



## Halgolla Plantation Home

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**For the more adventurous guests with limited hiking skills - the wonderful Boulder Path at Halgolla Plantation Home!**



## FOR ALL YOUR SANDPAPER NEEDS



# SEE DAVID OR STEVE TODAY

## Sryani wins an award at the Easter-show



Sryani Kulasuriya won the first prize on flower decorations in sugar art display at the Royal Easter Show, this year

Full story on page 2

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 people, and we expect reciprocation by reading, for health & longevity  
Circulation of this newsletter is global: 60% of our subscribers are from Australia: 30% from US: Remaining 10% from UK, NZ, Canada and others

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NOW LISTEN UP..GENTLEMEN  
I'M YOUR NEW COACH..AND I'M  
ALL FOR THE NEW CULTURE  
THE FIRST PRINCIPLE TO BE  
IF YOU EVER DO A BALLS UP  
MAKE VERY SURE..YOU DONT  
GET CAUGHT..PANTS DOWN!



*Mudiyepura*

# Dr Quintus Kalpage

## Celebrates his 89<sup>th</sup>

### Birthday with his family

DR Quintus Kalpage, after he migrated to Australia from Sri Lanka, worked as the Director of Intensive Care Unit at Ryde Hospital, and at Southland Hospital.

He is a past student of St Thomas College, Mt. Lavinia, Colombo. Studied at the University of Ceylon from 1948 till 1953

Graduated MB,BS (Ceylon) University of Ceylon 1953, FFARCS(End) 1964, FFARACS FANZCA,FACA

'Health & Views' wish him the best of health and good life for many more years. Congratulations



### Spleen: Function, Location & Problems

April 04, 2018 | Reference

The spleen is an important organ for keeping bodily fluids balanced. It is possible to live without it, but removal of the spleen has serious consequences.

[Read More](#)

## Seniors had its day



**Caring for our seniors is perhaps the greatest responsibility we have. Those who walked before us have given so much and made possible the life we all enjoy-John Hoeven**



Sri Lanka Association of NSW had its annual seniors day "Fun & Song" for a gathering of over 200 seniors, at the Dundas Community Hall, Telopia, on 8<sup>th</sup> Sunday April.

This is the annual event, though the association also organizes an 'Open Day for seniors, as a monthly event at the Leisure Centre, Warne St. Pennant Hills

Started the function with a welcome note by Navine, followed by briefing of events and a speech by the president Sam Masachchi. Consul General, Lal Wickrematunga graced the occasion, and spoke about equal opportunities Sri Lankans living in Australia. There was a magic show by Terry Fernando, and a Health talk on the "Best friends within you- referring to the microbiota" delivered by Dr Harold Gunatillake. Catering was done by Siva of 'Blue Elephant' Pennant hills.

There was an array of foods, including rice and curry. Siva always provides excellent foods and the seniors had a great feast that they really enjoyed.

There was a guest singer Indu Prematillake entertained the seniors with Sinhala songs with great rendition.

There were group singing by the seniors, Sinhalese and English songs that went into their memory lane.

Electronics and sound system was handled by Saliya Tennekoon. There were raffles, prizes and issue of certificate ceremony, and so on.

Click and enjoy the youtube produced by Dr Harold Gunatillake <https://youtu.be/34k8qjv5pis>

# Sriyani and her Sugar Art-well recognized



As a child growing up in Sri Lanka Sriyani's had a passion for Sugar Art.. Sriyani Kulasuriya, has just won first prize at the Sydney Royal Easter Show in **Sugar Art!**



She emigrated to Australia in 1984 and has been practicing her sugar art since childhood. When she was 12 her mother encouraged her to make her own birthday cakes, later cakes for family occasions but Sriyani was tempted to go further and decorate them. Always artistic, she started seeking out opportunities to develop her skills further. Sriyani completed a course on cake decorating at the Girtlyn School of cake decorating in Sri Lanka, when she was 19. Following the move to Australia she did another course and learnt about all the new products and methods that were available in her new country. She developed her skills with endless practice by making decorated cakes for her extensive network of friends and family.

