



Sadeesha and Nishaji belong to families whose parents are closely associated with the fishing community at Weligama. Nishaji's father Nishantha met us on the Weligama beach just a few days after the 2004 tsunami. We have maintained contact with them since then. We have donated laptops to them and assisted with their studies in English. We will conduct a free medical clinic at the Hemachandra Maha Vidyalaya in Weligama on Thursday 12th July.

We will send a forty foot container to Sri Lanka with donations in mid May.  
Dr. Quintus de Zylva

## Braised Beef and Mushrooms



Braises usually call for the meat to be browned first to seal in the juices, but we skip that step so it can absorb the wonderful taste of mushrooms.

Recipe From [EatingWell.com](http://EatingWell.com)

[View Recipe](#)



## Commonwealth Youth Awards winner

Krystle Reid from Sri Lanka – Commonwealth Young Person of the Year and Commonwealth Asia Young Person of the Year

Commonwealth Young Person of the Year Krystle Reid and her organisation, Enable Lanka Foundation, helped to launch the Enabled Elections initiative, which was one of the largest civil rights campaigns for the political and electoral rights of persons with disabilities in Sri Lanka organised by the Centre for Monitoring Election Violence. Her work has impacted many persons with disabilities through community-driven economic empowerment courses across the country. The foundation also organised the #ComicForCause campaign which focuses on comedians and comic artists on issues facing young people living with disabilities. Krystle and her team also introduced an incubator space for young entrepreneurs with disabilities and a mobile application of audio books to local universities and school students.

She added: "This will definitely make any young person out there to look hard at what they are doing to improve sustainability. This is not just an award, it's an opportunity to tap the many potential resources within the Commonwealth and expand the work we do for the greater good."



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

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

Health editor

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

## 'Licence for sexual harassment': Indian women harassed at Delhi Holi festival

Holi is meant to be a Hindu festival celebrating the start of spring, but some Delhi women have reported being struck with balloons filled with semen and urine.



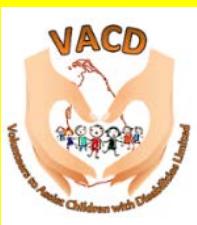
## Diabetes

If you have this condition, fruity breath can be a sign that your body is using fat for fuel instead of sugar (glucose). That probably means you're running very low on the hormone insulin, and you should call your doctor.



## 14 Amazing Health Benefits Of Eating Broccoli

NEWS



"Your generosity and love is helping us to make a meaningful difference in the lives of Children with Disabilities and their families"

A "Big Thank you" to Melbournians Mr. Annesley Caspersz and Ms. Franziska Gasser (pictured above) who very kindly took time out of their busy holiday schedule in Sri Lanka to visit Bandarawela and entertain and enthrall an audience of VACD children with their demonstrations of juggling and balancing skills.

Also...

A "Big Thank you" to Mr. Stefan Jaro, whose meticulous service and impressive skills as the Digital Strategist at Litmus Communications Agency, alongside his equally talented colleagues established the VACD Facebook page, produced a crowd-funding video and maintained our VACD webpage. We deeply appreciate Stefan's passion for our mission and extend our heartfelt thanks and best wishes to him as he leaves Litmus to pursue his higher academic interests.



A big "Thank you" to His Excellency Mr. Somasundaram Skandakumar, Sri Lanka High Commissioner (photo above) for Australia for taking time out of his busy schedule to meet with us and discuss our mission in detail. Mr Skandakumar is an avid supporter of our vision and mission and has already put us in touch with some valuable contacts.



**Yasmin Stephen**  
Administration & Communications Secretary  
**Volunteers to Assist Children with Disabilities Australia**  
**& Member of the Advisory Board VACD USA**  
E-mail: [vacd@vacd.org.au](mailto:vacd@vacd.org.au) / [fstephen@bigpond.net.au](mailto:fstephen@bigpond.net.au)  
Web: <http://www.vacd.org.au/>  
Facebook: <https://www.facebook.com/vacdtk/>  
ETSY Online shop:  
<https://www.etsy.com/shop/RipplesGifts/>

[Spinning: Good for the heart and muscles, gentle on joints](#)

Harvard Health Blog

## The connection between diet and depression

[Monique Tello, MD, MPH](#) Contributing Editor



Just this week, I have seen three patients with depression requiring treatment. Treatment options include medications, therapy, and self-care. Self-care includes things like sleep, physical activity, and diet, and is just as important as meds and therapy — sometimes more so. In counseling my patients about self-care, I always feel like we don't have enough time to get into diet.

[Learn more »](#)

**China's Big Space Lab May Fall to Earth This Month**

[See This](#)

**Cervical cancer 'could be eliminated in Australia within 40 years'**



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

## Sri Lanka declares state of emergency after Buddhist-Muslim clashes



Sri Lanka declares a state of emergency for 10 days to rein in the spread of communal violence — a day after Buddhists and Muslims clashed in the Indian Ocean island's central district of Kandy.



Mature seeds are separated from the plants and are stored for use during the beginning of next Summer

**Eat Your Veggies! Celery may be a good choice for RA patients**

Crunchy, crisp, refreshing, and cheap. Celery is an underrated veggie that just may help ease arthritis pain.

[Read on →](#)

## What causes constipation?

Lesson by Heba Shaheed, animation by Augenblick Studios

Visiting the bathroom is part of the daily human experience. But occasionally, constipation, a condition that causes a backup in your digestive system, strikes. In some especially uncomfortable cases, the food you eat can take several days to exit your body. What's behind this unsettling phenomenon? Heba Shaheed takes us into the digestive system to find out.

[View full lesson and follow Constantly Curious on Facebook Watch »](#)



**China's Big Space Lab May Fall to Earth This Month**

**Cervical cancer 'could be eliminated in Australia within 40 years'**

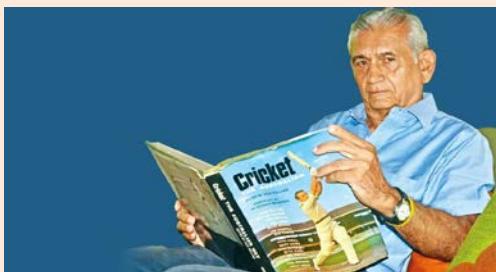


**Eat Your Veggies! Celery may be a good choice for RA patients**

Crunchy, crisp, refreshing, and cheap. Celery is an underrated veggie that just may help ease arthritis pain.

[Read on →](#)

# MICHAEL TISSERA THE LEGEND



Today, in our cricket history there are many who can be called legends of cricket, but, before Sri Lanka gained Test status there were only a few who qualified for that title. One such true legend is Michael Tissera, a rare individual who has stayed true to the gentlemanly spirit of cricket.

He remembers playing cricket when he was a young student of S. Thomas' College. "I played cricket from a very young age, and joined S. Thomas' in 1950. I played in the Under 14 and 16 teams. Playing in the first eleven was a little bit of luck. I was in the boarding, and was playing tennis on the Warden's Courts when I got a message to come and bowl to the first eleven. And I must have bowled fairly well that day, because they said, come again the next day, and the next thing I knew, I was playing on Friday in the First Eleven. So that's how I started play in the first eleven."

Tissera also captained S. Thomas' College in the Royal-Thomian cricket matches. "I captained S. Thomas' for two consecutive years in 1957 and 1958. The first year Michael Welle captained Royal, and in the second year Lorez Perera captained Royal. Unfortunately, both were drawn games. They were not really exciting encounters as such, because it was more of a batsmen's game. I think Michael Welle got 100 in 1957 for Royal. Ronny Read got 65 in the first innings and 65 in the second innings for us. And so they were drawn games. They were not really very exciting games at the time, and we played only from 12 to 6 o'clock in those days."

Sawdust

Tissera captained Ceylon to its first victory over a Test-playing nation, India, in 1965, when his declaration in a low-scoring match led to victory over India by four wickets. He recalls, "That was a match delayed by rain. It was a four day game. The first day was rained off. There was rain on the second day as well, but just before tea on the second day, Pataudi came up to me and said, you know, there are 25,000 people in the stadium, shall we play? Conditions weren't good because the wicket was wet, the outfield was wet and there was sawdust three quarters way to the boundary. And I said, yes, okay, we'll play. So as it went, India won the toss and batted first. I think they got about 180 or so, and then we batted and at the end of the third day with just one day left, we were a 140 odd for seven, about forty runs behind. We felt that because there was only one way to go, the wicket would probably play up in the morning because of the overnight dew and the rain. We had a team meeting and I suggested that we declare and everybody agreed. As it happened, it was a stroke of luck because we got India out for 66 in the second innings. Stanley Jayasinghe, Norton Fredrick and Darrell Lieversz bowled well."

