

Health & Views

We wish all our Readers-Merry Christmas, & may you enjoy good health & joys of life

Christmas issue 2017

[It's the Most Wonderful Time of the Year](#) ←

[How to reduce Christmas stress](#) ←

Why Is Santa Always White?



As the cultural diversity in the U.S. increases, scholars are exploring how to discuss with children issues of importance, like race and religion, through stories.

[Read More](#)

Santa Claus has the right idea. Visit people only once a year.

- Victor Borge

Inside the country towns hooked on prescription drugs ←

While the impacts of drugs like ice are well documented, the rising addiction to prescription painkillers is a deepening crisis in regional areas, where dealers are making big bucks on trades of high-strength opioids made through bedroom windows.



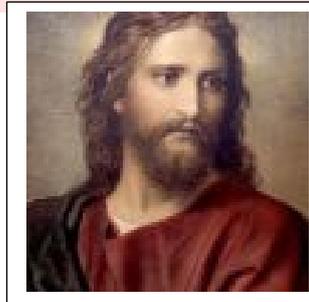
Abdominal fat a key cancer driver for postmenopausal women ↑

European Society for Medical Oncology

New Zealand bans vaginal mesh implants ←

Pope says sex abuse royal commission findings should be 'studied in depth' ↑

Pope Francis says the findings of Australia's child sex abuse royal commission "deserve to be studied in depth", after the Catholic Church was urged to overhaul its traditions, including confessional and celibacy, in the final report.



The Case for Christ

As most of you doubtlessly know, Lee Strobel has a new movie out, "The Case for Christ," which is based on his blockbuster book with the same title. This movie is fabulous. I began my search for Christ as a believer in God but not necessarily in the God of the Bible. But my friend Lee was even further from God. He was an outright atheist. This movie shows how Lee was on a mission to disprove Christianity's truth claims and bring his recently converted wife to her senses and ended up being slayed by the evidence. Lee was an award-winning legal journalist at the Chicago Tribune and thought Christianity to be a myth, and he thought his wife, Leslie, was cheating on him by chasing after Christ.

CNS News q

Finally, proof that Christmas songs really do your head in | Arwa Mahdawi ↑

Raw Deal: Is 'Chicken Sashimi' Safe?



It's not uncommon to find raw foods on a restaurant menu — think sushi or steak tartare — but if uncooked poultry pops up on a menu, stay away.

[Read More](#)

Turmeric - an Indian's shield against Alzheimer's dementia ←

A traditional kitchen ingredient is an Indian's shield from Alzheimer's Dementia, a neuro-degenerative disorder that affects 50 million across the world. According to The Global Voice on Dementia estimate, someone in the world develops dementia every three seconds.

Sent by Agnes Thambayagam-Sugarland, Texas

https://www.youtube.com/watch?v=ORT_EgMe6Cp0&t=14s

<http://www.youtube.com/embed/ln01p1M2cH0> ←

How a mother from Sri Lanka is helping Tamil-Canadians cope with disabilities

ATI Foundation provides support for Tamil families with members who have disabilities



Vijitha Tharmalingam, right, standing with her daughter Meera Tharmalingam, co-founded ATI Foundation to help support Tamil families who care for people with disabilities. (ATI Foundation)

When Vijitha Tharmalingam brought her family to Canada from Sri Lanka in 1992, she found herself in the same predicament as many immigrants — encountering problems with accessing resources and services in her mother tongue.

But because her daughter Meera had disabilities, she found settling in this country even harder.

Inspired by her own difficulties, and the experience of other people in the Tamil community, she co-founded ATI Foundation. ATI stands for Annai Thantha Illam, which is a Tamil phrase that translates to "a home provided by the mother."

ATI caters to the needs of people with various disabilities and aims to erase the stigma they face while providing support in Tamil and English. "We wanted to form an organization that supports both the individuals with disabilities and also supports their caregivers," said Arani Tharmalingam, vice-president of ATI Foundation and Vijitha's youngest daughter.

[Building mental health awareness in Tamil men](#)

[Breaking down language, cultural barriers to talking about sexual assault in Tamil community](#)

Lots of barriers along the way

At the height of the civil conflict in Sri Lanka in 1987, the Tharmalingams suddenly found their home was in the middle of a war zone. But the only way they could escape the fighting was to cram everyone — Vijitha, her husband and their two boys — onto a single bike. As they desperately tried to pedal away, Vijitha fell on the handlebars, hitting her stomach. Tharmalingam was pregnant with Meera at the time, and after the little girl was born, it became clear she had severe brain damage.

According to Arani Tharmalingam, Tamils in Sri Lanka during the 1990's often looked down upon parents who had a child with a disability.

"A lot of my father and my mother's immediate relatives told her to actually abandon the baby or just give Meera to an orphanage."

The organization started with three to four clients. Now, more than 30 people take part in the programming.

Jegatha Suseelan is one of them. Her son, Arjunan, has autism and Suseelan and her husband have had a hard time caring for him.

Since joining one of ATI's summer camps, she says the impact on her life has been significant, and she feels that, thanks to the foundation's programs, her son will not be without his cultural identity, even with his disability.

"I can feel his happiness."



Clients at ATI Foundation engage in programming from music activities to pre-employment training. (ATI Foundation)



[Racism likely at play in low Indigenous kidney transplants:](#)

[AMA](#)

By Indigenous affairs reporters [Bridget Brennan](#) and [Isabella Higgins](#)

Low kidney transplant rates for Indigenous Australians are "shocking",

"unacceptable", and are likely to be driven by racism, the Australian Medical Association says.