In 2013 Sriyani visited England where her interest in sugar art really took off. She attended a **Cakes for Fun** course in Putney, London and completed a chocolate making course from scratch to packaging. However, sugar art won her heart and she started to do sugar art courses with experts who were flown from England and the USA to Australia. She attended workshops with Evan Jones, Jacqueline Butler, and online classes with Nicholas Lodge, Fay Cahill. All this hard work paid off when, in her first entry into the Sydney Royal Easter Show in 2015, Sriyani's work was awarded *Highly Commended*.

She then decided to do a master's course offered by Alan Dunn from England who is THE master of sugar art. Here she learnt various new techniques, details of new basic materials and the importance of closely studying flowers – stamen, petals, leaves, buds – so that her sugar art was an exact copy of the real flowers. Sriyani's winning entry was in the category entitled **Sugar Flower Arrangement with Foliage and Buds**. Since news of her win she has been overwhelmed with congratulatory telephone calls and emails. She is seriously considering giving classes in sugar art skills herself



## 6 Benefits of Reishi Mushroom (Plus Side Effects and Dosage)

The reishi mushroom is popular in Eastern medicine and claimed to have various health benefits. Here are 6 ways that it can improve your health, along with info about its side effects and dosage... [Read on](#) →



## 9 Home Remedies to Get Rid of Dandruff Naturally

Dandruff is estimated to affect up to 50% of people. While there are plenty of over-the-counter products available, these 9 home remedies for dandruff can also help you get rid of it. [Read on](#) →

## **Be Done With Rotator Cuff Pain (Shoulder Pain)**

You know all of the things you take for granted? Sadly, rotator cuffs often fall high up on that list. FYI, the rotator cuff is the muscles and tendons that help the shoulder do what it does. When it's hurt or inflamed, apply an ice pack and rest your shoulder. Drink pineapple juice or turmeric milk to decrease the inflammation naturally. Now may also be a good time to consider physical therapy or acupuncture.

[VIEW ARTICLE](#)

# California judge rules coffee firms including Starbucks must add cancer warning

Companies failed to show threat from chemical produced during roasting posed insignificant risk, judge says



A Los Angeles judge has ruled that [California](#) law requires coffee companies to carry an ominous cancer warning label because of a chemical produced in the roasting process. Elihu Berle, a superior court judge, wrote in a proposed ruling on Wednesday that [Starbucks](#) and other coffee companies failed to show that the threat from a chemical compound produced in the roasting process was insignificant.

A not-for-profit group had sued coffee roasters, distributors and retailers under a state law that requires warnings on a wide range of chemicals that can cause cancer. One of those chemicals is acrylamide, a carcinogen present in coffee.

"While plaintiff offered evidence that consumption of coffee increases the risk of harm to the fetus, to infants, to children and to adults, defendants' medical and epidemiology experts testified that they had no opinion on causation," Berle wrote.

"Defendants failed to satisfy their burden of proving by a preponderance of evidence that consumption of coffee confers a benefit to human health."

The coffee industry had claimed the chemical was present at harmless levels and should be exempt from the law because it results naturally from the cooking process necessary to make the beans flavorful.

Read more:

[California judge rules coffee must come with cancer warning](#)



*Living in style*

Catalina is a luxury over-55s residential gated community in Koggala, with members-only leisure and sporting facilities only found in exclusive country clubs.

Catalina offers the five-star luxury independent living experience for over-55s that is unique in Sri Lanka and only rarely found elsewhere in Southeast Asia and Australia.

*Your own piece of paradise*

CATALINA  
KOGGALA

Jeevan William

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## [A Cancer 'Vaccine' Cured 97% of Tumors in Mice. What's That Mean for People?](#)

See This

## Discovering SLML's treasure trove

*Kumudini Hettiarachchi finds herself face to face with a veritable world of knowledge as she steps into the Sri Lanka Medical Association's 'library' guest*



Ordinary is the door within the home of the Sri Lanka Medical Association (SLMA), Wijerama House, in Colombo 7 which gives entry to the Sri Lanka Medical Library (SLML). Walk through this door and an enthralling world of books, collected since 1844, opens up, transporting the reader to unimaginable arenas.