Pollonnowita got some wickets and we had a 115 or so to get to win, but we were in a bit of a mess because Edwards got injured, and although we had a good opening stand we lost a whole lot of wickets. We were about 8 down for 90 odd because Edwards was not there, but Pollonnowita came in and he had scored runs in the first innings and he was not out.

Seeing him coming gave me a lot of confidence because I was batting at the time and together we managed to put singles here and there, and we eventually won. It was naturally a great victory from our point of view, and to beat India in India is not easy, but at the same time I think we have to take into consideration that the conditions weren't all that great for both sides. But, we decided to play because of the crowd."

One of the highlights of Tissera's career is the three ODIs he played in the 1975 World Cup in England. He says, "The 1975 World Cup was a fantastic experience. For one thing, on the day before the opening, all the teams stayed in the same hotel. So it was fantastic to meet all the international cricketers. And then there was a lunch at Lords at which the Duke of Edinburgh was the chief guest. After that, all the teams departed to their venues.

So, it was a really great experience. When the West Indies toured here just before the World Cup, we did very well against them at the Oval and the CCC, but in another match we lost the toss and Clive Lloyd, after much thought decided to send us in and we were bundled out for about 83 and the West Indies got it easy. The second game at the Oval was the highlight of the whole tour as far as we were concerned. We played Australia at the Oval. It was a superb wicket. Australia batted and got 320 or something and we ended up with 276 for 4 I think. We started off very well. We had a very good opening partnership, but unfortunately, Sunil Wettimuny and Dulip Mendis were both injured off Jeff Thomson's bowling which set us back a little bit. But, we played well in that game and the 276 in the second innings with the score of 300 odd was the highest for many years before it was subsequently broken. That was really the highlight. All in all, it was a magnificent experience."

Tissera also played cricket for NCC. "I reckon our Club cricket standard at that time was very high because we had only about eight teams playing in the first division and all the teams were strong. The NCC in those days had a very good side. I played from 1958 to about 1974 for the NCC. Vernon Prins was my first captain, and I was fortunate to get a 100 in my debut against Saracens. But, we had very strong sides at the NCC, and we won the Sara Trophy on a number of occasions, the Browns Trophy and the six a side. That was very enjoyable cricket."

Tissera was responsible for managing the national team between 2005 and 2007. "Actually, I had no challenge because they were a good and disciplined side. We had for the most part an excellent captain in Mahela Jayawardane who was very good all round, with the team and strategy and policy. We had a very good coach in Tom Moody who did a lot for Sri Lanka cricket at the time, and also we had a very strong back up team of physios and trainers. I had a wonderful experience. I had no problems at all and from my point of view I was a bit reluctant to take it on in the first place but at the end of it I was happy I did, because it was a really good experience and we ended up being runners up in the World Cup in the West Indies

Abridged version  
[by Ryhanna Salie](#)

**Sridevi Kapoor: Bollywood star 'drowned in bath'**  
**Authorities say cause of 54-year-old star's death was 'drowning following loss of consciousness'**



Sridevi Kapoor was seen as the first female superstar in India's male-dominated film industry.  
Photograph: Lionel Cironneau/AP

Indian actor Sridevi Kapoor drowned in her hotel bath after losing consciousness, Dubai police have said.

The 54-year-old, who for years was one of Bollywood's top stars, died late on Saturday while in Dubai for her nephew's wedding. Her brother-in-law, Sanjay Kapoor, had previously told an Indian newspaper that she died of a cardiac arrest.

"The death of Indian actress Sridevi occurred due to drowning in her hotel apartment's bathtub following loss of consciousness," the Dubai police tweeted, citing a postmortem.

They added that the case had been handed to the public prosecutor's office, "which will carry out regular legal procedures". Two Dubai police officials speaking on condition of anonymity added that she was under the influence of alcohol.

[Read more:](#)

**[Sridevi Kapoor: Bollywood star 'drowned in bath'](#)**



**[Love and protest: 40 years of Mardi Gras](#)**

On the 40th birthday of the Sydney Gay and Lesbian Mardi Gras, we take a look back over decades of pride and passion. [Read more](#)

**Researchers are experimenting with engineered probiotics and cruciferous vegetables in an effort to pave the way to a more effective weapon against colorectal cancer.**



A 'cocktail' of engineered probiotics and broccoli could be the next step in the fight against colon cancer.

The Centers for Disease Control and Prevention (CDC) deem **colorectal cancer** the **third most common** type of **cancer** to be diagnosed, as well as the second most common cause of cancer-related mortality in the United States.

And, according to data from the National Cancer Institute (NCI), there were an estimated **135,430** new cases of colorectal cancer in 2017.

Survival rates following treatment for this type of cancer are generally encouraging; 64.9 percent of patients have a long-term survival rate.

However, in the more advanced stages of the disease, the outcomes following treatment are less optimistic, and the likelihood of **tumor** recurrence also increases.

Now, Dr. Chun-Loong Ho, Prof. Matthew Chang, and colleagues, from the Yong Loo Lin School of Medicine at the National University of Singapore in Clementi, are investigating new ways to treat colorectal cancer and to prevent its recurrence.

The researchers have started experimenting with a mix of engineered probiotics and substances derived from cruciferous vegetables — such as broccoli, cauliflower, and Brussels sprouts — to, ultimately, devise an effective anti-cancer "cocktail" from readily available ingredients.

Their **results** were reported earlier this week in the journal *Nature Biomedical Engineering*.

**Read more:**

[Could this experimental 'recipe' fight colon cancer?](#)

## **What causes bad breath?**

Are you conscious of bad breath? Experts explain how to prevent it. [Read more](#)

## **Prostate cancer: 'Whole' Mediterranean diet could reduce your risk**

By **Catharine Paddock PhD**

Fact checked by Jasmin Collier

New research finds that closely following a whole Mediterranean dietary pattern — that is, incorporating a high intake of not only vegetables, fruits, and whole grains, but also of legumes, fish, and olive oil — is tied to a lower risk of aggressive prostate cancer.



Could closely adhering to a Mediterranean dietary pattern reduce your risk of aggressive prostate cancer?

In a [report](#) on their findings that is published in *The Journal of Urology*, the researchers write that guidelines for preventing **prostate cancer** should aim to "consider whole dietary patterns instead of individual foods."

Lead investigator Dr. Beatriz Pérez-Gómez, from the Instituto de Salud Carlos III at the University of Alcalá near Madrid, Spain, explains that key elements "such as fish, legumes, and olive oil" should likely be included when suggesting a diet to prevent aggressive prostate cancer.

This is because their results "suggest that a high intake of fruits, vegetables, and whole grains might not be enough."

Prostate cancer occurs because of the uncontrolled growth of cells in the prostate, which is a gland in the male reproductive organs that produces a fluid that forms part of semen. It sits just below the bladder and surrounds the urethra, the tube that urine passes through on its way out of the body. After **skin cancer**, prostate cancer is the **most common cancer** in men in the United States.

**Read more:**

[Prostate cancer: 'Whole' Mediterranean diet could reduce your risk](#)

Sridevi's family returned to India once the wedding ceremonies were over. After the news of Sridevi's demise emerged, her brother-in-law Sanjay Kapoor reportedly boarded a flight to Dubai on Sunday. He confirmed that the reports of the actress's death were true and said that she had suffered a massive cardiac arrest around 11 - 11:30 pm on Saturday night.



After landing in Dubai, he further revealed that the acting legend had no history of heart ailments and that the entire family was also in complete shock. by Omkar D Sawant

## **How your gut bacteria may protect you from cancer**

By **Ana Sandoiu**

Fact checked by Jasmin Collier

New research, published in the journal *Nature Communications*, shows how our diet influences the bacteria in our gut, which, in turn, can alter the behavior of our genes and the risk of cancer.