[8 Health Benefits of Mint](#)

Mint is a popular ingredient in several foods and beverages. This article takes a closer look at eight science-based health benefits of mint. [Read on](#) →



[Remedies for ulcerative colitis constipation](#)

Last reviewed Thu 7 December 2017 Last reviewed Thu 7 Dec 2017

By Danielle Dresden Reviewed by [Michele Cho-Dorado, MD](#)

Ulcerative colitis is a chronic disease in which the body's immune system mistakenly attacks the lining of the colon or large intestine. This causes inflammation and leads to the growth of open sores or ulcers. It is a form of inflammatory bowel disease, which affects [1.3 percent of adults](#) in the United States. As ulcerative colitis affects the digestive system, it may cause [constipation](#).

Constipation is a common problem that has many different causes, including low-fiber diets, a lack of physical activity, certain medications, and health conditions. Read more: [Remedies for ulcerative colitis constipation](#)

[Megan Nicole - Jingle Bell Rock | @DanceInspire Choreography | 2017](#)

Merry Christmas & Happy Holidays folks! TRACK: Jingle Bell...
[YOUTUBE.COM](#)



[7 Signs and Symptoms of Magnesium Deficiency](#)

Magnesium deficiency, also known as hypomagnesemia, is an often overlooked health problem. This article lists 7 symptoms of magnesium deficiency.

[READ ON](#)



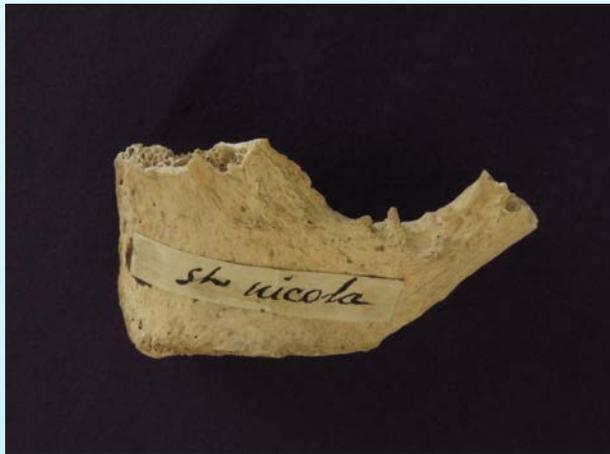
[Soy protein may improve symptoms of inflammatory bowel disease](#) Consumption of soy protein may alleviate some of the symptoms associated with inflammatory bowel diseases, such as [Crohn's disease](#) and [ulcerative colitis](#). [Read now](#)

[Visit an Orphanage, or a Nursing home in your vicinity, or a disabled handicapped family, on Christmas Day, and share and care for these unfortunate humans.](#)

[That would be the best way to get the best out of you- what a great feeling](#)

The editor

St. Nick?



The partial pubic bone, thought to belong to St. Nicholas, resides at the St. Martha of Bethany Church/Shrine of All Saints, in Morton Grove Illinois.

Credit: copyright T. Higham and G. Kazan

A pubic bone claimed to be that of St. Nicholas, whose generosity inspired tales of Santa Claus, has been dated to the fourth century by scientists at Oxford University. The researchers said they believe the bone may really come from the saint.

The Catholic priest who runs the shrine said that a group of nuns from the Catholic diocese of Lyon, France, once cared for the St. Nicholas bone, among other relics, but allowed the relics to be sold on the antiquities market several years ago. [\[Read more about the bone.\]](#)

What Happens When You Die?

There's only one group of people who really know what happens when you die: the dead. And since the dead won't be revealing their secrets anytime soon, it's up to scientists to explain what happens when a person dies.

[Read More](#)



Many people report seeing a bright light at the end of a long dark tunnel after a near-death experience.

Credit: Singhanart/Shutterstock

Australia's greenhouse gas emissions highest on record

[Exclusive: Renewable energy and proper climate policy are key to dropping emissions, carbon consultancy chief says](#)



Eat A Spoonful Of Peanut Butter For Your Health

Peanut butter is the glue that holds our life together. A spoon of PB on toast for breakfast is great to kickstart your metabolism. Thanks to its truckload of vitamins, it protects the heart, controls blood pressure, and is even green-lit by the American Diabetes Association to keep blood sugar in check. Also, PB keeps you full longer and is the ideal fix for nasty hunger pangs. Just don't overdo it!

[VIEW ARTICLE](#)

Lifestyle changes could have prevented 40pc of cancer deaths, study finds

Forty per cent of cancer deaths in Australia are preventable, with eight lifestyle factors identified that people should avoid, a new study finds.



eLanka Newsletter: December 2017 – 2nd edition

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

(Circulation 10,000 members!)

You can also [view this email in your browser](#)



Opinion: Will eating a smaller dinner really help you lose weight?

It comes down to what and how much you eat over the day, rather than when you eat most of your food.



Wine or beer? The differing effects of alcohol on mood

By Maria Cohut

Do you become relaxed, energized, teary-eyed, or angry after having a drink? A new study suggests that what you drink – be that beer, wine, or spirits – may make a difference to how you feel.



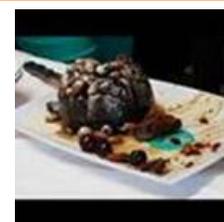
How does alcohol affect your mood? It may depend on what you drink.

Researchers from the Public Health Wales National Health System Trust and King's College London — both in the United Kingdom — have turned to the general public to try to understand what different types of alcohol do to our emotions.

If you feel relaxed when you have a beer with your friends after work, but a glass of whiskey on the rocks makes you want to pick a fight with your loud neighbor, then you're not alone. Prof. Mark Bellis and colleagues found that certain drinks are likely to be associated with particular emotional states more than others. Spirits, they say, are more often associated with negative moods, while wines and beer more often elicit a positive response. "For centuries," says Prof. Bellis, "the history of rum, gin, vodka, and other spirits has been laced with violence. This global study suggests even today consuming spirits is more likely to result in feelings of aggression than other drinks."

