



Former model at centre of Profumo affair that shook politics in the 60s has died aged 75

Profumo had long-term relationship with Nazi spy before 60s sex scandal

Tory MP John Profumo met Gisela Winegard in Oxford in 1936 and kept in touch with her for 20 years, according to MI5 files

[Alan Travis](#) Home affairs editor

[John Profumo](#), the Conservative minister who resigned over an infamous 1960s sex scandal, had previously had a long-running relationship with a glamorous Nazi spy who may have tried to blackmail him, newly released MI5 files reveal.

Gisela Winegard, a German-born fashion and photographer's model, met Profumo in Oxford in 1936 when he was an undergraduate and kept in contact with him for at least 20 years during which time she ran a Nazi secret information service in occupied Paris, had a child with a high-ranking German officer, and was imprisoned for espionage on the liberation of Paris in 1944. At the height of the 1963 sex scandal when Profumo was forced to resign after misleading the House of Commons about his brief affair with [Christine Keeler](#), MI6 sent MI5 a letter and files detailing the Tory minister's connection with Winegard (née Gisela Klein).

Read more:

[Christine Keeler, former model at heart of Profumo affair, dies at 75](#)

Change of heart: can we do better for heart patients than a transplant?

Fifty years after the first heart transplant, the operation remains very expensive with mixed outcomes. A new approach focuses on repair instead of replace

Read more: [Change of heart: can we do better for heart patients than a transplant?](#)



New Blood Pressure Numbers: 130 Is Now High, Doctors Say

[See This](#)

What Is Low Blood Pressure?

What is low blood pressure? Learn about causes, symptoms, risks, treatments, and more. [Read more...](#)

British Airways- fuelled with Love and affection

<https://youtu.be/ZFb01yTR9bA>

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[Climate change](#)

'Soul-crushing' video of starving polar bear exposes climate crisis, experts say



Footage from Canada's Arctic shows emaciated animal seeking food in scene that left researchers 'pushing through their tears'

['Soul-crushing' video of starving polar bear exposes climate crisis, experts say](#)



'Alarming' rise in cancer rates driven by diabetes, obesity

By Maria Cohut

Fact checked by Jasmin Collier

New research crunches the numbers on diabetes- and obesity-related cancers and projects a steep rise in diagnosed cases.

Researchers at several institutions worldwide — including Imperial College London in the United Kingdom and the International Agency for Research on Cancer of the World Health Organization (WHO) in Lyon, France — have recently established that [cancers](#) related to metabolic diseases, especially [diabetes](#) and [obesity](#), have an increasingly high incidence.

According to the team's data, 5.6 percent of all cancer cases throughout the world in 2012 were linked to pre-existing diabetes and a high body mass index (BMI), which is defined as over 25 kilograms per square meter.

Of this total, 3.9 percent of cases were attributable to diabetes — almost twice as many cases as were related to a high BMI.

Lead study author Dr. Jonathan Pearson-Stuttard and colleagues also worked out the estimates for the probable incidence of cancers related to diabetes and other metabolic disease in the next few years, and their prognosis is not encouraging.

The researchers' [study findings](#) were published yesterday in *The Lancet Diabetes & Endocrinology* journal

Read more-

['Alarming' rise in cancer rates driven by diabetes, obesity](#)



We love birds more than we think we do – video

Michael Shiels, supervisor of the bird department at Taronga zoo says birds are an integral part of Australian life. Shiels is unable to give a single answer to Guardian Australia's bird of the year poll, but believes all Australians love birds, even if they don't know it. The poll closes today at midnight

• [Share your best – or most underwhelming – Australian bird pictures](#)

[We love birds more than we think we do – video](#)



What are some food science myths still taught as facts by professional chefs and culinary schools?



Gordon Mills, Ex Employee (2007-present)

[To wipe mushrooms clean, or to just wash them in fresh water.](#)

[The myth, is that washing mushrooms causes them to absorb water and dilute the flavours.](#)

[If this was the case, t...](#)

[Read More »](#)

Relax, Read, Share, & distribute

Exercise alone alters our gut microbiota

By Honor Whiteman Fact checked by Ana Sandoiu

It is well established — and perhaps unsurprising — that what we eat affects the microbes that live in our intestine, collectively known as the gut microbiota. According to two new studies, however, exercise has the same effect.

[Exercise alone alters our gut microbiota](#)

Does osteoporosis cause any symptoms?



Osteoporosis is a disease that causes your bones to become weak and brittle and more likely to break. Unfortunately, you probably won't have any symptoms until the disease is advanced or you actually experience a fracture.



Staying connected can improve your health

Loneliness is associated with depression, cardiovascular disease, cognitive decline, declines in mobility and daily function, and increased risk of early death. If your social calendar isn't as full as it used to be, there are things you can do to help bring people back into your life.



Additional News from Harvard Health Publishing

[Study aims to boost water intake to prevent kidney stones](#)

[New motivation to move more](#)

[Watch out for two different Nutrition Facts labels](#)



“ Trump’s error on Jerusalem is a disaster for the Arab world ... and the US too



Rashid Khalidi



Visceral Fat

Because much belly fat is “visceral” fat, it wraps around the inner organs, different from fat under the skin that you’d find in your hips and thighs. Extra belly fat also puts you at greater risk for type 2 diabetes, high cholesterol, high triglycerides, high blood pressure, and heart disease.

What happens when you ring your doctor in the middle of the night?

Home visits from doctors are costing the health system millions. Will patients start losing access to them?

What you should know about magnesium

You need magnesium for many tasks. It's involved in more than 300 chemical reactions in the body. Muscles need this mineral to contract; nerves need it to send and receive messages. It keeps your heart beating steadily and your immune system strong. Most people can get enough magnesium by eating foods such as green leafy vegetables, whole grains, beans, nuts, and fish. Magnesium supplements are sometimes marketed as "super-pills" that can fix a long list of ailments such as muscle tension, low energy, and trouble sleeping. But think twice before you reach for a magnesium supplement. Dr. Bruce Bistrian, chief of clinical nutrition at Beth Israel Deaconess Medical Center and professor of medicine at Harvard Medical School, says magnesium deficiency is very rare. "The kidney has an extraordinary ability to reduce magnesium loss in urine, and thus achieve magnesium balance on a wide variety of intakes," he explains. For people who have trouble absorbing magnesium from food — such as those with celiac disease, kidney problems, alcoholism, or chronic digestive problems — supplements can be useful. Some medicines (including some "water pills" and antibiotics) can lower blood magnesium levels, making a supplement necessary- Harvard Medical School

