

Health & Views

October 2017-3rd issue

[The bright side / Is the world really better than ever?](#)

[How to cook the perfect carrot halwa](#)

[How to do the perfect plank](#)

[Sydney Anglican diocese donates \\$1m to no campaign for same-sex marriage vote](#)

Lyon diet: Why did one of the world's healthiest diets not take off?

ABC Radio Adelaide
By [Brett Williamson](#)



Photo: [More fresh fruit and vegetables, less pork, beef and lamb are key to the Lyon diet.](#) (Jacinta Reutens)

It has been described as one of the healthiest diets ever seen, but the chances are you've never heard of it.

LYON DIET AT A GLANCE

More bread, root vegetables, greens, fish, water
Less pork, beef and lamb (replace with chicken)
Eat fresh fruit every day

Replace butter and cream with margarine high in a-linolenic acid

Drink more water and less sugar drinks/alcohol

In the 1990s a group of 500 people were placed on a 46-month trial of a Mediterranean-type diet with added a-linolenic acid.

But it was stopped due to "significant beneficial effects noted on the original cohort".

"The study was discontinued by the ethics committee because the results were looking so good," Professor Gary Wittert, head of medicine at the University of Adelaide, told [ABC Radio Adelaide](#) Breakfast.

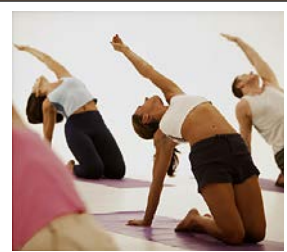
SO WHAT EXACTLY IS IT?

"It's not anything mysterious and it is pretty much consistent with the advice we would normally give," Professor Wittert said.

"Basically it goes like this — eat fresh food, mostly plants, and not too much.

"If you eat a healthy diet you have major health benefits, even if you don't lose weight."

[Daily crosswords linked to sharper brain in later life](#)



Exercises to Rev Up Your Love Life

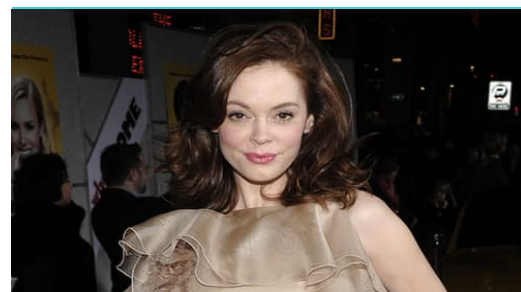
These easy moves and activities can help build endurance, boost blood flow, and improve your overall sex life.

[Obama delivers veiled but withering rebuke of Trump, urging a return to hope](#)

[Australia to be elected to powerful UN Human Rights Council](#)

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



[Rose McGowan / 'Hollywood blacklisted me because I got raped'](#)

[Lawyer told Charmed star that she was unlikely to win against Harvey Weinstein](#)

How many calories should you be eating?

The [United States Department of Agriculture](#) (USDA) recommends the following daily calorie intake:

Person	Calories per day
Women, 19-51 years old	1,800-2,400
Men, 19-51 years old	2,200-3,000
Children and adolescents, 2-18 years old	1,000-3,200

The number of USDA-recommended calories varies depending on gender, age, and activity level. People who lead more active lifestyles or those who want to gain weight will need to consume more calories.

Guidance on choosing healthy foods that fulfill your daily calorie needs can be found at the USDA website [ChooseMyPlate.gov](#).

How to lose weight

If you want to lose weight, the answer is simple, at least in theory. You must eat fewer calories than you use each day.

Once you find your suggested calorie level, subtract about 500 calories, which will allow for about a pound per week weight loss. But be careful; diets that promote very low-calorie intakes, usually under 800 to 1,000 calories per day, can have major negative side effects, such as:

- constipation, nausea, diarrhea, fatigue

Rapid weight loss can also cause gallstones.

The risk is especially high for women.

To help you determine how many calories you are eating, keep track of what you eat each day. Make a list in a notebook or use one of the many free calorie counters available online, such as [this one](#) provided by the USDA.

[How many calories should I eat to lose weight?](#)

[Global cost of obesity-related illness to hit \\$1.2tn a year from 2025](#)

Another icon passed away



Don Abey 1st May 1929-29th Sept,

Recollections & reflections of his father written by his son Arun Abey (Sydney) 2017 <http://www.arunabey.com/2017/10/life-meaning-and-purpose-reflections-on-the-life-of-a-parent-and-grandparent/>

May he attain Nibbana and give us the courage and blessings to do our part whilst alive. Your lost friends are not dead, but gone before; advanced a stage or two upon that road which you must travel in the steps they trod.



Do Coffee and Caffeine Inhibit Iron Absorption?

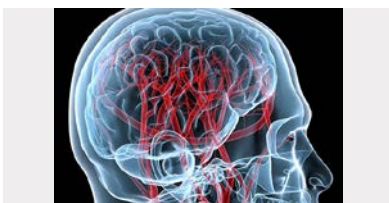
Some claim that caffeinated beverages interfere with the absorption of certain nutrients, such as iron. Here's everything you need to know about how coffee and caffeine affects iron absorption.

[READ ON](#)



Peripheral Artery Disease (PAD)

Peripheral arteries send blood to your arms and legs. In PAD, plaque builds up in artery walls. Just like in coronary artery disease, plaque narrows the arteries and leaves less room for blood to flow through. If your legs don't get enough oxygen and nutrients, they'll feel sore or tired when you walk or climb stairs. Having PAD raises your chance of getting a heart attack or stroke. WebMD



Cerebrovascular Diseases

Your brain needs a constant supply of oxygen-rich blood to work. Without it, brain cells die. Cerebrovascular diseases limit your brain's blood supply. They include stroke, narrowed blood vessels, aneurysms (weakened arteries), and abnormal clusters of blood vessels called vascular malformations.

How to Protect Your Eyes From Diabetes
Regular vision screenings and eye exams are crucial to protect your vision from damage caused by high blood sugar.

How a green tea compound could prevent Alzheimer's

By Honor Whiteman



Studies have tied green tea to a reduced risk of Alzheimer's, but the mechanisms underlying this link have been unclear. Now, a new study reveals how a compound in the popular beverage disrupts the formation of toxic plaques that contribute to the disease. Researchers found that the green tea polyphenol epigallocatechin gallate (EGCG) stops the formation of beta-amyloid plaques — a hallmark of Alzheimer's disease — by interfering with the function of beta-amyloid oligomers.

