think that several mechanisms could lead to mortality," Veronese says. First, he says, people who eat more potatoes have a higher incidence of medical conditions that can increase the risk of death. Also, "The potatoes are fried in unhealthy oils rich in trans fats. Finally, the high amounts of salt used further increase the risk of death."

Are French Fries Really Deadly?

Before you swear off french fries forever, here are a few things to consider. First, the study didn't determine exactly how the study participants died. "Those deaths might have had nothing to do with diet. They could have been run over by a car," says Ken Lee, PhD, a professor in the department of food science & technology at the Ohio State University Food Innovation Center.

Second, it relied on the participants' memory of what they ate. "That is one of the least reliable forms of diet studies," Lee says.

The researchers also didn't prove that french fries caused an early death. "We don't know what other things in their diet and lifestyle may have contributed to their death," says Lisa Sasson, a clinical assistant professor of nutrition in the NYU Department of Nutrition and Food Studies.

She adds that unless a food is poisonous or tainted with bacteria, it's not likely to kill you on its own. "That's a very simplistic way of looking at it."

Sri Lankan personalities on display Congratulations Victor



There was an exhibition of Sri Lankan personalities on display at the Victorian Immigration Museum, 400 Flinder Street, Melbourne recently, and subsequently in Sydney.

Victor Melder's photo was prominently displayed among the others for his services to the Sri Lankan and Australian communities.

He runs a unique library on Sri Lanka, perhaps the only one of its kind overseas, exists in the suburb Broadmeadows Melbourne, Australia. This library was begun by Victor Melder in 1968, when he migrated to Australia. ... This is what gave birth to the 'Victor Melder Sri Lanka Library', today used by Uni' students, NGO's and quasi government departments in Melbourne for research projects. Victor spends most of his time in the library, researching material on requests or preparing new summaries etc. on Sri Lanka for the various Sri Lankan Organization newsletters –Australia-wide. In 1993, the Government of Sri Lanka bestowed on Victor the National Title 'Sri Lanka Ranjana', in recognition of his then twenty-five years meritorious service to Sri Lanka in Australia

A deserving legend and an icon- should be credited and merited with more recognition for posterity.

Please read and share with your Friends. All comments email to haroldgunatillake1@gmail.com





Sita (left)- granddaughter of Ramachandra Balasuperamiam (right) –expatriate Sri Lankan living in Manly, has been invited by Michael Egan (centre) ,the former Mayor of the Warringah Council to stand as an independent member of his team for the Manly Ward for the newly constituted Northern Beaches Council Elections on 9 Sept. This photo was taken at the launch with Tom Keneally and the proud grandfather

Parts of Mediterranean diet shown to prevent colorectal cancer

By Ana Sandoiu



New research singles out a few key elements of the Mediterranean diet that are most important for colorectal health.

The benefits of the so-called Mediterranean diet have been hailed in the news over recent years. Now, new research looks closely at the elements of the diet that could help to prevent the risk of colorectal cancer.

Among many other benefits, the [Mediterranean diet](#) has been [shown](#) to lower the risk of [colorectal cancer](#). But the specifics of this beneficial role have not been studied in depth.

New [research](#) - presented at the [ESMO 19th World Congress on Gastrointestinal Cancer](#), held in Barcelona, Spain - singles out the few components of the Mediterranean diet key for preventing colorectal cancer. The first author of the study is Naomi Fliss Isakov, Ph.D., of the Tel-Aviv Medical Center in Israel.

More specifically, the research looks at the link between the components of the diet taken both separately and in combination, as well as the risk of developing advanced colorectal polyps. Colorectal cancer tends to develop from [advanced polyps](#), or adenoma. However, the chances of polyps becoming malignant depend on various factors, including size, structure, and location.

[Parts of Mediterranean diet shown to prevent colorectal cancer](#)

Tips to Lower Risk of a Heart Attack or Stroke

Sometimes, small changes to your lifestyle can really cut your odds of having a heart attack or stroke. Try this step-by-step approach.

1. Exercise a Little Each Day

Moderate physical activity lowers your chances of a heart attack. Shoot for 30 minutes of exercise that gets your heart pumping at least 5 days a week. Brisk walking or swimming are some good choices. On the other 2 days, do strength training, like lifting weights.

2. Set a Reasonable Goal for Weight Loss

If you're overweight or obese, you don't have to get thin to reduce your risk for a heart attack or stroke. If you lose 5% to 10% of your weight, you'll improve your cholesterol numbers and lower your blood pressure and blood sugar levels.

3. Take Your Heart Medicine

It sounds like a no-brainer, but don't skip your meds. Many people don't take their medications the way their doctor told them to. Figure out what keeps you from taking your medicine -- it could be side effects, cost, or forgetfulness -- and ask your doctor for help.

4. Eat Well

If you stick to a healthy diet, you could lower your odds of getting heart disease. Fill your plate with different kinds of: Fruits; Veggies; Whole grains; Fish; Lean meats Stay away from processed or prepared foods that often are high in salt and added sugar. They're also filled with preservatives.

5. Drink Some Alcohol, but Not Too Much

If you drink, any type of alcohol helps your heart, but use caution. Too much raises your risk of high blood pressure, heart attack, and stroke.

To get the benefit without the risk, stop at one drink a day if you're a woman and two if you're a man.

6. Eat a Little Chocolate

Go for dark chocolate, and make sure the ingredients are at least 70% cacao. It's filled with nutrients that help protect your ticker. Keep your portions small so you don't gain weight and work your heart harder.

8. Pay Attention to Your Symptoms

Don't just hope they'll go away. See your doctor if you feel anything unusual, like shortness of breath, changes in your heart rhythm, or extreme tiredness. Also, watch for pain in your jaw or back, nausea or vomiting, sweating, or flu-like symptoms.

WebMD Medical Reference Reviewed by James Beckerman, MD, FACC on February 27, 2017

The most common symptoms of bladder cancer include:



- [Blood](#) or [blood clots](#) in the urine ([hematuria](#)). Hematuria occurs in 8 or 9 out of 10 people who have [bladder cancer](#) and is the most common symptom. Usually it isn't painful.
- Pain during urination ([dysuria](#)).
- Urinating small amounts frequently.
- Frequent [urinary tract infections](#) (UTIs).

Symptoms that may indicate more advanced bladder cancer include:

- Pain in the lower back around the [kidneys](#) ([flank pain](#)).
- Swelling in the lower legs.
- A growth in the pelvis near the [bladder](#) (pelvic mass).

Other symptoms that may develop when bladder cancer has spread include:

- [Weight loss](#).
- Bone pain or pain in the rectal, anal, or pelvic area.
- [Anemia](#).

The symptoms of bladder [cancer](#) may be similar to symptoms of other bladder conditions.

WebMD Medical Reference from Healthwise



Digestion of Food

Food and drinks mix with gastric juices. This creates a mixture called chyme. That's dumped into the small intestine, where most of the digestion takes place. From there, food is dissolved, nutrients are absorbed into the body, and waste is sent to the colon.

[Soluble fiber](#) is found in oat bran, peas, beans, and most fruits. Bacteria in your large intestine break it down and digest it. In about one-third of people, it creates methane gas. That can make you burp, fart, or feel bloated. Insoluble fiber is found in wheat bran and some vegetables. It's not digested by the body. It passes through the intestines unchanged, so it makes little gas.