Fructan — Not Gluten — Could Be Source of Stomach Woes

It turns out that fructan may be a culprit of gastrointestinal issues — and that cutting out gluten may be unnecessary after all. [Read on](#) →

https://youtu.be/A_WqXYbghRw

10 FOODS YOU SHOULD NEVER EAT

10 Yoga Poses to Relieve Back Pain

From long commutes to heavy lifting, there are all kinds of reasons why most of us battle backaches. Do your mind and body a favor and follow this step-by-step guide to soothe and

strengthen your body. [Relieve me](#) →

<https://youtu.be/oQPisAjpqk>



Prehistoric Women Were Stronger than Elite Rowing Teams Today

See This

Doctors 'wrong to assume type 1 diabetes is childhood illness'

Nearly 50% of cases occur in adulthood, but many doctors assume adults with diabetes symptoms have type 2, leading to potentially dangerous misdiagnosis. Doctors are wrong to assume that type 1 diabetes mainly affects children, according to a new study that shows it is equally prevalent in adults. The findings, published in the journal *Lancet Diabetes & Endocrinology*, overturn previous thinking that the form of diabetes, an auto-immune condition, is primarily a childhood illness. Scientists from Exeter University found that in a lot of cases it was actually misdiagnosed among adults.

Read more

[Doctors 'wrong to assume type 1 diabetes is childhood illness'](#)

Why It's the Perfect Time for a Facial

Icy winds and dry air put skin to the test. Skin cells also turn over more slowly in winter. See what this dermatologist has to say about pampering winter skin, including her favorite at-home masks.

[Beautiful](#)



Chicken Biryani Recipe | Traditional Chicken Biryani

[Grandpa Kitchen](#)

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Chief Master GK Lee 9th Degree Testing

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If you're concerned about low magnesium, ask your doctor for a blood test. To maintain a healthy magnesium level, it's best to get this mineral from food, especially high-fiber foods such as dark green leafy vegetables, unrefined grains, and beans. The recommended dietary allowance (RDA) of magnesium for adults is 420 milligrams (mg) per day.



10 Foods That Build Strong Bones

Not getting enough calcium in your diet can lead to fragile, brittle bones that are more prone to fractures and disease. Find out which foods can help strengthen your bones. [Read on](#) →



Trying to Stand More at Work? Here's How Many More Calories You'll Burn

[See This](#)



[Listen to the full concert](#)

Listen back to the full *Sing Out Sydney* concert on our website. Enjoy magical performances from Sydney Gay & Lesbian Choir, Soulfood A Cappella, Redfern Sea Shanty Club, Hummingsong Women's Choir and loads more, and a rousing finale by our mass choir performing Nick Cave's 'The Ship Song'.

[Listen here](#) →

[Artificial sweeteners: No help, possible harm?](#) ←

Today's Health Topic What causes depression?



It's often said that depression results from a chemical imbalance, but that figure of speech doesn't capture how complex the disease is. Research suggests that depression doesn't spring from simply having too much or too little of certain brain chemicals. Rather, there are many possible causes of depression, including faulty mood regulation by the brain, genetic vulnerability, stressful life events, medications, and medical problems. It's believed that several of these forces interact to bring on depression.

[Read more](#) »

[Watch the highlights video](#)

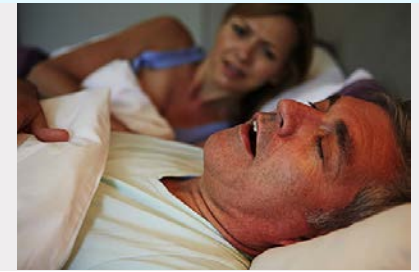


What's better than hearing 500 voices join together? Seeing it happen for yourself! Our team was there to capture all the action and we've created a video to let you experience some of the highlights of the evening, including a rollicking sea shanty and medieval performance by ROH Ensemble Choir.

[Watch the video](#) →

[Coconut oil: heart-healthy or just hype?](#)

Everywhere you look, someone is singing the praises of coconut oil. Maybe it's that the bright white color suggests an all-natural purity that's appealing in a world full of highly processed consumer goods. Or maybe we're all just looking for the next big thing in healthy foods, all-natural beauty products. Whatever the explanation, coconut oil does sound good. But is it too good to be true?



Snoring

If your partner says you regularly snore or you sound like you're gasping for air while sleeping, see your doctor. You might have a serious condition called apnea. It can happen when your airway is partially blocked and it causes you to have pauses in your breathing. The disorder is linked to high blood pressure, an irregular heartbeat, strokes, and heart failure. Treatments can help you breathe easier and lower your risk for heart disease, too.

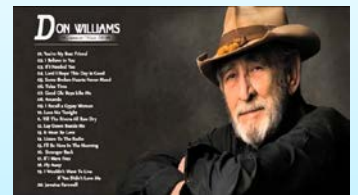


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Health Benefits Of Moringa

Moringa [contains](#) an immense wealth of healthy [components](#) and phytonutrients. Due to its extraordinary and unmatched range of medicinal benefits, it was [named](#) the "miracle tree" during the [food](#) crisis in Africa. In the Philippines, it is referred as a mother's best friend because of its galactagogic properties. The plant [offers](#) a rich blend of [powerful](#) antioxidants such as kaempferol, caffeoylquinic acid, zeatin, [quercetin](#), rutin, chlorogenic acid, and beta-sitosterol. These powerful antioxidants found in moringa [possess](#) free radical scavenging capacity and have shown its therapeutic value in curing the [damage caused](#) by oxidative [stress](#).

Treats Edema

Moringa extracts are beneficial in the treatment of edema. Research studies have confirmed that treatment with drumstick root extract, which possesses anti-inflammatory qualities, has been significantly effective in inhibiting the development of edema. Moreover, the studies suggest that the efficacy of this herb stands equal with the potent anti-inflammatory medicine indomethacin in the treatment of such painful conditions.

Protects Liver

Moringa extracts exert a hepatoprotective effect on the liver. Research studies have validated the effectiveness of its leaves against the liver damage caused by anti-tubercular drugs as well as its stimulating effects in speeding up the recovery process. It helps to restore the levels of glutathione content in the body and prevents radiation-induced hepatic lipid peroxidation. This protective effect is attributed to the presence of phytochemicals such as catechin, epicatechin, ferulic acid, and vitamin C found in drumstick.

Treats Stomach Disorders

The isothiocyanates present in moringa are effective in the treatment of abdominal disorders such as [constipation](#), gastritis and ulcerative colitis. [Studies](#) have shown that its extracts can be considered as an effective herbal alternative to a range of commercially available antacids and antihistamines.