Floor-to-ceiling are books and journals, old and new, some leather-bound, some with hard covers, others worn-out, yellowed or dog-eared. Collector's items are aplenty, with many first editions and we blink in disbelief at a heavy tome lying before us.

Published in 1608, it is the oldest medical book in the SLML – 'Canon Medicinae' of Avicennae described as the 'Father of Early Modern Medicine'. A Persian polymath considered a great physician, astronomer, thinker and writer of the Islamic Golden Age, an internet search indicates that of the 450 works he had authored, only around 240 including 150 on philosophy, have survived.

More history flows forth as we are shown this book and that.....'Mankind considered and examined according to The Light of Nature' (1677); 'The Genuine Work of Hippocrates' translated from Greek (1849); 'Evidence as to Man's Place in Nature' by Thomas Henry Huxley (1864) with detailed sketches of skeletons; The collected works of Sir Humphry Davy; 'The life of Florence Nightingale' with a photograph of her with her two daughters believed to be one of a kind with her family; 'Medicinal Plants of Ceylon and Singhalese Medicines in English by G.W. Gabriel Gunawardana in 1917 which had been sold at Rs. 12; the Lancet Volume 1 (1823); the Ceylon Medical Journal Volume 1 (1887-8); the First Textbook of Clinical Medicine in Sinhala and much more.

Rare books on Sri Lanka include Marshall's Medical Topography of Ceylon, Tennent's Christianity in Ceylon and works of Pridham, Cordiner and Baldaeus

## AUBERGINE and the CRICKET BALL SAGA



**An Italian man robbed an egg plant to feed his children as they were hungry- in the southern region of Puglia in Italy in 2009. The courts showed no mercy and sentenced him to five months in prison and ordered that he pay a \$620 fine.**

This was a horrific sentence compared to the cricket ball that was damaged by sandpaper in South Africa - Bancroft, Smith and Warner appear to have got off lightly in the cheating saga that has had the sporting world mesmerised by pictures of sandpaper being shoved inside Bancroft's trouser. The fine imposed on these three cricketers can hardly be compared with the sentence passed on that Italian man with a hungry child! The photograph of that South African girl holding up a handwritten message said it all "BANCROFT SCRATCH YOUR OWN BALLS!"

Quintus de Zylva



## Chocolate Facts, Effects & History

Chocolate, the most popular sweet treat in the world, makes you feel good and it may be good for you, too.

[Read More](#)



## Vaginal Birth vs. C-Section: Pros & Cons

A woman can deliver her baby either by vaginal birth or a C-section. Both delivery methods have advantages and disadvantages.

[Read More](#)



## Viagra for ... Cancer Prevention? Mouse Study Has Surprising Results

The "little blue pill" could one day have a surprising use as a cancer prevention drug, early research in mice suggests.

[Read More](#)



Syphilis cases jump in Western Australia

# Have you checked your Blood Pressure recently?

By Dr Harold Gunatillake

You get high blood pressure as you get older. Being a slow process of increase, you may not have any prodromal signs, until one day you feel dizzy. Blood pressure is caused by pushing the blood from the left lower chamber of your heart against the walls of the arteries that develops a resistance due to thickening (arteriosclerosis).



As you know, your doctor will give you two readings when he checks your BP: upper pressure represents the pressure caused by the contraction of the left lower chamber of the heart (ejection pressure), and the lower reading represents the diastolic pressure due to the pressure in the arteries as the heart dilates. In healthy active situation the best readings of your BP should be-systolic 120mm and your diastolic below 80 mm. High blood pressure (hypertension) is now defined as systolic pressure more than 130mm. and your diastolic pressure is more than 80mm. When your BP is over 180/120 you might go into a crisis and end up in the ICU. If your home reading is over 140/80 you need to see your doctor soon to take measures to bring down the values to normal range.

The danger of having a sustained high systolic pressure is that the situation strains the heart due to the increased systolic pressure and may lead to heart muscle thickening (hypertrophy) and if neglected leading to heart failure which may be irreversible.