[How a green tea compound could prevent Alzheimer's](#)

How Much Protein Do You Need?

Each of the enzymes in our cells are proteins that have specialized functions.

[TAKE THE QUIZ](#)

Drink Apple Cider Vinegar To Lower Blood Pressure

Among its truckload of health benefits, ACV is a perfect fix for high blood pressure. Thanks to its acetic acid content, it can also lower cholesterol and fat deposits in arteries. Mix 2 tablespoons of ACV in a glass of water and drink it everyday. Not a fan of diluted ACV? Drizzle it over veggies and meat or add it to olive oil to make a salad dressing. But don't exceed 2 tablespoons a day.

[VIEW ARTICLE](#)

Diabetes Pill Might Replace Injection

Injections for blood sugar control might one day be available in a pill form.

[READ MORE](#)

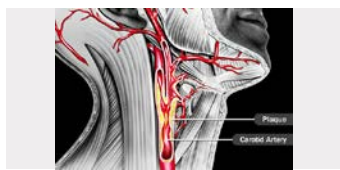
Cancer recurrence may be stopped with immunotherapy

By Ana Sandoiu

It is common for cancer to unexpectedly recur after a patient is cleared of the disease. New research sheds light on why this happens, zooming in on the body's immune system.

The new research was a collaborative effort among scientists at the Institute of Cancer Research in London, the Leeds Institute of Cancer and Pathology, and the University of Surrey in Guildford — all of which are in the United Kingdom — and researchers from the Mayo Clinic in Rochester, MN. The Mayo Clinic's Tim Kottke is the first author of the study, and the findings have been published in the journal *Cancer Immunology Research*.

[Cancer recurrence may be stopped with immunotherapy](#)



Carotid Artery Disease

The carotid arteries run along either side of your neck. They supply blood to your brain, face, and neck. If you have carotid artery disease, plaque builds up and narrows these arteries, so less blood gets through. A piece of plaque can break off and form a clot. If it gets stuck in a blood vessel to your brain and blocks blood flow, it can cause a stroke.

Circadian Rhythm

"Virtually everything in our body, from the secretion of hormones, to the preparation of digestive enzymes in the gut, to changes in blood pressure, are influenced in major ways by knowing what time of day these things will be needed," said Clifford Saper, a professor of neuroscience at Harvard Medical School. "The most common misconception is that people think that they do not have to follow the rules of biology, and can just eat, drink, sleep, play, or work whenever they want."

This discovery explains why [jet lag feels so grim](#): the master clock adapts quickly to changing light levels, but the the rest of your body is far slower to catch up – and does so at different speeds.

"Jet lag is so awful because you're not simply shifted, but the whole circadian network is not aligned to each other," said Prof Russell Foster, chair of circadian neuroscience at the University of Oxford. "If you were completely aligned but just five hours shifted you wouldn't feel so crappy."

It is also helps explain the extensive range of health risks experienced by shift workers, who are more likely to suffer from heart disease, dementia, diabetes and some cancers. "They're having to override their entire biology," said Foster. Obesity is also more common among those with irregular sleep patterns. Saper's team has found that animals that don't get enough sleep, but keep their circadian pattern, do not gain weight. But when they are placed on a 20-hour light-dark cycle, they eat more impulsively and develop glucose intolerance.

"I would suggest that for humans, staying up late, watching video screens with high levels of blue light and eating high fat foods, is potentially a major cause of obesity and diabetes," said Saper.

Evidence is also emerging that our risk of acute illness rises and falls with a predictable regularity. People are 49% more likely to suffer a stroke between 6am and 12 noon than at any other time of the day and a similar pattern is true for heart attacks. This is linked to a circadian rise in blood pressure in the early morning, which happens even if you're lying in bed not doing anything.

['Western society is chronically sleep deprived': the importance of the body's clock](#)

WHAT YOU NEED TO KNOW ABOUT THE HEALTH STAR RATING ON FOODS

The Federal Government's system of Health Star Ratings claims to help consumers "make smarter choices". But how does it work? And what's got public health experts concerned?



[NSW to approve coalmine blocked by courts for polluting Sydney's drinking water](#)

Stevia sweeteners are made from the leaf of the stevia plant. They can be as much as 300 times sweeter than regular sugar, but have zero calories. For a sweetener, stevia often can have a bitter aftertaste. Because the stevia leaf has to be processed to make the sweetener, some question whether stevia really can be called all natural.

[On food labels, the amount of sugar is listed in grams. What's 1 gram of sugar?](#)

Think about a teaspoon of sugar. That's what about 4 grams of sugar looks like. A 12-ounce can of regular cola has about 39 grams -- or 9 teaspoons -- of sugar!

Want a low-sugar option? Add only a teaspoon of sugar to iced tea and that's only 4 grams of sugar. Or drink diet soda or unsweetened tea for zero sugar.

[eLanka Newsletter: October 2017 - 2nd edition](#) [View this email in your](#)

[Where do added sugars often hide?](#)

Soda, fruit drinks and juices, sports drinks, energy drinks, and other sugar-sweetened beverages are the No. 1 source of added sugar in American diets. A recent study found that drinking one or two sugary drinks a day raises the risk of type 2 diabetes by 26% compared with those who limit sweet drinks to just one a month.

But sugar alone isn't to blame for diabetes. Diets that are high in calories from any source, like sugar or fat, lead to weight gain -- and being overweight raises your chance of type 2 diabetes.



[Myths About Metabolism](#)

[Will eating more frequently really rev up the body's metabolic engine? An expert dishes the truth.](#)



[Antioxidants and Aging](#)

Eat foods rich in antioxidants to help fight free radicals -- unstable oxygen molecules that contribute to the aging process. Antioxidants can be found in colorful vegetables and fruits like berries, beets, and tomatoes. For a balanced diet and to help you reduce your risk of developing cancer and heart disease, add at least five to nine servings of fruits and vegetables to your diet each day.