[Research](#) studies have shown that treatment with moringa leads to reduced ulceration and its efficacy in curing ulcerative colitis is comparable with the commercially available drug prednisolone. It [contains](#) antibiotic and antibacterial properties, and it exerts inhibitory effects on the growth of various pathogens. This includes helicobacter pylori bacteria and coliform bacteria, which can trigger [diarrhea](#). It also helps in combating obesity thanks to its high nutritional and low-fat properties. The impressive content of [vitamin B](#) in its leaves aids in [digestion](#) and converts the food into energy rather than storing it as fat.

Acts as Antibacterial Agent: It possesses antibacterial, antifungal and antimicrobial properties, and is effective against the growth of disease-causing microbes. Scientific research has proven that moringa extracts exert a wide spectrum of protective activity against food-borne microorganisms such as Salmonella, Rhizopus species, E. Coli, Enterobacter aerogenes, Pseudomonas aeruginosa and Staphylococcus aureus. This defensive activity makes its extracts perfect for sanitation and preservation purposes. Leaves of this plant possess anti-fungal qualities. The inhibitory effects of moringa help in preventing the growth of diseases causing contaminant fungi such as Aspergillus spp. and Penicillium spp.

Cures Cancer: Moringa is an anticancer agent and is highly valued in tumor therapy. Scientific research has demonstrated that its extracts possess chemopreventive properties attributed to the presence of the phenolic components quercetin and kaempferol. Another study has demonstrated the role of the bioactive compound niazimicin in restraining the development of cancer cells. Drumstick extracts impart chemo-modulatory effects towards curing various types of cancers such as ovarian cancer, hepatic carcinogenesis and skin papillomagenesis by inhibiting the proliferation of malignant cancer cells and inducing apoptosis, also known as programmed cell death.

Treats Neurodegenerative Diseases: The effectiveness of moringa has been very valuable in the treatment of neurodegenerative diseases. Research studies have shown that treatment with its extracts has the potential to alter brain monoamines like norepinephrine, serotonin, and dopamine, and it extends its protection against monoaminergic deficiencies related to Alzheimer's disease.

Improves Bone Health: Moringa extracts are beneficial for maintaining healthy bones, which is attributed to the presence of essential minerals like calcium and phosphorous. Its extracts possess anti-inflammatory properties and are effective in the treatment of painful conditions such as arthritis, while also helping to heal various bone ailments such as mandibular or jaw bone fracture.

Boosts Immunity: The ethanolic extracts of moringa leaf help in stimulating the immune system of the body. It also helps in enhancing the cellular immune response and exerts positive effects on various other immune system values such as total leucocyte count, antibodies, and hypersensitivity reaction.

Has Immunosuppressive Properties: The seeds of moringa possess immunosuppressive properties. Deliberate immunosuppression is required to inhibit the activation of body's immune system in order to prevent the rejection of certain treatments, particularly organ transplants and autoimmune diseases like rheumatoid arthritis. Research studies have demonstrated that the immunosuppressive action of drumstick seeds helps in ameliorating the production of antibodies to allow the new organs and transplanted material to settle safely in the body.

Protects Cardiovascular System: Moringa extracts are helpful in the prevention of myocardial or cardiac damage, due to the presence of powerful antioxidants. They exert antidiabetic effects in the treatment of diabetes mellitus. Research studies conducted on this subject have provided supporting evidence that proves the antiperoxidative and cardioprotective effects of moringa therapy. Treatment with it helps in inhibiting the increase in lipid peroxidation in the myocardial tissue and aids in maintaining a healthy heart.

Organic facts.net



Just 1 Cup of Coffee a Week May Lower Risk of Stroke & Heart Failure

[See This](#)

Vitamins Every Woman Needs

Here's why you should be getting plenty of folate, vitamin K, and others in your diet.



Treat Constipation The Ayurvedic Way

You probably know how invaluable insoluble fiber is for bowel movement. So, tank up on cruciferous veggies like broccoli and cauliflower, wholegrain foods, and prunes. A tablespoon of warm milk or water with ghee is a useful night-time ritual. Eliminate excess vata, a trigger for constipation, with warm, protein-rich foods that are moderately oily, like seafood or lean meats.

[VIEW ARTICLE](#)

• **Recipe of the day:** [Spicy molten blue cheese dip](#) is the ultimate  snack.



FEATURED SLIDESHOW


What Is Deep Vein Thrombosis?

Deep vein thrombosis is a blood clot inside a vein, usually deep within your leg.

[VIEW SLIDESHOW](#)

14 Reasons to Eat More Pasta



Despite what you may think, pasta can be part of a good diet. It can curb your appetite and even help you lose weight. See how. 

[8 Amazing Ways To Use Tamarind Leaves For Your Health](#) 

[What causes a stitch when you exercise and how you can stop it](#)

Whether you're a recreational runner or a competitive athlete, getting a stitch can stop you in your tracks.

[More](#) 

[Scientists identify genetic risk factors for asthma, hay fever and eczema](#)

An Australian-led study identifies more than 100 shared genetic risk factors for asthma, hay fever and eczema, providing new clues on how the conditions could be prevented or treated.

[More](#) 

[Future Predictions for 2017-2045](#)

Stevia: Does it have any side effects?

By Jennifer Huizen
Reviewed by Natalie Olsen, RD, LD, ACSM EP-C

Stevia is a non-nutritive or zero-calorie sweetener made of steviol glycosides. These are compounds extracted and refined from the leaves of the *Stevia rebaudiana* plant.

Many people choose to replace sugar with [stevia](#) to reduce their calorie consumption. In this article, we look at the possible risks and side effects associated with this natural sweetener



Stevia extracts are derived from the stevia plant, and are available in granulated or tablet forms.

Read more:

[Stevia: Does it have any side effects?](#)

Marijuana may increase your sex drive

By Ana Sandoiu

Fact checked by Jasmin Collier

The relationship between marijuana use and sexual activity is still not clear, but a large study now strongly suggests that regular cannabis use may increase sexual drive.

The [findings](#) come from a team of researchers led by Dr. Michael Eisenberg, who is an assistant professor of urology at Stanford University School of Medicine in California.

Dr. Andrew Sun, a resident in urology, is the first author of the paper. It was published in the *Journal of Sexual Medicine*.

Read more: [Marijuana may increase your sex drive](#)

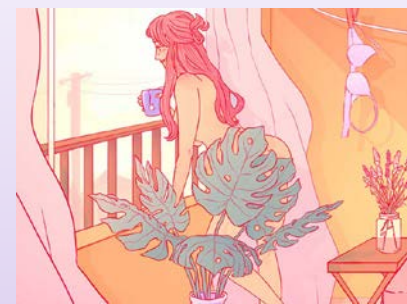
10 Lesser-Known Foods for Brain Health



Feed your brain with these foods that have shown to be beneficial to cognitive health.