Further, symptoms with neglected high BP could be severe headaches, fatigue and tiredness at rest, vision blurring, chest pain, breathing problems, irregular pulse rates, blood in the urine, and pounding in the chest (palpitations), neck and ears. Remember with continued high BP, you damage your arterial walls, risk heart disease, chronic kidney disease and may get a stroke. If you are a diabetic, your chances of getting high blood pressure are high and you need to check your BP more frequently. There are factors that can increase your BP, and you should attempt to eradicate them: Smoking, Over-weight and obesity, lack of physical exercise, too much salt with your food, over-indulgence in alcohol consumption, aging, family history and genetics, stress at work, chronic kidney disease, and sleep apnea. Conclusions: Please check your BP at least once in six months. Eradicate all risk factors. Your doctor will give you medication for hypertension, if it cannot be brought down by correcting the factors that's causing it.

There are three kinds of medication you may get with persistent high BP. (1) Release the pressure on the heart muscle by giving calcium channel blockers to slow the heart. (2) Dilate the peripheral arteries by giving dilators. (3) control rapid heart rate by giving beta-blockers.

For older people, your doctor will prescribe medication to counteract the pressure caused by a hormone secreted in the kidneys called 'angiotensin'. Angiotensin causes contraction of blood vessels, a natural mechanism in the body to compensate blood loss resulting in low BP (hypotension). These drugs are called ACE inhibitors, (angiotensin converting enzymes), and ARB drugs (angiotensin receptor blockers). Your doctor may prescribe a diuretic to pass more urine.

This is a brief account to make you understand the significance of untreated hypertension and the classification of medications you will be prescribed for hypertension.

# The Diffusion Handbook by Michael Thambynayagam won the PROSE award in 2011

The book carries practical solutions to Diffusion-Related Problems

Michael's book won the 2011 R.R. Hawkins Award, the top prize of the Association of American Publishers' PROSE Awards, the highest recognitions in the world of professional and scholarly publishing. Michael's book also won 2011 PROSE Award for Excellence in Physical Sciences & Mathematics and the Engineering & Technology category award. Below are some photographs taken on PROSE award ceremony in 2011.



## Top Eye Conditions and Diseases

Learn the warning signs of eye conditions glaucoma, cataracts, pink eye, macular degeneration, and more. [Read more...](#)



## What Are Kidney Stones?

Kidney stones are small masses of salts and minerals that form inside the kidneys and may travel down the urinary tract. [Read more...](#)

How tattoos can hide signs of skin cancer



Should I let my kids drink fruit juice?



## Your Face: A Window Into Your Health



It's been said that the eyes are a window to the soul. Your face is also a window —by looking closely at your facial features, you can read details of your own health.

[READ MORE](#)

### [Baby boomers can reduce heart failure risk if they start exercising: research](#)

Research finds middle-aged people who are unfit can reduce or even reverse their risk of heart failure if they start exercising regularly.

[More](#) →

## The Leading Cause of Cancer Death

Lung cancer has emerged as the leading cancer killer. Learn about lung cancer symptoms and treatments.

[READ MORE](#)

## 7 Helpful Things To Know About Chemotherapy

Chemotherapy can be a journey filled with ups and downs. Read our tips on what to expect and how to handle it. [Read on](#) →

## High fibre foods | The Sunday Leader ↑

Fibre is essential for your gut movements. It is recommended that you aim for 38 grams of fibre per day, and women 25 grams per day.

## A Heart Risk Factor Even Doctors Know Little About

By ANAHAD O'CONNOR ↑

Up to one in five Americans have high levels of lipoprotein(a) in their blood, putting them at risk of heart attacks and strokes.

## Big Strides Made in Diabetes Care

This past year was a busy, productive one for diabetes research and care.

[READ MORE](#)



### 40 Years of Kindness ←

New Kadampa Tradition

453 views • 10 hours ago



## Health Benefits of Sex

Can sex improve your physical health? Discover these 18 surprising health benefits of sex. [Read more...](#)

## Could a glass of beetroot juice a day keep your waistline at bay? ↑

Scientists are studying whether consuming a glass of beetroot juice could improve your capacity to exercise.



