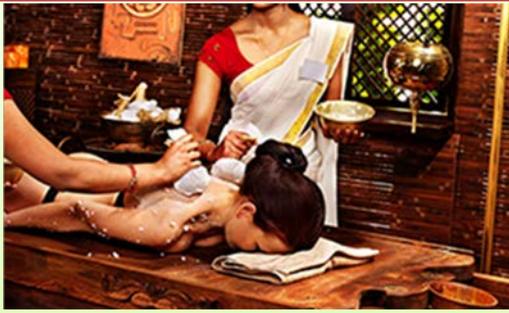




Aging well means taking care of both the body and the mind. Most of what we do to keep our bodies fit is also good for the brain.-Wells



Panchakarma Treatment For Weight Loss



Lanka Hospitals promotes the importance of healthy living on International Women's day



Lanka Hospitals, the multi-award winning healthcare provider in the forefront of the nation's medical industry, recently celebrated International Women's Day at Lanka Hospital's auditorium. Organized by Lanka Hospitals' Women's Wellness Centre, the program featured guest lectures by some of the country's leading doctors, raising awareness on the importance of wellbeing and health consciousness for women. The program was held to commemorate International Women's Day, where many dignitaries including prominent women entrepreneurs, professionals and academics also graced the occasion. Read more:

http://www.island.lk/index.php?page_cat=article-

Hawking, who roamed cosmos in a wheelchair, is now with the stars

Coincidentally, Einstein was born on March 14 (in 1879), the date on which Hawking died. Equally remarkably, Hawking was born on January 8, 1942 — exactly 300 years after the death of another great scientist, Galileo Galilei.



What Is Novichok, the Poison that Nearly Killed a Russian Ex-Spy?

See This

Hawking's degenerative disease, and how he outlived his prognosis by half a century



When Stephen Hawking was diagnosed with amyotrophic lateral sclerosis in 1963, few thought he would live more than a couple of years. He survived another 55.

[More](#) →

The 'Good' Fat: Are You Getting Enough?

See the great things omega-3s can do for your body, and get to know the foods that are rich in these fatty acids.



The Advantages of Eating 'Like a Horse' at Breakfast

That old adage about the importance of breakfast? Turns out it's backed by science: New research indicates that people who skimp on breakfast raise their risk for cardiovascular issues.

[Read on](#) →



Does Eating Turkey Make you Sleepy?

See This

Have we divested ourselves of any pretense to civilized behavior?

The title of this piece seeks to pose a question about our homeland that, all protestations of our cultural heritage aside, has become, as one wag proclaimed it, "The armpit of southern Asia!"

The fact that all the mainline political parties, bar perhaps the Janatha Vimukthi Peramuna, have only sought to rationalize their uncivilized behaviour or ignore it doesn't make it okay or even permissible. A Sri Lankan as close to the late Lasantha Wickremetunge as he could possibly be, responded to a question from me by saying that Ranil Wickremesinghe saw nothing wrong with the very close business and personal association of one of his right hand men with the Mahinda Rajapaksa (MR1) regime. This was at a time when the UNP was, supposedly, mounting a principled opposition to the Mahinda Rajapaksa regime. That "right hand man" has achieved even more importance as a member of the inner cabal within Ranil's current Cabinet!

As someone whose association with the Kandy Sports Club goes back more than half a century, I had more than a passing acquaintance, with the kind of coziness between the MR1 Regime and prominent UNPers. I have, even today, a CD provided to me by the single most powerful member of the Kandy Sports Club which provides ample evidence of the mayhem that was visited upon (working class) Kandy supporters by Namal Rajapaksa's personal Security and some of the hundreds of navy personnel, transported to Kandy at state expense in buses that also carried the poles that were used as assault weapons on several dozen Kandy fans who were hospitalized after the Navy team, containing all three of the Rajapaksa progeny, had lost a rugby game at Nittawela.

To cut a long story short, the letter I was delegated to compose for onward transmission to the Sri Lanka Rugby Football Union (S.L.R.F.U) after the President's signature was attached "disappeared." When, on another occasion an Air Force player discharged an **assault weapon** on the field of play in an incident that is unique in the history of rugby anywhere in the world, the SLRFU totally ignored the communication, despite the fact that we had the spent shell casing available for examination save for one of the Rajapaksa lackeys on the SLRFU Board issuing a dismissive statement to the media **months** afterwards. What we are seeing in the racist carnage of recent days is the result of political opportunism at its highest level. The MR1 and the MR2 coalitions are two peas in a pod. The fact that those who've orchestrated the anti-Muslim mayhem have succeeded, one more time, in reducing our political discourse to the gutter has only been possible because of the "politics of accommodation," to put a respectable name to it, between MRs 1 and 2.

A hypocrite is one who pretends to a high standard in the matter of morality, ethics and principles while acting in contravention of them and what they stand for. However, the positive side of the practice of hypocrisy is the clear admission that the standards in question are the right ones and those that are required to ensure the very survival of civilization as we know it.

In their public utterances the broad mass of political "movers and shakers" don't seem, any longer, to even indulge in the traditional hypocrisies about law and order, honour, fairness etc. etc.

I would reiterate that both the MR2 and MR1 are indistinguishable one from the other in the matter of ethics, principles and morality. For the mistaken belief that one or the other is fit to govern us we are going to be paying the steepest of prices.

Emil Van Der Poorten

About the author: Emil is a respected award-winning columnist who has returned to his ancestral home after 30+ years in Canada where he was engaged in community development work with aboriginal, refugee and immigrant communities and as a political organizer and fundraiser for the New Democratic Party. He and his partner, Arlene Madawela, have developed Haggolla Plantation Home - the ancestral home of the van der Poortens - as a unique home-stay and a diversified plantation, growing and processing five of Sri Lanka's major spices.



Why Obamacare Might Be Here to Stay

The Affordable Care Act has hit a new high in popularity. There are several reasons for the increase in support, and Republican lawmakers are taking notice. [Read on](#) →

<http://www.abc.net.au/news/2011-02-26/queenslands-quadrepleg-ic-doctor-dinesh-palipana-australian-story/9462752> ↑

Town where nobody's home: Fukushima communities struggling to survive

Seven years after the nuclear disaster, 50,000 people have yet to return to their homes, but the dream of going back endures



Okuma, on Japan's east coast, used to host a busy community of 10,500 people. But today the houses stand empty.

The town is empty because it is one of the closest to the Fukushima Daiichi nuclear power station and – seven years after the earthquake and tsunami that triggered a triple meltdown – it remains under evacuation orders with decontamination still not finished.

However, Okuma is not totally deserted. It is patrolled by *Jijii Butai*, or The Old Man Squad. A group of hardy retirees who keep watch over their beloved former homes.

Tsunemitsu Yokoyama, 65, stands a few metres from a pick-up truck and recalls how he and his friends responded when they spotted a strange person on their streets.

"There was a suspicious person who was walking around the town one day and we noticed this suspicious person and we picked this person up and we put him on the truck," says the mild-mannered former town hall worker. "If we notice any suspicious actions or people of course we alert [the authorities]."

Read more: [Town where nobody's home: Fukushima communities struggling to survive](#)

19 Best Kept Hair Secrets



Want stronger, healthier hair? Explore these 19 essential hair care tips and tricks. Learn how to best care for your hair type.