[Read More](#)

[Foods That Can Help You Live Longer](#)

[Colorful fruits and veggies -- like berries and beets -- are rich in antioxidants, which help slow aging. See what other foods may give you extra years.](#)



[VIDEO](#)

[3 Great Breakfasts for People With Diabetes](#)

[Start your day off right with these well-rounded meals, 2 of which are easy to take on the go.](#)

[The marriage campaign has mobilised thousands to fight for equality | Dennis Altman](#)

[Beautiful light projections on the Tasman Glacier highlight impact of climate change -- video](#)

['We want sauce': police called over McDonald's Rick and Morty promotion](#)

You can reverse diabetes

Recent research says that if you shed 1 gram of fat from your pancreas by following a low-calorie diet, your liver can start producing normal amounts of insulin. Reading between the lines, it is a long-term cure for type 2 diabetes. The catch, however, is that you should start this diet within 10 years of the onset of your diabetes. A limit of 600 calories a day seemed to help diabetics bring their insulin levels back to normal.

[Read More.](#)

Yoga helps patients with ulcerative colitis

Patients with ulcerative colitis, a chronic inflammatory bowel disease, often relapse at times of stress. In a clinical trial of 77 ulcerative colitis patients who were in clinical remission but were experiencing reduced quality of life, those assigned to 12 supervised 90-minute weekly sessions of yoga had a greater increase in quality of life and reduced activity of their colitis compared with those who were given written self-care advice.

The findings suggest that regular yoga may be a valuable adjunct to conventional medical therapies for ulcerative colitis. "Many people use yoga to increase their quality of life. Our study suggests that it might be worthwhile to consider yoga as part of a multimodal integrative approach for treating ulcerative colitis," said Prof. Holger Cramer, lead author of the *Alimentary Pharmacology & Therapeutics* study. [Yoga helps patients with ulcerative colitis](#)

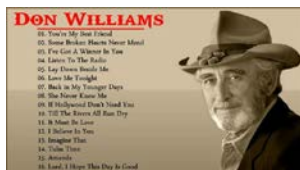


A Guide to Finding the Best Foods for Crohn's

Good nutrition is crucial for coping with Crohn's. Learn which foods to skip and which to keep in your diet, from grains to produce, and even spices. [Read on](#) →

Health experts push for 20pc tax on sugary drinks

Australia's leading health organisations present the Government with eight measures they say are urgently needed to address obesity and its dire effect on the nation's physical and economic wellbeing.



Don Williams Greatest Hits || Best Don Williams Songs A...

[Walter T. Ross](#)

231,327 views • 4 months ago



Jim Reeves Greatest Hits - Jim Reeves Best Songs ←

[Country Experience](#)

https://youtu.be/GW76eSbAK_I



[Non-communicable diseases cause 61% of deaths in India: WHO report](#)



What's the Connection Between Migraines and Diarrhea?

Did you know that diarrhea can be associated with migraines? While gastrointestinal effects are common, researchers have found that it's worth investigating the connection. [Read on](#) →

The importance of potassium

Potassium, an electrolyte, is necessary for nerves to transport messages and for muscles to contract. It keeps the heart beating and helps to ship nutrients into cells and remove cellular waste. Potassium also assists in the maintenance of healthy bones and reduces the risk of kidney stones.

Foods high in potassium
tuna and salmon
yogurt
fat-free milk
eggs
macadamia nuts and almonds
mushrooms
bran
"

When dietary potassium is high, kidneys excrete more salt and water, which increases potassium excretion. Eating a high potassium diet is like taking a diuretic."

Alicia McDonough, Ph.D.

[Potassium as important as sodium for healthy blood pressure](#)



Avocados can help to treat metabolic syndrome, says review

By [Honor Whiteman](#)

A new review of studies looking at the health effects of avocados finds that there is "satisfactory clinical evidence" that the fruit can help to treat metabolic syndrome.



Researchers suggest that avocado may help to tackle metabolic syndrome.

Metabolic syndrome is defined as a cluster of risk factors that can raise the risk of other health conditions, such as type 2 diabetes, heart disease, and stroke.

Risk factors include abdominal obesity, low levels of high-density lipoprotein (HDL) cholesterol - or "good" cholesterol - high triglyceride levels, high blood pressure, and high fasting blood sugar.

The presence of at least three of these risk factors warrants a diagnosis of metabolic syndrome.

According to the American Heart Association, metabolic syndrome affects around 23 percent of adults in the United States.

Adopting a healthful diet is considered one of the best ways to prevent or treat metabolic syndrome. The new review - recently published in the journal *Phytotherapy Research* - suggests that avocados should form a part of this diet.

[Avocados can help to treat metabolic syndrome, says review](#)



[Food deficiencies, tuberculosis India's most widespread maladies](#) ↑



Coal kills people. This isn't even slightly scientifically controversial, writes Tim

Hollo. "From the mines to the trains to the climate disruption; from black lung to asthma, heat stress to hunger, fires to floods: coal is killing people in Australia and around the world right now. Yet we are once again having what passes for political debate about extending the life of coal-fired power stations."

[Regular Use of Bleach Linked to COPD](#)

Regular use of disinfectants such as bleach is linked to a higher risk of lung diseases, according to a study's preliminary findings. Researchers say that weekly exposure to specific...

[Read more ...](#)



Seeds

Little pumpkin seeds, sunflower seeds, and sesame seeds pack a big punch. They have "good" fats that can lower cholesterol. In general, fats that come from plants are healthier than those from animal products. "Bad" fats are in foods like fatty cuts of meat, full-fat dairy products, and some packaged foods. Check food labels to see how much fat, and what type, you're getting. Limit saturated fats and avoid trans fats.

"Everything that is made beautiful and fair and lovely is made for the eye of one who sees."

— Rumi

Best and Worst Foods for Your Liver

A diet loaded with these foods and beverages can cause some serious damage to your liver.

Your Body Needs These Vitamins and Minerals

From vitamin A (for eyesight) to zinc (for your immune system), these are the ones you need -- and the foods you can eat to get them.

[View Slideshow >](#)

More Severe Problems with Statins

Statins are a common cholesterol medicine, but for some people they can cause severe side effects like muscle damage, dark-colored urine, liver damage, increased blood sugar or type 2 diabetes, and memory loss or confusion. It's unclear why these issues happen. Your doctor may test your liver while you take statins to see if you're having liver problems.

Muscle pain is the problem people on statins report most often. Doctors aren't sure why it happens.

Side Effects of Statins
Know what to look for and when you might need to take a brief break.