Melbourne 'world's most liveable city' for seventh year running
 Calla Wahlquist



Melbourne has been declared the most liveable city in the world for the seventh year running by [the Economist's annual global liveability survey](#), while Sydney remains in 11th place.

It is the first time in the survey's 15-year history that a city has held the No 1 rank in its own right for seven consecutive years. Vancouver, with which [Melbourne](#) shared the top-ranked spot from 2002 to 2004 and then toppled in 2011, held the title for six years.

The announcement delighted the city's lord mayor, Robert Doyle. "This world record is an amazing feat that all Melburnians should be extremely proud of today," he said. Doyle said the accolade was "an important selling point for Melbourne internationally", particularly in attracting international students. He has [previously remarked on enjoying his annual call offering commiserations to the mayor of Vancouver](#). When the survey was released on Thursday his call was to the mayor of Vienna, which scored equally with Melbourne in all measures except culture and environment.

"There will always be naysayers and whingers, and of course we are not perfect," Doyle said. "No great world city is, but we should be very proud of the work we all do together to make Melbourne the best city in the world."

Victoria's premier, Daniel Andrews, appeared particularly pleased that Melbourne continued to outstrip its greatest rival, [Sydney](#)

PATRIOTISM - IS IT FACT OR FICTION?

*What a Wonderful World we live in!
 What Wonderful Lands we lived in!
 What Wonderful Principles built therein
 What Wonderful Indoctrinations that are driven in*

*Patriotism is just a Double-Edged Principle
 Politically Complicated & Confusing;
 though a word so Simple
 In bringing out the Best in a person; to Kindle Love & set an Example
 Placing Country before self and reaching the Pinnacle*

*A Tool in the hands of the Politicians & Powers that wish to Remain in At the Cost of Mised Pawns that lie therein
 At the Mercy of those adapt at Manipulating
 Often Indulging in Misdeed; and oft misleading*

*Patriotism has many an Obstacle
 Primarily it is a Tool for the Majority who Rule
 Using the Minority; with their Patriotic Rhetoric as a mere Tool
 Just to made use of and Rid of; looking a mere Fool*

*Politicians thrive therein
 Incurring & currying the Favour of the Majority wherein
 Implementing an Objective of Divide & Reign
 In their Quest to Cling on to Power and Remain
 You be the Judge if Patriotism is for the Wise or the Fool
 Or it be a Political Tool
 Or it be a Tool of the Old School
 Bringing Glory to a Person with a Gilt Edged*

*Moral
 Noor Rahim*

How Diabetes Can Affect Your Gut

Nausea, heartburn, and bloating can be signs of gastroparesis, a digestive problem caused by diabetes-related nerve damage.



What Is Gastroparesis?

Gastroparesis is a condition in which your [stomach](#) cannot empty itself of food in a normal fashion. It can be caused by damage to the vagus nerve, which regulates the [digestive system](#). A damaged vagus nerve prevents the muscles in the [stomach](#) and intestine from functioning, preventing food from moving through the [digestive system](#) properly. Often, the cause of gastroparesis is unknown.

However, the causes of gastroparesis can include:

- Uncontrolled [diabetes](#)
- Gastric surgery with injury to the vagus nerve
- [Medications](#) such as narcotics and some [antidepressants](#)
- [Parkinson's disease](#)
- [Multiple sclerosis](#)
- Rare conditions such as: [amyloidosis](#) (deposits of protein fibers in tissues and organs) and [scleroderma](#) (a connective tissue disorder that affects the [skin](#), [blood vessels](#), skeletal muscles, and internal organs)

What Are the Symptoms of Gastroparesis?

There are many symptoms of gastroparesis, including:

- [Heartburn or GERD](#)
- [Nausea](#)
- [Vomiting](#) undigested food
- Feeling full quickly when eating
- Abdominal [bloating](#)
- Poor appetite and [weight loss](#)
- Poor [blood sugar](#) control

What Are the Complications of Gastroparesis?

Some of the complications of gastroparesis include:

- Food that stays in the stomach too long can ferment, which can lead to the growth of bacteria.
- Food in the stomach can harden into a solid collection, called a bezoar. Bezoars can cause obstructions in the stomach that keep food from passing into the small intestine.
- People who have both [diabetes](#) and gastroparesis may have more difficulty because [blood sugar levels](#) rise when food finally leaves the stomach and enters the small intestine, making blood sugar control more of a challenge.

WebMD



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Arugam Bay Sri Lanka July 2016

by william



What are the symptoms of fibromyalgia?

Fibromyalgia is often associated with areas of tenderness, which are called trigger points or tender points. These are places on your body where even light pressure can cause pain.

Today, these points are rarely used to diagnose fibromyalgia. Instead, they may be used as one way for doctors to narrow their list of possible diagnoses. Doctors use a combination of other consistent symptoms — and possibly some medical tests — to help them determine a cause. The pain caused by these trigger points can also be described as a consistent dull ache affecting many areas of your body. If you were to experience this pain for at least three months, doctors may consider this a symptom of fibromyalgia.

People with this disorder may also experience:

- fatigue
- trouble sleeping
- sleeping for long periods of time without feeling rested
- headaches
- depression
- anxiety
- inability to focus or difficulty paying attention
- pain or dull aching in the lower abdomen

Symptoms may be a result of the brain and nerves misinterpreting or overreacting to normal pain signals. This may be due to a chemical imbalance in the brain.

What medications are used to treat fibromyalgia?

The goal of fibromyalgia treatment is to manage pain and improve quality of life. This is often accomplished through a two-pronged approach of self-care and medication.

Common medications for fibromyalgia include:

Pain relievers: Your doctor may recommend over-the-counter pain relievers, such as [ibuprofen](#) (Advil) or [acetaminophen](#) (Tylenol). Prescription versions, such as [tramadol](#) (Ultram), maybe be used in extreme cases. They're used sparingly to reduce the risk of side effects and dependence.

Antidepressants: Antidepressants, such as duloxetine ([Cymbalta](#)) and milnacipran ([Savella](#)), are sometimes used to help treat anxiety or depression associated with fibromyalgia. These medicines may also help improve sleep quality.

Antiseizure drugs: [Gabapentin](#) (Neurontin) was designed to treat epilepsy, but it may help reduce symptoms in people with fibromyalgia. The U.S. Food and Drug Administration also approved pregabalin ([Lyrica](#)) for the treatment of fibromyalgia.

Are there natural and alternative treatments for fibromyalgia?

In addition to medication, a self-care plan can help you cope with the symptoms of fibromyalgia. Lifestyle changes and alternative remedies for fibromyalgia may reduce pain while making you feel better overall. Many of these alternative treatments focus on lowering stress and reducing pain. You can use most alone or together with mainstream medical treatments. It's important to note that most alternative treatments for fibromyalgia haven't been thoroughly studied. Research to date fails to support their effectiveness. Many reports of success with alternative treatment are anecdotal.

These treatments include: physical therapy :acupuncture: meditation: yoga: regular exercise: getting enough sleep at night: massage therapy: a balanced, healthy diet

Therapy can potentially reduce stress that triggers the symptoms and depression often associated with this disorder. Group therapy is often the most affordable option, and it gives you an opportunity to meet others who are going through the same issues. Individual therapy is also available if you prefer one-on-one help. Ask your doctor for specific recommendations.