### 8 Diabetes-Friendly Breakfast Ideas

A wholesome breakfast is especially important if you live with diabetes. Start your morning with one of these eight tasty breakfast ideas. [Read on](#) →

### How to Have a Better Sex Life

Explore new ways to spice up your sex life and learn tips for better communication, scheduling sex, and more. [Read more...](#)

### Can I avoid macular degeneration? ←

## Canola, Vegetable, Olive: Which Cooking Oil Is Healthiest?

The main types of cooking oil may seem interchangeable, but they vary in terms of nutrition and best use. Let's fire up the stove and break down the differences. [Read on](#) →

# Sivendran, the great motivator of Police rugby

Hafiz Marikar

When one talks about Sri Lanka Police Rugby what comes to mind is the past glory when they reigned supreme in the late 1970's and 1980's during which period they won the 'A' division league title in 1979, 1980, 1984, 1985, 1986, 1987, 1988, 1989 and 1991.

In particular it was during the time of S. Sivendran, the great rugby Motivator of the Police, that they won the Clifford Cup in 1972 under the leadership of Josephian Anton Benedict with recognized players of the calibre Charles Wijewardene, Bagoos Sourjah, Nimal Lewke, Hafeel Marso, Ibrahim Hamid, Abdul Majeed, Daya Jayasundara, Nizam Hajireen, Hemantha Yatawara, Ajantha Samarakoon, Nizam Jamaldeen, to name a few.

invincible

At one time the Policemen were invincible as they recruited the best players from schools. Thereafter, Police came a long way since that match winning kick of Bagoos Sourjah which brought Police into that famous 1970 cup final, where they beat the star studded CR & FC. That was the turning point of Police rugby.

The first cup winning Police team was led by Anton Benedict who later led the Havelock SC and had some of the Kandy players in his Police side, such as the brilliant wing-three-quarter Bandula Wijesinghe of (Nugawela Central College), Sam Samarasekara (Trinity and Kandy SC) P.S. "Rock: Banda of (Poramadulla Central), P.S. Kularathne (Vidyartha), Juragon Savangam (Isipatana), R.M. Lafir (Vidyartha and Kandy SC), Nimal Lewke (St. Sylvester's and Kandy SC), Daya Jayasundara (Dharmaraja and Kandy SC), Nimal Abeyasinghe (St. Annes) and S. Somachandra (Gampola Central).

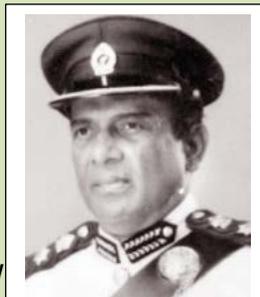
Most of these players did not play rugby for their schools but learnt the game, after joining the Police. Out of the 1972 team Nimal Lewke a Rtd. Senior DIG hit the top spot in the field and administration.

He was the Kandy Sports Club coach when they won the Triple in 1997 thereafter was the National Coach and also became the President of the Referees Society and later the SLRFU President in 2007 and 2008, AEFU President in 2007.

Sivendran's contribution towards Police rugby should be weighed in gold. Known as Subramaniam Sivendran, affectionately called "SIVA" at one time was a household name in rugby circles when the Sri Lanka Police took to rugby in the 1960's. It is said that Siva was the brains behind Police rugby when the Law enforcement officers were pitted in the "B" Division at that time their arch rivals were E.W. Balasuriya's team the Kandy Lake Club.

Later both teams graduated to the "A" division. At that time Police recruited some of the top ruggierites and Kandy Lake club got ace players like Maurice Silva, Didacus de Almeida, Carl Fernando and several others who were the country's leading players. Siva, by sheer perseverance hit the top in Asian rugby at one time, by being elected President of the Sri Lanka Rugby Referees Society.

By virtue of this appointment Siva became the President of the Asian Rugby Football Referees Society in 1990.



S. Sivendran

## Treat Athlete's Foot With Apple Cider Vinegar

So you have an anti-fungal solution, ACV, at hand. What do you do with it? You can add it to warm water (1:1) and soak your feet in. If it suits you, ceremoniously pour in some tea or throw in Epsom salts. (It's not just for effect.) You can also strap on an ACV-soaked cotton pad to the infected area using a band-aid. Applying the vinegar with tea tree oil or crushed garlic also helps.