Vitamin A Victory

Just one medium baked sweet potato can give your body a whopping 400% of the vitamin A it needs to keep your eyes and skin healthy and help hold off illness.

A Beta-Carotene Boost

Deep-orange sweet potatoes contain beta-carotene, an antioxidant thought to fend off illness. This might include certain cancers as well as eye disease.

Cancer-Fighting Compounds

Scientists found these colorful spuds have a unique protein called a protease inhibitor. When tested against cancer cells, it appeared to halt some growth.

Vitamins and Minerals

Sweet potatoes are rich in vitamin C, which revs up your immune system. High potassium levels help control blood pressure, while calcium bolsters your bones.

Is It Safe to Drive With Heart Palpitations?

Talk to your doctor to make sure you don't faint behind the wheel.



SLIDESHOW

Top Sources of Healthy Fat

Yes, fat can help prevent heart disease -- if you get the right kind. Stock up on salmon, nuts, spinach, and these other good-for-you foods.



Antioxidants Aplenty

Not all sweet potatoes are orange. Their skins and insides can be white, yellow, brown, red, pink, and purple. The range of color brings different nutrients to the table. Purple-fleshed sweet potatoes are thought to contain super-high levels of antioxidant and anti-inflammatory agents. As these substances pass through your system, they balance out free radicals -- chemicals that harm your cells.

WebMD



Healthy Prep Is Easy

The way you cook your sweet potatoes can make a big difference in the nutrition you'll get from the dish. One study measured how many carotenoids, like beta-carotene, stayed in the food afterward. The simplest method, oven baking, turned out to be the best.

[Breast Cancer Screenings Still Best for Early Detection](#)



Lowering your Triglycerides



Starchy Veggies

Some vegetables are better than others when you're watching your triglycerides. Limit how much you eat of those that are starchy, like corn and peas. That way, your body won't turn the extra starch into triglycerides. There are plenty of other options, like cauliflower, kale, and mushrooms, to choose from. WebMD

Too Much of a Good Thing

No doubt: Fruit is good for you, especially if you're having a piece of fruit instead of a rich dessert. But when you have high triglycerides, you may need to limit yourself to 2-3 pieces of fruit a day. That way, you won't get too much of the natural sugars that are in fruit. If you're having dried fruit, remember that the serving size is much smaller: 2 tablespoons of raisins, for example.



Baked Beans With Sugar or Pork Added

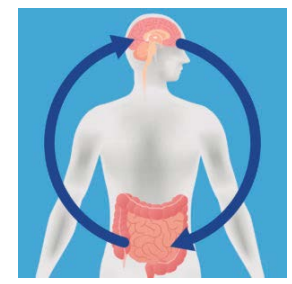
Beans have fiber and other nutrients going for them. But if they're made with sugar or pork, they may not be the best choice. The label on the can should say what's in there, and how much sugar and fat you're getting. Switch to black beans, which are a great source of fiber and protein, without saturated fats or added sugar.

Alcohol

You may think of alcohol as being good for your heart. But too much of it can drive up your triglyceride levels. That's because of the sugars that are naturally part of alcohol, whether it's wine, beer, or liquor. Too much sugar, from any source, can be a problem. Your doctor may recommend that you not drink at all if your triglyceride levels are very high.

CAN PROBIOTICS HELP TREAT DEPRESSION AND ANXIETY?

There is a lot of interest right now in the human microbiome (the populations of bacteria that live in various parts of the body). Researchers are actively studying whether changes in intestinal bacteria can increase the risk of chronic illnesses, such as obesity or inflammatory bowel disease. Interest is also developing in the so-called "brain-gut axis." It has been theorized that changes in intestinal bacteria may play a role in neuropsychiatric conditions such as anxiety or depression.



COULD CHANGES IN THINKING SKILLS BE REVERSIBLE DEMENTIA?

We use the term "dementia" to describe a number of conditions that cause permanent thinking skills changes, such as memory loss and confusion. Once dementia strikes, the damage is permanent, and we don't have many treatment options. So, before a diagnosis is made, it's crucial to rule out whether the causes for dementia are actually reversible conditions.

No heart benefit from multivitamins, even if you have a lousy diet



Sorry, Scaramucci, Earth Is MUCH Older Than 5,500 Years

In a 2016 interview with CNN, Anthony Scaramucci — President Donald Trump's new White House communications director — said that Earth, as well as human history, is just 5,500 years old. But ample evidence exists to prove him wrong.

[Read More](#)

Gut Bacteria Can Fluctuate With the Seasons

By CARL ZIMMER

The discovery, in a study of hunter-gatherers in Africa, eventually may help scientists learn how modern diets have affected health.



5 Reasons We May Live in a Multiverse

[See This](#)

Healthy Cooking: Broccoli

Learn how to cook broccoli the right way! Either steam it in 6 minutes or roast it in 10 minutes. You may also make sauces for it with these recipes.



Why Am I Retaining Water?

Could it be your diet?
Hormones? Medications?
We run through potential causes of retention and puffiness.



The Scary Side Effects Of Eating Celery That You Should Know

As far back as 450BC, celery was widely in use. The Romans made wine out of the stalks. Over time, celery began to be used in a variety of soups and stews. High in fiber, celery is a great diet food...

[READ MORE](#)

Sudden Blurry Vision

An abrupt and dramatic loss of vision may be a sign of a problem with the blood flow to your eye or your brain. Immediate medical attention can prevent serious damage and may even save your life. Even if your vision gets better quickly, it might still be a warning of a stroke or the beginning of a migraine headache

Blurred Vision

This can be a sign of diabetes, which causes too much sugar in your blood. If it isn't well managed, you may get diabetic retinopathy (when tiny blood vessels in your eyes leak blood and other fluids). You may have blurred vision and find it hard to see at night. Doctors can use a laser to seal the leaks and get rid of unwanted new blood vessels. This may affect your side vision, but it can save your central vision.

WebMD



Yellow Whites of Your Eyes

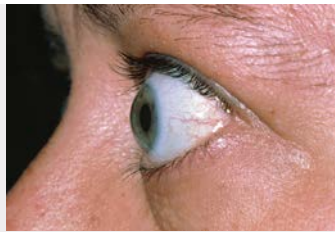
When your skin and eyes look yellow, that's called jaundice. It often means you have liver problems and is caused by high levels of bilirubin, something your liver makes more of when it's inflamed or damaged. Bad diet, cancer, infection, and chronic alcohol abuse can all damage your liver. Treatment ranges from lifestyle changes to medication to liver transplants.



