

## Puerto Rico Has Just One Fully Operational Hospital Right Now

Experts fear a major health crisis will unfold in Puerto Rico as the island remains without electricity and clean water. [Read on](#)



## Who rapped better, Turnbull or Shorten?

Both of Australia's political leaders have tried their hands at dropping some dope rhymes. Take a look at both raps and decide who came out on top. ↑



## Scientists Focus on Gut Flora for Future Psoriasis Treatments

Volunteers are being sought for a major study to help determine how the gut microbiome can be used to treat psoriasis and other autoimmune

diseases. [Read on](#) →



## New links between gut microbiota and multiple sclerosis

Blurred or double vision; numbness in the arms, legs, or face; problems with balance when walking. These are some of the first symptoms of multiple sclerosis (MS), a chronic autoimmune and neurodegenerative disease that affects... ↑

## What Causes Tooth Decay?

Get the facts on oral hygiene and prevention of periodontal diseases, tooth decay, cavities, and cancer of the mouth. [Read more...](#)



## How Sugary Drinks May Change the Way Your Body Burns Fat ←

## What Teeth and Gums Say About Your Health

See how diabetes, heart disease, osteoporosis, and other health problems are related to gum disease and oral health.

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Health & Views' has a vision and a mission, to make Sri Lankans of the world healthier through the power of health information.

We do this by selecting health information from various sources relevant to issues applicable to our readers, and we expect reciprocation by reading, for their health & longevity

Health editor  
Please note our email address:  
[haroldgunatillake1@gmail.com](mailto:haroldgunatillake1@gmail.com)



## Health Education for Sri Lankans & others ↑



## The Importance of Dental Hygiene

Taking good care of your mouth and teeth is part of maintaining good health. [Read more...](#)

*"The greatness of a man is not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively."*

— Bob Marley

## Ketamine for Depression Therapy

Ketamine is a promising depression therapy, but its effects remain unknown.

[READ MORE](#)

## How Crohn's Disease Affects Your Diet

Learn more on this digestive disorder and how Crohn's can affect your diet.

[VIEW](#)

[SLIDESHOW](#)

## Risk Factors of Bladder Cancer

Bladder cancer occurs when cancerous cells from the lining of the bladder multiply.

[VIEW](#)

[SLIDESHOW](#)

## Former Miss World's call to the wild

Belinda Green, Miss World 1972, found new meaning in life when she met veterinary surgeon Dr Howard Ralph, a man with an extraordinary devotion to saving native animals.



Why Me Lord Story - Told and Sung By kris kristofferson

[Jerry Farris](#)



2,439,192 views • over a year ago



### Digging into Adani

The dubious dealings of India's corporate colossus. *Four Corners* travelled to India to investigate the activities of the giant Adani group, they soon discovered the power of the company.

While attempting to film, the *Four Corners* team had their cameras shut down and their footage deleted and were questioned for hours by police.

[Watch now](#) >



HOW TO MAKE A WOMAN FLOAT IN MID-AIR!

[Magic Secrets Revealed](#)



Chris Barber - Just A Closer Wal With Thee

[MrHB48](#)

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



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## Australian road safety film shows rampant mobile phone use – video



## We need to talk about women's drinking ↑

More women are drinking than ever. But many are in the dark, or in denial, when it comes to knowing how booze affects their bodies.



## Liposuction Nearly Turns Deadly for One Woman

A liposuction procedure turned nearly deadly for a 45-year-old woman in England, according to a new report of her case.

[Read More](#)

[iPhone 8 review: so this is what good battery life feels like](#) ↑



## CHILDREN OF WELIGAMA

These children all live in Weligama and attended a birthday party at Callamander Unawatuna Beach Resort on the 7<sup>th</sup> of July. They had never been to the resort previously. We were happy to host them when Nishaji celebrated her birthday. AuSLMAT have a close association with children in Sri Lanka and assist them in their English and IT studies. The clinic at Weligama was conducted at the Hemachandra Gunesekera Maha Vidyalaya in Mudugamuwa Weligama. AuSLMAT is grateful to the many donors who have supported this outreach since the tsunami of 2004. We will be there again in July 2018 and can carry any donations to them.

Dr Quintus de Zylva

[Symptoms of Chronic Fatigue Syndrome](#) ←



# How Can You Tell If an Egg Is Still Good?



If you're not sure how long your eggs have been in the fridge, there are several ways to tell whether they are still good or not. The first step should be to check the sell-by or expiration date printed on the carton. If the current date is before this date, you've got nothing to worry about. Alternatively, look for the pack date. This will be printed as a 3-digit number that corresponds to the day of the year that the eggs were washed and packaged. For example, January 1 is 001. If the eggs are less than 30 days from the pack date, you can be sure they're still good (7). However, your eggs may still be good for up to several weeks beyond these dates. In this case, the best way to tell if an egg has gone bad is to conduct a sniff test. Other methods, such as candling or the float test, can only tell you if an egg is fresh but not if it has gone bad (7). Before conducting a sniff test, check if the shell has any cracks or a powdery or slimy appearance. If so, toss the egg. If everything looks good, crack the egg open on a clean, white plate before using. Check for any discoloration or a funny smell. An egg that has gone bad will give off an unmistakable odor. If everything looks normal and the egg has no smell, then it is fine to use. However, it's important to note that eggs contaminated with the bacteria *Salmonella* may look and smell completely normal, even though they can make you sick (7). Therefore, be sure to cook eggs to a safe internal temperature of 160°F (71°C) in order to kill any bacteria that may be present. Read [this article](#) to find out more about how to tell if an egg is good or bad.