The good bacteria in our intestines offer a protective barrier against harmful viruses, but they can also influence our genes' behavior.

According to the National Cancer Institute (NCI), **colorectal cancer** is the **fourth** most common **cancer** type, after breast, lung, and prostate.

In 2017, the NCI estimated 135,430 new cases of this cancer, with more than 50,000 people dying from the disease.

The link between the gut bacteria and the risk of colorectal cancer has received more and more attention in recent years.

For instance, early last year, *Medical News Today* [reported](#) on a study showing how different diets alter the bacteria in our guts — which, in turn, influences the risk of developing colorectal cancer.

New research deepens our understanding of the connection between gut bacteria and the risk of developing colorectal cancer and various infections. The new study — led by Dr. Patrick Varga-Weisz, from the Babraham Institute in Cambridge, United Kingdom — shows how gut bacteria can affect genes, which then influences disease risk.

Dr. Varga-Weisz and team carried out experiments with mice and human culture cells, focusing on the role of molecules called short-chain fatty acids (SCFAs) in disease prevention.

SCFAs are produced by gut bacteria during the digestion of fruits and vegetables. They can move from the gut bacteria into our gut lining cells, affecting our genes and our cells' behavior.-Read more:

[How your gut bacteria may protect you from cancer](#)

# Doctor my Legs are swollen?

Written by Dr Harold Gunatillake-  
Health writer



Swelling of legs and feet are quite visible among women who wear sandals, especially among the seniors. It is not visible to men as they wear longs and shoes.

Most women are not aware of this swelling, as it is a slow process of collection of fluid in most situations, and do not bother until finding difficult to walk due to the heaviness. In certain situations, especially travelling, seated for long ho...

[Continue Reading](#)

Tempted to pop fish oil capsules because people are claiming it's good for the heart? Here's an update from the American Heart Association. Fish oil capsules do not prevent heart disease. It does, however, reduce your chances of dying after a heart attack by 10%. Is it worth taking the pills then? Erm, probably not. Supplements aren't regulated, their quality isn't checked, and some even contain cancer-causing chemicals. Try eating fish twice a week instead.

[Read More](#)

## Best Choice: Filtered Coffee

Coffee has gotten a bad rap before, but studies show it may protect against type 2 diabetes, liver disease, and lower your odds of heart disease. Three to five cups a day seems to be healthy, as long as you go easy on the cream and sugar. But if you're pregnant or breastfeeding, ask your doctor how much to sip. If you have high cholesterol, brew yours with a paper filter. It gets rid of a substance called cafestol that can raise LDL cholesterol.

## Does Caffeine Trigger or Treat Migraines

Caffeine is found in many migraine medicines, but it could be a trigger for these severe headaches, too. Learn more about the link between caffeine and migraines. [Read on](#) →



VIDEO



## Lower-Carb Food Swaps

Here's how to replace processed foods with more natural, high-fiber ones.

## Latest Diet & Weight Management News

Food-related cues, like the smell of burgers or eye-catching menu displays, stimulate brain activity. This tempts people to eat more, a new study finds. University of Michigan researchers conducted lab experiments with 112 college students. The investigators found that food cues made people feel hungrier and led to the consumption of 220 more calories compared with non-cue environments.

"Food-related cues can make people want or crave food more, but don't have as much of an impact on their liking, or the pleasure they get from eating the food," said study lead author Michelle Joyner, a psychology graduate student. The results show that people need to be aware that food cues can increase how much they eat, the researchers said. "It is hard to avoid food cues in our current environment, but people can try some strategies to minimize their exposure by not going into restaurants and using technology to skip food advertisements in TV shows," Joyner said in a university news release. The findings were published in the November issue of the journal *Clinical Psychological Science*.

-- Robert Preidt



## Best Choice: Water

It's essential for your body. It prevents dehydration, constipation, and kidney stones. Plus, with no calories, it's the best beverage for your waistline. If you add 1 to 3 cups of water a day to your diet, you could end up taking in less fat, salt, sugar, and up to 200 fewer calories per day. Too plain for your taste buds? Add a squeeze of citrus, a few berries, or your favorite herbs, like mint.

[WebMD](#)

## Chinese shops mushrooming- President



Will Sri Lankans eat more salt and increase the risk of high blood pressure?

President Maithripala Sirisena has raised concerns about the mushrooming of Chinese shops throughout the country, at the recently held Cabinet meeting.

Chinese shops have increased in numbers in Colombo and Kandy and convening of Chinese shop owners to Sugathadasa Stadium on Tuesday (06) is an disadvantage to the local shop owners, President has told the Cabinet.

The actions taken by the former Minister of Finance has distanced the minor shop owners of the country from the government with displeasure, he has further told the Cabinet.

Meanwhile, Prime Minister Ranil Wickremesinghe has reminded that opening of Chinese shops had begun from 2001. (Dayaseeli Liyanage)



## Good Choice: Milk

It's a powerhouse of nutrients like calcium, vitamin D, and potassium, which keep your muscles, teeth, and bones healthy. And a cup of it has more protein than a large egg. To get more nutrition from fewer calories, look for low-fat and skim options. And some non-dairy milks -- soy, almond, and others -- have some of the same nutrients as cow's milk. WebMD

## Hambantota Sea (table) Salt verses Pink Himalayan mined Salt

Written by Dr Harold Gunatillake FRCS, MBBS, AM(Sing), FICS, FIACS  
Health writer

There are many varieties of salts in the supermarkets, but can the body recognise them other than as sodium and chloride elements. Salt plays a vital role in the regulation of many metabolic processes in the body including fluid balance, maintaining extra-cellular and intracellular fluid balance, conduction of nerve impulses, for functi...

[See More](#)

# How a dietary compound and a gut microbe could team up in flu prevention

| KRISTINA CAMPBELL

Picture three people seated side-by-side on the airplane. The person in the middle has come down with [the flu](#) and spends the two-hour flight coughing, shivering, and drifting in and out of a feverish sleep. The others have good reason to be vexed—indeed, the person on the right ends up with the exact same symptoms the next day.

The person seated on the left, however, gets away scot-free. Despite her certain exposure to the influenza (flu) virus, she has no symptoms. The coughs and chills don't materialize the next day or any other day.

Different people having the same exposure to sickness-causing germs with completely different effects is a scenario that continues to puzzle scientists. So recently, researchers led by [Thaddeus S. Stappenbeck](#), MD, PhD, from the Department of Pathology & Immunology at [Washington University School of Medicine](#), St. Louis (USA), turned to mice to further investigate the factors that affect how the body responds to influenza virus infection in the respiratory tract. **They found a factor related to both diet and gut microbiota that led to less severe symptoms in flu-exposed mice.**

The researchers reported, in a [recent issue of Science](#), that they worked with a mouse genetically modified to produce a high number of type I interferons that they thought would affect how flu harmed the animals' lungs. They honed in on a molecule called "desaminotyrosine" (or DAT). This molecule is normally produced by the gut microbiota from dietary polyphenols called flavonoids—compounds with anti-oxidant activities, that humans consume in common items like dark chocolate, berries, tea, and red wine.

When mice were given DAT in their drinking water a week before exposure to the potentially lethal influenza virus, they experienced less weight loss and had a better rate of survival than those who were not given DAT. **Somehow, DAT was reducing the lung damage inflicted by the viral infection.**

Yet, researchers found the levels of viral infection were equal in both groups of mice: those that received the treatment and those that didn't receive the treatment.

Indeed, DAT seemed to work on the immune system's response to the virus rather than the virus itself. Stappenbeck and colleagues also describe in the study how DAT managed to do this: **it was serving to boost the body's immune response—thereby reducing the lung damage.**

DAT is produced by gut microbes, but which ones? This was the next question the researchers set out to address. They tested the effects of several different bacterial species and found the human-associated gut bacterium *Clostridium orbiscindens* was the best producer of DAT.

Putting all the pieces together, it seems the gut microbe *Clostridium orbiscindens* may break down compounds in the diet to produce DAT—and when a mouse host is exposed to the flu virus, DAT serves to modulate the immune system and prevent severe damage to the lungs. Essentially, a metabolite produced by microbes is acting as a go-between for gut microbes and the immune system.