Healthline

Cold Shower Benefits for Your Health

Medically Reviewed by [Debra Rose Wilson, PhD, MSN, RN, IBCLC, AHN-BC, CHT](#)—

Written by Kathryn Watson

Cold Showers

Cold showers are any showers with a water temperature below 70°F. They may have health benefits. Water therapy (also called hydrotherapy) has been used for centuries to take advantage of our body's tendency to adapt to harsher conditions. As a result, our bodies become more resistant to stress.

Cold showers are not a main source of treatment for any condition, but they may help improve symptom relief and general well-being. Check out the benefits of a cold shower below.

Increases endorphins

Depression affects at least [10 percent](#) of American adults, according to the Centers for Disease Control and Prevention. Many drugs treat depression, depending on the severity or duration of symptoms. One holistic method of treatment that's gaining popularity is hydrotherapy. Taking a cold shower for up to 5 minutes, 2 to 3 times per week, was shown to help relieve symptoms of depression [in a clinical trial](#).

For people with depression, cold showers can work as a kind of gentle [electroshock therapy](#). The cold water sends many electrical impulses to your brain. They jolt your system to increase alertness, clarity, and energy levels. Endorphins, which are sometimes called happiness hormones, are also released. This effect leads to feelings of well-being and optimism.

Helps improve metabolism

White fat is the fat we associate with conditions such as obesity and heart disease, but we are all born with brown fat. [Researchers](#) have found that brown fat plays an important role in adult health. Healthy levels of brown fat also indicate that white fat will be at a healthy level. And brown fat is activated by exposure to cold temperature.

People that are obese can't simply start taking cold showers to lose weight without changing other lifestyle habits. But taking a cold shower 2 or 3 times per week may contribute to increased metabolism. It may help fight obesity over time. The [research](#) about how exactly cold showers help people lose weight is unclear. Still, it does show that cold water can even out certain hormone levels and heal the gastrointestinal system. These effects may add to the cold shower's ability to lead to weight loss.

Improves circulation

It can feel uncomfortable to immerse our bodies in cold water, but it can also be invigorating. That's because water that's colder than our natural body temperature causes the body to work slightly harder to maintain its core temperature. When taken regularly, cold showers can make our circulatory system more efficient. Some people also report that their skin looks better as a result of cold showers, probably because of better circulation.

Athletes have known this benefit for years, even if we have only recently seen [data](#) that supports cold water for healing after a sport injury. It's the same reason that ice brings down inflammation when we bruise or tear a muscle. By bringing the temperature of an area of the body down, we speed up the delivery of warmer, freshly oxygenated blood to that area. And that speeds up recovery time. Some people may benefit from cold showers as a way to help their blood move through their body more quickly. These include people with poor circulation, high blood pressure, and diabetes

Helps fight off common illnesses

Our bodies are designed to become resistant to the elements we are exposed to. For example, leukocytes help fight infection in the body. The shock of cold water in the bloodstream stimulates leukocytes. This means that taking cold showers can help your resistance to common illnesses, like colds and the flu.

One [study](#) even indicated that cold showers could make the body more resistant to certain types of cancer. And a [clinical trial](#) in the Netherlands showed that people who took cold showers called out of work less.

Lung Cancer

The lungs are organs that allow you to breathe – to take in oxygen and exhale carbon dioxide. Lung cancer is a disease in which cells mutate (change) and begin to grow in an abnormal and uncontrolled way in the lungs. These cells are unable to function like healthy lung cells and as they grow they can form tumors and interfere with lung function.

The most common cause of lung cancer is tobacco smoking. Smokers are up to 30 times more likely to develop lung cancer or die from lung cancer than non-smokers. Smoking is responsible for nearly 90% of lung cancer cases in the U.S., and about 80% of deaths from the disease.

Lung cancer is the leading cause of cancer deaths in the U.S. for both men and women. In 2015, an estimated 158,040 people in the U.S. died from lung cancer – that's more deaths than breast, prostate, and colorectal cancers combined. The 5-year survival rate for lung cancer is 17.8%, lower than most other cancers, and more than half of patients die within one year of diagnosis.

Lung cancer is difficult to detect in the early stages. Many with the disease don't have any symptoms until later in the illness, and many symptoms of lung cancer are similar to pneumonia, colds, and allergies. By the time many patients experience symptoms of concern the disease has spread to other organs in the body (metastasized).

Because the majority of cases of lung cancer are due to smoking, lung cancer is the most preventable type of cancer death in the world. In as little as 2 weeks to 3 months after quitting smoking, lung function increases. From 1 to 9 months after you quit, your coughing and shortness of breath decrease. Your lungs begin to regain normal function. At 10 years after quitting, the risk from dying from lung cancer drops to about half that of a smoker.

A 2013 study in the *New England Journal of Medicine* found that quitting smoking before age 40 reduces the chance of premature death from any smoking related disease by 90%.

Stridor is noisy, high pitched, harsh breathing. It can be wheezing or a vibrating due to the upper airway being blocked. It typically occurs while inhaling, but it can also occur when exhaling. Stridor is not an illness in itself, but rather a symptom of an underlying problem, and it can be a sign of lung cancer in the chest.

One reason lung cancer is so deadly is because patients do not experience any symptoms until later in the disease. This is why it is important to report any unusual symptoms or symptoms of concern to your doctor, because treatments for lung cancer are more effective when the cancer is diagnosed at earlier stages. Often, these symptoms can be due to other illness such as bronchitis or pneumonia, which need to be ruled out. In addition to stridor, symptoms of lung cancer in the chest include:

- Persistent or severe cough
- Coughing up phlegm or mucus with blood
- Coughing up blood
- Chest pain that gets worse with coughing, deep breathing, or laughing
- Shortness of breath
- Wheezing
- Hoarseness or other voice changes
- Weakness or fatigue
- Recurrent or persistent lung infections such as bronchitis or pneumonia
- Weight loss
- Loss of appetite

Risk Factor for Cancer of bladder: Smoking

Although the exact causes of bladder cancer remain unknown, smoking is the leading risk factor. Smokers are about four times more likely to get bladder cancer than people who have never smoked. Chemicals in tobacco smoke are carried from the lungs to the bloodstream, then filtered by the kidneys into urine. This concentrates harmful chemicals in the bladder, where they damage cells that can give rise to cancer.

Risk Factor: Chemical Exposure

Research suggests that certain jobs may increase your risk for bladder cancer. Metal workers, mechanics, and hairdressers are among those who may be exposed to cancer-causing chemicals. If you work with dyes, or in the making of rubber, textiles, leather, or paints, be sure to follow safety procedures to reduce contact with dangerous chemicals. Smoking further increases risk from chemical exposure.

Diagnosis: Testing

There's no routine test for bladder cancer. But if you're at high risk or have symptoms, your doctor may first order a **urine test**. If needed, a procedure called **cystoscopy** lets your doctor see inside the bladder with a slender lighted tube with a camera on the end. The cystoscope can be used to remove small tissue samples (a **biopsy**) to be examined under a microscope. A biopsy is the best way to diagnose cancer.

Olive Oil: Drip, Don't Drown

Olive oil may actually be good for your heart. But even the best fats are loaded with calories.

So limit yourself to 2 tablespoons a day or less, including what's in your food. If you overdo it, you could gain weight, and that could offset the good you thought you were doing.

Drink Plenty of Water

Water aids your digestive health by helping to cleanse the entire system. It's particularly helpful in preventing constipation because water helps soften your stools. Furthermore, water may help your digestive system absorb nutrients more effectively by assisting the body to break down food.