**SUMMARY:** If an egg is past the sell-by or expiration date, it may still be good to use. Crack the egg onto a clean, white plate. If it looks and smells normal, then it's okay to use.

Healthline



## Pentagon Moves Ahead With Obama-Era Climate Preparation Plan Despite Trump's Orders



## 3 Reasons Why You Should Care About Vehicle Efficiency and Emissions Standards



## No. 1 Tip to Prevent High Blood Pressure

Is one behavior more important than all others in preventing high blood pressure?

[READ MORE](#)

## Symptoms of an Enlarged Prostate

Learn about enlarged prostate symptoms, signs, treatment, causes, and diet.

[TAKE THE QUIZ](#)


**Beets:** Not to be outdone by their tops, ruby red beets are a leading source of nitrates, which are good for your blood pressure. Plus, you get fiber and other nutrients from beets. **Cooking tip:** Roasting beets boosts their natural sweetness. Wrap each beet individually in foil and bake at 350 F until tender. Or skip the oven. Grate raw beets and add to slaws or as a topping in sandwiches.



And: *"First they ignore you, then they laugh at you, then they fight you, then you win."-Mahatma Gandhi* 




## New Technology Uses Body Fat to Help Relieve Joint Pain

The Lipogems procedure was approved for use last year, and it's already gaining attention. Here's what experts are saying about its chances for widespread success. [Read on](#) 



## How to Treat Arthritis the Natural Way

If you prefer a more natural approach to managing arthritis pain, there are plenty of herbal remedies out there that may help. We'll spotlight nine of them for you. [Read on](#) 

## The Belgian festival where the fountains flow with gin



## Moderate drinking linked to improvements in thinking skills



Many studies have suggested that drinking alcohol in moderation — one drink per day for women, one or two drinks per day for men — may offer some protection against heart disease. But a recent study published in *The BMJ* suggests that moderate alcohol drinking may not protect the brain.



## Beet Greens

Beet roots' edible leafy tops are brimming with vitamin K, which is linked to a lower chance of getting type 2 diabetes. One cup raw provides nearly twice your daily requirement. **Cooking tip:** Sauté a bunch of tender beet greens with some olive oil and garlic for a healthy side dish. Or chop them and add to frittatas, soups, or pasta dishes.



## High-Fiber Super Foods



High-fiber foods such as fresh fruits and whole grains boost your energy, lower cholesterol, and aid in digestion. [Read more...](#)

## How Long Does Caffeine Affect Us?



Learn about caffeine, including caffeine addiction, withdrawal symptoms, the health effects of coffee, and more. [Read more...](#)

## Energy-Boosting Foods



If you have COPD, eating right can help boost your energy. See what to eat and when to eat it. [Read more...](#)

## Statin use may not benefit people ages 75 or older, study suggests

An analysis of a large controlled trial indicates that statins were not associated with a reduced risk of heart attacks, deaths from heart disease, or deaths from any cause in people over 65 who did not have heart or vascular disease. [More »](#)

## Blood pressure drugs and ED: What you need to know

One reason erectile dysfunction (ED) becomes more common with age is that older men are more likely to be on medication, and ED is often a side effect of many common drugs. In fact, it's been estimated that 25% of all ED is caused by medication. Several drugs can produce erectile difficulties, but blood pressure drugs are near the top. ED is an occasional side effect of BP drugs like thiazide diuretics, loop diuretics, and beta-blockers, all of which can decrease blood flow to the penis and make it difficult to get an erection. However, other BP drugs, such as alpha-blockers, ACE inhibitors, and angioten-sin-receptor blockers, rarely cause ED. [More »](#)

## Coated aspirin is better if you are taking it daily for your heart.

**FALSE:** If you're taking daily aspirin for your heart, don't use coated aspirin. It won't protect your stomach AND not all the aspirin will get into your blood stream. You're better off with chewable "baby aspirin."

## 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.

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

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

## “There are two drugs to treat age-related macular degeneration. Which drug is best?”

Recent evidence shows that the cheaper treatment (Avastin) is just as safe and effective as a more expensive option (Lucentis) for this common form of age-related vision loss.

[https://www.youtube.com/watch?v=KXRDF2Vi\\_Gw&feature=youtu.be](https://www.youtube.com/watch?v=KXRDF2Vi_Gw&feature=youtu.be)

## High Triglycerides? Watch Out for These Foods



Did you know too much fruit can raise your levels of this blood fat? Here are other eats to limit or avoid.

• [Not All Plant-Based Foods Are Equal](#)

## 10 Foods That Are Good for Your Eyes



You try to protect your sight in any way you can, but do you think about what you put on your plate? These foods have real perks for your peepers.

## Surprising Migraine Triggers

What does a migraine feel like? Learn to spot migraine symptoms early, see how to identify your triggers, and get more information on migraine medications and treatments.