[READ MORE](#)



Dairy can constipate

If you get constipated often, do yourself a favor and take a look at your diet. Among the foods that may block you up: too much cheese and milk. But you may not have to give up dairy -- just eat less of it and change your choices. Try yogurt with probiotics, live bacteria that's good for your digestive system. It may help relieve constipation. WebMD

Why the humble snag is of 'huge concern' to global health experts

They're an Aussie barbecue favourite, but public health experts are now warning our love affair with sausages could be leading us to an early grave.



Reading this newsletter feeds for you health and longevity

SONGKRAN 2018 ASIAN FOOD FETE WELCOME EVERYONE TO THE S.E. ASIAN NEW YEAR & WATER FESTIVAL DELICIOUS ASIAN COOKING FROM: AUSTRALIA, BURMA, CAMBODIA, LAO, INDONESIA, MALAYSIA, SRI-LANKA, AND THAILAND

PROGRAMME:
9AM OFFERING FOOD TO MONKS & STALLS OPEN
11AM MONKS HAVING MEAL
12PM BLESSING CHANTING
1PM SONGKRAN PARADE *STALLS CLOSE AT 4:30PM
ALL FOODS AT REASONABLE PRICES!

THIS YEAR'S COLLECTION WILL GO TOWARDS THE SOMDET SANGHARAJA NANASAMVARA SALA & LIBRARY FUND AT LEUMEAH. MR VILAISARN WILL ORGANISE THE SONGKRAN PARADE

DATE: SUNDAY, 15TH APRIL 2018
TIME: 9:00AM TO 4:30PM
PLACE: WAT PA BUDDHARANGSEE BUDDHIST TEMPLE
39, JUNCTION ROAD, LEUMEAH NSW 2560 (TEL: 4625 7930)



(CORNER OF PETER MEADOWS & JUNCTION ROADS, NEXT TO ROUNDABOUT)
DRIVERS NOTE:
IF PARKING IN THE TEMPLE IS FULL, PLEASE PARK YOUR CAR AT OPPOSITE SCHOOL GROUNDS



Fried Food may constipate

Aunt Helen's chicken is almost impossible to pass up, but consider opting for an entrée with more fiber if you're having a tough time on the toilet. Fried foods are full of fat and are hard to digest. When food moves through your colon slowly, too much water can be taken out of it. That makes for a hard, dry stool.

Do Supplements Really Work? Check Out These Fact Sheets for Answers

By Rachael Rettner, Senior Writer
Plenty of dietary supplements claim to help you get in shape or lose weight, but do they really work?

Several new resources from the National Institutes of Health aim to help people cut through the confusion over supplements by summarizing what is known about the safety and effectiveness of popular supplement ingredients, the agency announced Jan. 24.

For example, the NIH has put together a fact sheet on ingredients in exercise supplements, which manufacturers often claim can improve users' strength or endurance, or help them achieve their performance goals faster.

Do Supplements Really Work? Check Out These Fact Sheets for Answers

[See This](#)

FRCS examination in Neurosurgery



The College of Surgeons, Sri Lanka and the Neurosurgeons Association, Sri Lanka have organized the first International FRCS examination in Neurosurgery in Colombo, held from February 21 to 23.

There are historical links between the College of Surgeons of Sri Lanka and the Royal Colleges of Surgeons, UK and Ireland. This prestigious event was organized in conjunction with the Joint Surgical Colleges Fellowship Examination (JSCFE) Board and the Joint Committee on Intercollegiate Examinations (JCIE) Board of the Royal Colleges of Surgeons, UK.

Forty-four candidates from different parts of the world sat for the examination with a contingent of eighteen senior Consultant Neurosurgeons arriving from the UK as examiners.

The meticulous selection of the clinical cases as well as the organization and coordination of patients were undertaken by the Neurosurgical Association of Sri Lanka.

The clinical component of the examination was held at the renowned Brain and Spine Centre at Asiri Central Hospital, Colombo; and the viva section at the Taj Samudra Hotel, Colombo.

The opportunity to host this inaugural event in Sri Lanka was enhanced tremendously by the international profile of neurosurgical services in the country, and help to enhance the academic reputation. The success of the event was attributed to the Director, National Hospital, Colombo, the Ministry of Health and those who supported the program included, patients, nurses, doctors, interpreters and coordinators.

Your 7-Day Osteoporosis Diet Plan

If you have osteoporosis, diet plays a vital role in managing your condition. Here's a sample meal plan that's packed with nutritious foods just for you. [Read on](#) →

Be done with processed foods.

Processed meat, refined grains, and sugary drinks like cola are pro-inflammatory foods. Have more of them and you up your chances of developing colorectal cancer – take this from a 26-year study. Now, there's no need to freak out if you had a donut for breakfast today. The occasional indulgence is okay, but like we always say, moderation is key.

[Read More](#)



5 Diabetes-Friendly Waffle Recipes

Waffles don't have to be off-limits simply because you live with diabetes. Give these low-sugar, high-fiber (and high-flavor!) recipes a try this weekend. [Read on](#) →

Breast cancer



The high levels of carotenoids in carrot juice may help to lower the risk of breast cancer returning,

A study of breast cancer survivors looked at the effect of carrot juice on levels of carotenoids, markers of oxidative stress, and markers of inflammation in the blood.

The researchers reported that higher levels of carotenoids in the blood were associated with a lower risk of breast cancer returning.

During the study, participants consumed 8 ounces of carrot juice daily for 3 weeks. At the end of the study, the women had higher blood levels of carotenoids and lower levels of a marker associated with oxidative stress.



Too Many Brazil Nuts

Selenium is a nutrient that you need -- but only about 55 micrograms (mcg) of selenium a day. Just one Brazil nut has 68-91 mcg. That's more than a day's worth!

Too much selenium can cause problems including diarrhea, nausea, skin rashes, hair loss, and even serious effects like trouble breathing, heart and kidney failure, and heart attacks. Adults shouldn't get more than 400 mcg per day. That's no more than four or five Brazil nuts, if you don't get selenium from anything else.

WebMD



Breaking Open the Health Benefits of Coconut Water

Coconut water can be beneficial in a number of ways. We'll show you eight health advantages of drinking this popular beverage.

[Read on](#) →

Diabetes leading cause of kidney failure

This leading cause of kidney failure damages the organs' small blood vessels and filters. That makes it difficult for them to clean your blood. Your body holds on to more salt and water than it should, and there's more waste in your system. Nerve damage caused by the disease can make urine back up and harm your kidneys through pressure or infection.

High Blood Pressure can damage your kidneys

If the force of blood flow through your body is too high, it can stretch and scar -- and weaken -- your blood vessels, including the ones in your kidneys. This can keep them from getting rid of waste the way they should, and the extra fluid in your blood vessels can raise your blood pressure even more, leading to a dangerous cycle. It's treated with medication and changes to things like your diet, exercise habits, and stress level.



Seborrheic Keratosis

These tan or brown spots can appear almost anywhere on your body, especially after middle age. You'll probably have more than one. They're harmless, but they can look like precancer growths or skin cancer, so get your doctor to check them out. Most people don't need treatment, but the doctor might remove them if they bother you or to test for cancer cells.

WebMD

Fighting Diabetes? Do It Actively

Exercise is good for pretty much everyone. It's especially important if you have diabetes. Workouts can do all kinds of things for you, like lower your blood sugar and blood pressure, boost your energy, and help you sleep better. If physical, high-impact exercises aren't for you, there are plenty of other options.

Is Aluminum Foil Safe For Cooking And Packing?