Aim to drink eight glasses of water a day, and skip the sugary drinks. Added sugars can make digestion problems worse. -Healthline

Chocolate may improve cognitive function within hours, says review

By **Honor Whiteman**

Researchers say that cocoa flavanols can improve cognitive function.

Need an excuse to raid that chocolate stash? A new review may provide just that. Researchers have found that cocoa flavanols could boost cognitive function within just a few hours of consumption. Additionally, researchers found that regular, long-term intake of cocoa flavanols may protect against cognitive decline.

Flavanols are naturally occurring compounds found in various types of plants, with some of the highest levels found in the beans of the cocoa tree.

Flavanols have **antioxidant** properties, meaning that they have the ability to reduce the effects of cell damage caused by oxidative stress. [Chocolate may improve cognitive function within hours, says review](#)



Too Much of the Wrong Fish

Fish are rich in protein, low in saturated fats, and high in good fats your body needs. The catch? They absorb mercury. That's a problem for anyone, but especially pregnant women because it can harm the baby's nervous system.

Each week, you can eat 12 ounces -- about two meals -- of low-mercury fish like shrimp, canned light tuna, or salmon. Avoid high-mercury fish like: King mackerel
Orange roughy
Shark
Swordfish
Tilefish

Grapefruit



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

WebMD

Taking blood pressure in *both* arms may reveal a higher heart attack risk.

TRUE: You should measure blood pressure in both arms. A difference of 10 points or more means a 38% greater chance of having a heart attack — something you should talk to your doctor about.

Harvard School of Medicine

New drug target for Parkinson's disease found

By Ana Sandoiu

A new study has found an enzyme that drives neurotoxicity in both Alzheimer's and Parkinson's disease. Blocking the action of this enzyme may prevent these conditions from developing, so the research may have found a new drug target. It is currently estimated that more than **5 million** people in the United States are living with **Alzheimer's disease**, and as many as 1 in 3 elders are said to die with the condition, or another form of **dementia**. **Parkinson's disease** also affects approximately **60,000** U.S. adults every year.

Both diseases are neurodegenerative, meaning that brain cells progressively and irreversibly degenerate until they eventually die.

Even though there are various differences between the two conditions on a genetic and structural level, a team of scientists at Emory University in Atlanta, GA, may have found an enzyme that triggers both of them. This newly discovered enzyme could be a target for a potential drug for Parkinson's disease.

The **new study** was led by Keqiang Ye, Ph.D., and the findings were published in the journal *Nature Structural and Molecular Biology*.

[New drug target for Parkinson's disease found](#)

Common Heartburn Meds Linked to Increased Risk of Death

By Sara G. Miller, Staff Writer

People who take a popular type of heartburn drug may be at an increased risk of dying over a five-year period, a new study finds.

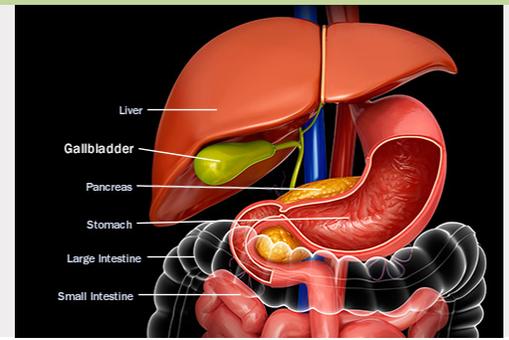
People in the study who took proton-pump inhibitors, or PPIs, had a higher risk of dying over the more than five-year study period than people who took another type of heartburn drug, as well as those who took no heartburn medications at all, the study found. The prescription drugs Prevacid and Nexium are in this category of medicines. Nearly 8 percent of American adults have been prescribed a PPI, according to the study, published today (July 3) in the journal *BMJ Open*. PPIs are also available over-the-counter at lower dosages than they are in the prescription versions. [

Side effects]

But up to 70 percent of people who take PPIs may not need them, the study authors wrote. That is concerning because the medications have been linked to a number of health problems in recent studies, including increased risk of kidney disease and dangerous bacterial infections.

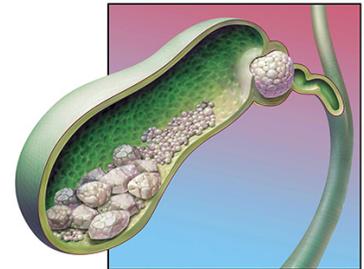
"People have the idea that PPIs are very safe because they are readily available, but there are real risks to taking these drugs, particularly for long periods of time," senior study author Dr. Ziyad Al-Aly, an assistant professor of medicine at Washington University School of Medicine in St. Louis in Missouri, said in a statement.

Compared with patients taking H2 blockers, patients who took PPIs had a 25 percent increased risk of dying from any cause over the next five years, the researchers found. And people's risk of death increased as PPIs were used for longer periods of time: For people who took the drugs for up to two years, the risk of death was 50 percent higher during the study period, compared with those taking H2 blockers.



What It Does-Gall bladder

Your gallbladder sits on the right side of your belly, below your liver. It's a small organ, shaped like a pear, that holds a fluid called bile. This liquid, made in your liver, helps you digest fats and certain vitamins. When you eat, your body gets the signal to release it -- through channels called ducts -- into your small intestine.



Gallstones

The most common reason people have trouble with their gallbladder is gallstones. You get them when bile clumps together and forms solid masses. They can be as big as a golf ball, and you can have just one or several.



Types of Gallstones

Most stones are made of hardened cholesterol. But people with certain conditions like cirrhosis and sickle cell disease are more likely to have another kind called pigment stones. These are made of bilirubin -- a brownish yellow compound your liver makes when it breaks down old red blood cells.



Cholecystitis

If a gallstone gets into a duct and keeps bile from flowing out, your gallbladder can get inflamed. That's called cholecystitis, and it can lead to nausea, vomiting, and belly pain. Bacteria also can cause it. You can tell you're having gallbladder trouble by where it hurts: the upper right part of your belly. It might get worse when you take deep breaths, and you may also feel an ache in your back or right shoulder blade.

WebMD

Human Lifespan Evidence Now Being Challenged

Numerous medical researchers have publicly criticized a 2016 paper suggesting that people can live to a maximum of 115 years.

It has long been thought that human beings can live to a maximum of about 115 years. However, the limited amount of evidence for such a limit to human lifespan is now being contested. Five groups of medical researchers have publicly criticized a 2016 paper in *Nature* that suggests people can live to a maximum of 115 years.

About the Supposed Maximum Human Lifespan

The above-referenced paper made the headlines as its authors claimed that human longevity is inherently limited.

The claim catalyzed a spirited debate between scientists as plenty of people were not convinced by the paper's alleged evidence for a lifespan maximum of 115 years. It all centers on a 2016 study led by Albert Einstein College of Medicine molecular geneticist Jan Vijg.

Vijg's research group delved into worldwide demographic data across the past century. The group showed that since the mid-1990s, the peak age leveled off at 115 years. These results prompted Vijg's group to claim human beings have a natural age limit of 115. They calculated the odds of an individual surviving beyond the age of 125 was less than 1 in 10,000.