VIDEO



## Which Foods Have a Low Glycemic Index?

An expert explains why some people are eating low-GI foods, and which ones are star performers.

## Who Gets Allergies?



Although many individuals outgrow allergies over time, allergies can also develop at any age, including adulthood. [Read more...](#)

## What Is Tinnitus?



A ringing, swishing, or other noise in the ears or head when no external sound is present is called tinnitus. [Read more...](#)

[READ MORE](#)

## Type 1 Diabetes vs. Type 2 Diabetes

What is type 1 diabetes? Learn the warning signs, causes, treatments, and health tips for type 1 diabetes. [Read more...](#)

## High Protein diets can damage your kidneys

The sudden death of an Australian bodybuilder, Meegan Hefford, 25, is raising questions about [how much protein in a diet is too much](#). While Hefford suffered from a rare genetic condition that was likely exacerbated by the use of a protein supplement, experts caution that individuals with chronic kidney disease and certain liver conditions should also be careful with their protein intake.

One of the keys to improving the survivability of cancer is early detection. With this in mind, researchers are closing in on new [non-invasive diagnostic tools](#) that could catch potential cancers through blood tests. These new tests would allow clinicians to identify markers for certain cancers long before they become detectable through current imaging tools. Energy drinks are proving to be far more dangerous than just a load of sugary calories and caffeine. A new study shows that college students who [consume large quantities of energy drinks](#) are more likely to become addicted to illegal drugs and alcohol later in life.

Finally, there is electronic muscle stimulation (EMS). This trendy "alternative" to strength training has received endorsements from [Heidi Klum, Elizabeth Hurley, and Madonna](#). Unfortunately, the FDA is not as enthusiastic and issued a statement saying, "No EMS devices have been cleared at this time for weight loss, girth reduction, or obtaining 'rock hard' abs."

Healthline

## You Probably Don't Need Extra Protein in Your Diet — Here's Why

The death of a female bodybuilder from Australia who was taking protein supplements has spotlighted concerns over excess protein in a person's diet. [Read on](#) →

Happy days of the past that we must recapture !! Enjoy !! Blessings SS

<https://m.youtube.com/watch?v=QgCu7JDnqwg>



## Cocktail Confusion: Is Drinking Healthy or Risky?

By [Matt McMillen](#)

Several recent studies have suggested that [alcohol](#) in moderation offers health benefits and may even help you live longer.

Yet in 2014, the World Health Organization labeled [alcohol](#) as a carcinogen and said no amount is safe.

The question gained new relevance this month with the release of a sobering report that documents a significant rise in the number of people with drinking problems in the U.S. The problems minorities, and the elderly, as well as those with less education and lower incomes.

Is any amount of alcohol better than none at all?

### Know the Limits

Before you start a petition to replace the office water cooler with a beer keg, let's be clear: Alcohol is only healthy in smaller amounts -- about 1 drink a day for women (5 ounces of wine, 12 ounces of beer, or 1.5 ounces of liquor) and 2 for men. After that, the benefits get hazier and the risks increase.

"That's by far the most difficult question, because we don't have perfect studies that answer it, and the data we do have are complex," says alcohol researcher Kenneth Mukamal, MD, an associate professor of medicine at Beth Israel Deaconess Medical Center in Boston.

Consider [heart disease](#) and [cancer](#) risk, he says: "The World Health Organization says there's no safe amount of alcohol when it comes to [cancer](#) risk, but you could argue that there's no safe level of not drinking in terms of [cardiovascular disease](#)."

A large study published this month illustrates his point. It showed that light to moderate drinkers lowered their chances of an early death by about 20%, compared with nondrinkers. Their risk of dying from [heart disease](#) dropped even more dramatically. But only light drinkers saw a drop in [cancer](#) deaths. Light drinkers were those who had fewer than three drinks per week, while moderate drinkers had more than three drinks, but no more than 14 for men and seven for women per week.

Heavy drinkers, on the other hand, fared considerably worse. They had a 27% higher chance of dying of cancer and an 11% higher chance of dying early from any cause. Binge drinkers had similar risks.

"It's clear that heavy drinking is bad for your health, and it's bad for nearly every aspect of your health," says Mukamal, "but even occasionally exceeding these limits is often bad for one's health, even if you normally drink moderately."

George Koob, PhD, director of the National Institute on Alcohol Abuse and Alcoholism, points to alcohol's potential for helping [prevent diabetes](#) and [stroke](#). Another recent study found that men who had 14 drinks per week and women who had nine per week have the lowest chance of having [type 2 diabetes](#). But Koob notes that alcohol has been linked to many cancers, including [breast cancer](#).

"There's evidence that for every drink you take, especially if you're a woman, you increase your risk of [breast cancer](#) by a small percentage," he says. "The risk is very small, but it's there."

Recent studies have also looked at how moderate drinking affects the aging brain. One published this month found that daily drinkers (up to three drinks for women and four drinks for men) were about twice as likely as nondrinkers to live to 85 without thinking and memory problems.

Alison Moore, MD, studies alcohol's impact on older people. A geriatrician at the University of California San Diego, she says its possible positive effects on [heart health](#) may, in turn, protect against [dementia](#).