[VIEW ARTICLE](#)

## Diabetics, also eat fiber.

We've been told to eat more fiber. Here's why you should pay heed, especially if you're diabetic! Your recommended daily dietary fiber consumption should be about 25 gms for women and 38 gms for men. It reduces insulin resistance – that translates to a lowered risk of diabetes or better management. So, stock up on insoluble fibers like whole grains, nuts, and brown rice. Also shifting to a plant-based protein diet is a better bet!

[Read More](#)



Sent by Dr Q de Zylva

[New Treatment Approved for Prostate Cancer That Resists Hormone Therapy](#)



## Treat An Itchy Scalp With Natural Remedies

Frustrating. That's what an itchy scalp feels like. And possibly even embarrassing. There may be a number of reasons for it: dandruff, psoriasis, lice, or fungal infections. Now here's your ammo to fight back – tea tree oil, neem water, honey, aloe vera gel, and turmeric paste. Some of these can be added to your shampoo, while others can be used as a pre-wash hair mask.

[VIEW ARTICLE](#)



Filming was done on our balcony Garden, in Sydney

## Health Benefits of Garden Parsley

by Harold Gunatillake



## How to Prep for a Week's Worth of Lunches w Diabetes

Seven steps to making healthy meal planning a part of your type 2 diabetes routine. [Read on](#) →

organicfacts.net



## How Coconut Oil Can be Used To Lose Weight & Belly Fat



## 5 Wonderful Benefits of Okra



## 10 Surprising Benefits of Kohlrabi



## Your Comprehensive Guide to Heart Disease and Diabetes

Find out if you're at higher risk for heart disease, get tips on lifestyle changes that can positively impact your heart health, and much more.

## Papaya-Treatment for Macular Degeneration

Macular degeneration is a disease of the eye. In this condition, the ocular cells degenerate, which results in blurred vision and can cause blindness as well. This is an age-related illness and adding papayas to the diet is beneficial for reducing the risk of developing macular degeneration. An antioxidant named beta-carotene gives papaya its orange color. Just as carrots help improve the eyesight due to the presence of beta-carotene, papayas are also known to be effective in reducing the effect of macular degeneration. According to a study published in the Archives of Ophthalmology, a consumption of 3 or more servings of this fruit on a daily basis may lower the risk of age-related macular degeneration (ARM).

Organic Facts

## 10 Amazing Eggplant Benefits



## Why I Swiped Left on Sugar

Dr. Priyanka Wali eliminated sugar from her everyday diet. Find out why she kicked the sweet stuff to the curb so emphatically.

[Read on](#) →

## Health Benefits Of Papaya

The health benefits of papaya include:

- Papaya helps in digestion
- It promotes weight loss
- It regulates menstruation
- It prevents infections
- It provides relief from a toothache
- It has anticancer properties
- It helps in skin care
- It improves heart health
- Papaya reduces the symptoms of acne and burns
- It has anti-inflammatory effects
- Papaya is good for macular degeneration
- It helps in treats constipation
- It helps prevent arthritis

Organic Facts

## Papaya Improves Immunity

Papaya consumption has also been linked an improvement in the immune system of the body. Research conducted by Hiramoto, Imao, Sato, Inoue, and Mori from Japan is a proof that the antioxidants present in papaya play an important role in improving the immunity of people.

Flowers and roots of the plant have been proven to be beneficial against jaundice, bronchitis, kidney colic, and other illnesses.

[Is red wine actually good for your heart?](#)



## Artificial pancreas technology

Probably the biggest and most anticipated news of 2017 was the rollout of the so-called artificial pancreas. Created by Medtronic, the device combines an [insulin pump](#), a continuous glucose monitor and a computer algorithm that measures blood [sugar](#) levels and then delivers [insulin](#) automatically when those levels rise. Insulin delivery is also temporarily suspended if blood [sugar](#) levels drop too low.

The device isn't completely automated yet. People with diabetes still need to know how to count the carbohydrates in their food and enter that information into their insulin pump. And the device still requires people with diabetes to check their blood sugar several times a day and enter that information into the machine -- this is known as "calibrating." The hope is that future versions of the device won't require these steps. Aaron Kowalski, chief mission officer for JDRF (formerly the Juvenile Diabetes Research Foundation), said, "We've waited a long time to see these systems come to market, and while it's not yet perfect, it has opened the door, and there's definitely a benefit."