The authors noted that the effects on immune response required two factors: a diet rich in flavonoids plus the right gut microbes to use those flavonoids.

It's not yet certain whether DAT has the same effect in humans. But let's say this: if you were to consume dark chocolate every day during flu season—exclusively as a preventative measure, of course—no one could say it was entirely without scientific support.

# What is leukopenia?

By [Lana Burgess](#)

Reviewed by [Alana Biggers, MD, MPH](#)

Leukopenia is a condition where a person has a reduced number of white blood cells. This increases their risk of infections.

A person's blood is made up of many different types of blood cells. White blood cells, also known as leukocytes, help to fight off infection.

Leukocytes are a vital part of the immune system.

People who have leukopenia have fewer white blood cells than they should. This makes them more likely to get infections.

This article explores the effect leukopenia has on the body, what causes it, and the treatment options available.

[Read more:](#)

[What is leukopenia?](#)

## Precision Medicine

If you have a family history of cancer, a genetic test can help clarify whether you inherited a specific genetic mutation. This involves taking a sample of either blood or saliva to look for mutations in several genes related to certain cancers.

If you are diagnosed with cancer, doctors can use genetic testing on tumors in order to find the best possible drug treatment. Tumors have genetic changes that cause cancer to grow and spread, and researchers have learned that the changes that occur in one person's cancer may not happen in other people with the same type of cancer.

For genetic testing of tumors, doctors remove a sample of the tumor tissue and a machine called a DNA sequencer looks for genetic changes that may cause the cancer to grow. With this information in hand, doctors then try to match the cancer with existing drugs.

"With a tumor's genetic profile, we can screen 1,000 different drugs to see which ones might work best," says Dr. Avillach.

This way, a person is less likely to receive a drug that may not work or causes severe side effects, like blood clotting. That, in turn, cuts down on the odds of having to start treatment over again with a new drug.

## 20 Little Things That Make You Gain Fat

The average person gains one to two pounds (0.5 to 1 kg) every year. Here are 20 little things that are making you gain fat.

[READ ON](#)

## Foods to Eat When You Have the Flu

Explore top foods to eat when you have the flu. Learn about soothing, nutritious foods that can help you feel better and treat your flu symptoms.

[READ MORE](#)

## Which has less caffeine?

### Instant coffee

Ground roast coffee has about 115 mg per 5-ounce cup if it's made in a drip brew pot. The same size cup made in an older percolator would have 80 mg.

Instant coffee doesn't brew as long. That's partly why it has only about 65 mg of caffeine per cup. WebMD

## Drinking coffee may lower your chance of diabetes type 2

Too much coffee can lead to a faster heart rate and higher blood pressure. More and more, though, it seems your daily cup of joe could be good for you. Coffee with caffeine (not decaf) may prevent gallstone disease, for instance. Regular coffee drinkers have a lower risk of type 2 diabetes.



## How Much Water Do You Really Need To Drink?

Do you drink eight 8-ounce glasses of water a day? That's nice — but you really don't need to.

[Read More](#)



## Get More Fiber

You don't have to eat a bag of Grandma's prunes. Leafy greens, whole grains, nuts, and beans are all good for keeping away the fat that stays deep in your belly. That's called visceral fat, and it's the most dangerous kind because it can wrap around major organs, including your liver, pancreas, and kidneys. WebMD

## Warning Signs of Alzheimer's

Learn to spot early signs and symptoms of Alzheimer's disease. Find out what to expect from the different stages of Alzheimer's.

[READ MORE](#)



## How Good for You Is Red Wine, Really?

When it comes to red wine, there can be a fine line between moderate and excessive intake. We'll detail the potentially positive and negative effects it can have on your health.

[Read on →](#)



Don Williams - Sing Me Back Home

[DonWilliamsVEVO](#)

1,521,326 views • over a year ago

[Kevin Kadrigamar: We have a duty to say that's not who we are](#)



## 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 →](#)



## Elizabeth Hurley's Anti-Aging Secrets Are Free!

This 52-year-old British star of "The Royals," is a model and swimsuit designer; she talks freely about women's health problems and taking care of self.

[Read the full story](#)

## Whey Protein Shakes May Help Build Muscle Mass in Seniors



New research says that protein shakes, combined with exercise, show significant health benefits in men over 70. [Read on →](#)

## Avoid Naps During the Day

Due to poor sleep at night, people with insomnia tend to be sleepy during the day. This often leads to daytime napping ([14, 15](#)).

While naps of short duration have been linked to improvements in alertness and wellbeing, there are mixed opinions about the effects of napping on nighttime sleep ([16, 17](#)).

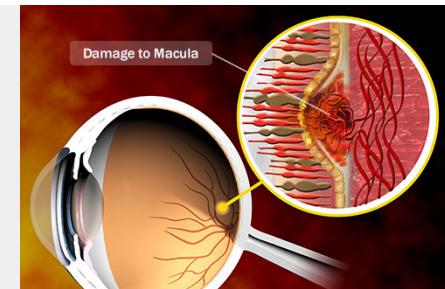
Some studies have shown that regular, long (two hours or more) and late naps may lead to poor nighttime sleep quality and even sleep deprivation ([18, 19, 20](#)). One study showed that among 440 college students, those who reported taking three or more naps per week, those who napped more than two hours and those who napped late (between 6 and 9 p.m.) had the poorest nighttime sleep quality ([18](#)).

Another study found that older adults who napped frequently had lower quality nighttime sleep, more depressive symptoms, more limited physical activity and were more likely to be overweight than those who rarely took a nap ([19](#)).

Other studies have revealed that naps do not affect nighttime sleep ([21, 22, 23](#)).

To find out if naps are affecting your sleep, try either eliminating naps altogether or limiting yourself to a short nap (30 minutes or less) early in the day.

Healthline



## Your Macula

Macular degeneration is the leading cause of vision loss. It's also called age-related macular degeneration. Your macula is part of your retina -- the area in the back of your eye that turns images into signals that go to your brain. It lets you see small details clearly. When the macula starts to break down, you have trouble seeing those kinds of things. For example, you might be able to see the outline of a clock, but not make out its hands.

## Soluble and insoluble fiber: What is the difference?

By Jennifer Huizen

Reviewed by Natalie Butler, RD, LD

Dietary fiber, the indigestible part of plant material, is made up of two main types. Soluble fiber easily dissolves in water and is broken down into a gel-like substance in the part of the gut known as the colon. Insoluble fiber does not dissolve in water and is left intact as food moves through the gastrointestinal tract.

[Soluble and insoluble fiber: What is the difference?](#)



## Altered Gut Bacteria Linked To Alzheimer's Disease

Newly published research, from a group based in Wisconsin, suggests a link between the bacterial content of the gut with the onset of Alzheimer's disease (AD). Although the link has been made in animal models previously, this is the first time the 'microbiome' (a person's full gut bacterial profile) has been substantially characterised in humans.

The group found that AD patients had a distinct composition of bacteria with reduced range of bacterial diversity compared to age and sex matched counterparts. These results also correlated with cerebrospinal fluid markers of AD taken from the same patients.

## Why Do French Fries Taste So Bad When They're Cold?

[See This](#)

## Bad Breath: 17 Causes and How to Get Rid of It

Do you know what causes bad breath (halitosis)? See surprising causes as well as solutions to stop the stink.

[READ MORE](#)



## 9 Nutritious Exotic Fruits to Seek Out

Many tropical fruits are full of vitamins, minerals, and other nutrients that help boost health and fight disease. Here are nine worth tracking down — or even traveling for! [Read on →](#)

by Milla Bengtsson

## Dancing Has Positive Effects On Hippocampal Plasticity In Seniors

Older people who routinely partake in physical exercise can reverse the signs of aging in the brain, and dancing has the most profound effect, a new study shows.

As we grow older we suffer a decline in mental and physical fitness, which can be made worse by conditions like Alzheimer's disease.

*"Exercise has the beneficial effect of slowing down or even counteracting age-related decline in mental and physical capacity. In this study, we show that two different types of physical exercise (dancing and endurance training) both increase the area of the brain that declines with age. In comparison, it was only dancing that lead to noticeable behavioral changes in terms of improved balance,"*

says lead author Dr Kathrin Rehfeld, based at the German Center for Neurodegenerative Diseases, Magdeburg, Germany.