Meanwhile, a study from June that followed its participants for 30 years raises cause for concern. Moderate drinkers had a 3 times higher chance of deterioration in certain brain regions by their 70s. They also performed more poorly on one of several brain strength tests than nondrinkers. This study defined moderate drinking as 14 to 21 drinks per week.

"No one likes brain atrophy, but does it equal problems with cognition in this study?" Moore says. "It's a maybe. We have more to learn."

So, how do you decide whether or not to take a drink, let alone how much and how often? It's complicated.

"This is a very, very individual issue," says cardiologist Suzanne Steinbaum, DO, the director of Women's Heart Health at Lenox Hill Hospital in New York City. "There's no one size fits all for alcohol."

Federal dietary guidelines recommend no more than one drink per day for women and two drinks per day for men. Women are advised to drink less than men because their bodies absorb more alcohol and metabolize it more slowly. Man or woman, it's critical to pay attention to portion sizes when pouring a drink or when ordering at a restaurant, says Steinbaum. Your one glass of wine could easily contain the equivalent of two or more drinks. Age, health, and things about your lifestyle -- like whether you smoke or exercise -- should also be part of your decision to imbibe or abstain.

"As we get older, we tend to be on more medications, which can interact with alcohol," says Steinbaum. "You have to be very, very careful."

Alcohol can make you more prone to falls and can boost your blood pressure. It also contains a lot of sugar, a concern for anyone with diabetes or prediabetes, she says.

Finally, alcohol's possible health benefits only become relevant later in life, when you're more likely to have chronic diseases, says Mukamal.



[Paul Keating, Julia Gillard and Tony Abbott inspire choral performance](#)



## Which hormone is responsible for getting angry?

**Ray Schilling** Author: "Healing Gone Wrong, Healing Done Right", Amazon.com Blogger, retired physician and cancer researcher. 2010-present

Studied at University of Tübingen  
Lives in Kelowna, BC

Published **Writer** Forbes, Medical Daily, and **4 more** Forbes, Medical Daily, Apple News, Newsweek, Mental Floss, and International Business Times

**Ray Schilling**, 32 yrs. medicine, 3 books Amazon, cancer res., gen. practice  
**Answered Thu**

It may be more than one hormone that can be behind feeling angry.

When a woman has too much estrogen she often gets migraine headaches. But she also gets mood swings, and when you are just not feeling right, you can get angry. **13 Signs Your Body Is Producing Too Much Estrogen**

On the other hand, if your thyroid hormones are elevated, something your doctor can check, you can also get angry. **Why are you so angry? The illnesses and medicines that could be to blame for your bad moods**

We have a number of brain hormones and adrenaline and noradrenaline are part of them. **What Is the Name of the Brain Chemical Released When You Are Angry.** They are part of the stress response. But they very much affect the brain as well.  
**Conclusion**

Don't think that just one hormone can make you angry. It is a hormone disbalance that makes you angry. You are feeling out of balance because of the hormone disbalance. Certain hormones, like too much thyroid hormones, too much estrogen and too much adrenaline/noradrenaline can contribute to this hormone disbalance that makes you angry. Time for some relaxation. Take a nap, do some yoga or self-hypnosis. Tai chi anyone?

• [Tips for Injecting Insulin](#) ←

SLIDESHOW

**[Here's How Diabetes Can Harm Your Health](#)**

**[You'd be hard-pressed to find a part of your body that's not damaged by high blood sugar. Do you know how to protect yourself?](#)** ↑

## Warning Signs of Gout



This form of arthritis is becoming more common in the U.S. Here's how to tell if you're having a flare, and what to do to prevent future attacks.

[View Slideshow >](#)

### 4 Reasons Why You Should Start Chewing On Raw Garlic

Garlic makes almost any recipe instantly more delicious and is an important ingredient in most cuisines. However, garlic is more than just a flavoring, it's also packed with nutritional benefits. These nutritional compounds are at their most intact when not subjected to heat...

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### Conditions That Affect Your Kidneys ↑

**[Although diabetes is the leading cause of kidney failure, other diseases can harm these vital organs, too.](#)**

## Make Friends

**[Here's another reason to be grateful for your friends: They might help you live longer. Dozens of studies show a clear link between strong social ties and a longer life. So make the time to keep in touch.](#)**

**[Choose Friends Wisely](#)**

**[Your friends' habits rub off on you, so look for buddies with healthy lifestyles. Your chances of becoming obese go up if you have a friend who adds extra pounds. Smoking also spreads through social ties, but quitting is also contagious](#)**  
WebMD

*If you want one year of prosperity, plant corn. If you want ten years of prosperity, plant trees. If you want one hundred years of prosperity, educate people.*  
— Chinese Proverb



### Top 6 Benefits Of Drinking Oolong Tea

In the never-ending battle of the teas, Oolong often misses out to the more popular green, matcha and white teas. However, new studies coming out have shown that Oolong is not to be underestimated...

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### 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 diabetes and heart disease, but you can take steps to change that.

**Lose Weight**

It doesn't have to be a lot. If you lose just 7% of your body weight, it can make a huge difference (that's only 14 pounds for a 200-pound person). The first step is to eat healthier food with fewer calories. Start by keeping track of your weight, eating habits, and physical activities.