He added that a number of other insulin pump manufacturers and independent companies are working on their own artificial pancreas systems. "Competition is really important and helps drive innovation. The next few years will hold promise," Kowalski added.

Improving heart health

[Heart disease](#) is a significant concern for people with diabetes. New research suggested that long-term use of [metformin](#) could reduce the risk of [heart disease](#) in people with [type 1 diabetes](#). Other medications have been linked to a reduced risk of [heart disease](#) in people with [type 2 diabetes](#). These include [Jardiance](#), [Invokana](#) and [Victoza](#).

"[Cardiovascular disease](#) is the most deadly and expensive complication of diabetes, and a number of recent studies have shown that certain medications also have a strong protective effect against cardiovascular disease in people at high risk for it," Cefalu said.

Medicinenet.

## Unprepared for Diabetic Emergency

When it comes to severe low blood sugar episodes, are you and first responders prepared?

[READ MORE](#)

## What's the treatment for a hamstring strain?

Luckily, minor to moderate hamstring strains usually heal on their own. You just need to give them some time. To speed the healing, you can:

In severe cases where the muscle is torn, you may need surgery. The surgeon will repair the muscles and reattach them.

- Rest the leg. Avoid putting weight on the leg as best you can. If the pain is severe, you may need crutches until it goes away. Ask your doctor or physical therapist if they're needed.
- Ice your leg to reduce pain and swelling. Do it for 20-30 minutes every three to four hours for two to three days, or until the pain is gone.
- Compress your leg. Use an elastic bandage around the leg to keep down swelling.
- Elevate your leg on a pillow when you're sitting or lying down.
- Take anti-inflammatory painkillers. Non-steroidal anti-inflammatory drugs like ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn) will help with pain and swelling. However, these drugs may have side effects, such as an increased risk of bleeding and ulcers. They should be used only short term, unless your doctor specifically says otherwise.
- Practice stretching and strengthening exercises if your doctor/physical therapist recommends them. Strengthening your hamstrings is one way to protect against hamstring strain.

WebMD

## How Diabetes Affects Driving



Low blood sugar and other problems could make you a danger to yourself and others on the road. Find out how to stay safe.



## 10 Amazing Eggplant Benefit



## Detox Your Gut With Virechana Panchakarma

When pitta toxins collect in your digestive tract, you may end up with a digestive disorder. Think constipation, indigestion, worm infections, etc. Virechana panchakarma is an intensive Ayurvedic detox procedure that removes the pitta toxins. From having ghee and a full body massage to a steam bath and laxative herbs, this process requires commitment and proper guidance.

[VIEW ARTICLE](#)

## Dietary fiber is a fighter.

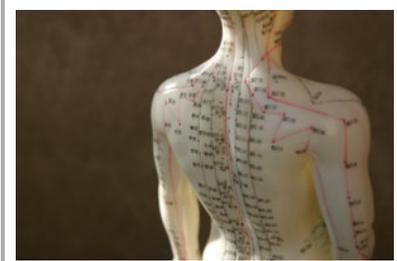
Dietary fiber is like soul food for gut bacteria. Metabolic syndrome, a cluster of problems like hypertension, high blood sugar, and high cholesterol, is an enemy. Doing the math, eating more fiber may save you from a whole list of problems, including stroke and diabetes. It worked like a charm in mice, hoping for the best in humans!

[Read More](#)

## Harvard Health Blog

## Acupuncture for headache

[Helene Langevin, MD](#), Contributor  
[Carolyn A. Bernstein, MD, FAHS](#), Contributor, Contributor



It is easy to ridicule a 2,000-year-old treatment that can seem closer to magic than to science. Indeed, from the 1970s to around 2005, the skeptic's point of view was understandable, because the scientific evidence to show that acupuncture worked, and why, was weak, and clinical trials were small and of poor quality. But things have changed since then. A lot.