### Hippocampus Increase

Elderly volunteers, with an average age of 68, were recruited to the study and assigned either an eighteen-month weekly course of learning dance routines, or endurance and flexibility training.

Both groups showed an increase in the hippocampus region of the brain. This is important because this area can be prone to age-related decline and is affected by diseases like Alzheimer's.

It also plays a key role in memory and learning, as well as keeping one's balance.

## Lay Off 'Pot Cures Cancer' Claims, FDA Warns

By Sara G. Miller, Staff Writer |

Medical marijuana may help with several health conditions, but it's certainly not a cure for cancer. Now, the U.S. Food and Drug Administration (FDA) is cracking down on companies that claim their cannabis products can get rid of cancer. The FDA issued warning letters to four companies that sell products containing cannabidiol (CBD) and claim the ingredient can treat or cure cancer, according to an [FDA statement released yesterday](#) (Nov. 1). CBD is a compound found in marijuana, but unlike another compound in the plant called tetrahydrocannabinol (THC), CBD doesn't cause psychoactive effects.

- [Lay Off 'Pot Cures Cancer' Claims, FDA Warns](#)

[Read More](#)

## Diet and advanced prostate cancer: what's the link?

While research exists on many different types of foods and the risk of advanced prostate cancer, the link between the two is stronger when it comes to particular types of food.

A recent [review of studies](#) found evidence to suggest certain diets are associated with increased risk of advanced prostate cancer, particularly diets high in:

- **Saturated fats:** Typically found in fatty cuts of meat, takeaway food, baked goods and dairy products like butter.
- **Well-done meats:** Meats cooked at high temperatures, for example on barbecues or grills.
- **Calcium:** Found in dairy foods, and sometimes taken as a supplement.

Similarly, a [recent study](#) that followed more than 900 men diagnosed with localised prostate cancer found that men who ate a 'Western style' diet characterised by a higher intake of processed and red meats, high-fat dairy and refined grains, were at higher risk of dying from prostate cancer than those who ate a healthy diet, characterised by a higher intake of fruit and vegetables, fruits, fish, wholegrains and legumes.

These studies indicate that a healthy diet could help to lower risk of advanced prostate cancer, but it's important to remember that they are observational – they can show an association between diet and advanced prostate cancer, but can't show a cause and effect relationship.

Medibank.com.au

## Subtle Kidney Cancer Signs You Should Be Aware Of



### Effects of Low Testosterone



**8 Foods That Can Cause Constipation** Some foods can help relieve or reduce the risk of constipation, while others can make it worse. Here are 8 foods...[READ MORE](#)



### Stephen Hawking Turns 76: How Has He Lived So Long With ALS?

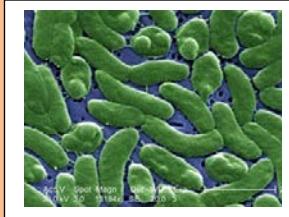
Renowned physicist Stephen Hawking turns 76 today, reaching an age well beyond what was expected when he was diagnosed with ALS decades ago.

[Read More](#)

### Woman Dies After Eating Raw Oysters: What Are Vibrio Bacteria?

A Texas woman developed a fatal infection with flesh eating bacteria after eating raw oysters, according to news reports.

[Read More](#)



### **Ginger Tea**

Ginger tea is a spicy and flavorful drink that packs a punch of healthy, disease-fighting antioxidants ([17](#)).

It also helps fight inflammation and stimulates the immune system, but it's most well known for being an effective [remedy for nausea](#) ([18](#)).

Studies consistently find that ginger is effective at relieving nausea, especially in early pregnancy, although it may also relieve nausea caused by cancer treatments and motion sickness ([19, 20](#)).

Evidence also suggests that ginger may help prevent stomach ulcers and relieve indigestion or constipation ([20](#)).

Ginger may also help relieve dysmenorrhea, or period pain. A number of studies have found that ginger capsules reduced pain associated with menstruation ([21, 22](#)).

In fact, two studies found ginger to be as effective as non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen at relieving period pain ([23, 24](#)). Finally, some studies suggest that ginger may offer health benefits for people with diabetes, though the evidence has not been consistent. These studies have found that ginger supplements helped with blood sugar control and blood lipid levels ([25, 26, 27](#)).

**SUMMARY:** Ginger tea is best known as a remedy for nausea, and studies have repeatedly found it to be effective for this use. However, several studies have also found that ginger can help relieve period pain, and it may offer benefits for people with diabetes. [Healthline](#)

**10 Healthy Herbal Teas You Should Try** Herbal teas have a wide variety of tastes, flavors and even health benefits. Here are 10 healthy herbal teas you'll...[READ MORE](#)

# **What Is Tilapia?**

The name tilapia actually refers to several species of mostly freshwater [fish](#) that belong to the cichlid family.



Although wild tilapia are native to Africa, the fish has been introduced throughout the world and is now farmed in over 135 countries ([1](#)). It is an ideal fish for farming because it doesn't mind being crowded, grows quickly and consumes a cheap vegetarian diet. These qualities translate to a relatively inexpensive product compared to other types of seafood.

The benefits and dangers of tilapia depend largely on differences in farming practices, which vary by location.

China is by far the world's largest producer of tilapia. They produce over 1.6 million metric tons annually and provide the majority of the United States' tilapia imports ([2](#)).

**SUMMARY:** Tilapia is the name for several species of freshwater fish. Although farmed all over the world, China is the largest producer of this fish.

#### **It's an Excellent Source of Protein and Nutrients**

Tilapia is a pretty impressive [source of protein](#). In 3.5 ounces (100 grams), it packs 26 grams of protein and only 128 calories ([3](#)). Even more impressive is the amount of vitamins and minerals in this fish. Tilapia is rich in niacin, vitamin B12, phosphorus, selenium and potassium.

A 3.5-ounce serving contains the following ([3](#)):

- Calories: 128
- Carbs: 0 grams
- Protein: 26 grams
- Fats: 3 grams
- Niacin: 24% of the RDI
- Vitamin B12: 31% of the RDI
- Phosphorus: 20% of the RDI
- Selenium: 78% of the RDI
- Potassium: 20% of the RDI

Tilapia is also a lean source of protein, with only 3 grams of fat per serving.

However, the type of fat in this fish contributes to its bad reputation. The next section further discusses the fat in tilapia.

**SUMMARY:** Tilapia is a lean source of protein that is full of various vitamins and minerals.

[Healthline](#)

### Are Eye Floaters Dangerous?



More than 75 percent decrease in total flying insect biomass over 27 years  
PLOS



**Cav's Steakhouse on the Gold Coast**, one of only a handful of surviving steakhouses with a true Australian soul.

**Study links chocolate production to increased deforestation in poor nations**



# Ringing in the ear: tinnitus and hearing loss



Image: Bigstock

Many people with hearing loss also have tinnitus, commonly known as ringing in the ear. This phrase is misleading, however, because some people hear ringing while others hear whistles, chirping, or a combination of sounds. Regardless of the particular sound, the distinguishing feature is that it doesn't have an external cause.

People with tinnitus hear sounds that people around them don't hear. This isn't to say that tinnitus isn't real—researchers at the National Institute on Deafness and Other Communication Disorders have detected changes in brain activity that occur with tinnitus.

## Strategies that can help

Some people with hearing loss and tinnitus find that both problems improve after they get a hearing aid or have a cochlear implant. Others find that their tinnitus symptoms improve somewhat when they cut down on caffeine and alcohol, reduce the amount of fat in their diets, and quit smoking. The following techniques may also help reduce your tinnitus symptoms:

1. When you're in a quiet room, put on music or use a "white noise" machine. Background noise tends to drown out tinnitus sounds.
2. Use the "tinnitus masker" on your hearing aid. This is a separate feature that is embedded into most hearing aids that allows you to choose a sound to "mask" the tinnitus sound you are hearing. How effective they are varies from person to person, but they usually do provide some level of relief for most people. Depending on the hearing aid, sounds that you could choose from may include spa music, chimes, white noise, and more. You can choose the pitch and loudness of the sound to suit your needs, and you can choose to turn it on or off.
3. Tinnitus retraining therapy is an effective method for treating tinnitus, not just in people with tinnitus but oversensitive hearing as well. It is a lengthy, expensive process, and can take 18 to 24 months. It relies on the principle of habituation, which occurs when your brain is exposed to a background sound, such as white noise, for long periods of time. After a while, the brain starts to filter out that particular background noise. Retraining therapy involves listening to a tone that is similar to the tinnitus sound for hours at a time. Eventually, your brain ignores the tone along with the tinnitus sound.
4. Reduce stress by whatever methods work for you. Try mindfulness meditation, which helps you learn not to focus on irritations such as the sound of tinnitus. Also try yoga, visualization, or other relaxation techniques.
5. Consider biofeedback or hypnosis. Ask your doctor to recommend qualified practitioners.