The researchers' findings were published yesterday in *BMJ Open*. [Read more:](#)

[Wine or beer? The differing effects of alcohol on mood](#)



Open day for Seniors - monthly event

Sri Lanka Association of NSW (Sydney) Inc. recognizes the community service and the contribution the seniors have...
YOUTUBE.COM

ANGELA the tsunami baby will be 13 on Boxing day this year



Rohini's baby Angela was born at the height of the tsunami on Boxing Day 2004. Rohini was rushed to the Mahamodera Maternity Hospital from the Balapitiya Hospital with a very high blood pressure. She required an emergency caesarean section during which time tsunami waves entered the operating theatre and the operation was completed with a torch light. Rohini and Angela were then placed on a trolley and pushed up the hill and to the safety of the Karapitiya hospital in Galle. Dr. Ruwan Samarasinghe – the Obs and Gynae registrar who performed the caesarean section – took me to Rohini's home at Uragsmahandiya Balapitiya the next day to meet Rohini and her baby. Rohini's husband Prasad arrived from Dubai the next day – he worked there as a chef in a five star hotel.

AuSLMAT have supported Angela and Rohini since then. She asked for a bike and I was able to get her one with generous donations from Melbourne and Sri Lanka. She is shown here riding the bicycle and as a baby when the family visited UBR in Galle to meet the medical team. We would be happy to take any more gifts to her when AuSLMAT visits Sri Lanka again on our medical mission from the 7th of July 2018.

"Man that is born of a woman is of few days, and full of trouble" JOB in the BIBLE

Quintus de Zylva

Ankylosing Spondylitis: Arthritis of the Spine

Ankylosing spondylitis (AS) is a type of arthritis that inflames the joints (vertebrae) in the spine.

[READ MORE](#)

A team of researchers at Penn State suggest that mushrooms may help with fighting aging and improve health due to containing higher levels of antioxidants. The findings are reported in Food Chemistry recently.

The study findings say that higher levels of ergothioneine and glutathione are found in mushrooms with are antioxidants, amounts vary in the different species of mushrooms of the 13 species tested, and are the highest dietary source of these taken together Porcini had the highest levels, while common ones like button had less, but still more than other foods. Cooking them did not significantly change the compounds, according to Robert Beelman, professor emeritus of food science and director of the Penn State Center for Plant and Mushroom Products for Health. WHN

Eating cheese every day may help to protect heart health

By [Honor Whiteman](#)

Fact checked by Jasmin Collier

If you're a cheese lover, you will welcome the results of this new study with open arms. Researchers suggest that eating around 40 grams (or 1.41 ounces) of cheese every day could help to reduce the risk of heart disease and stroke.

Read more:

[Eating cheese every day may help to protect heart health](#)

What are the health benefits of beans?

By [Zawn Villines](#)

Reviewed by [Natalie Butler, RD, LD](#)

Beans are seeds from the Fabaceae family, commonly known as the legume, pea, or bean family. They are an affordable source of protein, fiber, and vitamins that offer many health benefits. In this article, learn about eight health benefits of beans, including getting more protein and reducing the risk of [heart disease](#).

Read more:

[What are the health benefits of beans?](#)

Can apple cider vinegar treat erectile dysfunction?

By [Zawn Villines](#)

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

Erectile dysfunction can be a frustrating and demoralizing condition, particularly when standard treatments do not work. There is little scientific evidence that apple cider vinegar can treat erectile dysfunction. Apple cider vinegar may, however, treat some of the medical conditions that can lead to [erectile dysfunction](#) (ED). Anecdotal evidence and folk medical tradition both suggest that ED may improve with apple cider vinegar.

Most men experience few or no side effects associated with apple cider vinegar, making it a possible alternative for men concerned about the health effects of ED drugs.

Read more

[Can apple cider vinegar treat erectile dysfunction?](#)

Varicose veins: Here's what you can do about them

The Conversation

By [Caroline Robinson, Charles Sturt University](#) [Read more](#)

[Have varicose veins? Here's what you can do about them](#)



What Is Sacroiliac Joint Dysfunction?

The sacroiliac (SI) joints are formed by the connection of the sacrum and the right and left iliac bones. [Read more...](#)

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Jesus' Secret Revelations? Copy of Forbidden Teachings Found in Egypt

[See This](#)



Julius Caesar's Invasion of Britain (Photos)

[See This](#)

Sausage sandwich has two-thirds of daily salt allowance, study finds

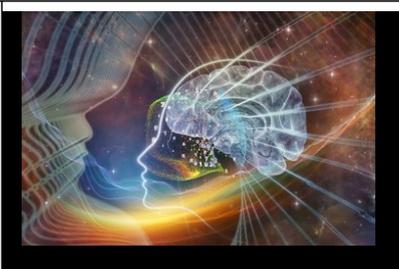
Health group says brands have failed to reach targets set by Public Health England – and vegetarian sausages are just as bad

[Rebecca Smithers](#) Consumer affairs correspondent

The humble [sausage](#) sandwich could contain nearly two-thirds of an adult's maximum daily recommended intake of salt – more than a McDonald's double cheeseburger and large fries, a health group has warned.

Research by [Consensus Action on Salt and Health \(Cash\)](#) has revealed “shocking and excessively high” amounts of salt in well-known brands of the British banger – a favourite in the UK – but vegetarian options are just as unhealthy.

Read more: [Sausage sandwich has two-thirds of daily salt allowance, study finds](#)



Why One Woman Mysteriously Started Hearing 'Divine' Voices



Tobacco Makers to Announce New Statements Acknowledging Health Risks

"The quieter you become, the more you can hear."