Mostly yes. Cooking in aluminum foil can leach the metal into your food, but it depends on the temperature you're cooking at and the acidity of the food. Thankfully, this is usually within safe limits. Aluminium from other sources like drinking water and cosmetics may cumulatively be the real problem. Replace the foil with banana leaves whenever you can.

[VIEW ARTICLE](#)

Being Overweight or Obese can cause arthritis

People who are overweight or obese are more likely to develop arthritis. Research has shown that for every pound that you weigh, your knees have 4 pounds of stress on them. Extra weight also burdens joints in your hips, back, and feet. Additional weight places increased strain and wear and tear on your joints. In addition to the physical stress that increased weight places on joints, fat secretes inflammatory chemicals that may also cause joint pain and increase the risk of arthritis and other chronic conditions. Some types of inflammatory molecules may promote the development of osteoarthritis (OA) and rheumatoid arthritis (RA), two conditions that affect joints. Osteoarthritis is the so-called "wear-and-tear" type of arthritis where cartilage is damaged in the affected joints. Rheumatoid arthritis is an autoimmune condition where the immune system attacks and damages joints.

Medicine.net



How Does Weight Loss Surgery Work?

There isn't just one operation. There are several kinds of these metabolic and bariatric surgeries, as doctors call them. They work in one of the following ways:
Limit how much food your stomach can hold, so you eat less and lose weight.
Stop your digestive system from absorbing some of the calories and nutrients in the foods you eat.
Use both of the above methods.

Weight Requirements

You need to have a lot of extra pounds to be a candidate for weight loss surgery:

Body mass index (BMI) of 40 or more (more than 100 pounds overweight).

BMI of 35-40 (about 80 pounds overweight) and you have diabetes or a metabolic syndrome, asthma, loss of bladder control, or obstructive sleep apnea. (Your doctor will have the full list.)

BMI of 30-35 and you have a certain kind of diabetes or a combination of other serious health conditions called the metabolic syndrome.

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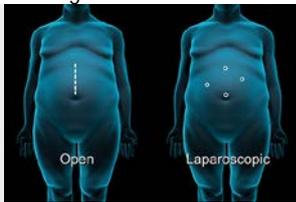
BMI of 30-35 and you have a certain kind of diabetes or a combination of other serious health conditions called the metabolic syndrome.

Types of Weight Loss Surgery

There are different kinds. Some, like the gastric "sleeve" and gastric banding, shrink your stomach's size. They are restrictive surgeries. Other operations, such as the duodenal switch, only bypass part of the intestine, so you absorb less food. Doctors call these malabsorptive surgeries.

Weighing the Pros and Cons

Your doctor will screen you carefully to check that you are physically and mentally ready for the surgery, as well as prepared to commit to the big changes needed to keep the pounds off. You'll discuss the risks and benefits of the procedure you're considering. Your doctor may ask you to do some things before the surgery, such as quit smoking, lose some weight, and make sure your blood sugar is under control



Surgical Methods

Your surgeon will use either the open or the laparoscopic surgical method. Laparoscopy leaves smaller scars and tends to have fewer complications and quicker recovery time. For this procedure, the doctor only needs to make several small, "keyhole" cuts. She'll use a thin, lighted tool, called a laparoscope, that will show what's going on inside on a monitor in the operating room. For open surgery, you'll get an 8- to 10-inch cut on your belly.

WebMD

Read more:

Weight Loss Surgery for Diabetes

This procedure might be an option if you have diabetes and a lot of weight to lose. Here's what you should know.



Varicose Veins

Weakened blood vessels can start to swell and twist or bulge. They mostly show up on your legs and feet. They don't usually signal a serious problem, but they can be linked to inflamed veins that result in superficial blood clots. And they often ache. Your doctor may give you a pair of compression socks or stockings to add pressure and help get rid of them. If that doesn't work, he might suggest minor surgery.



Spider Veins

These small bundles of broken blood vessels often pop up on your legs, ankles, feet, and maybe even your face. Causes include a backup of blood, hormone changes, or an injury. They don't point to a major health problem, but they can itch or burn. Try tight compression stockings to put the squeeze on them. If that doesn't help, your doctor might suggest a minor surgical procedure.



Tired of Counting Calories? Paleo May Be for You

Thinking of going the way of hunter-gatherers? We'll detail how paleo's regimen of whole, unprocessed foods could improve your health and help you

lose weight. [Read on](#) →



Leg Ulcers

Blood flow problems make it easy for the skin on your lower legs and feet to get injured. If bacteria get in the broken skin, the whole area can become infected. If you have a health condition like diabetes that makes you heal slower, you might wind up with an open sore, or ulcer. The doctor will keep the wound clean and tell you to keep moving, raise your legs, and, in some cases, put pressure on the area. You may need surgery if they don't go away.

Signs You May Have IBS



You've probably heard of irritable bowel syndrome. But what's really happening in there? And what can help?



Dance

This can be a fun way to get your exercise. Just shake your groove thing for 25 minutes, 3 days a week to help your heart, lower your blood sugar, ease stress levels, and burn calories. You don't need a partner to get started, either. A chair can be good support if you need it. WebMD



Inflammatory diet- Avoid eating regularly

<https://www.facebook.com/rilwan.lantra/videos/10213435227975866/?t=9>





Do Plants Have Sex?

See This

Just two sausages per week may raise breast cancer risk

By [Honor Whiteman](#)

Fact checked by Jasmin Collier

New research provides some further evidence of the harms of processed meats, after linking consumption of these foods to increased risk of breast cancer.



Researchers say that eating processed meats, such as sausages, could increase women's risk of breast cancer.

From an analysis of more than 260,000 women, researchers found that the risk of [breast cancer](#) increased by more than a fifth for those who consumed more than 9 grams of processed meats per day, which is the equivalent of around two sausages per week.

However, the team found no link between red meat intake and the risk of breast cancer.

Study leader Prof. Jill Pell, who is the director of the Institute of Health and Wellbeing at the University of Glasgow in the United Kingdom, and colleagues recently reported their [findings](#) in *The European Journal of Cancer*.

Processed meats are those that have been modified to enhance their flavor or lengthen their shelf life. Sausages, bacon, hot dogs, and salami are just some examples of processed meats.

Read more: [Just two sausages per week may raise breast cancer risk](#)

"ADHD Is a Made-Up Disorder" — and Three Other Myths

People with ADHD are often misunderstood by others unfamiliar with the condition. We'll lay to rest four common myths associated

with ADHD. [Read on](#) →

- **“Can vitamin E therapy help slow Alzheimer’s decline?”** Maybe. Among men with mild-to-moderate Alzheimer’s disease, high-dose vitamin E slowed their decline more than the Alzheimer’s drug memantine. According to the researchers, it could “noticeably prolong” a person’s ability to do simple tasks.

Carbs

Think of carbs as raw material that powers your body. You need them to make sugar for energy.

They come in two types: simple and complex. What's the difference? Simple carbs are like quick-burning fuels. They break down fast into sugar in your system. You want to eat less of this type.

Complex carbs are usually a better choice. It takes your body longer to break them down.



Get Smart About Bread

Does your loaf have the complex carbs that are good for you? It depends on the grain used to make it. Look for bread made with whole grains. Barley, rye, oats, and whole wheat are some top choices.

How does alcohol cause cancer?

By [Tim Newman](#)

Fact checked by Jasmin Collier

A new study looking at blood stem cells uncovered fresh details surrounding the mechanisms by which alcohol raises the risk of developing cancer.