**Eat Healthy**

A good rule of thumb is to fill half your plate with non-starchy vegetables (asparagus, Brussels sprouts, and carrots, among many others). One quarter should have starchy foods (like potatoes, corn, or peas). The remaining quarter should be protein -- chicken, fish, or beans are best. Be extra careful with carbs like baked goods or pasta -- they can raise your blood sugar.

**Exercise**

You'll lose weight faster and feel better if you get out and burn more calories. You don't need to train for a marathon: A brisk 30-minute walk five times a week should do the trick. A workout buddy can sometimes help you stick to a routine, so call a friend or join a gym and make some new ones. Aerobic exercise (walking, swimming, dancing) and strength training (weight lifting, pushups, pull-ups) are both good. A little of both is best.

**Get Your ZZZs**

The right amount of shut-eye helps keep your blood sugar at healthy levels. If you can't stay asleep, wake up too early, or get less than 5 hours a night, you're more likely to get diabetes. About 7 or 8 hours a night is ideal. For better sleep, don't have alcohol or caffeine late in the day, keep regular sleep hours, and stick to a calm, quiet bedtime routine.

WebMD

**[Prediabetes: You Can Turn It Around](#)** ←

**[A prediabetes diagnosis can actually be a blessing in disguise, prompting you to change your life for the better. Here's why.](#)**

**[Most Australians oppose Adani mine, poll shows, amid national protests](#)** ←

## When you are hungry

When a person is hungry, a cascade of triggers notifies the brain that the body needs food. One of those triggers is a hormone called ghrelin — "the only mammalian substance that has been shown to increase appetite and food intake when delivered to humans," according to a 2006 review in the [journal Physiology and Behavior](#).

Most of the body's supply of ghrelin is created in the stomach and duodenum (the first part of the small intestine). Once made, ghrelin can cross the blood-brain barrier and target certain parts of the brain, stimulating hunger, according to the review.

Moreover, ghrelin is with us 24/7: its levels drop as we eat, and rise before meals, reaching concentrations high enough to stimulate hunger, according to the review.

However, a curious finding shows that ghrelin isn't the be-all and end-all of hunger pangs.

In a 2016 study in the [journal Clinical Nutrition](#), 59 obese adults participated in an eight-week-long program in which they fasted every other day. (They ate sparingly on the "fast" days, and ate freely on alternate days.) But after measuring the participant's ghrelin levels, the researchers found that "hunger was not related to ghrelin concentrations ... at any point," they wrote in the study. In other words, when people fasted, their levels of ghrelin increased. But for unknown reasons, these people didn't report feeling hungrier than usual.

"It's interesting because the subjective "How hungry are you?" doesn't really match up with what we measure clinically," Colleen Tewksbury, a bariatric program manager at Penn Medicine, who was not involved with the review or the study, told Live Science.

So, why is it that people can basically ignore their hunger pangs? One idea, based on anecdotal observations, is that intense activities can distract people from their hunger, said Leah Groppo, a clinical dietician at Stanford Health Care in Palo Alto, California.

"If you're really distracted, oftentimes people are able to lose that sense of hunger," Groppo told Live Science. "Then, over time it [the feelings of hunger] will diminish because you're still hyper-focused on something else."

However, if you're surrounded by enough cues to remind you of your hunger — say, you're reading a novel but you're by the kitchen, and the smell of dinner is wafting through the air — then you'll likely remember how hungry you are.

*Original article on [Live Science](#)*



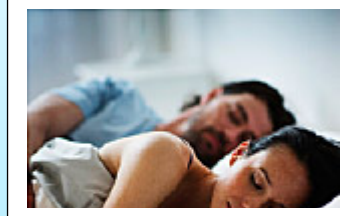
## Protect Your DNA

As you age, the ends of your chromosomes become shorter. This makes you more likely to get sick. But lifestyle changes can boost an enzyme that makes them longer. Plus, studies show diet and exercise can protect them. The bottom line: Healthy habits may slow aging at the cellular level.



## The Road Ahead for Electric Vehicles to Create a Sustainable, Equitable Future

## 13 Reasons You Need More Sleep

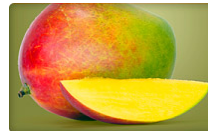


Fewer accidents, better mood, a healthier heart ... there are plenty of reasons why getting enough sleep is so important. And some of them may surprise you.

### SLIDESHOW

## 15 Cancer Symptoms

See what these symptoms might mean, and when it may be time to call a doctor.



## Fruits With the Most Sugar

A piece of fruit can be good for you, but not all fruits are created equal.

The person who invented the phrase "All men are the same" was a Chinese woman who lost her husband in a crowd.

For the love of Queensland, this land clearing has got to stop | Lyndon Schneiders



## Watch Dramatic Elephant Rescue 10 Miles Off Sri Lanka Coast

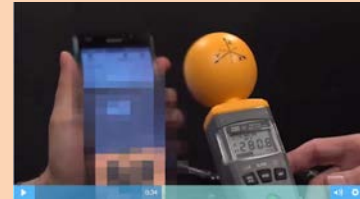


## World's Last Remaining Tigers Live Under Severe Threat of Extinction

Dear Reader,

I recently saw a video online of a cellphone popping popcorn. It was stunning visual evidence that phones emit far more energy than most folks believe.