Eye Twitches

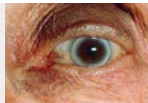
These are extremely common and almost always harmless -- they usually go away on their own. They can be associated with alcohol, fatigue, caffeine, or smoking. In extremely rare cases, they can be a sign of a problem with your nervous system, like multiple sclerosis. But if the twitches are linked to MS or another problem with your nervous system, you would have other symptoms, too, like difficulty walking, talking, and going to the bathroom.

Harvey Weinstein / [Once a fixture of downtown New York, now a ghost](#)



Bulging Eyes

Graves' disease causes your thyroid gland to release too many hormones, which can lead to this problem. It also may cause diarrhea, weight loss, and hand tremors. Medication or surgery can help control the amount of hormones your thyroid makes, but they won't cure the underlying disease -- and may not help your eyes.



Ring Around Your Cornea

This condition, called corneal arcus, causes a gray-white line of fat deposits to grow on the outside edge of your cornea (a clear, curved surface at the front of your eye that helps it focus). Sometimes, the deposits make a complete ring. If you're older, it's probably not anything to worry about. But if you're under 40, it could be a sign of dangerously high cholesterol. WebMD

[VIDEO: Food Inequality in Venezuela: Children in Crisis](#)



Drooping Eyelids

This can be a symptom of myasthenia gravis, which makes your immune system attack and weaken your muscles. It affects your eye, face, and throat muscles more than others and can make it difficult to chew, swallow, or even speak. Your doctor may filter your blood to help ease your symptoms, but that doesn't work for long. There's also medication for it. But in some cases, surgery is needed to remove the thymus gland.

Night Blindness

If it's hard for you to see in low light, you might need glasses or you could have cataracts -- a natural part of aging. But night blindness is not common among younger people in the U.S. In unusual circumstances, you may not be getting enough vitamin A. This is fairly common in poorer countries. It's treated with supplements or a diet with foods high in vitamin A, like sweet potatoes, beef liver, spinach, carrots, and pumpkins.

Does Moderate Drinking Lower Your Risk of Diabetes?

By Sara G. Miller, Staff Writer |



Credit: Igor Normann/Shutterstock

Is alcohol good or bad for your health? With no shortage of contradictory findings, it's understandable if you're left feeling like you've had a little too much to drink.

Now, new research from Denmark suggests that moderate levels of alcohol drinking — not binge drinking — may be linked to a lower risk of developing diabetes. But it's not just how much people drink, but how often they drink, that plays a role, the researchers said.

It's important to note, however, that most experts recommend that if you don't already drink alcohol, you shouldn't start because of possible health benefits.

[Does Moderate Drinking Lower Your Risk of Diabetes?](#)

[Is alcohol good for your health or bad? With no shortage of contradictory findings, it's understandable if you're left feeling like you've had a little too much to drink.](#)

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[What Really Causes Cancer?](#)



Surprising Sources of Hidden Sugar

Sugar can hide in the foods you least suspect. See where sugar may be hiding and find options that are better for your health and your diet.

[READ MORE](#)

11 Low-Sugar Drink Ideas



Searching for low-sugar drink ideas? Learn how to make diet lemonades, fruit smoothies, cafe mochas, and more. [Read more...](#)

Limit Sugar Intake to Prevent Kidney Stones

Excessive sugar and salt consumption may increase the risk of kidney stone formation in susceptible individuals. [Read more...](#)

Master the basics. And the not-so-basics.

Take your kitchen abilities to the next level with the help of our talented group of food writers. From editor-honed recipes to our how-to cooking guides focusing on mastering individual skills and dishes, NYT Cooking can teach you everything you need to know. Here are a few of our most popular guides to enjoy.



How to Roast Chicken

Preparing, seasoning, carving: it's all here.



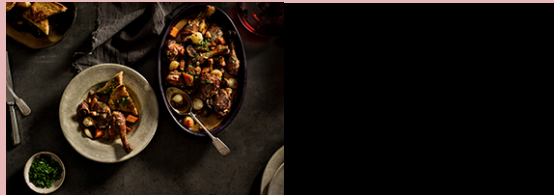
Basic Knife Skills

Learn the best ways to cut, chop, or dice almost anything.



How to Make a Pie Crust

Preparing a flaky homemade crust is a lot easier than you think.



The New Essentials of French Cooking

The definitive French dishes that every modern cook should master.

[VIEW MORE GUIDES](#)

Foods That Are Bad for Cholesterol ↑

Certain types of coffee can raise your LDL, or "bad" cholesterol, but you don't have to give up your daily jolt.

How Can I Raise My HDL Levels? ↑

He's in great health, eats a low-fat diet, and exercises vigorously. What can he do (short of drinking olive oil)?



SLIDESHOW ↓

Best Sources of Omega-3s

You know salmon and walnuts great, but don't forget about spinach and other leafy greens, soy foods, and these other food



SLIDESHOW

Back Surgery for Compression Fractures

Osteoporosis can cause small broken bones in your back. We share when to consider surgery and risks you should be aware of.

Worst Foods for Constipation ←

Certain foods are known to block you up. Caffeine, cupcakes, and these other favorites are all common causes.

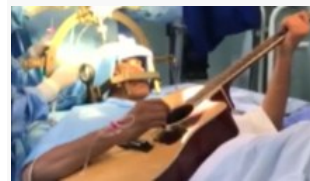
Multiple Sclerosis Symptoms ←

Although no two people have exactly the same symptoms, these are the most common changes to the mind and body.

This New Cellphone Uses Such Little Power It Doesn't Need a Battery
The battery-free device can stay on 24/7.
[Read More](#)

Does sugar feed cancer cells? Yes, but it's complicated ←

ABC Health & Wellbeing
By [James Bullen](#)
The idea that sugar feeds cancer cells is true, and that may seem scary. But of course, it's not the whole story.



Musician plays guitar as doctors perform brain surgery ↓

Musician Abhishek Prasad strummed his guitar throughout his neurosurgery to help doctors zero in on the part of the brain being operated on during the first such procedure in India.