Alcohol is known to raise the risk of no fewer than [seven types](#) of [cancer](#). These are mouth, upper throat (pharynx), voice box (laryngeal), esophageal, breast, liver, and [bowel cancer](#).

Though the links are established, exactly how alcohol works to induce malignancy is not as well-understood. Several mechanisms are thought to be at work.

Most previous studies have only examined cells in the laboratory, looking at changes in them after exposure to alcohol (ethanol). Recently, researchers from MRC Laboratory of Molecular Biology in Cambridge, United Kingdom, set out to gain a clearer picture of the alcohol-cancer relationship using whole animals.

Their study, which was funded by Cancer Research U.K., is published this week in the journal [Nature](#).

Read more: [How does alcohol cause cancer?](#)

Read the "Fine Print"

Nutrition labels offer an easy way to spot added sugar, the source of simple carbs that you want to cut back on. Just look for words that end in "ose." The chemical name for table sugar is sucrose. Other names you might see include fructose, dextrose, and maltose. The higher up they appear in the ingredients list, the more added sugar the food has.

WebMD



Picking Your Own Mushrooms

These wild and wooly fungi are tasty, loaded with nutrients, low in calories, and may even lower your risk of cancer. But before you forage in your local forest, keep in mind that eating the wrong kind of mushroom can lead to anything from an upset stomach to death. So only hunt for them if you're an expert or are with one. Otherwise, get them from your grocery store to be safe.



Grapefruit Plus Certain Meds

This splashy citrus could cause problems if you have some prescriptions, like statins for your cholesterol. Grapefruit can make your body absorb more of the medicine than normal, which could lead to side effects. It may be more likely with some statins than others. And the same thing could happen with some drugs that treat other conditions. So if you're gaga for grapefruit, ask your doctor if it will affect your prescriptions.

WebMD

Nutritional content of Soy



Soy is an important protein for many vegetarians and vegans. Soy is a complete protein, which means that it contains all nine essential amino acids. It is an important protein source for many people, especially vegans and vegetarians. According to the United States Department of Agriculture's (USDA) [National Nutrient Database](#), 90 grams (g) of cooked green soybeans contains:

- 127 kilocalories (kcal)
- 11.12 g of protein
- 5.76 g of fat
- 9.95 g of [carbohydrate](#)
- 3.8 g of fiber

Soybeans are low in saturated fat and high in protein, [vitamin C](#), and [folate](#). They are also a good source of fiber, [calcium](#), iron, [magnesium](#), phosphorus, [potassium](#), and thiamin.

The nutritional content of other soy products differs based on how they have been processed and what other ingredients have been added.

Read more:

[Is soy good for your health?](#)

['Food for thought: how your belly controls your brain' - TEDx Talk by Ruairi Robertson](#)



Ruairi Robertson is nutritionist, microbiologist and neuroscientist, as well as an expert about the link between the gut and the brain. In this talk, held at the TEDxFulbrightSantaMonica event with the title 'Food for thought:...

[Double Knee Replacement Surgery](#)

Learn about double knee replacement surgery risks, types, and recovery.

[Read on](#) →

Biotin

Biotin is a B vitamin also known as vitamin H or B-7. It helps the body convert carbohydrates into glucose, which it needs to make energy.

[Biotin](#) also helps metabolize fat and amino acids, which the body uses to build protein. Protein is needed to repair and maintain cells.

It is rare for a healthy person eating a balanced diet to suffer from biotin deficiency.

What is biotin?



Biotin is a B vitamin, that helps the body to process carbohydrates, fats, and protein.

B vitamins help convert [carbohydrates](#) into glucose, which the body uses for energy. B vitamins also help the body process fats and protein, and the nervous system to function. Sometimes referred to as B complex vitamins, they are needed for healthy skin, hair, eyes, and for liver functioning.

Biotin is available in small amounts in some foods. Additionally, the microbiome, which is the bacterial population living in the intestines, makes biotin

Read more;

[All you should know about biotin deficiency](#)



What causes dandruff?

Find out



Caffeine Why Does It Matter?

Caffeine can affect you in many ways. It can:
Boost energy, memory, and athletic performance
Ease headaches

Help prevent constipation and type 2 diabetes
Protect against brain diseases like Parkinson's and Alzheimer's

But too much can make you anxious, nervous, or jittery. It can affect sleep, digestion, blood pressure, heart rate, and heart rhythm. And it can damage a child's developing heart, blood vessels, and nervous system.



Green Tea

Serving size: 8 ounces

Caffeine: About 28 milligrams

Some people think this is an herbal tea with no caffeine. It's actually made from the same leaves as black tea (the *Camellia sinensis* bush). It generally does have a bit less caffeine.



Black Tea

Serving size: 8 ounces

Caffeine: About 47 milligrams

Skip your regular morning coffee and you may get groggy, tired, irritable, and even sick. If you want to cut back, do it slowly. That'll give your body a chance to get used to it. A cup of tea in the morning instead of coffee may be a good place to start. At most, tea usually has half the caffeine of coffee.



Iced Tea

Serving size: 8 ounces

Caffeine: 25-48 milligrams

The size here is the same as the other teas. But keep in mind that it's often sold in larger -- sometimes much larger -- servings. That could mean more than 100 milligrams of caffeine.

WebMD

[Samsung Galaxy S9+ review: the best big-screen smartphone by miles](#)



It is health that keeps you going
And wealth that keeps you living

Porridge for breakfast is sensible



Oatmeal is a popular breakfast food in the West. In Sri Lanka, it is traditional to eat white bread, string-hoppers, hoppers and so on. These foods are made from white processed wheat and rice flour and cause harm than good, except supplying energy to start work for the day.

Oats that are available in the supermarkets are the rolled oats or old fashioned oatmeal made by steaming and rolling the groats into flakes. This cuts cooking time down to 3-5 minutes. Easy to make- add milk and cook in the microwave oven for a minute gives you a nourishing quick breakfast.

Instant oats or "quick oats are made by further steaming and rolling the oats, bringing the cook time down to as little as 30-60 seconds.

Oatmeal is mainly a source of complex carbohydrates and the sugar is released slowly and does not cause sugar spikes in your blood. Oatmeal has little proteins or fat. Healthy fats are necessary part of the diet and you feel full and satisfied. Proteins help keep people fuller longer.

By combing a complex carb with lean protein and healthy fat is sensible as you can reduce hunger and cravings whilst providing all three major macronutrients required for the body. One-half cup of uncooked instant oats have 25% of daily thiamine, 19% of iron, 28 % of magnesium, 33% of phosphorus, 20% of zinc, 147 % of manganese, 33 % of selenium. Our traditional breakfast foods mentioned earlier do not provide so much of micronutrients. Further oats is high fibre and restricts absorption of cholesterol in the gut from other foods.

Diabetics must eat oats and not foods cooked with rice and wheat flour to keep your blood sugar level low in the morning. Spice up your oatmeal with raisins, bananas and others to **make it more enjoyable.**

Good breakfast advice from Dr Harold



SLIDESHOW 14 Conditions That Can Hurt Your Sex Life

See how health problems like diabetes and arthritis can take a toll in the bedroom, and what you can do about them.

Atrial fibrillation defined

Atrial fibrillation, often abbreviated as AFib, is a condition in which your normal heartbeat is changed. Abnormal electrical activity occurring in the upper portion of the heart, called the atria, causes an irregular heartbeat, called an arrhythmia.

During an arrhythmia, your heart's beating speed and pattern is altered. The maze procedure is a surgical intervention used to treat AFib when medications and other nonsurgical interventions can't adequately control frequent arrhythmias.