The Response

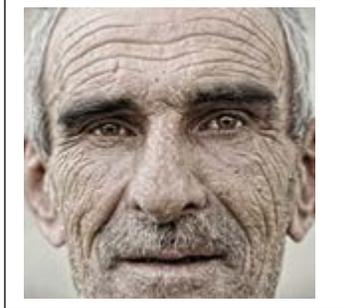
Five groups of leading biological researchers responded to the paper published in *Nature* with a collection of formal rebuttals. These rebuttals were published on June 28 in *Nature Communications Arising*. The rebuttals state Vijg's claim of an inherent limit to human lifespan is flawed. They argue it is an extreme claim that should be deeply scrutinized to verify or prove false. They argue an alternate explanation exists: the maximum age of human beings increases as time progresses. What looks to be an extension of lifespan is really just a finding derived by performing a superficial analysis of statistics that were used in an inappropriate manner. Nick Brown, a University of Groningen PhD student and co-author of one of the rebuttals, states the primary problem with Vijg's study is that he used a dataset split at 1995 after scanning the data and observing a supposed plateau at that peak age in that year. They then proceeded to test the same data to determine if this was, in fact, the case. Brown argues Vijg's team thought they had identified a pattern and proceeded to create a theory to explain the pattern. The data matched the theory simply because it was generated from that exact data. Brown believes this is a flawed means of practicing science. Brown is also adamant that the research team's analysis of lifespan is rife with problems. They included the oldest individual to die in any given year, creating a tiny sample with an abundance of randomness. The data was much too limited.

McGill University biologist Siegfried Hekimi re-analyzed the data in question. He found it was consistent with several different trajectories for lifespan including one without a plateau and one with a plateau at an advanced age. The bottom line is the data is consistent with plenty of other trends meaning that there is no limit to lifespan at this point in time.

Additional rebuttals echoed these sentiments.

The Expectation of a Backpedal

The scientific community expected Vijg to take back his claim of a limit to human lifespan. However, the rebuttals provided by fellow scientists did not prove convincing to him. Vijg stands by his research team's results, arguing that the scientific community must let the data speak. He claims his group tested two independent databases. Several outside experts agree with Vijg. The mere fact that Vijg's claims are criticized does not invalidate his claim, yet it does open the door to further questioning of it.



Parts of Mediterranean diet shown to prevent colorectal cancer

By [Ana Sandoiu](#)

The benefits of the so-called Mediterranean diet have been hailed in the news over recent years. Now, new research looks closely at the elements of the diet that could help to prevent the risk of colorectal cancer.

Among many other benefits, the [Mediterranean diet](#) has been [shown](#) to lower the risk of [colorectal cancer](#). But the specifics of this beneficial role have not been studied in depth.

New [research](#) - presented at the [ESMO 19th World Congress on Gastrointestinal Cancer](#), held in Barcelona, Spain - singles out the few components of the Mediterranean diet key for preventing colorectal cancer. The first author of the study is Naomi Fliss Isakov, Ph.D., of the Tel-Aviv Medical Center in Israel.

More specifically, the research looks at the link between the components of the diet taken both separately and in combination, as well as the risk of developing advanced colorectal polyps.

Colorectal cancer tends to develop from [advanced polyps](#), or adenoma. However, the chances of polyps becoming malignant depend on various factors, including size, structure, and location

More fish, fruit reduces risk

Having compared individuals with polyp-free colonoscopies and those whose colonoscopy showed advanced polyps, the authors found a clear association between components of the Mediterranean diet and the risk of colorectal cancer.

Mediterranean Diet

People with advanced polyps reported consuming fewer elements of the Mediterranean diet. More specifically, the average was 1.9 Mediterranean diet components in the advanced polyps group, compared with 4.5 components in the polyp-free group.

Surprisingly, even two or three elements of the diet correlated with a 50 percent reduction in the risk of advanced polyps, compared with consuming no key components at all.

Additionally, the risk further decreased as the number of Mediterranean elements increased. The more elements of the Mediterranean diet people consumed, the lower were the chances of advanced polyps showing up in their colonoscopies.

The researchers adjusted for other risk factors associated with colorectal cancer and found that increased fish and fruit consumption, together with a low intake of soft drinks, was most likely to reduce the risk of advanced polyps. She concluded, "Among people who made all three healthy choices the benefit was compounded to almost 86 percent reduced odds."

ESMO spokesperson Dr. Dirk Arnold, of the Instituto CUF de Oncologia in Lisbon, Portugal, also comments on the findings, saying, "This large population-based cohort-control study impressively confirms the hypothesis of an association of colorectal polyps with diets and other lifestyle factors."

"This stands in line with other very recent findings on nutritive effects, such as the potential protective effects of nut consumption and vitamin D supplementation which have been shown earlier this year."

"However," adds Dr. Arnold, "it remains to be seen whether these results are associated with reduced mortality, and it is also unclear if, and when a dietary change would be beneficial."

Next, the authors plan to investigate the effects of the Mediterranean diet in a group at high risk of developing colorectal cancer.

Why does hair turn gray?

By Yella Hewings-Martin, PhD

As you look in the mirror in the morning, you see that inevitable fate has struck: your first gray hair! Whether you are in your 20s or your 50s, gray hair catches up with all of us eventually.

During hair growth, **melanocytes** make pigment and pass it to hair progenitor cells at the base of the hair follicle. These cells, in turn, transform into the various components of the growing hair.

When our hair grows, pigments are continuously being incorporated, which results in our unique hair color. The cells responsible for this process are the pigment-producing melanocytes at the base of the hair follicle.

In normal hair growth, the follicle produces hair at a rate of around 1 centimeter per month for several years.

But all the cells in our body become increasingly damaged during our lifetime, and these melanocytes are eventually lost. When all the melanocytes are lost in a particular hair follicle, the next hair that grows will be gray or white.

The biology of hair growth is rather complex, with a multitude of specialized cells involved in hair follicle structure and function. Scientists **continue** to unravel the process of human hair growth and pigmentation.

What controls pigmentation?

Humans have two different types of pigment. Eumelanin is responsible for black and brown colors, while pheomelanin is responsible for orange and yellow.

Genes determine the mixture of pigments that each individual produces, which is why hair color is often similar within families.

The exact mechanisms that control pigmentation are not yet clear. However, recent research points to a finely tuned interplay between several cells in the hair follicle.

Hair progenitor cells are reported to release a protein called stem cell factor, which is a requirement for the production of pigment by melanocytes. In mouse studies, the researchers showed that if this protein is absent, hair color is lost.

Once the hair stops growing, the hair follicle undergoes dramatic structural changes and enters a rest period. During this process, melanocytes naturally die.

However, melanocyte stem cells in the hair follicle normally produce a new set of melanocytes at the start of the next hair growth cycle.

Once the new hair starts to grow, these melanocytes once again ensure that pigmentation is available. But when the melanocytes are damaged or absent, the hair that is produced lacks color and can look gray or white.

Hair growth after damage

Research has shown that human hair follicles that produce gray or white hair have higher levels of cellular damage caused by free radicals. In these follicles, melanocytes and melanocyte stem cells are absent.

In mice, when the DNA of melanocyte stem cells in the hair follicle were damaged, it resulted in permanent cell damage. These stem cells were then unable to reproduce.

Without the pool of stem cells, the next round of hair growth proceeds without melanocytes, resulting in gray hair.

Although it has not yet been possible to fully establish cause and effect during hair graying in humans, the accumulation of damage in melanocyte stem cells over time most likely leads to a loss of this cell population. Each hair follicle will eventually be unable to produce colored hair.

So, while it is inevitable that we will all lose our hair pigment one day, why do some of us go gray in our 20s, while some of us hold on to our colorful locks until our 50s? Research from 2016 showed that individuals with a certain variant of the gene interferon regulatory factor 4 are prone to earlier graying.