• [Is Glucosamine Good for Joint Pain?](#) ↑

• [How Does an Epsom Salt Bath Work?](#) ↑

• [Do Artificial Sweeteners Raise Odds for Obesity?](#) ←

Positive And Negative Effects Of Low Protein Intake

Protein is an important ingredient of nutrition as it assists general body functions and helps in building cells, muscles, skin, and hair. Though the cells in our body contain protein required to perform various daily functions, the cells cannot store it, which is why sufficient quantities of protein must be consumed in our daily diet...

[READ MORE](#)

3 Health Benefits Of Soaking Dry Beans Before Cooking

It's common to soak beans before cooking. But many people don't even know why they do it! As it turns out, this extra step is great for your health. Beans are known as superfoods. One cup offers 15 grams of protein, making them a smart choice for vegetarians and vegans...

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ARTICLE



Successful Long-Term

A new study finds that people who have the knee operation can usually still play sports 10 years later.

Alzheimer's: New brain cell loss mechanism uncovered

By [Ana Sandoiu](#)



New research uncovers a mechanism that causes neurons - shown here - to die in Alzheimer's disease.

A new study may change current therapeutic approaches for Alzheimer's disease, as scientists uncover a novel brain death pathway involved in the condition.

Researchers led by Salvatore Oddo, a neuroscientist at Arizona State University-Banner Health in Phoenix, AZ, have discovered a new way in which **Alzheimer's disease** (AD) affects the brain. The findings pave the way for an entirely new research area, as well as for new drug targets and, hopefully, new therapies.

The **study** - published in the journal *Nature Neuroscience* - shows, for the first time, the role that the process of necroptosis plays in the development of Alzheimer's.

The term "**necroptosis**" describes one of the several ways in which a cell can die.

This type of cell death is a so-called programmed form of necrosis and is caused by three proteins: RIPK1, RIPK3, and MLKL. Until now, it was known that this type of cell death - where neurons burst and die - occurs in neurodegenerative diseases such as **multiple sclerosis** and Lou Gehrig' disease. However, Oddo and team wanted to know if the process is also activated in Alzheimer's and, if so, how the three proteins trigger the process.

[Alzheimer's: New brain cell loss mechanism uncovered](#)

Radiation prior to surgery reduces risk of secondary tumors in early-stage breast cancer

Moffitt Cancer Center researchers launched a first of its kind study comparing the long-term benefits of **radiation therapy** in women with **breast cancer** either before surgery (neoadjuvant) or after surgery (adjuvant). Their study, published in *Breast Cancer Research*, found that patients who have neoadjuvant radiation therapy have a significantly lower risk of developing a second primary **tumor** at any site.

The majority of patients who have early stage breast cancer have surgery to remove their tumor or a complete **mastectomy**. Surgery is commonly followed by radiation therapy, which has been shown to increase relapse-free survival. However, in some cases, patients may require neoadjuvant radiation therapy to decrease the size of the tumor before surgery. Currently, there are no studies that have analyzed the long-term effects of neoadjuvant radiation therapy on breast cancer patients.

[Radiation prior to surgery reduces risk](#)



Chaga mushrooms

contain a wide variety of vitamins, minerals, and nutrients.

The chaga mushroom grows on birch trees throughout the northern hemisphere. It resembles a dark clump of dirt more than a mushroom, but is distinguished from other growths by its orange tissue. Doctors, alternative medicine advocates, and researchers are increasingly interested in the potential health benefits of the **chaga mushroom** (*Inonotus obliquus*). Some studies on chaga mushrooms have yielded promising results.

1. Nutrient dense superfood

Chaga mushrooms are rich in a **wide variety** of **vitamins**, **minerals**, and **nutrients**, including:

B-complex vitamins
vitamin D: **potassium**
Rubidium: **cesium**
amino acids: **fiber**: **copper**:
selenium: **zinc**: **iron**:
Manganese: **magnesium**:
calcium

[Chaga mushroom: Nine potential health benefits](#)

Why diabetes is serious

Diabetes can have serious health consequences. The **ADA's report** states that more Americans die from diabetes every year than from **AIDS** and **breast cancer** combined. In 2010, diabetes was listed as a cause of death on more than 69,000 death certificates.

However, the CDC report that the actual number **may be much higher** and that deaths related to diabetes are underreported.

Why and how does diabetes damage the body and cause complications? The ADA say:

- Adults with diabetes are significantly more likely to die from a **heart attack** or **stroke**.
- More than a quarter of all Americans with diabetes have **diabetic retinopathy**, which can cause vision loss and blindness.
- Each year, nearly 50,000 Americans begin treatment for kidney failure due to diabetes. Diabetes accounts for 44 percent of all new cases of kidney failure.
- Each year, diabetes causes about 73,000 lower limb amputations, which accounts for 60 percent of all lower limb amputations (not including amputations due to trauma).

[Type 2 diabetes statistics: Facts and trends](#)



[Why You Need Zinc and How to Get It](#)



It helps you heal wounds and fight off bacteria and viruses. Most of us get enough, but you may not if you don't eat meat.

Water recommendations

While the eight glasses rule is a good start, it isn't based on solid, well-researched information. Your **body weight** is made up of 60 percent water. Every system in your body needs water to function. Your recommended intake is based on factors including your sex, age, activity level, and others, such as if you're pregnant or breastfeeding.

Adults

The current **IOM recommendation** for people ages 19 and older is around 3.7 liters for men and 2.7 liters for women. This is your overall fluid intake per day, including anything you eat or drink containing water in it, like fruits or vegetables.

Of this total, men should drink around 13 cups from beverages. For women, it's 9 cups.

Children

Recommendations for kids have a lot to do with age. Girls and boys between ages 4 and 8 years should drink 40 ounces per day, or five cups. This amount increases to 56 to 64 ounces, or 7 to 8 cups, by ages 9 to 13 years. For ages 14 to 18, the recommended water intake is 64 to 88 ounces, or 8 to 11 cups.

Women of reproductive age

If you're pregnant or breastfeeding, your recommendations change. Pregnant women of all ages should aim to get **80 ounces**, or ten 8-ounce glasses of water each day. Breastfeeding women may need to up their total water intake to 104 ounces, or 13 cups.

Other considerations

You may also need to drink more water if you live in a hot climate, exercise often, or have a **fever**, **diarrhea**, or vomiting.