The Maze Procedure: Details and Success Rates

The maze procedure is a surgical intervention used to treat AFib when medications can't adequately control frequent arrhythmias. Learn more about how it works. [Read on](#) →

Drink Plenty of Water

Starting your morning with a glass or two of water is an easy way to [enhance weight loss](#).

Water can help increase your energy expenditure, or the number of calories your body burns, for at least 60 minutes.

In one small study, drinking 16.9 fluid ounces (500 ml) of water led to a 30% increase in metabolic rate, on average (4).

Another study found that overweight women who increased their water intake to over 34 ounces (one liter) per day lost an extra 4.4 pounds (2 kg) over one year, without making any other changes in their diet or exercise routine (5).

What's more, drinking water may reduce appetite and food intake in some individuals.

One study in 24 older adults showed that drinking 16.9 fluid ounces (500 ml) of water reduced the number of calories consumed at breakfast by 13% (6).

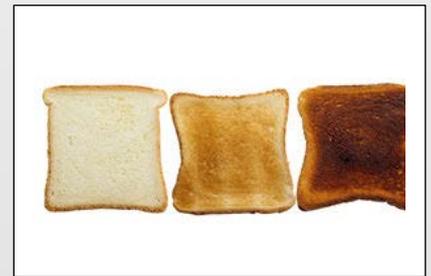
In fact, most studies on the topic have shown that drinking 34–68 ounces (1–2 liters) of water per day can aid in weight loss.

Starting your morning with water and staying well hydrated throughout the day is a great way to boost weight loss with minimal effort.

SUMMARY Increasing your water intake has been associated with an increase in weight loss and energy expenditure, as well as a decrease in appetite and food intake.

Health line

Do you know what Acrylamide is?



This is a chemical found in starches when they are over cooked at high temperatures like 248 F or 120deg.C. You need to be careful adding potatoes to meat curry and others and boiling for hours in a cooker, can brown the starch in potatoes to produce a cancer producing chemical called Acrylamide. Be aware, when you eat toast, French fries, you are taking some dose of this chemical into your body.

It is a white, odourless, crystal compound, and is used to make plastics and treat waste water, among other things.

Studies have shown that in animals acrylamide can damage DNA and cause cancer. Among humans there is no proof so far that this chemical can cause cancer. For some types of cancer in humans, including kidney, endometriosis and ovarian cancer the results of these studies are mixed, with some studies showing an increased risk and others showing no link.

Do eat toast when it is light-browned and not darker or black to reduce the acrylamide exposure. Some are in the habit of toasting bread slices till black and scraping off the carbon from the surface. That habit should be discontinued, and slight browning of bread should be preferred.

Acrylamide is found in coffee and you should be concerned if you are a regular drinker of coffee. Coffee beans seem to form acrylamide when coffee beans are roasted, and there is no way you can escape if you are a regular coffee drinker. It is also found in baked foods. Instant coffee is supposed to have 100% more acrylamide than fresh roasted coffee. However, coffee drinking is not linked to cancer, in fact linked with a reduced risk of **developing** some types of cancers. So, enjoy your cup of Joe in the morning. This chemical was first found in foods in 2002. Day to-day we do expose ourselves to this chemical through smoking, and second hand smoke, personal care products and household items. You could get workplace exposure to this chemical without your knowing and cause damage to your nervous system.

To minimise exposure to acrylamide, keep frying foods to a minimum, as it is produced in most cooking methods. Beware of charring food on a barbeque. Cooking, boiling, or warming foods in a microwave oven is safe. Store your potatoes out of the fridge.

Avoiding acrylamide is impossible. This brief article only warn you to be aware of it and minimise.



Lifestyle Changes to Help You Live Better with Diabetes

Certain lifestyle changes can help you avoid diabetes-related complications. Learn about preventing sleep apnea, how to fight off infections, and more. [Read on](#) →

Why Is Chocolate Bad for Dogs?

[See This](#)



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](#) →



The Top 7 Health Benefits of Drinking Water

Allowing yourself to become dehydrated can have negative effects on your body and brain. Here are seven health benefits of drinking plenty of water. [Read on](#) →

If Dogs Can Smell Cancer, Why Don't They Screen People?

By Laura Geggel, Senior Writer |

Dogs can be trained to be cancer-sniffing wizards, using their sensitive noses to detect cancerous fumes wafting from diseased cells. This sniffing is noninvasive and could help diagnose countless people, which begs the question: If these pups are so olfactorily astute, why aren't they screening people for cancer right now?

Here's the short answer: Dogs do well in engaging situations, such as helping law enforcement track scents or guiding search-and-rescue teams in disaster areas. But sniffing thousands of samples in which only a handful may be cancerous is challenging work with little positive reinforcement. Moreover, it takes time and energy to train these pups, who, despite extensive preparation, still might miss a diagnosis if they're having a bad day, experts told Live Science. [20

[Weird Dog and Cat Behaviors Explained by Science](#) ←

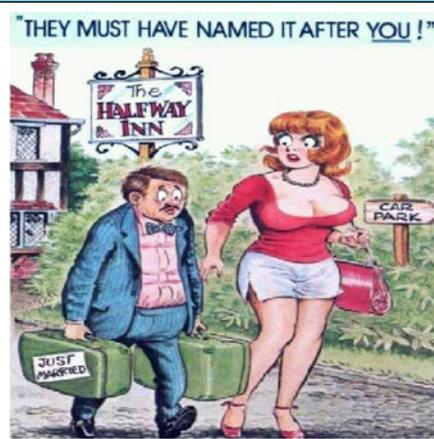
[If Dogs Can Smell Cancer, Why Don't They Screen People?](#)

[See This](#)



Radiation Treatment: What to Expect

Radiation treatment uses high-energy rays to kill cancer cells. When it starts depends on if you've had chemotherapy, mastectomy, or breast-conserving surgery. Find out about the various treatments. [Read on](#) →



Omega-3-Why They're a Good Fat

Not all fats are unhealthy. Omega-3 fatty acids are one of the "good" types of fat. They may help lower the risk of heart disease, depression, dementia, and arthritis. Your body can't make them. You have to eat them or take supplements.

WebMD



What you should do with expired and unwanted medicines

By Penny Travers

Not only are out-of-date and no-longer-required pharmaceuticals taking up space in your home, they are also potentially dangerous.



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

By James Bullen

The idea that sugar feeds cancer cells is true, and that may seem scary. But of course, it's not the whole story.

What Is Fructose Malabsorption?

Overview

Fructose malabsorption, formerly called dietary fructose intolerance, occurs when cells on the surface of the intestines aren't able to break down fructose efficiently.

Fructose is a simple sugar, known as a monosaccharide, that comes mostly from fruit and some vegetables. It's also found in honey, agave nectar, and many processed foods that contain added sugars

Do you find yourself enjoying a sweet treat, only to have severe gut issues later? You may have fructose malabsorption. Know the symptoms and what you...



Breast milk promotes the seeding of infant gut microbiota



Although babies can thrive perfectly when formula-fed, breast milk is the best nourishment for newborns. As previously explained in this blog, breastfeeding lowers the incidence of infectious diseases, as well as allergies, obesity and diabetes....



Caffeine Can Make You More Alert

There's no magic bullet to boost IQ or make you smarter -- but certain substances, like caffeine, can energize you and help you concentrate. Found in coffee, chocolate, energy drinks, and some medications, caffeine gives you that unmistakable wake-up buzz, though the effects are short-term. And more is often less: Overdo it on caffeine and it can make you jittery and uncomfortable

Could a cup of hot tea each day reduce the risk of glaucoma?