As with many of our other traits, we can thank our parents for passing their propensity for graying along to us.



Impact of Diet on the environment

We aren't serious enough about the impact our diet has on the environment, despite overwhelming evidence. For instance, to produce **one hamburger takes as much water as two months' worth of showering**. Additionally, the livestock sector is one of the **largest sources of carbon dioxide emissions** and the single largest source of both methane and nitrous oxide. And according to the **World Bank**, animal agriculture **is responsible for nearly 90 percent of Amazon rainforest destruction, with more than 80,000 acres of forest—and 135 animal and plant species—lost each day**. EcoWatch

Warning Signs Of A Heart Attack

Here is how you may be able to catch a heart attack before it happens or as it is starting.^{7 8}

Pain in the jaw/neck/back: Pain in the jaw, back, or neck or even discomfort in these areas may be a sign of an impending heart attack.

Pain in the chest/angina: Discomfort or pain in the chest signal an oncoming heart attack.

Pain in the shoulders/arms: Even painful arms or shoulders may be the result of a heart issue. Men are more likely to have pain in the left arm during a heart attack than women.

Lightheadedness/dizziness: If you feel faint or weak, especially combined with other symptoms or if you are at risk of heart problems, this may be due to a heart attack. Women tend to experience this symptom more than men.

Shortness of breath: if you find it hard to breathe, it may be because your heart is struggling to supply oxygen and blood.

Nausea: Women may feel nauseous or the need to throw up when they are experiencing a heart attack.

Heartburn and indigestion: Another symptom more common in women is the feeling of indigestion that is often ignored in the hope that it will eventually go away.

Tiredness/fatigue: If you're inexplicably tired, especially if you have other signs accompanying this, it may be due to a heart attack.

Fluttering in the chest: Also known as palpitations, this fluttering in the chest can be caused by a heart attack or heart problem. However, since there are other harmless reasons for this like anxiety or dehydration, it is important to get yourself checked to be sure

CureJoy

Most **food-borne illnesses** are caused by viruses or bacteria, such as norovirus, Staphylococcus aureus, campylobacter, salmonella, E. coli and Bacillus cereus.

Say Goodbye to the Internal Combustion Engine

By Rory Christian and Larissa Koehler

Electric vehicles (EVs) don't make much noise on the road, but they're generating a lot of buzz about the future of this technology and what it means for business and the environment.



Cars, buses and trucks are the second biggest source of pollution in the U.S. after electricity production. They are responsible for more than 26 percent of emissions that adversely affect the health and well-being of the population, and put communities located close to highways and other major thoroughfares at risk. These communities, typically low-income, are often plagued by elevated asthma rates and other pollution-induced health conditions.

When thinking about ways to reduce pollution, EVs can make a world of difference. And, when charged using renewable energy sources, they produce no emissions and can be much cheaper to operate than traditional, internal combustion vehicles. As such, let's take a look at the global EV market and impacts in the U.S. on the electric grid in two environmentally progressive states—New York and California.

The Global Market—and Future Outlook

More and more automakers are shifting their focus to EVs, a market that is expected to grow faster every year. A few examples:

Tesla invested \$5 billion in its Nevada gigafactory—where they will make batteries for EVs—and is grabbing headlines with the roll-out of its first mass-market EV, the Model 3.

Volvo made waves by announcing its intent to focus new vehicle production solely on electric and hybrid vehicles. The company is owned by Geely Automotive holdings, a Chinese firm, and many speculate that China's pervasive air pollution problems and a desire to find a long-term solution were a motivating factor behind the announcement.

Mercedes Benz is investing \$740 million in a new battery factory.

These exciting developments all point to a trend where electric cars are much more than just a niche—indeed, they show that global competition is heating up quickly and that companies around the world see EVs as key to the automobile industry. These movements should not be understated, as it gives a hint of a clean energy future that can't come fast enough.

Is 'normal' butter bad for you?

Butter is given a bad rap, but it isn't bad for your health when consumed in moderation. It's also a healthier alternative than margarine. It doesn't have trans fats, which are hydrogenated oils found in different types of foods like cookies, cakes, and crackers. Trans fats are associated with a higher risk of type 2 diabetes, clogged arteries, and heart disease.

But while butter may make everything taste better, the recommended daily allowance is 6 teaspoons.-healthline

Can salmon fight high cholesterol?

Eating healthy unsaturated fats, like those found in salmon, has been shown to improve cholesterol levels. In fact, fish provides a high-protein, healthy alternative to red meat, which is high in saturated fats. Salmon is a great alternative to red meat because it's a nutrient-dense food that can help raise good cholesterol levels. Plus, it's tasty! An average 3-ounce fillet of cooked Atlantic salmon contains 23 grams of protein and 6 grams of fat, most of which is healthy unsaturated fat. It's also high in vitamins D, B-12, and B-6, and is a good source of magnesium, niacin, omega-3 fatty acids, and selenium -healthline

More about cholesterol

Cholesterol travels in our bodies in lipoproteins, which are protein-covered fats. There are two main types of lipoproteins: low-density lipoproteins (LDL) and high-density lipoproteins (HDL). Maintaining healthy levels of both types of cholesterol is vital for health. High levels of LDL (known as "bad" cholesterol) can build up in arteries of the body. HDL is referred to as the "good" kind of cholesterol because it takes cholesterol from other parts of the body to your liver, which removes cholesterol from your body and helps manage it.

Having high LDL cholesterol can build up on the artery walls and cause a narrowing of the arteries. This can limit the flow of blood to and from your heart and brain, which can lead to a heart attack or stroke.

healthline

How to cook with ghee

There are several ways to use ghee when cooking. Because of its higher smoke point, use it when sautéing or frying at a higher temperature. Ghee also has a nutty flavor, which creates a sweet aroma and adds a unique taste to dishes. You can also try:

- pouring melted ghee over popcorn or drizzling it over fresh steamed vegetables or corn on the cob
- allowing ghee to harden at room temperature and spreading it over crackers or toast
- adding ghee to cooking pans when scrambling eggs to prevent sticking
- using ghee instead of butter for mashed potatoes and baked potatoes
- drizzling ghee over vegetables before roasting for a caramelized texture

The differences between ghee and butter

Understanding the differences between ghee and butter can help you determine which ingredient to use when cooking.



When you're preparing dinner or a dessert, some recipes may require butter. Butter adds flavor to certain dishes and can be used as an oil substitute for sautéed vegetables. While eating butter is not necessarily bad for you (in moderation), ghee may be a better alternative depending on your dietary needs.

Ghee is a type of clarified butter that's made from heating butter and allowing the liquid and milk portion to separate from the fat. The milk caramelizes and becomes a solid, and the remaining oil is ghee.

This ingredient has been used in Indian and Pakistani cultures for thousands of years. When used in place of butter, ghee has several benefits

Type of fat per tbsp.

The fat and calorie differences between ghee and butter are negligible. So, if you're watching your fat and calorie intake, choosing one over the other may not impact your health.

Type of fat per tbsp.	Ghee	Butter
saturated	10 g	7 g
monounsaturated	3.5 g	3 g
polyunsaturated	0.5 g	0.4 g

The fat and calorie differences between ghee and butter are negligible. So, if you're watching your fat and calorie intake, choosing one over the other may not impact your health.