- Add an additional 1.5 to 2.5 cups of water each day if you exercise. You may need to add even more if you work out for longer than an hour.
- You may need more water if you live in a hot climate.
- If you live at an elevation greater than 8,200 feet above sea level, you may also need to drink more.
- When you have a fever, vomiting, or diarrhea, your body loses more fluids than usual, so drink more water. Your doctor may even suggest adding drinks with electrolytes to keep your electrolyte balance more stable.

[How much water you need to drink](#)



How many carbs should I eat a day?

By Hope Lynn Petersen

Reviewed by Peggy Pletcher, MS, RD, LD, CDE

Carbs are part of a well-balanced diet

"Carbs," also known as **carbohydrates**, are one of the macronutrients, which are the compounds that give your body energy in the form of **calories**. Foods with carbs are digested into sugar, which provides your body with glucose, an important source of energy. Your body requires carbohydrates to function properly.

There are two main types of carbs: complex and simple. Complex carbohydrates are those that are less processed, more slowly digested, and high in dietary fiber. Simple carbohydrates are those that are more quickly digested. They are often added to processed and prepared foods in the form of refined sugars and processed sweeteners.

Some sources of carbohydrates are healthier than others. Learn how many carbs you need and which carbs to stay away from.

How many carbs do you need?

Depending on your age, sex, activity level, and overall health, your carbohydrate requirements will vary. According to the **Mayo Clinic**, 45 to 65 percent of your daily calories should come from carbohydrates. That's equal to about 225 to 325 grams of carbs if you eat 2,000 calories a day. It's not always practical to count your carbs, so the **American Diabetes Association** offers a simple strategy to structure your plate at every meal to help you get the right amount of carbs:

- Draw an imaginary vertical line down the middle of your plate. Then draw a horizontal line across one half, so your plate is divided into three sections.
- Fill the big section with non-starchy vegetables, such as spinach, carrots, lettuce, green cabbage, or mushrooms.
- Fill one of the small sections with starchy vegetables, such as potatoes or winter squash, or grains, such as whole grain pasta or brown rice. Legumes, such as black peas or pinto beans, are also great options.
- Fill the other small section with protein. For example, you might choose low-fat options, such as skinless chicken or **turkey**, salmon or catfish, or lean cuts of beef.
- Add a small serving of fruit or low-fat dairy on the side.
- Choose foods that contain healthy fats such as olive oil, avocados, seeds, and nuts.
- Enjoy a low-calorie drink, such as water, unsweetened tea, or **coffee**.

[How many carbs should I eat a day?](#)



A2 milk: What you need to know

By Megan Ware RDN LD & Megan Metropulos MS RDN

Reviewed by Natalie Butler, RD, LD



A2 milk has been designed to be easier to digest and healthier than other cow's milk on the market.

Milk is a popular dietary staple in many western countries. Sources of milk and milk products include cows, sheep, camels, goats, and others. Alternative sources that do not involve animals include soy, coconut, almond, flax, rice, and hemp.

Recently, a new type of cow's milk has appeared in the dairy aisles. This product, called A2 milk, has garnered attention from both consumers and scientists.

Supporters of A2 milk claim that it is easier to digest and absorb than other types of milk. This article provides an overview of A2 milk, its possible health benefits and risks, and current research surrounding the product.

Differences between A1 and A2 milk

Modern cow's milk contains a mixture of A1 and A2 beta-caseins. A1 may cause adverse effects such as stomach discomfort.

Milk is a good source of protein, containing 8 grams (g) per 8-ounce (oz) glass. The two major proteins in milk are casein and whey.

Casein accounts for about 80 percent of the protein in milk. There are also different types of casein, one of which is called beta-casein.

Beta-casein makes up about 30 percent of the protein in cow's milk. A1 and A2 are two variants of beta-casein.

Historically, cows produced milk that contained only the A2 form of beta-casein. Today, most of the milk available from the local grocery store contains mostly A1 proteins.

How A2 milk got its start

A1 and A2 proteins affect the body differently.

When A1 protein is digested in the small intestine, it produces a peptide called beta-casomorphin-7 (BCM-7.) The intestines absorb BCM-7, and it then passes into the blood. Doctors have linked BCM-7 to stomach discomfort and symptoms similar to those experienced by people with **lactose intolerance**.

The structure of A2 protein is more comparable to human breast milk, as well as milk from goats, sheep, and buffalo. In 2000, a scientist in New Zealand founded the a2 Milk Company. This company provides milk from cows that only produce the A2 protein.

The a2 Milk Company test the DNA of their cows by using a hair sample, to ensure the animals only produce milk that contains A2 protein. The company test the milk after production, as well, to ensure it does not contain A1 protein.

[A2 milk: What you need to know](#)



Why sugary drinks and protein-rich meals don't go well together

Having a sugar-sweetened drink with a high-protein meal may negatively affect energy balance, alter food preferences and cause the body to store more fat, according to a study published in the open access journal *BMC Nutrition*.

Dr Shanon Casperson, lead author of the study from USDA-Agricultural Research Service Grand Forks Human Nutrition Research Center, USA said: "We found that about a third of the additional **calories** provided by the sugar-sweetened drinks were not expended, fat metabolism was reduced, and it took less energy to metabolize the meals. This decreased metabolic efficiency may 'prime' the body to store more fat."

[Why sugary drinks and protein-rich meals don't go well together](#)



What Is a Personality Disorder?

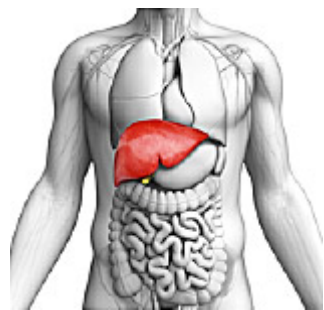


These mental health conditions affect your everyday life and relationships. Here's what you need to know.

[Apple Cider Vinegar was Her Secret Don't Miss This Report Here =>](#)



Australian babies are [prescribed antibiotics at some of the highest rates in the world](#), risking possible long-term side-effects and speeding up antibiotic resistance, which has been described by the World Health Organisation as a "global health emergency". Of comparable countries, only Italy had a higher rate, and Australia's rate was almost 500% that of Switzerland and 150% that of the UK.