Birth of Christ
<https://youtu.be/0BxvPaPPua8>



Jamie's mulled wine | Christmas Recipes | Jamie Oliver



Vitamin D vs Arthritis

Rheumatoid arthritis (RA) sufferers lose their sensitivity to vitamin D which may play a big role in the condition

[Read the full story](#)

Marriage equality has passed but there's more to be done for a fairer society



Rheumatoid Arthritis

RA is an autoimmune disease where the body attacks the lining tissue of joints, causing joint inflammation. [Read more...](#)

Cattle Class

READ THIS!! WHAT A “LESSON” for all of us ---at Heathrow, London

Last year, I was at the Heathrow International Airport in London about to board a flight. Usually, I wear a sari even when I am abroad, but I prefer wearing a salwar kameez while travelling. So there I was — a senior citizen dressed in typical Indian apparel at the terminal gate. Since the boarding hadn't started, I sat down and began to observe my surroundings. The flight was bound for Bengaluru and so I could hear people around me chatting in Kannada. I saw many old married couples of my age — they were most likely coming back from the US or UK after helping their children either through childbirth or a new home. I saw some British business executives talking to each other about India's progress. Some teenagers were busy with the gadgets in their hands while the younger children were crying or running about the gate. After a few minutes, the boarding announcement was made and I joined the queue. The woman in front of me was a well-groomed lady in an Indo-Western silk outfit, a Gucci handbag and high heels. Every single strand of her hair was in place and a friend stood next to her in an expensive silk sari, pearl necklace, matching earrings and delicate diamond bangles. I looked at the vending machine nearby and wondered if I should leave the queue to get some water.

Suddenly, the woman in front of me turned sideways and looked at me with what seemed like pity in her eyes. Extending her hand, she asked, 'May I see your boarding pass, please?'

I was about to hand over my pass to her, but since she didn't seem like an airline employee, I asked, 'Why?'

'Well, this line is meant for business class travellers only,' she said confidently and pointed her finger towards the economy class queue. 'You should go and stand there,' she said.

I was about to tell her that I had a business class ticket, but on second thoughts, held back. I wanted to know why she had thought that I wasn't worthy of being in the business class. So I repeated, 'Why should I stand there?'

She sighed. 'Let me explain. There is a big difference in the price of an economy and a business class ticket. The latter costs almost two and a half times more than . . . 'I think it is three times more,' her friend interrupted. 'Exactly,' said the woman. 'So there are certain privileges that are associated with a business class ticket.'

'Really?' I decided to be mischievous and pretended not to know.

'What kind of privileges are you talking about?'

She seemed annoyed. 'We are allowed to bring two bags but you can only take one. We can board the flight from another, less-crowded queue. We are given better meals and seats. We can extend the seats and lie down flat on them. We always have television screens and there are four washrooms for a small number of passengers.'

Her friend added, 'A priority check-in facility is available for our bags, which means they will come first upon arrival and we get more frequent flyer miles for the same flight.'

'Now that you know the difference, you can go to the economy line,' insisted the woman.

'But I don't want to go there.' I was firm.

The lady turned to her friend. 'It is hard to argue with these cattle-class people. Let the staff come and instruct her where to go. She isn't going to listen to us.'

I didn't get angry. The word '**cattle class**' was like a blast from the past and reminded me of another incident. One day, I had gone to an upscale dinner party in my home city of Bengaluru. Plenty of local celebrities and socialites were in attendance. I was speaking to some guests in Kannada, when a man came to me and said very slowly and clearly in English, 'May I introduce myself? I am . . .'

It was obvious that he thought that I might have a problem understanding the language.

I smiled. 'You can speak to me in English.'

'Oh,' he said, slightly flabbergasted. 'I'm sorry. I thought you weren't comfortable with English because I heard you speaking in Kannada.'

'There's nothing shameful in knowing one's native language. It is, in fact, my right and my privilege. I only speak in English when somebody can't understand Kannada.'

The line in front of me at the airport began moving forward and I came out of my reverie. The two women ahead were whispering among themselves, 'Now she will be sent to the other line. It is so long now! We tried to tell her but she refused to listen to us.'

When it was my turn to show my boarding pass to the attendant, I saw them stop and wait a short distance away, waiting to see what would happen. The attendant took my boarding pass and said brightly, 'Welcome back! We met last week, didn't we?'

'Yes,' I replied. She smiled and moved on to the next traveller.

I walked a few steps ahead of the women intending to let this go, but then I changed my mind and came back.

'Please tell me, what made you think that I couldn't afford a business class ticket? Even if I didn't have one, was it really your prerogative to tell me where I should stand? Did I ask you for help?'

The women stared at me in silence.

'You refer to the term "cattle class". Class does not mean possession of a huge amount of money,' I continued, unable to stop myself from giving them a piece of my mind.

'There are plenty of wrong ways to earn money in this world. You may be rich enough to buy comfort and luxuries, but the same money doesn't define class or give you the ability to purchase it. Mother Teresa was a classy woman. So is Manjul Bhargava, a great mathematician of Indian origin. The concept that you automatically gain class by acquiring money is an outdated thought process.'

I left without waiting for a reply.

For those who are not aware, [Sudha Murthy](#)

is a Philanthropist, a founding member and Chairman of Infosys Foundation and also associated with Gates Foundation. It is an excerpt from her book '[Three Thousand Stitches: Ordinary People, extraordinary Lives](#)'.

Sent by Raja Perera



'Tomb of Jesus' Dates Back Nearly 1,700 Years

By Owen Jarus, Live Science



The shrine (sometimes called the Edicule) that holds the tomb of Jesus is seen in this photograph. The shrine is located within the Church of the Holy Sepulchre in Jerusalem.

Credit: Lior Mizrahi/Getty Images

A tomb that, according to legend, held the body of Jesus Christ dates back almost 1,700 years, scientific tests show.

Whether the tomb ever truly held the body of Jesus is unknown. The limestone bed dates to almost 300 years after the death of Jesus. Additionally, a number of other sites claim to also hold the "tomb of Jesus."