Certain foods have been shown to improve brain function, protect against age-related cognitive decline and encourage clarity and focus. Foods that are rich in essential brain nutrients can protect against various mental disorders now and degenerative brain diseases in the future. These foods not only taste great, but have also been found to contain nutrients that protect and support brain health. Including these foods in a healthy diet is perhaps the best way to feed your brain. Continual studies have found a relationship between what we put in our mouths and how well we are able to perform crucial thinking and memory tasks. Here is a list of ten foods that even health conscious people may not know can keep their brain healthy:


[10 Lesser-Known Foods for Brain Health](#) 



6 Good Reasons to Get Naked



Turns out that just by spending more time in buff mode, you can help everything from your self-esteem and relationships to your vaginal health. Wow, that was easy.

[Take it off](#) 



How Do People Die From Diabetes?



By RONI CARYN RABIN

While untreated diabetes itself can be deadly, complications from the disease such as heart attacks are a more common cause of death.



Stephen Hawking Warns: Humanity May Have Less Than 600 Years to Leave Earth

See This

How Much to Tell Your Kids About Your Cancer

It's not an easy tightrope to walk, but here's why saying something is better than saying nothing.



Harmful Effects of Soft Drinks

Not only do soft drinks offer no nutrition, they also contain harmful chemicals. Their high sugar content, often high-fructose corn syrup, can cause diabetes and affect the heart and liver.

Preservatives like phosphoric acid can cause bone loss and kidney disease and citric acid can cause severe dental erosion. The caramel color in cola and the chemicals in the containers are also linked to cancer. Drink infused water or kombucha instead.

CureJoy

Can Sleep Apnea Cause Erectile Dysfunction?

What's the relationship between sleep disorders (such as obstructive sleep apnea) and testosterone and oxygen levels? Here's a detailed look.

Read on →



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Grow Your Locks With Onion Juice

Concerned about your hair loss? Massage your scalp with onion juice! Don't cringe yet. Onion juice is packed with compounds that help fight hair loss from inflammation or infection. In one study, alopecia areata patients experienced hair growth in 4-6 weeks. Studies even back up the use of onions to strengthen the hair and prevent graying. Let's not forget, it's also a lot safer than commercial products.

VIEW ARTICLE

How broccoli protects your gut

By Tim Newman

Broccoli is now known to improve gut health; new research has uncovered a potential molecular mechanism to explain this protection — which is good news for broccoli lovers.

It is common knowledge that eating fresh fruit and vegetables on a regular basis can stave off a multitude of ills. However, as science delves deeper into the molecular details, certain vegetables are often found to impart specific benefits.

[How broccoli protects your gut](#)



Prevents Macular Disease or AMD

Pistachios contain carotenoid antioxidants such as lutein and zeaxanthin. These antioxidants help in reducing the risk of contracting an age-related macular disease in the elderly, according to the research conducted by Chen CYO and Blumberg JB from Tufts University, Boston, USA. They can be included, along with vegetables, for an increased supply of lutein and zeaxanthin.-Organicfacts.net

Cheese is okay for the heart

Largest-scale study to date finds that diets high in dairy products (including full-fat) do not lead to increased occurrence of cardiovascular diseases.

Most people assume the consumption of cheese heightens the risk of a heart attack, stroke and other health maladies. A recent study conducted by researchers at Wageningen University in the Netherlands and Copenhagen University in Denmark shows the consumption of fat dairy products does *not* boost the risk for such health issues. The study results were recently made public in the *European Journal of Epidemiology*.

Cheese Does Not Boost Heart Risk



Diabetes Cured without Side Effects



Scientists cure diabetes in mice for one year, without side effects, by boosting pancreatic cells that secrete insulin. Researchers at the University of Texas Health Science Center at San Antonio have found a way to cure diabetes in mice. This finding is particularly important because the cure does not spur any side effects. The medical team's new technique boosts cells within the pancreas that emit insulin

Science-Backed Health Benefits of Cinnamon

Cinnamon is not only one of the most delicious spices, it also is one of the healthiest.

Soft Drinks Raises Risk Of Heart Disease

Obesity, metabolic syndrome, and type-2 diabetes, all of which become more likely with sugary drink consumption, are all markers for cardiovascular disease.⁹

Those who consume soft drinks regularly have a 20% higher risk of getting a heart attack.

When you're consuming too much sugar from unhealthy sources, there are fewer chances of your eating nutrient- and fiber-rich fruits and vegetables. This can lead to an imbalance in your lipids and cause heart problems. In a study conducted over 2 decades, men who consumed soft drinks regularly were found to be 20% more at risk of getting a heart attack.¹⁰

CureJoy

Everything You Should Know About Diabetic Neuropathy

Diabetic neuropathy is a serious and common complication of type 2 diabetes that usually develops slowly. Get details about its symptoms, causes, treatments, and more. [Read on](#) →

Herbal remedies for heartburn



Image: Bigstock

Some people find herbs and other natural remedies to be helpful in treating heartburn symptoms. Here are some examples:

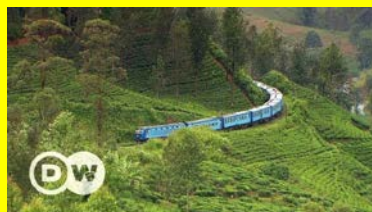
Chamomile. A cup of chamomile tea may have a soothing effect on the digestive tract. If you have a ragweed allergy, don't use chamomile.

Ginger. The root of the ginger plant is another well-known herbal digestive aid. It has been used for centuries as a folk remedy for heartburn.
Licorice. Licorice has proved effective in several studies. Licorice is said to increase the mucous coating of the esophageal lining, helping it resist the irritating effects of stomach acid. Deglycyrrhizinated licorice, or DGL, is available in pill or liquid form.

Other natural remedies. Many other "natural" remedies have been used to treat heartburn over the centuries, but there is little scientific evidence to confirm their effectiveness. Catnip, fennel, marshmallow root, and papaya tea have all been said to aid in digestion and stop heartburn. Some people eat fresh papaya as a digestive aid. Others swear by raw potato juice three times a day. Naturopathic followers also tout a homeopathic remedy with the unappetizing name of vomit nut as a heartburn fix.

Herbal remedies do not undergo testing for safety and effectiveness by the federal government. They are not approved by the FDA, and do not have to meet the same standards for manufacturing and packaging that drugs do.