Healthline

Apple cider vinegar is so versatile. It also has some striking health benefits that not a lot of us know about. So, without further adieu, we present them below: encourage weight loss regulate blood sugar levels lower risks of heart disease help with indigestion

Read more at <http://www.metaspoon.com/benefits-apple-cider-vinegar/?cat=home#U2AjezhSdC9l3eZ.99>



You're in Control

Taking care of yourself when you have diabetes takes effort. You need to check your blood sugar, eat right, stay active, and take your medications. It makes a big difference, because it can help you avoid major problems throughout your body, even in places you might not expect. Stick to your treatment plan so you can help slow them down or prevent them altogether. WebMD

Problems With Vision

Diabetes can lead to glaucoma (more pressure in the eye) and cataracts (clouding of your eye's lens). It also can harm the blood vessels in the retina at the back of your eye, a problem that doctors call diabetic retinopathy. All of these conditions can make your vision worse and even lead to blindness. By the time you notice your eyesight fading, your eyes may already have serious damage. So see your eye doctor regularly.

MRI safety

Unlike other imaging forms like X-rays or CT scans, MRI doesn't use ionizing radiation. MRI is increasingly being used to image fetuses during pregnancy, and no adverse effects on the fetus have been demonstrated, Filippi said.

Still, the procedure can have risks, and medical societies don't recommend using MRI as the first stage of diagnosis. Because MRI uses strong magnets, any kind of metal implant, such as a pacemaker, artificial joints, artificial heart valves, cochlear implants or metal plates, screws or rods, pose a hazard. The implant can move or heat up in the magnetic field.

Several patients with pacemakers who underwent MRI scans have died, patients should always be asked about any implants before getting scanned. Many implants today are "MR-safe," however, Filippi said.

The constant flipping of magnetic fields can produce loud clicking or beeping noises, so ear protection is necessary during the scan.

Disease and Cavities

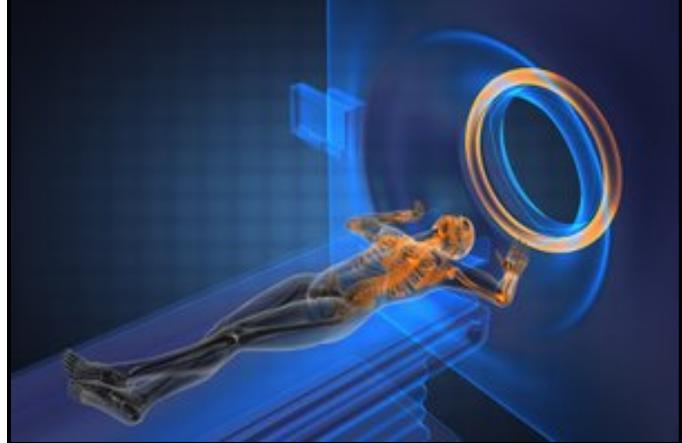
Diabetes makes you more likely to get infections inside your mouth, like gum disease or thrush, a fungal infection that can cause painful white sores. Uncontrolled high blood sugar can also make you more likely to have plaque and cavities. A 2015 study found that people with diabetes lose twice as many teeth as those without the disease. Make sure you tell your dentist about your condition, and keep up with brushing, flossing, and rinsing with antiseptic mouthwash. Watch for bleeding gums or other signs of gum disease. WebMD

Damaged Nerves-in diabetes

Many people with diabetes get nerve damage, called neuropathy. It can happen anywhere in your body, but it most often affects your arms, legs, hands, and feet. Doctors call this peripheral neuropathy. Symptoms can include a tingling feeling, numbness, sensitivity, or pain. Another kind, called autonomic neuropathy, can affect urination, sex, digestion, and other body functions. It's less likely if you aren't overweight, and if you manage your blood pressure and blood sugar. - WebMD

What is an MRI (Magnetic Resonance Imaging)?

By Tanya Lewis, Staff Writer



MRIs are medical imaging systems used to diagnose health conditions. Credit: MRI scan via Shutterstock

Magnetic resonance imaging (MRI), also known as nuclear magnetic resonance imaging, is a scanning technique for creating detailed images of the human body.

The scan uses a strong magnetic field and radio waves to generate images of parts of the body that can't be seen as well with X-rays, CT scans or ultrasound. For example, it can help doctors to see inside joints, cartilage, ligaments, muscles and tendons, which makes it helpful for detecting various sports injuries.

MRI is also used to examine internal body structures and diagnose a variety of disorders, such as strokes, tumors, aneurysms, spinal cord injuries, multiple sclerosis and eye or inner ear problems, according to the Mayo Clinic. It is also widely used in research to measure brain structure and function, among other things..

What to expect

During an MRI, a person will be asked to lie on a movable table that will slide into a doughnut-shaped opening of the machine to scan a specific portion of your body. The machine itself will generate a strong magnetic field around the person and radio waves will be directed at the body, according to the Mayo Clinic.

A person will not feel the magnetic field or radio waves, so the procedure itself is painless. However, there may be a lot of loud thumping or tapping noises during the scan (it may sound like a sledgehammer!), so people are often given headphones to listen to music or earplugs to help block the sound. A technician may also give instructions to you during the test.

Some people may be given a contrast solution by intravenous, a liquid dye that can highlight specific problems that might not show up otherwise on the scan. Young children as well as people who feel claustrophobic in enclosed places may be given sedating medication to help them relax or fall asleep during the scan because it is important to stay as still as possible to get clear images. Movement can blur the images.

Some hospitals might have an open MRI machine that is open on the sides rather than the tunnel-like tube found in a traditional machine. This may be a helpful alternative for people who feel afraid of confined spaces.

The scan itself may take 30 to 60 minutes, on average, according to the American Academy of Family Physicians.

A radiologist will look at the images and send a report to your doctor with your test results.

Brown fat: Why exercising in the cold isn't such a bad idea after all

By Carol Rääbus



Photo: A dip in the river in the middle of winter might help improve your overall health. (ABC News: Ros Lehman)

Increase your 'sexy' brown fat by exercising in the cold

Most people hate being cold, but letting our bodies experience that chilly feeling can be good for us. Did you know when our bodies are exposed to cold over time, they actually start to change to keep themselves warm?

"We start to build up a tissue ... that we call brown adipose tissue — so brown fat," Dr Dino Premilovac from the University of Tasmania said.

"It's more muscle-like than it is fat-like in what it does."

"If we expose our bodies to the cold environment, the way our bodies deal with it over a long period of time is to produce more brown fat."

Brown fat's purpose in the body is to produce heat to warm up the blood, in turn keeping the body warm. Brown fat does this by burning up energy, which means it can help burn up the white fat in our bodies that is stored for energy.

BABIES A BUNDLE OF BROWN FAT

Babies have quite a lot of brown fat to keep their tiny bodies warm, but they tend to lose it as they grown up.

"Up until about four years ago, adults were thought not to have any [brown fat] because there is so little of it in the adult body," Dr Premilovac told [Helen Shield on ABC Radio Hobart](#).

"A lot of the brown fat that we do have is around our shoulders, around our neck and around our heart."

Brown fat has become "sexy", according to Dr Premilovac. "One way we can increase how much brown fat we have is by cold climate adaptation, so by exposing ourselves to cold climates we can increase how much brown fat our bodies contain," he said.