The tomb of Jesus is covered by a shrine (sometimes called the Edicule) located within the [Church of the Holy Sepulchre](#) in Jerusalem. According to legend, Helena, the mother of Roman emperor [Constantine the Great](#) (reign ca. 306-337), discovered the tomb around the year 327. Constantine legalized Christianity throughout the Roman Empire and supposedly converted to Christianity before he died. The legend says the Romans protected the tomb of Jesus by building a shrine over it as well as a church. This church has been destroyed, renovated and rebuilt several times over the past 1,700 years. [\[See Photos of the Church of the Holy Sepulchre\]](#)

"Obviously, that date is spot-on for whatever Constantine did," archaeologist Martin Biddle, who has studied the tomb extensively, told [National Geographic](#).

Today, the Church of the Holy Sepulchre is a site of pilgrimage for Christians.

A study reporting the test results will be published in an upcoming issue of the *Journal of Archaeological Science: Reports*. When the conservation work is complete, scientists hope that the marble cladding that hid the tomb will be replaced with a material that will allow visitors to see inside the tomb.

Original article on [Live Science](#)



Dear Santa, this year, please send clothes for all those poor ladies in Daddy's computer.

Opinion: Do different drinks make you different drunk?

Some people believe different drinks make them feel differently. But the effect alcohol has on your mood depends on factors like where you are drinking it and how you're feeling at the time.



"Lettuce" Eat The Right Foods To Sleep Better

Sparing you the boring details, here's what you've got to do. Drink tart cherry juice, a glass of warm cow's milk, or a cup of chamomile tea before bedtime.

Bananas, pumpkin seeds with baked potato, almonds, walnuts, kiwi fruit, salmon, or lettuce in the latter part of the evening is a good idea. If you have a particularly exotic palate, have jasmine rice 4 hours before tucking yourself in.

[VIEW ARTICLE](#)

Health groups call for school students to be taught about endometriosis

A coalition of women's health groups want all teenagers to be taught about menstrual health in schools to raise awareness about endometriosis and "avoid future generations of girls and women suffering as their mothers have".



Viagra should be available without prescription, experts say

As the United Kingdom announces one type of Viagra will be made available without prescription, some experts say Australia needs to consider doing the same.



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Dear Santa, I don't want much 4 christmas, I just want the person reading this to be happy x Friends are the fruit cake of life- some nutty, some soaked in alcohol, some sweet but mix them together and they're my friends. Love ya. Send this to all your fruit cakes. XXX

What's Inside Your Drinking Water?

It's important to know what's in your drinking water. Learn about potential health hazards and safe treatments that can ensure you are getting the best quality water.

[READ MORE](#)



SLIDESHOW

Tips to Stay Hydrated

Dehydration occurs when the amount of water leaving the body is greater than the amount being taken in. [Read more...](#)

7 Ways Water Benefits the Body

Drinking water benefits the body in a variety of ways. Sipping cold water increases your metabolism and aids in weight loss. [Read more...](#)



Boost Your Metabolism

Losing weight by increasing your metabolism is challenging. Learn how to shed unwanted pounds. [Read more...](#)

Natural Probiotic Foods For Healthy Gut

CUREJOY EDITORIAL

Probiotics have been the buzzword among the health conscious for quite some time now. Touted as a superfood, probiotics which are food products fermented by lactic acid bacteria, have a lot to offer. Relief from lactose intolerance symptoms and shortening of rotavirus diarrhea are now widely accepted benefits from selected probiotics.¹

It has also been suggested that some probiotics can offer relief from inflammatory conditions like ulcerative colitis and pouchitis (is the inflammation of an artificial rectum created in patients who have undergone colectomy or to manage conditions like ulcerative colitis). They are as effective as anti-spasmodic drugs in easing symptoms of irritable bowel syndrome. Probiotics play a significant role in our diet because modulating the gut flora plays a significant role in managing acute and chronic gut disorders.²

Your gut is a complex network of gastric acid, bile, intestinal microflora, and some good and bad bacteria. So you want to make sure that there's more of the good bacteria that can help you maintain a balance. That's where probiotics come in. Probiotics comes from the fusion of two Greek words – 'pro' meaning 'for' and 'biotics' meaning 'life'.

Today, stores are flooded with probiotic products – we even have probiotic ice-cream. Yogurt, buttermilk, tempeh, miso, kefir, sauerkraut, kimchi, and cheese are some good sources of probiotics. Live cultures are being added to a variety of foods to make them gut-friendly. But did you think that the only way to get your daily dose is through those supplements and probiotic shots at the supermarket? Well, think again because there are lots of ways to get probiotics into your gut without stepping into the supermarket. Try these natural homemade probiotic foods that you can whip up in your own kitchen.

1. Yogurt

With a diet rich in yogurt, you can be assured of a healthy gut as it balances the intestinal flora. Several studies even report that the natural probiotics in yogurt have a role to play in inhibiting tumor formation.³

It is also useful in chronic liver disease as well and also has a cholesterol-lowering effect.⁴⁵

How To Make: It's easy to make yoghurt if you already have some leftover. Just add about 5 tablespoons to 500ml of warm (not hot) milk. If you want to make it from scratch, squeeze a lemon into warm milk and let it ferment overnight.

2. Kimchi Salad

This pungent and spicy Korean salad works as a side dish and is mostly made by fermenting cabbage. It is a good source of lactic acid bacteria, that helps in digestion. Kimchi is anti-cancer, anti-obesity, anti-aging, and anti-constipation. It promotes immunity, brain, and colorectal health and reduces cholesterol.⁶

How To Make: Mix in together one cabbage (cut lengthwise), one-fourth cup salt, and about four cups of water. Let it sit at least three hours or overnight. Drain the cabbage and rinse with cold water. Make a thick paste with one tablespoon water, sugar, pepper flakes, and nori. To the cabbage, add julienned radish, and scallions and grated ginger. Add the paste as well. Mix it in and place it in a glass jar in sunlight. Your kimchi should be ready in 24 hours.