By Maria Cohut

Fact checked by Jasmin Collier

A new study has discovered that the risk of glaucoma — a fairly common eye condition in the older population that can result in loss of vision — was lower in people who drank hot tea every day.



Could one cup of hot tea per day have a protective effect against the onset of glaucoma?

Glaucoma is an eye condition characterized by damage to the optic nerve, which may result in partial or total loss of eyesight. **Risk factors** for developing glaucoma include age, a medical history of **diabetes**, **obesity**, and **hypertension**. According to recent data from the National Eye Institute, in 2010 alone, **1.9 percent** of the North American population aged 40 and over was diagnosed with a form of glaucoma.

Coffee consumption has previously been associated with an **increased risk** of developing glaucoma, due to increased intraocular **blood pressure**.

However, the results of further research were split, with some indicating that moderate coffee consumption **did not affect** the risk of glaucoma, and others obtaining **mixed results**. Furthermore, some studies hypothesized that the consumption of other caffeinated and **non-caffeinated drinks** could also influence the risk of developing glaucoma.

So far, this notion has not been verified, since most of the research addressing the link between drinks and the risk of heightened intraocular pressure referred to small, and thus inconclusive, population samples.

Recently, scientists from Brown University in Providence, RI, and the University of California in Los Angeles have decided to compare how the consumption of various drinks — including hot tea, decaffeinated tea, iced tea, coffee, and soft drinks — influence the risk of glaucoma.

"No study to date has compared the effects of caffeinated and decaffeinated coffee, tea, and soft drinks on glaucoma," write the researchers. "The objective of this study," they add, "is to examine the association between consumption of various caffeinated and decaffeinated beverages and glaucoma."

The **results** of the study were published yesterday in the *British Journal of Ophthalmology*.

Read more:

[Could a cup of hot tea each day reduce the risk of glaucoma?](#)

High blood pressure: Could diet replace medication?

By [Honor Whiteman](#)

When it comes to lowering blood pressure, a low-salt, heart-healthy diet may be just as effective as medication. This is the conclusion of a new study recently published in the *Journal of the American College of Cardiology*.

Researchers say that a low-salt, heart-healthy diet may be just as effective as medication for lowering blood pressure.

Researchers suggest that people with **high blood pressure**, or **hypertension**, may see a similar or greater reduction in systolic **blood pressure** after following a Dietary Approaches to Stop Hypertension (DASH) and low-salt diet as people who take antihypertensive drugs.

Study co-author Stephen Juraschek — who works in the Beth Israel Deaconess Medical Center at Harvard Medical School in Boston, MA, as well as the Johns Hopkins University School of Medicine in Baltimore, MD — and colleagues say that their **findings** suggest that a change in diet should be the first port of call for adults at increased risk of high blood pressure.

Blood pressure is the force of blood that pushes against the walls of the arteries. It is measured in millimeters of mercury (mm Hg), and it is assessed using two numbers: systolic (the top number) and diastolic (the bottom number).

Systolic blood pressure refers to the force of blood pushing against the artery walls when the heart beats, while diastolic blood pressure refers to blood pressure between heartbeats.

High blood pressure occurs when this force becomes too high. If uncontrolled, it can increase the risk of **heart disease**, **heart attack**, and **stroke**.

Lifestyle changes, such as increasing exercise and adopting a healthful diet, are considered key for lowering blood pressure, but some individuals may also be prescribed antihypertensive medication.

The new study, however, suggests that the DASH diet — in combination with a low salt intake — could eliminate the need for medication for some adults with hypertension.

Read more: [High blood pressure: Could diet replace medication?](#)



[Stephen Hawking Never Answered His 'Most Interesting' Scientific Question](#)

See This



Fibromyalgia-Fighting Soup — and 10 Other Meal Ideas You'll Want to Try

If you live with fibromyalgia, your diet can have a big impact on your level of energy. Enjoy these healthy, delicious recipes to help yourself feel more lively.

[Read on](#) →

What Is the Glycemic Index?



Carbohydrates are found in breads, cereals, fruits, vegetables and dairy products and an essential part of a healthy diet.

When you eat any type of carbohydrate, your digestive system breaks it down into simple sugars that enter the bloodstream.

Not all carbohydrates are the same, as [different types](#) have unique effects on blood sugar.

The glycemic index (GI) is a measure that ranks carbohydrates according to their effect on your blood sugar levels. It was created in the early 1980s by Dr. David Jenkins, a Canadian professor (1).

The speeds at which different carbohydrates are absorbed into the bloodstream are ranked in comparison with the absorption of pure glucose, which is used as a reference food and has a GI value of 100.

The following are the three GI ratings:

- **Low:** 55 or less
- **Medium:** 56–69
- **High:** 70 or more

Carbohydrates with a low-GI value are the preferred choice, as they are slowly digested and absorbed, causing a slower and smaller rise in blood sugar levels.

On the other hand, [foods with a high GI value](#) should be limited since they are quickly digested and absorbed, resulting in a rapid rise and fall of blood sugar levels.

It is important to note that foods are only assigned a GI value if they contain carbohydrates. Hence, foods containing no carbs, such as beef, chicken, fish, eggs, herbs and spices, won't be found on GI lists.

SUMMARY:The glycemic index (GI) is a ranking system that classifies carbohydrates by their effect on blood sugar levels. It was created in the early 1980s by Dr. David Jenkins.

Healthline



Is Eating Chocolate Every Day Good for You?

[See This](#)

Factors That Affect the GI of a Food

A number of factors can influence the GI value of a food or meal, including:

- **The type of sugar:** It's a misconception that all sugars have a high GI. The GI of sugar actually ranges from as low as 19 for fructose to up to 105 for maltose. Therefore, the GI of a food partly depends on the type of sugar it contains.
- **Structure of the starch:** Starch is a carbohydrate made up of two molecules, amylose and amylopectin. Amylose is difficult to digest, whereas amylopectin is easily digested. Foods with a higher amylose content will have a lower GI (2).
- **How refined the carbohydrate is:** Processing methods such as grinding and rolling disrupt amylose and amylopectin molecules, raising the GI. Generally speaking, the more processed a food is, the higher its GI (2).
- **Nutrient composition:** Both fat and acid slow down the rate at which a food is digested and absorbed, resulting in a lower GI. Adding fats or acids, such as avocado or lemon juice, will lower the GI of a meal (3, 4).
- **Cooking method:** Preparation and cooking techniques can change the GI too. Generally, the longer a food is cooked, the faster its sugars will be digested and absorbed, raising the GI.
- **Ripeness:** Unripe fruit contains complex carbohydrates that break down into sugars as the fruit ripens. The riper the fruit, the higher its GI. For example, an [unripe banana](#) has a GI of 30, whereas an overripe banana has a GI of 48 (5).

SUMMARY:The GI of a food or meal is influenced by a number of factors, including the type of sugar, structure of the starch, level of ripeness and cooking method.

Healthline

The Amount of Carbs Is Also Important

Blood sugar levels are affected by two factors: the type of carb and the amount you eat.

However, the GI only takes into account the type of the carb — not the amount. It's often criticized for this reason (1). To solve this, the glycemic load (GL) rating was developed.