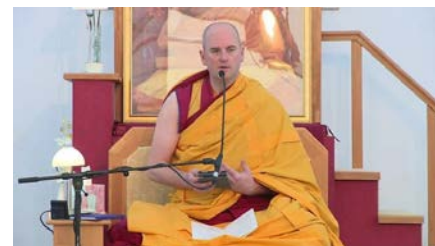
To learn more about GERD and heartburn, download your copy of the [Harvard Medical School Guide: Cooling Heartburn](#).



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Absorption of Cessation ~ Gen Kelsang Ananda

[New Kadampa Tradition](#)
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How Much Alcohol Is Really OK?

All the good news/bad news studies about alcohol can leave you confused. But research suggests that you still need to keep moderation in mind when you raise a glass.

[Read the full story](#)



Putting Wine on a Diet

Calories come with that enjoyable taste

[Read the full story](#)



High Blood Pressure in Midlife Tied to Later Dementia

By **NICHOLAS BAKALAR**

Women with high blood pressure in their 40s are at increased risk for dementia in later years.

Women with waists larger than 35 inches and men with waists bigger than 40 inches tend to have a higher overall risk to get obesity-related diseases than people with smaller waists. That includes type 2 diabetes, high cholesterol, and high blood pressure.



JIM REEVES I LOVE YOU BECAUSE



Vitamin D Deficiency and Treatment

What does vitamin D do? Learn about vitamin D benefits and discover foods that are high in vitamin D.

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Modern Understanding of the Physiological Function and Interdependence of Vitamins D & K

Sponsored by Quicksilver Scientific

By Christopher Shade, PhD

Vitamin D
Vitamin K
Practice Management

Vitamin D3 and K2 are two essential, fat-soluble vitamins that together have a broad and intertwined impact on health.¹⁻³ We all know that vitamin D3 (cholecalciferol) is light transformed and that it is technically not a vitamin because the skin synthesizes it on exposure to UV light. Vitamin D3 is the precursor to a class of D3-related hormones that have many functions in the body beyond calcium homeostasis. Receptors for this vitamin are ubiquitous throughout the body as they are found in more than 36 cell types.⁴ Recent research has shown the action of vitamin D helps regulate Th1 and Th2 immune responses, even in utero.⁵ In 2012, extraordinary sequencing work revealed that the human genome literally has thousands of binding sites for vitamin D, an affirmation of how fundamental this vitamin is for immune function, as well as cellular growth and differentiation.⁶

And now we come to a quandary. Given the abundant evidence for widespread vitamin D deficiency—as many as a billion people worldwide according to a 2017 review—supplementation is extremely important and common.⁷ Yet a close look at scientific research, particularly regarding bone health and vascular calcification, shows that coadministration of vitamin K with vitamin D is equally as important.⁸⁻¹⁰ Well-known for its role in coagulation, vitamin K also plays an important role in arterial health and in helping vitamin D carry out many of its functions. Vitamin K plays a role in directing calcium deposition to the bone matrix, via activation of osteocalcin, and insufficiency may be associated with soft tissue calcification and lower bone mineral density.^{11,12} Some forms of vitamin K are more active in the body than others. Menaquinone-7, or MK-7, is a highly bioactive form of vitamin K.¹³

A number of the proteins produced by the body in response to vitamin D are activated by vitamin K. These include osteocalcin and matrix Gla protein (MGP), which bind calcium into the bone matrix and inhibit the deposition of calcium into other soft tissues, like arteries, kidneys, and joint cartilage.¹⁴⁻¹⁶ Vascular calcification is regulated by a number of vitamin K dependent proteins.^{17,18} High artery calcium scores are correlated with adverse cardiovascular events, and can be linked to low vitamin K status.¹⁹ By supplementing vitamin D with vitamin K, arterial stiffness, which is associated with cardiovascular risk, morbidity, and mortality, can be reduced.²⁰

Thus, vitamin D and vitamin K move in lockstep and ideally should be prescribed together in their active forms.

Of course, in all instances of supplementation, absorption is key, and liposomal technology can facilitate maximal absorption of these fat-soluble vitamins. Liposomal vesicle structure is dominated by phospholipids, the primary components of cell membranes. When liposomal bubbles reach the cell, the liposome phospholipids blend into the lipid membrane of the cell, facilitating maximal cellular delivery of the nutrients. This allows cellular nutrient levels to reach and even exceed those which, until recently, only intravenous therapies were capable of.²²⁻²³

The multi-targeted choreography of paired Vitamin D and K, delivered in liposomal format, is one more significant way that we can optimize our patient's health.



Low-Carb diet for diabetics

You don't have to give up carbohydrates because you have diabetes. If you want to try a diet that limits them, like Atkins or South Beach, talk to your doctor about it. Research on the benefits of low-carb diets for type 2 diabetes is still mixed. But a review written by 25 leading experts says this style of eating should be the first step in managing the disease, since it can "reliably reduce high blood glucose." WebMD



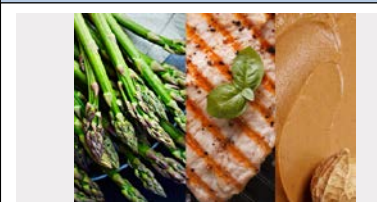
Mediterranean Diet for diabetics

This heart-healthy diet uses lots of fruits and veggies as well as fish, chicken, nuts, olive oil, legumes, and whole grains. What you *won't* eat often: Red meat, butter, and salt. Studies have shown the diet can help keep blood sugar levels under control. You can have wine with meals, but the American Diabetes Association recommends no more than one drink per day if you're a woman, two if you're a man.



DASH

Nutrition experts recommend this eating plan, designed to help lower blood pressure, to lots of people because it emphasizes fruits, vegetables, low-fat dairy, whole grains, lean meats, fish, nuts, and beans. (It does allow for some sweets, too. You should eat those in moderation.) A 2011 study found that it can improve insulin sensitivity when it's part of an overall weight loss program with exercise.



The Zone Diet

Its goal is to keep blood sugar levels stable. Meals are 40% carbs, 30% protein, and 30% fat. Carbs are ranked as good or bad based on the glycemic index. You'll have foods like chicken and barley, but not potatoes and egg yolks. A 2015 study found it had a positive effect on glycemic control and waist size, so it may be a good choice. Ask your doctor about it.

WebMD



Gluten-Free

Gluten is a protein found in grains including wheat, rye, and barley. People with digestive disorders like celiac disease need to avoid it. Popular belief is that going gluten-free will help you lose weight, improve digestion, and boost energy. But these claims aren't backed up by science. Plus, gluten is in everything from salad dressing to vitamins. There's no need to follow this diet unless your doctor advises it.