Nutrition Facts About Oat Bran And Rolled Oats

Oat bran and rolled oats are rich in fiber; oat bran has more dietary fiber than rolled oats. 100 grams of oat bran contains 17 grams of proteins whereas rolled oats contain 15 grams. Oat bran and rolled oats have almost equal carb content. They are also sources of good fats. Oat bran is rich in minerals like iron. Oat bran is rich in thiamin whereas rolled oats are rich in niacin. Oats are healthy and benefit the body in many ways. Having oats regularly can help reduce the risk of type 2 diabetes and can help improve the immune system. They can also help control blood pressure and lower bad cholesterol in the blood. They are good sources of fiber and aid in digestion.

There are different types of oats. The most common types of oats include the following:¹

Raw oats: These are newly harvested grains. They are not available in the stores as raw oats. This type of oats is the one before the kernels are separated from the hulls and stalks.

Whole oat groats: Groats is also known as grain kernel. These oat groats are the oats that are cleaned and separated from the inedible parts. These take the longest to cook.

Steel cut oats: These are also known as Irish oatmeal. When oat groats are cut with a metal blade, you get steel cut oats. These cook easier than the oat groats because water penetrates through the cut oats easily.

Scottish oatmeal: These oats are crushed and they appear as broken bits of varying sizes.

Rolled oats: Rolled oats are steamed and rolled into flakes. They are also known as old-fashioned oats. These oats cook faster.

Instant or quick rolled oats: These are thinner flakes than rolled oats. The texture is different from rolled oats.

Oat flour: This is a whole grain flour used in baking or thickening soups

.Fibre: Whole grains usually have a high content of dietary fiber. Oat bran, however, has more dietary fiber than rolled oats. A cup (approximately 100 g) of raw oat bran contains about 15 grams of fiber, whereas the same amount of rolled oats contains 10 grams.

The recommended daily intake of fiber for adult men is 30 grams and for women, 25 grams.²

Dietary fiber is essential for the proper functioning of the gut, improving digestion of food. A high intake of dietary fiber reduces the risk of developing coronary heart disease, stroke, hypertension, diabetes, obesity, and certain gastrointestinal diseases.

Proteins

Oat bran and rolled oats are good sources of proteins as well. 100 grams of raw oat bran contains about 17 grams of proteins and the same amount of rolled oats contain 15 grams.

The recommended daily intake of proteins for adult men between 19 and 70 years is 64 grams and for women of the same age group, 46 grams. Men above 70 years require 81 grams and women of the same age require 57 grams of protein per day.³

Adequate protein intake can help increase muscle mass and strength, reduce late night snack cravings, boost metabolism, and is good for the bones.

Fats: Oat bran and rolled oats contain good fats in moderate amounts. 100 grams of raw oat bran has about 7 grams of fat whereas the same amount of rolled oats contain 7.5 grams. They are low in the saturated fats that can be harmful to the body, lowering the risk of coronary heart diseases.

The American Heart Association suggests that 8–10 percent of daily calories should come from unsaturated or good fats and only 5–6 percent of the daily calories should come from saturated fats.

Minerals: When it comes to mineral content, oat bran is a healthier choice when compared with rolled oats. Oat bran contains minerals that are required by the body including iron, calcium, magnesium, phosphorous, and potassium.

100 grams of oat bran contains about 5 mg of iron and rolled oats contain 4.5 mg. Iron is important for transporting oxygen to the different parts of the body

Vitamins: Oat bran is a good source of thiamin – 100 grams of oat bran contains 1.17 milligrams of thiamin. The prominent vitamin found in rolled oats is niacin. 100 grams of rolled oats contains 1.125 milligrams of niacin.

Thiamin is important for the body because it helps to improve the immune system and the body's ability to withstand stressful conditions. Niacin, on the other hand, improves blood circulation and helps suppress inflammation in the body.

- Cure Joy

Cardio is the only exercise that may help prevent heart disease.

Cardiovascular exercise, also called cardio or aerobic exercise, raises your heart rate and makes you sweat -- and that's great for your ticker. Regular cardio, whether it's jogging, cycling, swimming, or brisk walking, will make your heart stronger. It also helps with blood pressure and cholesterol, and can even help ward off some cancers. The American Heart Association recommends that both types of exercise be part of your regimen to help prevent heart disease.

Your heart's main job is to deliver oxygen to your body. Aerobic exercise, also called cardio, helps it do this better. It includes any activity that makes your body need more oxygen, like jogging.

Adults should get at least this much cardio each week:
2 1/2 hours

That's 150 minutes of any exercise that makes you breathe harder and revs up your heart rate. Break it up any way you'd like -- do 30 minutes a day, 5 days a week -- just be sure to move for at least 10 minutes at a time. Can't get to the magic number? Do what you can. You're still doing your body good.

People with muscles burn more calories.

Your muscles burn calories even when you're not working out. So the more muscles you have, the more calories you'll burn. If you work out with weights often, you'll also lose fat and look slimmer. Want to turn your bod into a lean, calorie-torching machine? Reach for the dumbbells or hop onto a machine that uses weights.

Cardio is king when it comes to your heart, but strength (also called resistance) training does wonders for your bones and joints. Get in at least two sessions a week and work your legs, hips, back, abdomen, chest, shoulders, and arms.

Which lowers your risk of dementia?

Whether you swim, run, power through pushups, or use a leg-curl machine, you're doing something good for your brain. Cardio and strength training can both help you think more clearly and improve your memory WebMD



Food Fads

Kale! Seaweed! Goji berries! When you hear about a food that curbs this disease or that condition, you might want to dive right in. If some is good, more must be better, right? Not so fast. The right amount of the right types of foods is great for you. But if you overdo it or choose the wrong kinds, it can backfire. Since every good-for-you-food has its limits, focus on the big picture.



Too Many Brazil Nuts

Selenium is a nutrient that you need -- but only about 55 micrograms (mcg) of selenium a day. Just one Brazil nut has 68-91 mcg. That's more than a day's worth! Too much selenium can cause problems including diarrhea, nausea, skin rashes, hair loss, and even serious effects like trouble breathing, heart and kidney failure, and heart attacks. Adults shouldn't get more than 400 mcg per day. That's no more than four or five Brazil nuts, if you don't get selenium from anything else.



Picking Your Own Mushrooms

These wild and wooly fungi are tasty, loaded with nutrients, low in calories, and may even lower your risk of cancer. But before you forage in your local forest, keep in mind that eating the wrong kind of mushroom can lead to anything from an upset stomach to death. So only hunt for them if you're an expert or are with one. Otherwise, get them from your grocery store to be safe.

WebMD



Grapefruit Plus Certain Meds

This splashy citrus could cause problems if you have some prescriptions, like statins for your cholesterol. Grapefruit can make your body absorb more of the medicine than normal, which could lead to side effects. It may be more likely with some statins than others. And the same thing could happen with some drugs that treat other conditions. So if you're gaga for grapefruit, ask your doctor if it will affect your prescriptions.

WebMD



Greens and Kidney Stones?

Just about everyone needs to eat more veggies. Dark, leafy greens like spinach are some of the best. But if you tend to get kidney stones, you'll want to watch how much you eat.

These greens have a lot of oxalate, which can cause kidney stones. If you're at risk, your doctor may recommend no more than 40-50 milligrams (mg) of oxalate a day. And half a cup of greens can have close to 10 mg of it. So you can have a couple of servings, but don't pack huge amounts into your green smoothies.



Can You Get Too Much Water?

Most days, you likely don't drink enough of it. It's not easy to get too much. There are two main exceptions. One is a mental health condition where you compulsively drink water. The other is when you do a lot of hard exercise, like marathons, and you down too much water instead of a sports drink.

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