3. Sauerkraut

Another wonderful non-dairy source of probiotics is sauerkraut prepared from shredded cabbage fermented by lactic acid. Fermented products like sauerkraut can serve as carriers of probiotic microorganisms.⁷It is widely relished in European countries as a side dish, alongside burgers and on top of sausages. It has a sour-salty taste.

How To Make: It's fairly easy and you'll only need four ingredients. Shred a medium-sized cabbage in a big salad bowl, sprinkle about one and a half spoons of salt and toss for a few minutes. Leave it for about 10 minutes or till it starts leaving some water. You can flavor the sauerkraut with caraway seeds (optional). Put the cabbage into a mason jar along with the water it released. Make sure you choose a jar that is the right size so it fits in tight and snug. Forget about it for three days and enjoy it afterward.

4. Cheese

There is good news for cheese lovers. Indulging in this food can give you a probiotic boost. Cheese is a great delivery vehicle for probiotic cultures. It is also loaded with conjugated linoleic acid and bioactive peptides that exhibit health benefits.⁸But all cheeses might not do the trick. Aged cheeses like Gouda, mozzarella, and cheddar are good sources. Cottage cheese also packs in probiotics and can be easily made at home.

How To Make: Boil some milk, preferably the variety with some fat. While it is still hot, squeeze in some lemon juice. The milk will start to curdle and chunks of cottage cheese will appear. Drain the leftover fluid and tie the cottage cheese tightly in a muslin cloth or cheesecloth to bind it. Add it to your sandwiches, salads, pasta, or sautéed vegetables.

5. Kefir

The word for the fermented drink comes from Turkish and means "pleasure" or "good feeling". It's quite good for the health too! Studies have shown that kefir has antimicrobial, antitumor, anticarcinogenic, and immunomodulatory activity. It also improves lactose digestion.⁹

In postmenopausal rats, kefir has also shown improved bone mass and microarchitecture, which are key to bone quality.¹⁰

How To Make: Take a glass of whole milk and add one teaspoon of active kefir grains to it. Cover up the glass with a cheesecloth or paper napkin, and secure it with a rubber band. Store it at room temperature away from sunlight. It will be ready in 12–48 hours. Strain out the kefir grains (they can be reused) and drink up.

These are some healthy probiotic foods that you can include in your diet. You can choose them according to your taste.

Belly Fat Foods: Best and Worst



Belly fat has been linked to health problems such as an increased risk for heart disease, diabetes, some cancers, and a higher need for gallbladder surgery.

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Harvard Health Blog

Food trends through the years: A mixed bag for heart health?

Julie Corliss, Executive Editor, Harvard Heart Letter



Remember when packaged foods emblazoned with the words “fat free” seemed to be everywhere? Then came labels boasting “zero grams of trans fat.” “Sugar free” and “low sodium” claims soon joined the chorus. These days, gluten-free foods are all the rage. For the most part, food industry trends have echoed the nutritional mantras of the time and were designed to improve our health — especially cardiovascular health. But just how successful have these efforts been?

[Learn more »](#)



7 Reasons We Face a Global Water Crisis



Whole grains vs. refined grains



Although you might get a boost of vitamins and minerals from your morning bowl of enriched cereal, you are missing out on the many benefits of whole grains. To understand why, think about how white flour — one of the most common refined grains — is made. “Once they’ve removed all the good stuff, they grind the rest into a powder, bleach it, put some synthetic — fake — inorganic vitamins back into it and sell it to you as enriched,” said Dr. David Friedman, author of [“Food Sanity: How to Eat in a World of Fads and Fiction.”](#)

Refined is not necessarily the same as “processed.” Wheat is processed into whole wheat flour and oats into rolled oats, but the final products still contain all of the grain’s original nutrients. White flour is used to make many of the foods that Americans love. “What do people eat?” said Slavin. “They eat desserts — pies and muffins, and things that are easier made with white flour.” These foods taste good, but lack the dietary fiber found in whole grain foods.

According to the [Mayo Clinic](#), dietary fiber improves the health of your bowels, lowers “bad” cholesterol levels, helps control your blood sugar levels, and can help you achieve a healthy weight. A 2016 [study](#) by The Harvard T.H. Chan School of Public Health also found that people who ate about four servings of whole grains per day — compared with those who ate few or no whole grains — were 22 percent less likely to die early. They also had a 23 percent lower risk of cardiovascular disease, and a 20 percent lower risk of cancer. That’s why when it comes to whole grains vs. refined grains, Slavin offers a simple message — “a better choice is a whole-grain choice.” It can take a while to adjust to the heartier taste of whole-grain breads and pizza crust, but “once you learn to like whole-grain products, it actually tastes fine,” said Slavin.

There are also other whole-grain options, such as brown rice, quinoa, and oats. And less-common ones like sorghum, triticale, and teff.

Healthline

<https://youtu.be/JOoNOs8QI28>



Pope Francis to World Leaders: 'Listen to the Cry of the Earth'

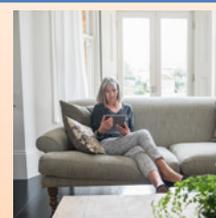


Warning signs of a serious eye problem

Eyes aren’t exempt from the wear and tear of aging. Some of the age-related changes in the eyes are annoying but not serious — for example, it can become difficult to focus on near objects, and eyelashes may thin out a bit. But other changes can threaten vision.

With age, the eyes’ ability to stay lubricated starts to wane. This can leave eyes feeling irritated, sticky, dry, or gritty. The lens of the eye can become less elastic. Night vision may also start to suffer, which can pose problems when driving at night. In contrast, cataract, macular degeneration, and diabetic retinopathy can rob you of your sight.