I was so stunned, in fact, that I did a bit of my own research... and filmed my own video ([click here](#)).



What I found was flat-out crazy. I'm convinced that it's the start of a scandal that could rock some of the most lucrative (and popular) companies on the planet.

[Click here to see what I found.](#)

Be well,

Andy Snyder

Founder, Manward Press



## Biblical Battles: 12 Ancient Wars Lifted from the Bible

See This



## Why Are Parrots Such Great Mimics?

See This



## Survey: Heart disease isn't top concern for women, doctors – even though it's the No. 1 killer

News on Heart.org

Despite being the No. 1 killer of women, cardiovascular disease is not the top concern for women – or physicians, acc...

[Read more at News on](#)

[Heart.org](#)

## Why Soda With That Burger Is Fattening



Combining a sugary soda with your burger can prime your body to pack on more pounds.

[READ MORE](#)

## [A Reminder That Meds and Grapefruit Don't Always Mix](#)

## Our Best Tips for Controlling Blood Sugar

[Did you know that hot weather can make it harder to keep your levels in a healthy range? We share things that can help.](#)

SLIDESHOW

## Best Diets When You Have Diabetes

[Weight loss plans only work when you stick to them. See which one might be a good choice for you.](#)

• [Pros & Cons of High-Protein Diets](#)

## Are you a Carboholic?

By GARY TAUBESJULY

The conventional thinking, held by the large proportion of the many researchers and clinicians I've interviewed over the years, is that obesity is caused by caloric excess. They refer to it as an "energy balance" disorder, and so the treatment is to consume less energy (fewer calories) and expend more. When we fail to maintain this prescription, the implication is that we simply lack will power or self-discipline.

"It's viewed as a psychological issue or even a question of character," says Dr. David Ludwig, who studies and treats obesity at Harvard Medical School.

The minority position in this field — one that Dr. Ludwig holds, as do I after years of reporting — is that obesity is actually a hormonal regulatory disorder, and the hormone that dominates this process is insulin. It directly links what we eat to the accumulation of excess fat and that, in turn, is tied to the foods we crave and the hunger we experience. It's been known since the 1960s that insulin signals fat cells to accumulate fat, while telling the other cells in our body to burn carbohydrates for fuel. By this thinking these carbohydrates are uniquely fattening.

Since insulin levels after meals are determined largely by the carbohydrates we eat — particularly easily digestible grains and starches, known as high glycemic index carbohydrates, as well as sugars like sucrose and high-fructose corn syrup — diets based on this approach specifically target these carbohydrates. If we don't want to stay fat or get fatter, we don't eat them.

This effect of insulin on fat and carbohydrate metabolism offers an explanation for why these same carbohydrates, as Dr. Ludwig says, are typically the foods we crave most; why a little "slip," as addiction specialists would call it, could so easily lead to a binge.

Elevate insulin levels even a little, says Dr. Robert Lustig, a pediatric endocrinologist at the University of California, San Francisco, and the body switches over from burning fat for fuel to burning carbohydrates, by necessity.

"The more insulin you release, the more you crave carbs," he said. "Once you're exposed to a little carbohydrate, and you get an insulin rise from it, that forces energy into fat cells and that deprives your other cells of the energy they would otherwise have utilized — in essence, starvation. So you compensate by getting hungry, particularly for more carbohydrate. High insulin drives carb-craving."

The result is that even a bite or a taste of carbohydrate-rich foods can stimulate insulin and create a hunger — for even more carbohydrates. "There's no question in my mind," says Dr. Lustig, "that once people who are 'carboholic' get their insulin levels down, they become less carboholic. And if they go off the wagon and start eating carbs, they go right back to where they were before. I've seen that in numerous patients."

**Cutting carbs? [Here's why it's so tough.](#)**

## Stomach Squeeze

It takes the stomach around four to six hours to empty a full meal, and then the small intestine takes about six to eight hours to squeeze out all the nutrients and empty into the colon. The remains linger there for another [one to three days](#), fermenting and being formed into what ultimately is flushed down the toilet. So-called bowel transit time varies significantly from person to person, but gastroenterologists said you can easily find out what's normal for you by eating corn and watching for when the indigestible kernels appear in your stool.

Gross, perhaps, but with that baseline, the next time you get sick, you'll be better able to estimate when you might have eaten the offending meal. For example, if you throw up something and don't have diarrhea or roiling further down, it could be that what made you ill was something you ate within the last four to six hours. If you wake up in the middle of the night with cramps and diarrhea, it's more likely something you consumed a good 18 to 48 hours earlier, depending on the results of your corn test.

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

So in addition to figuring out the correct time frame of consumption, also consider what foods are more likely to be contaminated. Items cited by the C.D.C. and frequently on the Food and Drug Administration's [food recall list](#) include leafy greens, culinary herbs, melons with textured surfaces like cantaloupe, fresh tomatoes, cucumbers, jalapeño peppers, nut butters, shellfish, frozen peas, cheese and ice cream. Also suspicious are any foods left out for several hours, like the classic potato salad at the family picnic or fried rice at a Chinese buffet.