WebMD



Vegetarian and Vegan

Limiting or avoiding animal products like chicken, fish, and yogurt can be a healthy way to eat. Just get plenty of fresh produce and other whole foods, as opposed to gorging on meatless "chicken" nuggets out of a box. Research shows that people who eat a plant-based diet get more fiber and take in less calories and fat than nonvegetarians.





Raw Red Peppers

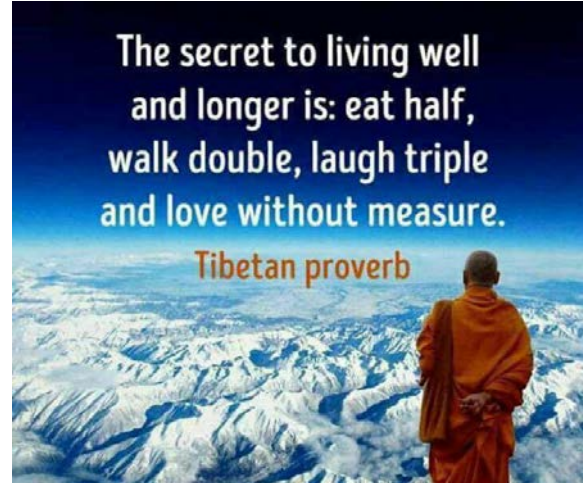
Bell peppers give you the most vitamin C per calorie. That's good for the blood vessels in your eyes, and science suggests it could lower your risk of getting cataracts. It's found in many vegetables and fruits, including bok choy, cauliflower, papayas, and strawberries. Heat will break down vitamin C, so go raw when you can. Brightly colored peppers also pack eye-friendly vitamins A and E.



A Turmeric-Onion-Ginger Drink Every Smoker And Ex-smoker Should Try Out

Smoking, as a habit, is not just about controlling your will. Tobacco contains nicotine which travels quickly to the brain when it is inhaled and can cause a feeling of temporary relaxation and/or stress relief. Nicotine can also elevate your mood and your heart rate...

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The secret to living well and longer is: eat half, walk double, laugh triple and love without measure.

Tibetan proverb

A US American scientist is being called a "danger to public health" after publishing a book urging people to add more salt to their diet.

In The Salt Fix, New York's James DiNicolantonio says the World Health Organisation and the US and UK advisory bodies on diet have got it wrong with their advice to cut down on salt, and that the mineral is good for the body and will help people lose weight. "Most of us don't need to eat low-salt diets," he wrote. "In fact, for most of us, more salt would be better for our health rather than less. But Public Health England says his advice is wrong and dangerous. Prof Louis Levy, head of nutrition science at PHE, said: "Diet is now the leading cause of ill health. By advocating a high-salt diet this book is putting the health of many at risk and it undermines internationally recognised evidence that shows a diet high in salt is linked to high blood pressure, a known risk for heart disease."

More Blogs from Harvard Health

[Does drinking diet soda raise the risk of a stroke?](#)

[The best place to launch a healthy lifestyle? Your kitchen](#)

[Easy hacks to understand new terms on food labels](#)



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2017-08-04-VIDEO-00000120.mp4

Is this happening in Sri Lanka?

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

[Learn the Symptoms of Multiple Sclerosis](#)



- LONGEVITY
- Curbing Calories Slows Aging



Stay Away From Fatty Foods Cause inflammation of the liver

French fries and burgers are a poor choice to keep your liver healthy. Eat too many foods that are high in saturated fat and it can make it harder for your liver to do its job. Over time it may lead to inflammation, which in turn could cause scarring of the liver that's known as cirrhosis. So next time you're in the drive-thru line, think about ordering a healthier option.



Broccoli

Add lots of veggies to your diet if you want to keep your liver healthy. Broccoli can be part of this strategy. Some studies suggest this crunchy food can help protect you from nonalcoholic fatty liver disease. If steamed broccoli sounds a little too blah, shred it into a slaw and toss it with sliced almonds, dried cranberries, and a tangy vinaigrette. It's also delicious roasted with garlic and a splash of balsamic vinegar.

Web MD

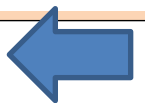
[Dandruff Treatment Tips](#)



The More You Drink, the Greater Your Cancer Risk

Researchers say there's a link between alcohol consumption and risk of the digestive cancers that already kill three million people a year worldwide. [Read on](#) →

3 Ways to Lower Your Cholesterol



The first two you can do at home. The third requires a trip to the drugstore.

Prostate cancer is the most common cancer in men. Explore causes as well as prevention tips. [Read more...](#)

[Controlling High Cholesterol](#)



Some Things Don't Mix Well

You may know that some medicines don't work well together. But what you eat and drink can have an effect on some drugs, too. Before you take a medication for the first time, talk with your doctor or pharmacist to see if there's anything you should stay away from.



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

Milk: This dairy product can make it harder for your body to process certain antibiotics. Minerals in milk like calcium and magnesium are part of the reason, along with the protein casein. If you're taking antibiotics, make sure to find out about the foods or beverages you should stay away from.

Licorice: Some people use this as an herbal remedy to help with digestion, and others use it to flavor foods. But glycyrrhizin, a chemical in licorice, can weaken the effect of some drugs, including cyclosporine, used to keep people who've had transplants from rejecting their new organs.

Chocolate: Dark chocolate in particular can weaken the effects of drugs meant to calm you down or make you sleep, like zolpidem tartrate (Ambien). It also can boost the power of some stimulant drugs, like methylphenidate (Ritalin). And if you take an MAO inhibitor, used to treat depression, it can make your blood pressure dangerously high.

Iron Supplement: This can lower the effects of levothyroxine (Synthroid), a medicine that gives you thyroid hormone when your body doesn't make enough (a condition called hypothyroidism). If you take this medication and a multivitamin, check to see if the vitamin has iron in it. If you need an iron supplement, ask your doctor about taking it and your medication at different times.

Alcohol: This makes certain drugs less effective or even useless, including some blood pressure and heart medicines. It also can make others stronger than they should be or cause dangerous side effects
WebMD.



Sunflower Seeds and Nuts

An ounce of these seeds or almonds has half the amount of vitamin E the USDA recommends for adults each day. A large study found that vitamin E, together with other nutrients, can help slow age-related macular degeneration (AMD) from getting worse. It may also help prevent cataracts. Hazelnuts, peanuts (technically legumes), and peanut butter are also good sources of vitamin E.