Harvard Medical School



Alzheimer's vs. Dementia

Alzheimer’s disease is a progressive brain disease that destroys memory, thinking, and reasoning. [Read more...](#)

13 Myths About Alzheimer's

Is there a difference between Alzheimer’s and dementia? Find out the truth about Alzheimer’s disease and its related causes, symptoms, and treatments.

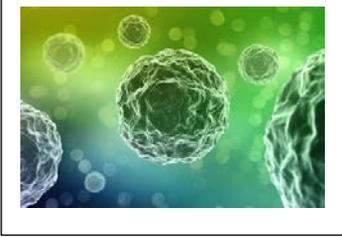
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The world's natural wonders – in pictures



<https://youtu.be/5VzprYCxPBO>

Was the Origin of Life a Fluke? Or Was It Physics?



Physical systems that are out of equilibrium may naturally produce self-replicating chemical reactions, one of the necessary steps in the origin of life.

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Who Invented the Car?

[See This](#)



The 6 Best Teas to Lose Weight and Belly Fat

Drinking tea has been linked to many health benefits, including weight loss. This article focuses on the 6 best teas to lose weight and belly fat.

[READ ON](#)



Lucie Silvas - "You Were Always On My Mind" (Forever Co...)

[Lucie Silvas](#)
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Why Whiskey Tastes Better with Water

Whiskey may become more flavorful if it's diluted with a few drops of water, new research suggests.

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How to Make Puffy Slime



Love to play stretchy taffy-like substances? Or are you inside on a rainy day with a hankering for getting your hands messy? Here's a recipe for making puffy, fluffy slime for you and your kids.

[Read More](#)

Vit. B12 deficiency

Fatigue is the most common symptom of people who have low levels of vitamin B12. But fatigue by itself can be a sign of almost any health condition — or just that you haven't been sleeping enough! Other signs of B12 deficiency include confusion, cognitive impairment, unsteady gait, numbness, tingling and fatigue.

Vitamin B12 deficiencies may happen when you aren't getting the right nutrients in your diet, when your body can't absorb nutrients properly, and when you have various other problems of the digestive system.

- Since most B12 in our diets comes from animal products, vegans are at risk for B12 deficiency. Crohn's and celiac disease, weight loss surgery, and chronic alcoholism can all interfere with a person's ability to absorb enough of the nutrients they need. Seniors have more problems with nutrient absorption and malnutrition as well.

How to keep your brain as you age

The recommended health behaviors are: **not smoking, maintaining high levels of physical activity, following a healthful diet, and keeping a healthy weight.** The health factors are: **keeping blood pressure levels under 120/80 millimeters of mercury (mm/Hg), cholesterol levels under 200 milligrams per deciliter (mg/dL), and fasting blood sugar levels under 100 mg/dL.**

[How to keep your brain healthy as you age](#)



Mushrooms: Good or Bad?

Mushrooms have long been used for cooking and medicinal purposes, but they've somehow garnered a bad reputation. Here's a look at their health benefits and potential risks. [Read on](#) →



Forget Avocado Toast. Quinoa Is the Healthy Breakfast You'll Want to Wake Up For. Don't toss your leftover quinoa - use it to make a savory or sweet breakfast. [READ MORE](#)



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](#) →



Gum Disease Tied to Yet Another Deadly Illness



Raw Sashimi Is 'Chicken Safe?'

[See This](#)

Try Ayurvedic Remedies To Treat Your Cold

Satisfying your cravings for warmth when you're down with the flu, warm herbal teas or ginger-lemon-honey water is a welcome relief. For further relief, use a neti pot to pour saline water into your nostrils and draw out the mucus. Milk and sugar will instigate mucus formation, so avoid them when you have the sniffles. It's also a good idea to do a facial steam with eucalyptus oil.

[Read More](#)

Ayurveda Eat Well

Food is one of the main pillars of health and happiness, according to Ayurveda. Diet is seen as a preventive medicine for the body. Mealtimes deserve your full attention. This means no multitasking during lunch at work or in front of the television at home. Eat a varied diet that balances sweet, sour, bitter, pungent, salty, and astringent tastes. Avoid drinking iced or very cold water during mealtimes. If you can drink room temperature or gently warmed water at all times, that's even better. Sip on a little water during your meal, but not too much. Steer clear of preserved or stale food. Eat fresh as much as possible.

Stick to foods that are seasonally appropriate. Many of the "rules" are intuitive. For instance, in winter or cold, damp weather, you should drink lukewarm water to help digestion and have dried fruits and nuts. During spring, when you are susceptible to allergies, eat anti-inflammatory, immune-boosting, and probiotic foods like honey, citrus fruits, and fermented foods. As the weather warms up, eat light food and load up on liquids to replace water lost from sweating. Cool your body down with yogurt, salads, fresh fruit, and juices. In autumn, as the weather cools down, ease the load on your body by picking easily digested foods. Wait until winter before choosing fatty foods.

CureJov

The Nutritional Value of Organ Meats Organ meats are packed with vitamins, minerals, and other good stuff. Here's more about the types of organ meats...[READ MORE](#)



Don Williams Greatest Hits - Best Of Songs Don Williams.

Paradise Love

311,748 views • over a year ago

Compound in Marijuana Appears Safe and Nonaddictive, WHO Says

A compound in marijuana appears to be relatively safe and nonaddictive, according to a new report from the World Health Organization (WHO). [Read More](#)

A Gorilla Remembers a Girl It had not Seen for 12 Years



A Gorilla Remembers a Girl It had not Seen for 12 Years

Humans and gorillas are reunited after not seeing each other for many years. The girl Tansy Aspinall had not see...



Jim Wilson/The New York Times

• **Recipe of the day:** An overnight stay in the fridge makes [classic brioche](#) even better.