For more advice on tinnitus and other hearing ailments, buy [Hearing Loss: A guide to prevention and treatment](#), a Special Health Report from Harvard Medical School.

## Fat necrosis: Causes and treatment

By Rachel Nall, RN, BSN, CCRN

Reviewed by Catherine Hannan, MD

Fat necrosis is a condition that occurs when a person experiences an injury to an area of fatty tissue. This can result in the fat being replaced with the oily contents of fat cells.

The term "necrosis" means the cells have died. Potential causes of fat necrosis include blunt trauma, surgeries, or radiation to a particular area of the body.

Areas of fat necrosis can feel like small, hard tumors but they are not cancerous tissue.

### What is fat necrosis?

The appearance of fat necrosis can cause a person significant concern until a doctor examines the lesion. While fat necrosis can occur anywhere on the body where there is fatty tissue, the most common location for it to appear is the breast.

### [Fat necrosis: Causes and treatment](#)



## The Effectiveness Of Garlic In Treating The Common Cold



## 9 Research-Backed Health Benefits Of Eggplant

## Cure Yourself With Honey And Cinnamon

A dollop of honey added to some cinnamon powder is a panacea right there. This mix is great for the skin. We're talking acne, eczema, and ringworms. For arthritis pain, massage the paste into your joints or drink a warm cup of honey-cinnamon water. This works for toothaches, too. For luscious locks, mix in some olive oil for a pre-wash hair mask.

## Read More

## Take Proper Care After Wisdom Tooth Removal

Wisdom tooth removal is painful because of the pain that kicks in once the anesthesia wears off. For the first 24 hours, don't do anything that may hinder clot formation in the tooth socket. These include spitting, rinsing, and consumption of hot foods. Thereafter, frequently rinse with salt water and apply an ice pack to your cheek. Sleep with your head elevated and do not drink or smoke.

## Read More



## 5 Supplements That Can Treat Migraines

No one vitamin or plant extract has been proven to help relieve or prevent migraines in everyone. But some natural supplements have been shown to help some people. Find out which. [Read on](#) →



Drink a cup of beetroot juice twice daily in case of high blood pressure. A satisfactory improvement can be seen in a week or two.

# What is cognitive reserve?



An important concept that is crucial to the understanding of cognitive health is known as cognitive reserve. You can think of cognitive reserve as your brain's ability to improvise and find alternate ways of getting a job done. Just like a powerful car that enables you to engage another gear and suddenly accelerate to avoid an obstacle, your brain can change the way it operates and thus make added recourses available to cope with challenges. Cognitive reserve is developed by a lifetime of education and curiosity to help your brain better cope with any failures or declines it faces.

The concept of cognitive reserve originated in the late 1980s, when researchers described individuals with no apparent symptoms of dementia who were nonetheless found at autopsy to have brain changes consistent with advanced Alzheimer's disease. These individuals did not show symptoms of the disease while they were alive because they had a large enough cognitive reserve to offset the damage and continue to function as usual.

Since then, research has shown that people with greater cognitive reserve are better able to stave off the degenerative brain changes associated with dementia or other brain diseases, such as Parkinson's disease, multiple sclerosis, or a stroke. A more robust cognitive reserve can also help you function better for longer if you're exposed to unexpected life events, such as stress, surgery, or toxins in the environment. Such circumstances demand extra effort from your brain—similar to requiring a car to engage another gear. When the brain cannot cope, you can become confused, develop delirium, or show signs of disease. Therefore, an important goal is to build and sustain your cognitive reserve. You can get a rough idea of your cognitive reserve simply by gauging how much your education, work, and other activities have challenged your brain over the years. Our six-step program will help you improve your cognitive reserve.

To learn more about staying mentally sharp and fit, read [Cognitive Fitness](#), a Special Health Report from Harvard Medical School.

## Does Caffeine Trigger or Treat Migraines?

Caffeine is found in many migraine medicines, but it could be a trigger for these severe headaches, too. Find out more about the link between caffeine and migraines. [Read on](#) →

## Diet And Exercise Don't Affect Your Risk For Breast Cancer

Body weight, physical activity, and diet can all affect your risk of breast cancer. Maintaining a healthy weight, getting in at least 150 minutes of moderate physical activity a week, and eating a balanced diet high in plant foods can lower your risk.

False. Body weight, physical activity, and diet can all affect your chances of breast cancer. The American Cancer Society has issued the following nutrition and exercise guidelines for staying healthy:

- Maintain a healthy weight for your body type.
- If you are an adult, get at least 75 minutes of vigorous physical activity or 150 minutes of moderate physical activity each week. Spread it out throughout the week, if possible. This includes cutting down on sedentary behavior like watching television.
- Eat a healthy diet with a focus on plant foods. Consume at least two and a half cups of fruits and vegetables each day. Go for whole grains instead of refined grains. Limit your intake of red meat, processed meat, and alcohol.<sup>7</sup>

CureJoy

### WIRECUTTER REVIEW



## The Best Resistance Bands

Resistance bands are versatile strength training tools. They're lightweight, portable, and cost less than a month's membership at most gyms, yet are able to significantly enhance strength-training workouts.



## What Causes a Charlie Horse?

See This

## Breast Lumps Are The Only Visible Sign Of Breast Cancer

A breast lump isn't necessarily the only sign of breast cancer. A lump can also form in and around the armpits or the collarbone. Other symptoms include a swollen breast (without a lump) or irritated, dimpled, reddened, or scaly breast skin.

False. It is true that breast cancer often causes a breast lump to form. However, this isn't always the case. Sometimes, breast cancer spreads to lymph nodes near the collarbone or in the armpit. A lump may form in these locations before the original tumor is big enough to be felt. Other symptoms include a swollen breast (without a lump) or irritated, dimpled breast skin. Pain, nipple discharge, or a retracted nipple can also occur. Scaly, reddened, or thick breast skin can also be indicative of breast cancer. It's important to note that these symptoms can be caused by other conditions, too. But if you have any of these symptoms, it's still a good idea to visit the doctor. It's the best preventative step you can take for your body.<sup>6</sup>

CureJoy

## Exercise, Diet, and Stress Reduction for Depression

The right exercise, diet, and activities can help you recover from depression. See tips to help improve your mood.

[READ MORE](#)



## Are iPhones Bad for Kids? Two Investors Are Urging Apple to Investigate

Should Apple be responsible for controlling kids' screen time? Two big investors think so.

[Read More](#)

Video on  
Mukuwenna from a balcony garden

<https://youtu.be/mVufMF5SJnA>



# Some Fats Are Good for You

Monounsaturated fats: Substituted for saturated fats in your diet, they help lower bad LDL cholesterol and don't reduce good HDL cholesterol. Found in canola oil, olive oil, olives, avocados, nuts, and nut butters.

Polyunsaturated fats: Help lower cholesterol. Found in fatty fish, vegetable oils, and nuts and sunflower seeds. [WebMD](#)



# Fish Is Good for Your Heart

Fish is a healthy choice when dining out. Ordering seafood such as salmon and tuna adds omega-3 fatty acids to your diet. They are a type of polyunsaturated fat that helps lower your heart disease risk. You'll also find a different type of omega-3 in walnuts and edamame (soybeans).

## Start Early And You Needn't Worry About Osteoporosis?

Your 20s and 30s is when you reach your peak bone density. Don't do anything to help it and you miss the bus (read: your risks of osteoporosis will be higher). Anything that strips minerals from your bones or prevents their absorption is a stumbling block. These include caffeine, alcohol, soda, lack of exercise, hormonal problems, stress, and smoking. Avoid them and lift weights.