Restaurant food tends to be riskier in general not only because more hands are involved in the preparation but also because the ingredients are ordered in bulk. "A fast-food hamburger could have meat from a hundred different cows," said Dr. Fisher, and it takes only one with a pathogen to make you sick. "The eggs in your two-egg omelet were poured out of a carton so it could have come from 50 different chickens," she said.

By KATE MURPHY

**Finding clues to the source of a stomach bug [can reduce future risk.](#)**

[How Is Crohn's Disease Treated?](#)

[Steps to Improve Erectile Dysfunction](#)

[Here's the Recipe to Keep Colon Cancer at Bay](#)



From Your Digest

## What happens if just one neuron dies in my brain?

Vineet Reddy

Works at Google

Studied at Northview High School

Lives in Atlanta, GA

Turns out, not much will happen. Neurons typically die each day and hundreds more are born in the hippocampus (memory) and olfactory bulb (smell). Many more die during a stroke. Each minute a stroke is not treated "1.9 million neurons, 14 billion synapses, and 12 km (7.5 miles) of myelinated fibers are destroyed." So make sure if you see someone having a stroke, alert authorities/call 911 immediately.

Is it a stroke? Check these signs **FAST!**



Does the face look uneven? OR Does one arm drift down? OR Does their speech sound strange? THEN It's time to call 9-1-1!

Massachusetts Department of Public Health - HD2107 6/14

Sources:

Harvard study: [Study: Your Brain Makes Hundreds Of New Neurons A Day](#)

Stroke study: [Time Is Brain-Quantified](#)



Home » [Harvard Health Blog](#) » This is your brain on alcohol - Harvard Health Blog

## This is your brain on alcohol

Beverly Merz, Executive Editor, *Harvard Women's Health Watch*



It's no secret that alcohol affects our brains, and most moderate drinkers like the way it makes them feel — happier, less stressed, more sociable. Science has verified alcohol's feel-good effect; PET scans have shown that alcohol releases endorphins (the "pleasure hormones") which bind to opiate receptors in the brain. Although excessive drinking is linked to an increased risk of dementia, decades of observational studies have indicated that moderate drinking — defined as no more than one drink a day for women and two for men — has few ill effects. (A drink equals 1.5 ounces of 80-proof spirits, 5 ounces of wine, or 12 ounces of beer.) However, a **recent British study** seems to have bad news for moderate drinkers, indicating that even moderate drinking is associated with shrinkage in areas of the brain involved in cognition and learning.

This is your brain on alcohol



### Statins

Statins can increase blood sugar levels, creating a 10 percent to 20 percent increased risk of developing **diabetes**. "However, and this is a big however, people with normal blood sugar and people who are not significantly **obese** do not develop **diabetes** from being put on a statin," Lloyd-Jones said. "It's only people who are already at high risk for developing diabetes who get a little bump in their blood sugar from a statin that pushes them over the threshold of diagnosis."

### What Happens to the Heart During AFib?

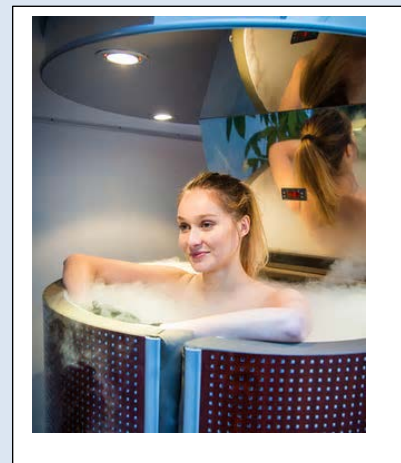
Atrial fibrillation (also known as AFib) is the most common, abnormal rhythm of the heart.

[TAKE THE QUIZ](#)

## Whole-body cryotherapy: what are the cold hard facts?

Immersing oneself in air frozen to as low as -160C has its sporting champions – including Leicester City and the Welsh rugby team – but does it stand up to scientific scrutiny?

What do sports stars Cristiano Ronaldo, Jamie Vardy and Sam Warburton have in common? It is nothing to do with goals, tries or fast cars. All three regularly undergo whole-body cryotherapy, an extreme-cold treatment that proponents say can speed recovery, reduce injuries, increase energy and improve sleep.



The evidence from scientific studies, however, is mixed. In 2015, a small German study found endurance athletes **recovered more quickly** and were able to perform better in the second of two running tests separated by an hour if they underwent whole-body cryotherapy in between. A Cochrane review – the gold standard in healthcare evidence – pooled the results of four previous studies involving 64 physically active adults and **concluded there was insufficient evidence** to support its use to relieve muscle soreness after exercise. Nic Fleming

### The Future of Cancer Treatment

CAR T-cell therapy is one many treatments that could transform how the disease is -- and will be -- treated

Your Guide to Blood Cancers **Leukemia and lymphoma are the most common**, but there are other types. Learn the symptoms to watch for, who's at risk, and more need-to-know facts.

## Can Marijuana Cause Lung Cancer?

Separate myth from fact and find out what can increase your risk of lung cancer.

[VIEW SLIDESHOW](#)

# Is the 'Anti-Statin' Trend Threatening Lives

By Dennis Thompson  
HealthDay Reporter

## Latest Cholesterol News

- [Vaccine Curbs High Cholesterol in Mice](#)
- [Link Between Some Statins and Parkinson's Risk](#)
- [Healthy Dietary Fats Help Beat High Cholesterol](#)
- [New Cholesterol Fighting Meds Target Key Gene](#)
- [Doubt on Need for Statins in the 'Health Old'](#)
- Want More News? Sign Up for MedicineNet Newsletters!