Cancer Treatment Claims for Marijuana-Derived Products



Karsten Moran for The New York Times

• **Recipe of the day:** Forget the usual side dishes and make [sweet-and-sour cauliflower](#).

Milk- essential for life

Written by Dr. Harold Gunatillake-Health writer WE all start as babies drinking mother's milk. Then, after the breastfeeding is weaned a milk substitute is supplemented or complimented. Many infant powdered milk formulas are available in the market and fresh cow's milk is considered still a good option for feeding babies. Milk is a popular dietary staple in many countries...[See More](#)

Does fish oil help arthritis?



Fish oil and cod liver oil contain properties that may reduce inflammation.

There are two common types of arthritis, both of which can cause joint pain, stiffness, and mobility problems. These are:

Rheumatoid arthritis (RA): An inflammatory joint disease caused by a problem in the immune system.

Osteoarthritis (OA): A degenerative condition that affects joint cartilage and bones. Cod liver oil and fish oil contain high levels of two types of omega-3 fatty acids: DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid).

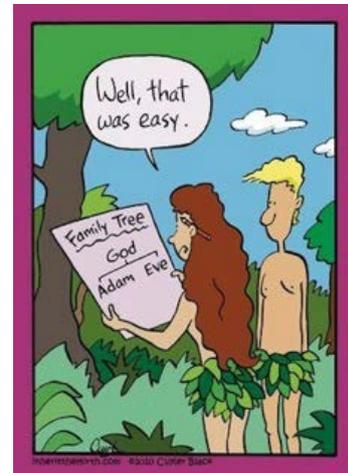
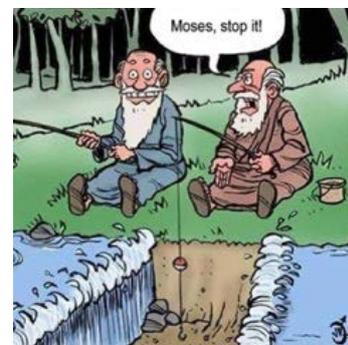
Researchers have found that EPA and DHA both reduce inflammation.

The role of fatty acids in reducing inflammation suggests that they may help treat RA. Researchers have also investigated whether fish oil may play a role in the treatment of OA.

[Benefits of fish oil for arthritis](#)

What Are the Best Proteins for Your Heart?

It's no secret that high-fat meats are particularly bad for people with AFib or other heart conditions. So what are some heart-healthy protein alternatives? [Read on](#)



Can Medication Overuse Cause Chronic Migraines?

For some people living with migraines, overusing certain pain medications can actually make headaches worse. [Learn what to look for and what to ask your doctor.](#) [Read on](#) →



Use and Diffuse: Essential Oils to Aid Constipation Relief

If you endure bouts of constipation, find out about essential oils that may help alleviate it, along with other digestive issues. [Read on](#) 



Do Animals Have Humor?

See This

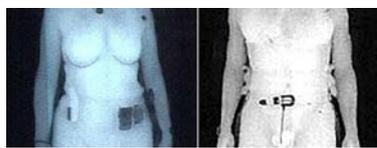
Cancer cells destroyed in just 3 days with new technique

By [Honor Whiteman](#)

Cancer cells are relentless, possessing the vexatious ability to develop resistance to current therapies and making the disease hugely challenging to treat. However, an exciting new study may have identified cancer's weak spot; the discovery has already led to the near-eradication of the disease in cell cultures.

The [study](#) — which was recently published in the journal *Nature Biomedical Engineering* — reveals how altering the structure of chromatin in [cancer](#) cells could make them easier to destroy.

Read more: [Cancer cells destroyed in just 3 days with new technique](#)



How Much Radiation Are You Exposed To During a Cross-Country Flight?

See This



A Guide to Enjoying the Holidays with Crohn's (plus Recipes!)

The stress of attending family gatherings centered around food can take the fun out of the holidays. Don't just survive them this year, enjoy them, with these simple tips and Crohn's-friendly recipes. [Read on](#)



Even Light Drinking May Raise Your Cancer Risk

(HealthDay News) -- Maybe you should skip that glass of wine tonight, because even light drinking increases your risk of [cancer](#), warns a new statement from the American Society of Clinical Oncology (ASCO).

Latest Cancer News

"People typically don't associate drinking beer, wine and hard liquor with increasing their risk of developing [cancer](#) in their lifetimes," said ASCO President Dr. Bruce Johnson.

Does Drinking Raise Cancer Risk?

The link between alcohol consumption and cancer has been firmly established.

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Dark chocolate with olive oil associated with improved cardiovascular risk profile

Dark chocolate enriched with extra virgin olive oil is associated with an improved cardiovascular risk profile, according to research presented today at ESC Congress.

"A healthy diet is known to reduce the risk of cardiovascular disease," said lead author Dr Rossella Di Stefano, a cardiologist at the University of Pisa, Italy. "Fruits and vegetables exert their protective effects through plant polyphenols, which are found in cocoa, olive oil, and apples. Research has found that the Italian Panania red apple has very high levels of polyphenols and [antioxidants](#)." [Dark chocolate with olive oil associated with improved cardiovascular risk profile](#)



For Some, A Bit of Chocolate May Lower Risk of Heart Problems

See This



Poses to Know

No matter the style of yoga you choose -- hatha, vinyasa, or hot yoga -- nearly all of them include a few key moves. To stay safe, your best bet is to work with a trained instructor who can show you the right way to do each position. If you've had neck, back, or joint pain or flexibility problems, talk to your doctor before you start a yoga routine. Most of all, don't push yourself to do anything that hurts. You can tailor most poses to work for your body. [WebMD](#)

Walnuts Boost Good Gut Bacteria



Recent study shows that walnuts increase the diversity of gut bacteria and appear to act in much the same manner as prebiotics.

[Read the full story](#)

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