WebMD

How 12 EpiPens Saved My Life

By ALI JAFFE

People with food allergies hope to never use an EpiPen, but sometimes we don't have a choice.

Type 2 Diabetes Diagnosis

Learn about type 2 diabetes warning signs, symptoms, and treatment options.

[VIEW SLIDESHOW](#)



High Blood Pressure

As you age, your blood vessels get less flexible, and that puts pressure on the system that carries blood through your body. That might explain why about 2 in 3 adults over 60 have high blood pressure. But there are other causes you can control: Watch your weight, exercise, stop smoking, find ways to deal with stress, and eat healthy



Dark, Leafy Greens

Kale, spinach, and collard greens, for example, are rich in both vitamins C and E. They also have the carotenoids lutein and zeaxanthin. These plant-based forms of vitamin A lower your risk of long-term eye diseases, including AMD and cataracts. Most people who eat Western diets don't get enough of them.

WebMD



Chill Out Your Bedroom

Some women get hot flashes as a side effect of breast cancer treatments that lower their estrogen levels. If this happens to you, you'll want to have a fan in your bedroom and layers on your bed, so you can remove them as needed. You might also want to keep a towel near your bed, if you sweat a lot. WebMD



Humans to Blame for Climate Change, Government Report Says

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WELL

[Feeding Infants Peanut Products Could Prevent Allergies.](#)

Study Suggests

By ANDREW POLLACK

The finding, in *The New England Journal of Medicine*, addresses a condition that afflicts 2 percent of American children.

Heel & Foot Care

- [What to Do About Plantar Fasciitis](#)
- [How to Stretch Your Achilles Tendon](#)

[This Extraordinary Girl Sings Her Audience to Sweet Tears](#)

[Diabetic Peripheral Neuropathy Nerve Damage](#)

When Cancer Goes Beyond Your Breast

If your doctor told you that your breast cancer has spread to other parts of your body, it's at a more advanced stage than if it's only in your breasts. How far it has spread is one of the things your doctor will consider when she tells you the "stage" of your cancer. It's considered "metastatic" if it has spread far from your breasts. Every case is different. For some women, it becomes something they live with for a long time. For others, focusing on pain management and quality of life is the main goal.

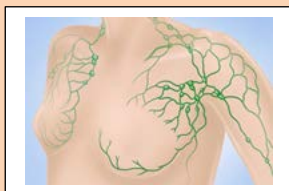
Most Common Places It Spreads

It's still breast cancer, even if it's in another organ. For example, if breast cancer spreads to your lungs, that doesn't mean you have lung cancer. Although it can spread to any part of your body, there are certain places it's most likely to go to, including the lymph nodes, bones, liver, lungs, and brain.

Most Common Places It Spreads

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The lymph nodes under your arm, inside your breast, and near your collarbone are among the first places breast cancer spreads. If it spreads beyond these small glands to other parts of the body, it's considered "metastatic."



When you're diagnosed with breast cancer, your doctor should check lymph nodes near the tumor to see if they're affected. The lymph system helps drain bacteria and other harmful substances from your body. You might not notice symptoms if your breast cancer is in these nodes.

Bones

When breast cancer is in your bones, pain is usually the first symptom. It can affect any bone, including the spine, arms, and legs. Sometimes the bone may be weak enough to break, but treatment often prevents that. You might also have numbness or weakness in a part of your body, like an arm or leg. If the cancer involves your spinal cord, it can also cause problems with incontinence or going to the bathroom.

Liver

If breast cancer spreads to your liver, you may have pain in your abdomen that doesn't go away, or you might feel bloated or full. You might also lose your appetite and lose weight. You may notice that your skin and the whites of your eyes are turning yellow, which is called jaundice. That happens because your liver isn't working right.

Lungs

Breast cancer can spread to the lungs or to the space between the lung and the chest wall, making fluid buildup around the lung. Symptoms can include shortness of breath, a cough that won't go away, and chest pain. Some people lose their appetite, leading to weight loss.

Brain

It's possible for breast cancer to spread to the brain. That can cause headaches that throw off your balance and make falls more likely. You may have numbness or weakness in one part of your body. You might act differently, or you could feel confused or have seizures.

Treatments

You may need surgery, chemotherapy, radiation, and medications. The drugs your doctor recommends will depend on your type of breast cancer. For instance, if the hormone estrogen spurs your cancer cells to grow, your doctor would choose different treatment from someone who has HER2 breast cancer, in which a certain protein drives the growth. Pain management is also key, so you can feel as well as possible.

WebMD

Regular Exercise

Remember the human body operates on physiology and is not bound by the rules of physics. Fortunately, regular exercise and being physically fit will reduce your risk of heart disease and early death **irrespective** of your weight loss success.

There are plenty of reasons to walk, we've been doing it since the dawn of time, well before the first gym opened.

Walking is an organic, natural, gluten free, fat free, toxin free, meditative experience that delivers far more health benefits than most other decisions you'll make today.

Walking for exercise: Is it enough by itself?



Fitness, strength and mobility are important for us to live happy and healthy lives — how much does walking improve these measures?



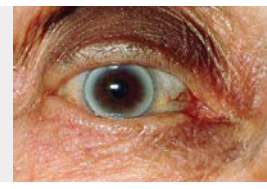
Can Ginger Treat Diarrhea?

Ginger warms the stomach and is a tonic for the digestive system also has anti-inflammatory, analgesic, and antibacterial properties. [Read on](#) →



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.

Side effects of RA medication

The most frequently prescribed drugs for RA are non-steroidal anti-inflammatory drugs (NSAIDs), corticosteroids, disease-modifying anti-rheumatic drugs (DMARDs), and newer treatments called biologics. Although these treatments improve the lives of many with RA, they do have side effects. Some of NSAIDs' side effects include edema, heartburn, and stomach discomfort. Corticosteroids can elevate cholesterol and blood sugar, and increase appetite, leading to weight gain. DMARDs and biologics interact with your immune system and can lead to more infection, or rarely other autoimmune symptoms (psoriasis, lupus, multiple sclerosis). If you experience side effects from your RA medication, see your doctor.

When Should You See Your Rheumatologist Urgently?

When you have RA, going for regular check-ups is a given. Here are seven signs that you should see your rheumatologist before your next scheduled appointment. [Read on](#) →

Lecithin Benefits

Learn about lecithin, including its potential health benefits. [READ MORE](#)



'Ground-breaking' cervical cancer vaccine 'may almost eliminate disease'

By [Margaret Paul](#)
Cervical cancer could be almost completely eliminated, research finds, thanks to a new vaccine being reviewed by Australia's pharmaceutical authority.