SLIDESHOW



Symptoms of Liver Cancer

Certain diseases -- like cirrhosis and diabetes -- can raise your odds of having liver cancer. We reveal the symptoms to watch for, treatment options, and more.



SLIDESHOW

Signs You May Have an Autoimmune Disease

Sometimes, your immune system attacks healthy parts of the body as though there's a threat. That can lead to inflammation, nerve damage, and these health problems.

Treat everyone with politeness, even those who are rude to you, not because they are nice but because you are.

Never look down on anyone unless you are helping them up.

It's nice to be important but it's more important to be nice.

Today, give a stranger one of your smiles.

It might be the only sunshine he sees all day.

If you want others to be happy, practice compassion.

I always prefer to believe the best of everybody, it saves so much trouble.

~Rudyard Kipling~

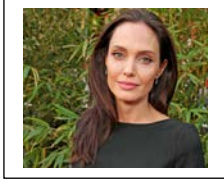
9 Health Benefits Of Sex That Can Increase Your Lifespan

Procreation is one of the basic needs of a human being and is mainly aimed at increasing the progeny. While reproduction is the basic form to multiply a species, sex is an erotic act with the same purpose. Unlike most animals, humans have taken sex to a whole new level...

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Angelina Jolie's Facial Paralysis: What Is Bell's Palsy?

In a new interview, Angelina Jolie told Vanity Fair that she developed a condition called Bell's palsy in 2016. What is Bell's palsy?

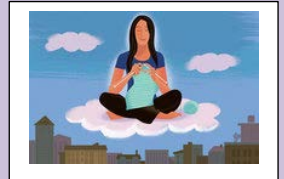


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The Health Benefits of Knitting

By JANE E. BRODY

The rewards of knitting and crocheting go well beyond reducing stress and anxiety.



Was Buddha a vegetarian?



Steven Radzikowski, Lives and studies in Japan

Yes and no. Meat/animal flesh was eat if it was offered and nothing else was available. Monks were to eat what was offered to them. However if the meat was killed just for ...

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Turmeric, red grape, and apple compounds 'starve' prostate cancer cells

By Honor Whiteman

What do turmeric, apples, and grapes have in common? According to a new study, they could hold the key to preventing and treating one of the most common cancers in the United States.

Researchers have identified a number of natural compounds that have the potential to "starve" prostate cancer tumors and shrink them.

Compounds present in turmeric, red grapes, and apple peel appear to have the strongest effect, particularly in combination.

Study co-author Stefano Tiziani, of the Department of Nutritional Sciences and the Dell Pediatric Research Institute at the University of Texas at Austin, and colleagues recently reported their findings in the journal *Precision Oncology*.

[Turmeric, red grape, and apple compounds 'starve' prostate cancer cells](#)



Natural cannabinoids from omega-3 fatty acids combat inflammation

By **Catharine Paddock PhD**
5480



The results of a new study have found that molecules derived from naturally produced cannabinoids can help to fight inflammation.

Scientists have discovered a new group of molecules produced in the body that have anti-inflammatory properties similar to those of marijuana. These molecules come from cannabinoids that are made naturally from omega-3 fatty acids, which are essential nutrients found in meat, fish, eggs, and nuts. The researchers, from the University of Illinois at Urbana-Champaign, report their findings in the journal *PNAS*.

Although the medicinal uses of cannabis, or marijuana, have been documented in records that go back 4,700 years, it was not until 1964 that we found out how it worked. It was then that Israeli scientists Yechiel Gaoni and Raphael Mechoulam discovered the cannabinoid tetrahydrocannabinol (THC), the most active component in marijuana. Since then, it has been shown that THC mimics a natural brain chemical, one of many "endocannabinoids" - that is, cannabinoids that are produced naturally in the body.

The body makes cannabinoids from foods that contain **omega-3** and omega-6 fatty acids, such as eggs, meat, fish, and nuts. [Natural cannabinoids from omega-3 fatty acids combat inflammation](#)



[Statins may raise the risk of Parkinson's disease](#)



4 Ways Salt Can Benefit Your Hair

Salt is undoubtedly the most important ingredient in your kitchen. But can it be used on your hair? Apart from being a taste enhancer, salt can treat dandruff, promote hair growth, soften your hair, add volume to it, and also treat oily hair. It is rich in minerals like sodium, magnesium, iron, and calcium, that can benefit your hair...

[READ MORE](#)

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



How to Get More Protein at Breakfast

[Starting your day with protein may help you stay fuller longer -- and even help you lose weight. Here are 15 energizing breakfast ideas to try.](#)



Resveratrol, which is naturally found in grapes, taken together with grape seed extract may suppress colon cancer stem cells.

Colon cancer is a very common form of cancer, affecting tens of thousands of people across the United States. Researchers may have just moved closer to a prevention strategy for this condition, as a compound that suppresses colon cancer stem cells is found in grapes.

In the U.S., **colorectal cancer** is the **third** leading cause of death from **cancer** among women and the second in men.

[Grape extracts may protect against colon cancer](#)



5 ways to protect your eyes from AMD

Age-related macular degeneration (AMD) is a condition in which the macula, the part of the eye that's responsible for your sharpest and most detailed vision, begins to thin and break down, causing vision loss. If left untreated, it can lead to blindness.

There is no surefire way to prevent AMD. However, there are things you can do to delay its onset or reduce its severity.

Here are 5 of our favorites:

1. Smoking can speed up AMD damage. If you smoke, quit.
2. Sunlight is thought to possibly promote AMD. Protect your eyes from the sun by wearing sunglasses and broad-brimmed hats.
3. Research also suggests that certain nutrients help prevent macular degeneration. Eat a diet rich in fresh fruits and dark-green leafy vegetables, such as spinach, collard greens, and kale. The latter are especially rich in lutein and zeaxanthin, which are key for eye health.
4. If you have intermediate or advanced dry AMD, or any stage of the "wet" form of AMD, ask your doctor about supplements. For example, people at high risk of developing the advanced stages of the "wet" form of AMD may lower their risk by taking high-dose combinations of antioxidant vitamins and minerals.
5. It's unclear whether omega-3 supplements are beneficial for AMD. But eating fish and other foods high in these nutrients may still be worthwhile for preserving optimal vision and overall good health.

For more information on keeping your eyes healthy, buy *The Aging Eye*, a Special Health Report from Harvard Medical School.

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