[Read More](#)

Another medical recommendation that now has scientific backing: drink more fluids to prevent urinary tract infections. An extra 3 pints (1.5 liters) of water a day is what it takes to prevent UTIs in women. The chances of contracting an infection reduce by about half. That's quite a healthy bargain! Your total fluid intake for the day should be at least 2.8 liters. Even women who have recurring episodes of UTIs can benefit from this. [Read More](#).

## Help Sleeping better at night

### Back Off of Blue Light

Smart phones, e-readers, tablets, computer screens, TVs, and digital clocks emit blue light, a short frequency of light that may be harmful to the eyes and disrupt sleep. Minimize screen time for several hours before bedtime to get a good night's rest. Wearing orange tinted glasses that block out blue light may also be helpful. Apps are available for your computer, tablet, and smartphones that prevent the screens from emitting blue light. Besides blue light exposure, it makes sense to power down several hours before bedtime to maximize your chances of getting a good night's rest. Cover up any displays that may be visible from your bed, like a digital clock. Black out curtains can block out ambient light from outside.

### Nap If You Are Sleep-Deprived

Naps are a good way to get some extra rest if you are tired, but too long of a nap will make sleeping at night harder. The best naps are under 20 minutes. Any longer than that may interfere with nighttime rest. Short naps are proven to boost alertness, mood, and performance. Take a nap in a cool, dark room for maximum benefits. Avoid napping too late in the day as this can also negatively affect nighttime rest. Naps longer than 10 to 20 minutes are associated with sleep inertia which is grogginess and disorientation that occurs for a few minutes up to 30 minutes after waking up from deep rest.

### Clock-Watching Increases Anxiety

One of the worst things you can do if you're having trouble falling or staying asleep is to watch the clock. Watching the seconds, minutes, or hours tick by when you're awake may produce a lot of anxiety which will not help you sleep better. Avoid the temptation to watch the clock. Turn the clock around so you can't see the display. Instead, do something productive to pass the time and make you sleepy. Read a book, get up and do some light chores around the house, or have a cup of tea (decaf) or warm milk to help you fall asleep. Anything you can do to distract yourself and pass the time when you can't fall asleep is helpful.

### Use Pillows to Ease Low Back Pain

People who suffer from low back pain often have trouble sleeping. In one study, people who had acute or chronic low back pain reported equal problems with sleep quality. The level of pain was not associated with rest disturbance. If you're plagued with back pain, try sleeping on your side to reduce pressure on your lower back. Place a pillow between your knees to make sure your hips are in alignment to further reduce low back strain. Make sure your mattress is supportive enough and that it doesn't aggravate your back pain. When getting into and out of bed, swing both legs together and avoid bending at the waist to protect your back.

**Keep Your Neck in a Neutral Position:** Neck pain is a common reason many people have trouble falling asleep. Maintaining proper posture can reduce the probability of neck pain and help you get better sleep. Make sure your neck is in a "neutral" position. That means your nose should line up with the center of your body. Get a pillow that is the right height to keep your neck in a neutral position. Too high and your neck will be bent too far forward. Too low and your neck will be bent too far backward. A feather or memory foam pillow that molds to the shape of your head and neck are good options. Try to avoid sleeping on your stomach. Your head is turned to the side in this position and twists your neck which may cause pain and put pressure on nerves.

## Allergy-Proof Your Mattress and Blankets

Allergies interfere with the ability to get enough sleep. Symptoms of allergies include sneezing, sniffling, and coughing. Many people with nasal stuffiness and allergies experience snoring. Maintain an allergen-free bedroom to keep allergies at bay. Dust mites are a common allergen found in bedding. To minimize exposure to dust mites, encase your mattress, box spring, and pillows in zippered dust-mite proof covers. Make sure the covers are hypoallergenic and made of microfiber to deter the growth of mold, mildew, and dust mites. Change bedding often, at least once per week and wash it in water that is at least 130 degrees Fahrenheit to kill dust mites. Keep pets out of the bedroom to minimize exposure to dog and cat fur and dander.

## Use the Bed Only for Sleep and Sex

If you have trouble sleeping, get up and do some light chores around the house or another activity until you feel tired. Do dishes or declutter a closet or drawer. You should only use your bedroom for sleep and sex. If you work, read, watch TV, or use the computer while in bed, you may be too stimulated to fall asleep. Keep the TV and computer out of the bedroom. You want your body and mind to associate the bedroom with sleep and relaxation. Another good tip is to keep the room cool to improve sleep quality.

## Mind Your Circadian Rhythm

Going to bed and waking up the same time every day, even on the weekends, can help you get good sleep. Maintaining a sleep schedule helps your body have a consistent sleep-wake cycle. Over time, this will help you get to sleep quickly and get deep sleep throughout the night. Another way to optimize your sleep patterns is to get adequate sunlight as soon as you get out of bed in the morning. Go outside without sun glasses and get 5 to 30 minutes of sun exposure to tell your brain to wake up. Early morning sun exposure also increases the production melatonin.

## Watch Out for Hidden Caffeine

Many people rely on morning coffee to stay awake, but caffeine consumption after noon may contribute to sleep problems. To maintain good sleep habits, avoid caffeine in the afternoon and evening. Caffeine is found in many foods, beverages, and even certain medications. Some hidden sources of caffeine include chocolate, tea, some pain relievers, weight loss pills, soda, and energy drinks. You may need to experiment a bit. People have different abilities to metabolize caffeine. If you are very sensitive, you may even have to avoid decaf coffee which contains a small amount of the stimulant.

## Exercise Improves Sleep Quality

Regular physical activity reduces the risk of insomnia and helps you get a restful night's sleep. Studies have shown that getting as little as 10 minutes of aerobic activity per day is enough to significantly improve sleep quality. Cycling, running, and swimming are good options. To make exercise as conducive to sleep as possible, avoid working out within 3 to 4 hours of your bedtime. Mind-body exercises like yoga and tai chi are relaxing to do in the afternoon or evening. They are great for relieving stress and set the stage for you to get good deep sleep.

## Smart Nighttime Snacks

Eating certain foods in the evening may interfere with your ability to sleep at night. Foods that are heavy or very rich, fried, or spicy may trigger indigestion. Carbonated beverages and citrus fruit may also be triggers. Heartburn may keep you lying awake at night. Choose light, easily digestible snacks before bedtime like crackers and cheese, fruit, or cereal with milk that won't provoke uncomfortable symptoms. If heartburn is an issue, sleep slightly propped up to keep stomach acid where it belongs. Do not eat within an hour before bedtime to give yourself a bit of time to digest before turning in.

## Alcohol Disturbs Sleep

Alcohol is deceptive. Initially it may make you sleepy, but it is actually disruptive to sleep. Alcohol interferes with the sleep cycle and may cause you to wake up too early the next day. Drinking alcohol may make you wake up often at night. Alcohol blocks deep restorative rapid eye movement or, REM sleep. It relaxes your muscles, including those in your throat, so it increases the risk of sleep apnea and snoring. Choose a nightcap that won't dehydrate you and give you a headache the next day. Have a cup of chamomile tea or a glass of warm milk at night to promote relaxation and help you drift off.

## Prevent Nighttime Bathroom Interruptions

It is not good to be dehydrated but drinking too many fluids may lead to frequent nighttime urination which may interfere with your ability to get enough sleep. If you find yourself getting up to urinate frequently throughout the night, it may be a sign of a medical problem. See your doctor for an evaluation. Limiting fluid intake for at least a couple of hours before bedtime may help reduce or eliminated nighttime trips to the bathroom. Keep a nightlight in the hallway and bathroom so you can find your way easily without tripping and turning on the lights which may throw off your sleep schedule.

## Turn Down the Lights to Get Better Sleep

Bright indoor lights inhibit the production of melatonin, the hormone that helps you fall asleep. Put dimmer switches on indoor lights and lower the lighting level in your home for at least 2 to 3 hours before bedtime. If you like to read before bed, read by a light using a low wattage bulb to avoid being exposed to levels of light that will make it hard to fall asleep. Use heavy black out curtains on bedroom windows to keep light outside from sneaking in and wreaking havoc on your sleep schedule.