The GL is a measure of how a carbohydrate affects blood sugar levels, taking both the type (GI) and quantity (grams per serving) into account. Like the GI, the GL has three classifications:

- **Low:** 10 or less
- **Medium:** 11–19
- **High:** 20 or more

The GI is still the most important factor to consider when following the low-GI diet. However, the Glycemic Index Foundation, an Australian organization raising awareness about the low-GI diet, recommends that people also monitor their GL.

It recommends that people aim to keep their total daily GL under 100. You can use [this database](#) to find the GI and GL of common foods.

Otherwise, the easiest way to aim for a GL under 100 is to choose low-GI foods when possible and consume them in moderation.

SUMMARY:The glycemic load (GL) is a measure of the type and quantity of carbs you eat. When following the low-GI diet, it is recommended to keep your daily GL under 100.

Healthline

[SPICES](#)



10 Amazing Health Benefits Of Bay Leaves



How much sugar is in a glass of wine? Just 1 bottle of rosé could contain MORE than your recommended daily sugar intake

By [CHEYENNE ROUNDTREE FOR DAILYMAIL.COM](#)

We all know a bottle of wine packs a calorie punch.

But do you know how many sugars are in just one glass? Probably not.

Generally one 175ml serving will contain between a quarter-teaspoon and two teaspoons of sugar.

This means splitting a bottle of wine over dinner - around two or three glasses - could contain around three teaspoons of sugar, which is two-thirds of a woman's recommended daily sugar intake. The amount of sweetener in wine will depend on the color and manufacturer.

And it's bad news for summer's rosé lovers: red is the best option for dieters, while lighter wines and sweet dessert wines are loaded with nearly two teaspoons of sugar.

Red wine has the least amount of sugar, at 0.9 grams, which contributes to its known bitter taste, according to the United States Department of Agriculture.

A dry white wine, such as Chardonnay or Riesling, has 1.4 grams of sugar.

Dessert wines, typically very sweet and served in smaller portions, have around seven grams of sugar.

The American Heart Association recommends having six teaspoons of sugar a day for women and nine teaspoons for men.

One teaspoon of sugar is equal to four grams of sugar.

The FDA doesn't require winemakers to list nutritional facts on products, making it difficult to pinpoint what exactly is in a drink, unless contacting the producer directly.

As a rule of thumb, the smoother the wine tastes, the more sugar it probably has, according to the [Montreal Gazette](#).

Nancy Light, vice president for the main advocacy association for the California wine industry, wrote to the [New York Times](#): 'Wine is by nature somewhat acidic, and adjustments can help to balance the elements of sweet and sour.'

'Winemakers are permitted by government regulations to make sweetness adjustments after fermentation to achieve desired wine styles.'

Although one glass may seem innocent, each serving of sweet white wine is around 130 calories, according to the U.S. National Library of Medicine. This is almost equivalent to a glazed chocolate doughnut.

Red wine has around 130 to 200 calories and dessert wines have 189 to 275 calories, according to [Wine Folly](#).

And despite previous studies, the occasional glass of red does not benefit the heart, according to a review of 45 studies.

Professor Theresa Marteau, a leading behavioral scientist, claims that bigger wine glasses are encouraging people to drink potentially dangerous amounts,

She discovered glasses have increased, on average, by nearly 600 percent in three centuries.

Versions collected at the Ashmolean museum in Oxford during the 1800s had an average capacity of 65ml, she and a team of British researchers found.

However, this has since jumped to be around 450ml in recent years, according to modern glasses available to buy in home catalogs.

Some wine glasses boast of being able to fit an entire bottle in one glass, around 750ml.

Professor Marteau said a key period which influenced the jump in the size of glasses was the 1990s when binge drinking became prevalent.

The hit ABC show Scandal also popularized large glasses, with the lead character Olivia Pope shown drinking out of a large wine goblet.

What is the description of dopamine on our life?



Kieran Doran Medical Student at the University of Edinburgh
Former Football Player at St. Mirren F.C. 2010-2015
MBCChB Medicine, University of Edinburgh Medical School Expected 2019
Lives in Edinburgh 2017-present

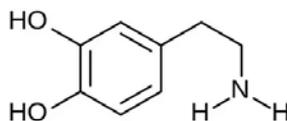
Dopamine is a very misunderstood brain chemical. First thing to say is that it **does not** cause direct pleasure to the brain. When dopamine receptors are blocked we're still able to feel pleasure.

Dopamine is more of a predictive and motivational neurotransmitter. The things that give you pleasure - sex, drugs, food etc are the actual source of the pleasure itself; they don't increase dopamine levels which then makes you feel pleasure. They directly give you pleasure via nerve signals to the reward centre of the brain, the nucleus accumbens.

When you do experience pleasure, dopamine does increase though. But the only reason it does is to essentially tell the brain that the reward was pleasurable and that it should go after it again. So if you take a drug, feel pleasure, dopamine increases and that tells the brain you should take some more.

Dopamine is also a predictive neurotransmitter. If we predict we're going to enjoy something a lot, dinner for example, and it wasn't that good after all, dopamine drops which tells the brain it maybe shouldn't have that dinner again. If you have no expectation and take MDMA for the first time, you feel extremely euphoric and dopamine skyrockets, which tells the brain you should take it again!

So that's a quick tour of dopamine and its effects. Don't believe the tabloids telling you dopamine is the only thing that can give you pleasure!



Dopamine

Quora.com

Learn How Ashtanga Yoga Differs From Bikram Yoga

Both forms of power yoga, ashtanga yoga and Bikram yoga are intense, fast-paced, and work up a good sweat. But they are different. Through breathing exercises and movements, ashtanga yoga works up an internal fire, focuses more on the mind, and is done at room temperature. Bikram yoga, on the other hand, focuses more on physical strength and is done at room temperature.

[VIEW ARTICLE](#)

Soak Almonds Overnight Before Eating Them

The problem lies in 2 groups of chemicals in the almond peel, tannins and phytates, that interfere with digestive enzymes in the stomach. They also make it difficult for your body to absorb the hoard of nutrients that almonds have to offer. Thankfully, these stumbling blocks are water-soluble and leach out when you soak almonds. You may or may not choose to remove the peels thereafter.

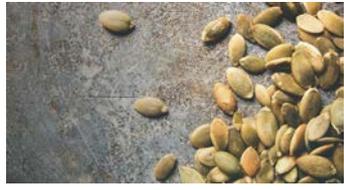
[VIEW ARTICLE](#)



Oysters

These shellfish may boost your testosterone levels, and that can help with sex drive. They're also chock-full of zinc, a nutrient your body needs. But you may save yourself problems by making sure they're cooked. Make sure you know where they come from, and that they're cooked properly.

Several studies have shown that people who regularly take anti-inflammatory medications, such as aspirin, have a lower risk of developing colorectal cancer, compared with people who don't regularly take these medications.



Can Pumpkin Seeds Improve Your Prostate Health?

Pumpkin seeds are packed with nutrition and considered a folk remedy for prostate health. Find out what the research says. [Read on](#) →

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.

Aloe vera also known as the First Aid plant has innumerable properties that help keep the body healthy both internally and externally. Here are some benefits of consuming aloe vera juice.