MONDAY, July 24, 2017 (HealthDay News) -- A wave of anti-science skepticism may put people with [high cholesterol](#) at risk if they're convinced to quit life-saving statin medications, heart experts warn.

An "internet-driven cult" is attacking the safety and effectiveness of cholesterol-lowering [statins](#), despite mounds of clinical trial data showing the drugs work and produce minimal side effects, said Dr. Steven Nissen, chairman of cardiovascular medicine at the Cleveland Clinic.

"Unfortunately, we're in an era now where, with the internet, people with fringe views like this can gain the upper hand," Nissen said. "They've been very aggressive promoting to the public the idea that these drugs that are responsible for saving millions of lives are somehow bad for you." Most side effects associated with statins are minor and can be addressed by adjusting the dose or switching to another type of statin, Nissen said.

But some internet rumor mills are urging people to quit statins, Nissen added. The sites hype serious but rare side effects associated with statins, concoct unfounded claims against the drugs, and even question the health risk posed by high [cholesterol levels](#).

"We as physician scientists have to speak out," Nissen said. "We have to regain the public's attention around the fact that it isn't a good thing to have [high cholesterol](#), and a lot of [heart disease](#) is preventable by addressing risk factors like cholesterol."

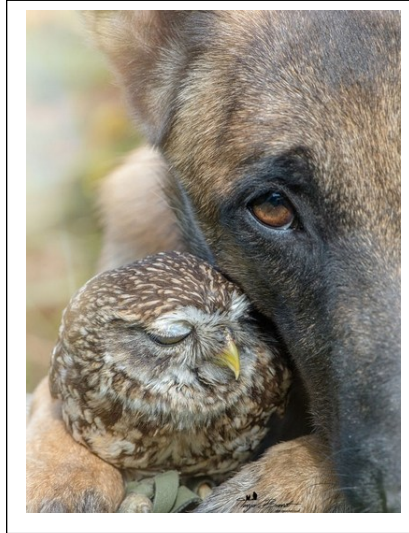
Nissen makes his case in an editorial published online July 24 alongside a new study in the journal *Annals of Internal Medicine*. That study found that patients who stick with statins even after suffering side effects are less likely to die or suffer a [heart attack](#) or [stroke](#), compared to people who quit the drugs.

The well-known 2009 JUPITER trial showed that people taking statins have a 54 percent reduced risk of heart attack, 48 percent lower chance of [stroke](#), and a 46 percent lower risk of needing surgery to reopen or bypass clogged arteries. But as many as three-quarters of patients stop statin therapy within two years after they suffer a side effect, or "adverse event," from the drugs, the authors of the new report said in background notes.

The new study found that patients who keep taking their statins had about a 12 percent incidence rate of death, heart attack or [stroke](#), while those who quit statins had an incidence rate of about 14 percent, said senior researcher Dr. Alexander Turchin. He's an endocrinologist with Brigham and Women's Hospital in Boston.

"Our study showed that people who try statins again do have a decrease in [heart attacks](#), [strokes](#) and death of all cause," Turchin said.

Ingo, a Belgian shepherd, and Poldi, a one-year-old owlet, share a very special bond which is evident in the following photos.



For years, photographer Tanja Brandt has made it her mission to capture magnificent photos of animals and wildlife. Recently, the German artist found a new challenge when she photographed the unique bond between two unlikely friends: Ingo, a Belgian shepherd, and Poldi (Napoleon), a one-year-old owl. The owl and canine have a special "protector-protected" relationship and that their affection towards each other couldn't be any more evident.

Ingo lovingly guards Poldi, who apparently "doesn't know how to live free."

The owl hatched two days after his six brothers and sisters, therefore, has always been very vulnerable due to his small size. Comparatively, Ingo was raised to by a family of strong, and oftentimes ruthless, police dogs.

"They respect each other and they can read each other," says the photographer.

**They say everyone needs someone to love and above is the proof of that even in the animal world**

**Sperm counts among western men have halved in the last 40 years,** [a new study has found](#).

The latest findings reveal that between 1973 and 2011, the concentration of sperm has fallen by an average of 1.4% a year, leading to an overall drop of just over 52% – but the reasons for the decline are still unclear. "The results are quite shocking," said Hagai Levine, an epidemiologist and co-author of the study from the Hebrew University of Jerusalem. "This is a classic under the radar huge public health problem that is really neglected." More research was needed into what factors were influencing the decline, but some possibilities include [links to body weight](#), a lack of [physical activity](#), [smoking](#), and exposure of pregnant women to chemicals found in myriad household products, known as [endocrine disruptors](#).



**Dr. Mark Hyman: So Is Coconut Oil Healthy or Not?**



## **The Future of Cancer Treatment**



**CAR T-cell therapy is one many treatments that could transform how the disease is -- and will be -- treated.**

**Compiled, edited & published by  
Dr Harold Gunatillake  
To unsubscribe  
email:haroldgunatillake1@gmail.com**

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

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