## Keep Noise to a Minimum: *Quiet Supports Healthy Sleep Patterns*

Keep the bedroom as quiet as possible to help you nod off at night. Some noise is unavoidable. Traffic outside, a barking dog, and dripping faucets can be distracting. Wear earplugs at night to drown out ambient noise. You can use a fan or a white noise machine to mask sounds. Fix leaky faucets, squeaking doors, and other noisy distractions around the house. Ask family members to keep the noise down after hours and respect your bedtime routine.

## Insomnia

## 16 Resolutions for Better Eating Habits



Is eating better one of your New Year's resolutions? Get tips for healthier eating habits to incorporate into daily life on-the-go.

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### [Food & Recipes Slideshows](#)

## 15 Surprisingly Healthy Foods



### Pasta

A healthy diet doesn't have to be boring. Some foods that may seem like guilty pleasures can be good for you. What matters is how you prepare them and how often they're on your table. Take pasta: It's low in fat and salt and keeps you satisfied longer, so you're less likely to snack or overeat. But watch what you put on it. If you cover it in a rich alfredo sauce, you can boost the fat and salt. Try some whole-grain pasta with olive oil and a bit of Parmesan instead.

[WebMD](#)

### Should Hospitals Ban Sugary Foods, Drinks?

A hospital in the United Kingdom has taken sugar off the menu for patients and employees. The Cleveland Clinic has had a ban in place for several years. [Read on](#) →

Video on Spinach grown in balcony garden

[https://youtu.be/aElv7dPJ\\_D4](https://youtu.be/aElv7dPJ_D4)

Cook at home rather than eat out.

"People who cook at home eat a healthier, more nutritionally dense diet," said Erin Morse, chief clinical dietitian at UCLA Health. "With obesity escalating and contributing to other serious health issues -- like [diabetes](#), [heart disease](#) and [high blood pressure](#) -- cooking at home is a vastly underutilized tool patients can use to achieve their [nutrition](#) goals."

Morse noted that the food served at [restaurants](#) usually has less [fiber](#) and a lot more salt, [sugar](#), fat and processed carbohydrates than home-cooked meals. Medicine.net

### Support healthy gut bacteria.

"For better health overall, you not only need to feed your own human cells, but you also need to feed all the microbes that live on you and inside you -- including the gut microbiome," Dr. Zhaoping Li, director of the UCLA Center for Human Nutrition, said in the news release.

"The best foods for these microbes are plant-based foods and [drinks](#)," she said.

[Read more: 6 Steps to a Healthier](#)



### Popcorn

Junk food, right? Not so much. It's a whole grain that's loaded with fiber, which helps fill you up and keeps you regular. It also has vitamin B, manganese, and magnesium, as well as antioxidants, which may protect you against disease and cell damage. The key to keeping it healthy is to go easy on the salt and butter.

### [The Many Health Benefits of Mushrooms](#)

There are thousands of types of mushrooms. Learn all about how they affect your health and ways to get more of them in your diet.



## Bipolar Disorder vs. Depression: What's the Difference?

Bipolar can sometimes look very much like depression, but they aren't the same. Learn how to tell the difference between the two. [Read on](#)



### Red Meat

It has to be the right kind: We're not talking prime rib or greasy hamburgers. Lean red meat -- when you've trimmed off all the fat you can see -- is a great source of protein, omega-3 fatty acids, vitamin B12, niacin, zinc, and iron. And in small portions, it's been shown to lower LDL, the "bad" cholesterol. WebMD

### [15 Surprisingly Healthy Foods](#)

Think red meat, chocolate, and French brie are guilty pleasures? We've got good news that will make you give these eats and others a second chance.



### [A Homemade Drink That Helps Keep Cancer At Bay](#)

### [New Drug Treatments May Be on the Horizon for IBD](#)

Researchers are examining two drugs used to treat other to see if they're effective for people with irritable bowel disorder. [Read on](#) →

## My Two-Decade Journey with Cancer Immunotherapy

This writer was once told his cancer had nothing to do with his immune system. The medical view on immunotherapy has changed dramatically since then. [Read on](#) →

## What are some mind-blowing facts about food?



Samuel Davis

Manager at KMS Group Australia 2013-present  
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Here are some mind-blowing facts about foods :

1. Fried eggs can cure a hangover. They're rich in cysteine, an amino acid which helps purge toxins via the liver.
  2. Eat ice cream for glossy hair. A f...
- (more)

Here are some mind-blowing facts about foods :

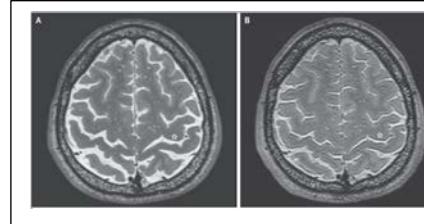
1. Fried eggs can cure a hangover. They're rich in cysteine, an amino acid which helps purge toxins via the liver.
2. Eat ice cream for glossy hair. A few scoops can do wonders for your crowning glory due to ice cream's high levels of Vitamin B2.
3. One 100-gram chocolate bar takes approximately 1700 litres of water to make.
4. Nibbling nuts can prevent blood clot. Nuts boost nitric oxide, a compound that relaxes blood vessels and eases blood flow.
5. Potatoes can absorb and reflect Wi-Fi signals because of their water content and chemistry
6. Garlic can cure mouth ulcers and verrucas.
7. Monk fruit extract is about 300 times sweeter than sugar.
8. Sniffing a lemon could help you beat asthma

9. 100% pure orange juice bought in the store is actually 100% artificially flavoured by fragrance companies

10. Tea bags were created by accident as customers inaccurately started to use tea samples in the same way as infusers.

### Diabetes Drug Can Now Be Used to Treat Obesity

Researchers say liraglutide, which is sold as both Victoza and now Saxenda, can be used to help with weight loss as well as type 2 diabetes. [Read on](#) →



## Here's How Space Travel Changes the Brain

Spending prolonged time in space can lead to striking changes in an astronaut's brain structure, a new study finds. These changes may help explain some of the unusual symptoms that astronauts can experience when returning to Earth.

**Astronauts who spend prolonged time in space experience noticeable changes to their brain's structure, a new study finds.**

[Read More](#)



### Depression Treatment That 'Rewires' the Brain

An FDA-approved therapy using magnetic stimulation on the brain can be given to people who haven't responded well to antidepressants. [Read on](#) →

## Eating nuts may lower the risk for heart disease.

Researchers studied 210,836 men and women involved in three large prospective health studies from 1980 to 2013. They assessed nut consumption with food frequency questionnaires, updated every four years. Over the years, there were 8,390 cases of coronary heart disease and 5,910 strokes.

After controlling for smoking, hypertension, family history of heart disease and other factors, they found that the more nuts of all kinds that people ate, the lower their risk for cardiovascular disease and coronary heart disease.

Compared to those who ate none, people who ate less than one one-ounce serving of nuts a week reduced their risk for heart attack and stroke by 9 percent and their risk for coronary heart disease by 12 percent. Eating a one-ounce serving five times a week was associated with a 14 percent reduction in cardiovascular events and a 20 percent reduction in coronary heart disease.

The [study, in the Journal of the American College of Cardiology](#), found similar effects when it looked at types of nuts, including peanuts, separately.

## What Is Crohn's Disease?

What causes Crohn's disease? Can Crohn's disease be cured? Learn about symptoms, signs, diet, treatment, and more. [Read more...](#)

# What are the home remedies for vertigo?

By Lana Barhum

Reviewed by Debra Rose Wilson, PhD, MSN, RN, IBCLC, AHN-BC, CHT

Vertigo, or the sensations of spinning and dizziness, can limit a person's activities and make them feel sick. While medication is available to treat vertigo, it is not always necessary, especially when natural treatments can work just as well without side effects.

Vertigo is a feeling of dizziness and spinning, occurring with or without any movement. It is caused when the brain feels the body is off-balance even though it is not.

When feeling dizzy, a person should sit down immediately to reduce the chances of getting hurt if they fall.

Usually, vertigo is a symptom of an underlying medical condition or several different conditions. Sometimes, vertigo will only occur once, but for other people, it will reoccur until the underlying cause is determined.

Read more: [What are the home remedies for vertigo?](#)



Foods To Avoid To Ease IBS Symptoms And Their Substitutes



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