Heart Disease: Causes of a Heart Attack



Pre-Rash Shingles Symptoms

Shingles is most common in people over 60 years of age. Learn about risks, pre-rash symptoms, contagiousness, treatments, and vaccinations.

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Know Your Stroke Risk

The chance of having a stroke doubles for each decade of life after age 55. Learn the signs and symptoms. [Read more...](#)

Harvard Health Letter

What to do when medication makes you constipated

Antidepressants and opioids are common offenders.

It's frustrating when you feel the urge to move your bowels but can't seem to go. Before blaming your diet, consider whether medication side effects are causing your constipation.



It's frustrating when you feel the urge to move your bowels but can't seem to go. Before blaming your diet, consider whether medication side effects are causing your constipation. Older adults can be more susceptible because of a digestive system that's off balance. Many medications can contribute to constipation, including the following...

[Read more >>](#)

OPINION The most important thing your doctor should do

[ABC Health & Wellbeing](#)



By Ben Bravery

The process of getting better always starts with a conversation between patient and doctor — but this fundamental aspect of the doctor's craft is often neglected in their training.

Top foods that may make heartburn worse

If you have heartburn, you may already know that drinks containing caffeine, such as coffee, tea, and colas, can trigger burning pain. Some people feel miserable after eating onions or garlic, while tomatoes and citrus fruits bother others. And who hasn't regretted indulging in fatty or fried foods? They are notorious for bringing on symptoms. But did you know after-dinner mints, treats associated with helping digestion, could cause heartburn?

Harvard Medical School

Diabetes

Since 1980, the number of middle-aged and older adults with diabetes has almost doubled. Because of that, the CDC calls it an epidemic. Your risk of getting the disease goes up after you hit 45, and it can be serious. It can lead to heart disease, kidney disease, blindness, and other problems. Talk with your doctor about having your blood sugar checked.

Heart Disease

Plaque buildup in your arteries is a major cause of heart disease. It starts in childhood and gets worse as you age. That's why people age 40 to 59 are more than five times as likely to have heart disease as people 20 to 39

Obesity

If you weigh a lot more than is healthy for your height, you could be considered obese -- it's not having just a few extra pounds. It's linked to at least 20 chronic diseases, including heart disease, stroke, diabetes, cancer, high blood pressure, and arthritis. The highest rate among all age groups is in adults ages 40 to 59 -- 41% of whom are obese.

Are plant-based alternatives 'milk'? Dairy farmers say no

A group of Australian dairy farmers push to tighten the definition of milk on food labelling in Australia, saying plant-based alternatives such as soy and almond are "juices".



7 Alzheimer's Disease Stages and Symptoms

Learn about the symptoms for each of the seven stages of Alzheimer's disease. Know which signs to look out for. [Read more...](#)

Low-T and Aging

Testosterone levels decrease as men age. Learn about symptoms and treatments. [Read more...](#)

How to Treat DVT

A painful, swollen leg may signal a dangerous clot. See signs and treatments for DVT. [Read more...](#)

[This could be 'the most important discovery for pregnant women since folate'](#)

In a discovery that could potentially help millions of women around the world, a landmark Australian study finds simply taking vitamin B3 supplements can significantly prevent miscarriages and birth defects.



Significance of High Blood Pressure

Written by Dr Harold Gunatillake- Health writer

Most Lankans in Sri Lanka don't seem to understand the gravity of not checking their blood pressure on a regular basis, when you grow older. Most people visit aurvedic physicians and herbalists for their minor ailments and do not get the opportunity to check their BP, more in rural areas

[...Continue Reading](#)



Get the Heart Facts

You know that a bad diet and too little exercise can hurt your ticker. But there are lots of sneaky sources of heart disease that you may not be aware of. Here are some you need to know about, and heart-smart steps to help you keep hea

Dental problems

Need extra motivation to brush and floss every day? People with gum disease are more likely to have heart disease, too. The connection isn't clear, but some experts think bacteria from your gums may move into your bloodstream, leading to inflammation of the blood vessels and other heart problems. See your dentist every 6 months for checkups. Make an appointment right away if you spot redness or soreness on your gums or changes in your teeth.

Shift Work

Working at night or irregular hours raises your risk of a heart attack, according to a recent study from Western University in Canada. Researchers say shift work has a bad impact on the body's circadian rhythm (a.k.a. your "internal clock"), and they think that harms your heart. So if you don't work regular day hours, take extra steps to lower your risk of heart disease: Get exercise, eat a balanced diet, and see your doctor for regular checkups.

Traffic Delays

Anyone who's ever been stuck in bumper-to-bumper traffic will tell you it's stressful. That may be why research links spending a single hour in traffic to higher odds of having a heart attack. High noise levels -- like the kind you hear on a freeway -- are also linked to heart disease. If you can't avoid traveling during rush hour, squash stress by listening to relaxing music. Or share the ride and chat with your fellow passengers

Early Menopause

If you're a woman and you go into menopause before you turn 46, your odds of having a heart attack or stroke may be twice as high as those who go through it later. A drop in estrogen, a hormone with ticker-friendly effects, may play a role. Ask your doctor to test you for heart disease risk factors (like high cholesterol).

Snoring

If your partner says you regularly snore or you sound like you're gasping for air while sleeping, see your doctor. You might have a serious condition called apnea. It can happen when your airway is partially blocked and it causes you to have pauses in your breathing. The disorder is linked to high blood pressure, an irregular heartbeat, strokes, and heart failure. Treatments can help you breathe easier and lower your risk for heart disease, too.

Not Getting Good Sleep

When you routinely get less than 6 hours of shut-eye a night, you raise your risk of higher blood pressure and cholesterol. It increases the odds you'll become obese and get diabetes, too (both of which can hurt your heart). That doesn't mean you should sleep your way through the day. When you spend more than 9 hours horizontal on a regular basis, it raises your odds of getting diabetes and having a stroke -- major risk factors for heart disease. Baby your brain, body, and heart -- aim for 7 to 9 hours of slumber a night.

WebMD

Obese heart surgery patients require significantly more ICU resources

Medical News Today

Growing obesity problem prompts closer look at ways to maximize critical care resource management.

[Read more at Medical News](#)



[Today](#)

How to Spot the Signs of High Blood Pressure

Do you know the warning signs and symptoms of high blood pressure? Learn about hypertension and prehypertension.

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Exercises to Lower Your Blood Pressure

Trying to lower your blood pressure? Explore exercises, prevention, and lifestyle changes for lowering high blood pressure. [Read more...](#)

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