Aloe vera gel can be very beneficial for the skin, helping with sunburn, insect bites, rashes, cuts, and wounds. It's antifungal, antibacterial and helps with regeneration of cells. The same plant that provides safe, drug-free soothing of your skin may also allow you to improve your health from the inside out. Many health experts suggest that aloe vera has extraordinary therapeutic powers. Aloe Vera gel can cure sunburns, hydrate skin and relieve arthritic pains. This plant can also be consumed orally for internal health benefits in the form of tea or juice. Here are some reasons why you should include aloe vera juice in your diet. CureJoy



Research shows ice sheets as large as Greenland's melted fast in a warming climate

Purdue University



The Exchange rate of Ceylon. January 1968

FOREIGN CURRENCIES IN CEYLON RUPEES

Before devaluation

COUNTRY	CURRENCY UNIT	EQUIVALENT (in Rs.)
Australia	Dollar	5.34
Belgium	Franc	0.093
Burma	Kyat	1.00
Canada	Dollar	4.4047
France	Franc	.96452
Germany	Deutsche Makr	1.19047
Hongkong	Dollar	0.833
India	Rupee	.635
Italy	Lira	.007619
Iran	Rial	.06286
Iraq	Dinar	13.3333
Japan	Yen	0.013
Malayasiya	Dollar	1.5555
Pakistan	Rupee	1.00
U. K.	Pound	13.3333
U. S. A.	Dollar	4.7619
U. S. S. R.	Rouble	1.186

Sent by Pastor Lanil Gunasekera



Man's earliest ancestors discovered in southern England

University of Portsmouth



Too Much Added Sugar Is Linked to Inflammation

Several animal studies have shown that a diet high in **added sugar** leads to obesity, insulin resistance, increased gut permeability and low-grade inflammation (5).

Human studies confirm the link between added sugar and higher inflammatory markers.

A study of 29 healthy people found that consuming only 40 grams of added sugar from just one 375-ml can of **soda** per day led to an increase in inflammatory markers, insulin resistance and LDL cholesterol. These people tended to gain more weight, too (6).

Another study in overweight and obese people found that consuming one can of regular soda daily for six months led to increased levels of uric acid, a trigger for inflammation and insulin resistance. Subjects who drank diet soda, milk or water had no increase in uric acid levels (7).

Drinking sugary drinks can spike inflammation levels. Moreover, this effect can last for a considerable amount of time.

Consuming a 50-gram dose of fructose causes a spike in inflammatory markers like C-reactive protein (CRP) just 30 minutes later. Furthermore, CRP remains high for over two hours (8).

In addition to added sugar, eating too many refined carbohydrates has also been linked to increased inflammation in humans (9, 10, 11).

In one study, eating just 50 grams of refined carbs in the form of white bread resulted in higher blood sugar levels and an increase in the inflammatory marker Nf-kB (10).

SUMMARY: Consuming too much added sugar and refined carbohydrates is linked with elevated inflammation in the body as well as insulin resistance and weight gain.

Healthline Written by **Mary Jane Brown, PhD, RD**



Trending Health News

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- ▶ [HIV Diagnoses Occurring More Quickly, CDC Says](#)



Sugar Can Enhance Alertness

Sugar is your brain's preferred fuel source -- not table sugar, but glucose, which your body processes from the sugars and carbs you eat. That's why a glass of OJ or another fruit juice can offer a short-term boost to memory, thinking, and mental ability. Have too much, though, and memory can be impaired -- along with the rest of you. Go easy on the added sugar, as it has been linked to heart disease and other conditions.

STROKE

A stroke occurs when an artery to the brain becomes blocked or ruptured, which then leads to the death of a certain area of brain tissue and its blood supply causing certain symptoms. Stroke can be classified into two types. The first type is



referred to as Ischemia or ischaemia, which is the result of blockage of an artery and the second type is referred to as hemorrhagic, which is caused due to rupture of an artery.

The signs and symptoms can occur suddenly which include muscle weakness, paralysis, severe headaches, loss of balance and co-ordination and problem with vision. Recovery of the patient depends on the amount and the location of damage, person's age and any other disorders that are already present in the body.

Improvement from stroke symptoms commonly continues for six months after a stroke. The condition in adults, who have had an ischemic stroke, becomes permanent if it is not treated for at least 12 months. But children continue to improve gradually month by month.

For people who already have other serious disorders (such as dementia), recovery is slower and in some cases, they don't show any improvement at all. Also, people who have had a stroke, the quality of life is predicted to remain poor despite treatment. For such people, care focuses on the control of pain, comfort measures, and provision of fluids and nourishment.

You can lower your odds of having a stroke by staying active and working out every day. Take a brisk walk of 30 minutes or do muscle strengthening exercises like push-ups.

Some major reasons highlighting the causes of stroke are as follows:

High blood pressure: Also known as hypertension, it's one of the major factors of strokes. If your blood pressure is typically 140/90 or higher than this figure, you should consult your doctor.

Tobacco : Smoking or chewing tobacco raises the chances of a stroke. Nicotine makes your blood pressure shoot up and smoking tobacco causes fat build up in your neck artery. This thickens your blood, making it more likely to clot.

Heart diseases: This condition includes a defective valve as well as irregular heartbeat, which are two of the major causes of strokes among elderly people. You may also have clogged arteries from fatty deposits, which cause stroke.

Diabetes: People who have high blood pressure are more likely to be obese. Obesity as well as diabetes both raise the chances of a stroke occurrence. Diabetes damages blood vessels and thus, may cause stroke. It should be noted that if you have a stroke with high blood sugar levels, the damage to your brain is also higher.

Medications: Blood thinners that are used to prevent blood clots can sometimes make a stroke occurrence more likely through bleeding. Even low dosages of estrogens in birth control pills may make your odds go up.

Age factor: Though anyone could have a stroke but your chances go up as you get older. They double every decade after the age of 55.

Family history: Stroke can run in families. You and your relatives may share a tendency to get high blood pressure or diabetes. Some strokes can result from a genetic disorder that blocks blood flow to the brain.

The F-A-S-T rule

This rule implies:

F (face): Uneven smile, facial droopiness, numbness, vision disturbance

A (arm & leg): Weakness, numbness, difficulty walking

S (speech): Slurred, inappropriate words

T (time): Realize that time is critical. If you notice any of the above symptoms, immediately rush to the hospital.

Also, it has been found that in India following diseases increases the risk of stroke by the corresponding percentage:

Obesity up to 49 per cent: Smoking up to 46 per cent (in men): Hypertension up to 40 per cent

High cholesterol up to 32 per cent: Alcohol consumption up to 22 per cent:

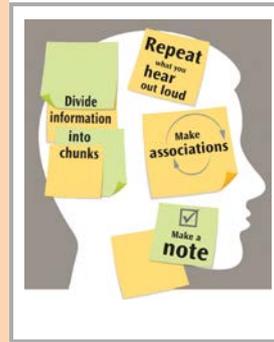
Heart diseases up to 12 per cent

Diabetes up to 12 per cent: Family history up to 8 per cent- From TOI

Today's Health Topic

4 tricks to rev up your memory

[Kangaroo film is shocking and gruesome – but is the analysis sound?](#) 



We all have moments of forgetfulness about where we put the keys, why we walked into a room, or what an object is called. Most likely, this reflects age-related changes in thinking skills. One way to stay ahead of age-related changes in thinking skills is by making the most of your brain's memory process. The following strategies may help.

[Read more »](#)



[Birth Control's Link to Breast Cancer: What You Need to Know](#)

The findings are no reason to panic, but it might be time to schedule a conversation with your OB-GYN about which birth control measure is best for you. [Read on](#) →

The Types of Heart Failure

Discover heart failure stages and types. Learn how heart failure can be treated and explore prevention tips. [Read more...](#)

Compiled, edited published by Dr Harold Gunatillake

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