[Learn more »](#)

## htShare

<https://youtu.be/8M-1MYy>  
<https://youtu.be/8M-1MYv>





## A Guide to First-Line Therapies

Not everyone with advanced breast cancer will benefit from the same treatment. Learn about the available options and which one could be the best choice for you. [Read on](#) →

## Decoding the Top Chemotherapy Regimens

Chemotherapy drugs are designed to kill cancer cells. For people with breast cancer, drugs can be combined in a regimen. Here are the most common regimens. [Read on](#) →

## Why Is Jackfruit Good for You? Nutrition, Benefits and How To Eat It



Jackfruit is a versatile tropical fruit with a sweet flavor. Here's a look at why jackfruit is healthy and how to eat it.

[READ ON](#)



### Here Are Some of the Most Common Causes of Food Poisoning

Millions of Americans deal with the misery of food poisoning each year, and a new report looks at some of the most common germs that made people sick in 2017.

[Read More](#)



### Should You Worry About Microplastics in Bottled Water?

There are some very good reasons why you shouldn't panic about a study reporting microplastics in bottled water.

[Read More](#)

### 700,000 Australians now living with cataracts

Cataracts are on the rise; could you be at risk? [Read more](#)

### Choose An Aerobic Exercise More Your Type

Aerobic exercises spell overall fitness, weight loss, and heart health. Walking can ease beginner's into a fitness routine, regardless of age or fitness level. Running and jogging are great for those in moderately good physical health, but they can be hard on your joints. If you're looking for something easier on your joints, go for a swim! You may also get grooving at a fitness dance class.

[VIEW ARTICLE](#)

## How my 'dead body' ended up on millions of cigarette packets across Europe

Tom Fraine did a couple of photo shoots in Berlin in 2012 – then four years later discovered he had become the face of EU health warnings about the dangers of smoking  
[Read more:](#)

[How my 'dead body' ended up on millions of cigarette](#)

### Overcome Peripheral Neuropathy Naturally

Peripheral neuropathy leads to all sorts of problems like pain, weakness, and poor coordination. Diabetes is a common cause, so it's important to keep your blood sugar under control. And in case you were wondering, the cigarettes and alcohol need to go. Instead, get some exercise and up your intake of vitamin B12 (eggs, milk, fish). Talk to your doctor about evening primrose oil supplements.

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I've just fitted strobe lights in the bedroom. . . . It makes my wife look like she's moving during sex

## [Non-HDL cholesterol explained](#)



Your non-HDL cholesterol result refers to your total cholesterol value minus your HDL cholesterol. When you get your blood drawn for a cholesterol test (also known as a lipid profile or lipid panel), the report usually includes four numbers: low-density lipoprotein (LDL) cholesterol; high-density lipoprotein (HDL) cholesterol; triglycerides; and total cholesterol.

## Those With 'Obesity Genes' May Gain Most From Healthy Eating

By Alan Mozes  
*HealthDay Reporter*

(HealthDay News) -- Though healthy eating is good for everyone, those who have genes that put them at high risk for obesity might benefit the most.

A new study suggests that even those who carry an inherited predisposition to pack on excess pounds are not destined to become obese. In fact, researchers say it can be avoided over time by adopting a healthy diet rich in fruits and vegetables and unencumbered by salt, sugar, alcohol and red meat.

The finding stems from a new analysis of diet, lifestyle and medical data on about 14,000 men and women that had been collected for two earlier studies.

"We found that eating healthy foods -- high intake of vegetable, fruits, whole grain, long-chain polyunsaturated fatty acids, and low intakes of trans fat, fried foods and sugary drinks -- lowers the risk of obesity and promotes weight loss for all populations," said study author Dr. Lu Qi.



ARTICLE

### Those With 'Obesity Genes' May Gain Most From Healthy Eating

Researchers say obesity can be avoided over time by using this type of diet.

## Surprising Granola Benefits

Granola is an extremely popular breakfast and snack [food](#) with a wealth of health benefits, including its ability to lower cholesterol, regulate [digestion](#), aid in weight [loss](#) attempts, improve your [heart](#) health, increase energy, prevent [anemia](#), and promote proper organ function. Intake of granola also helps to lower blood pressure, increase cognitive activity, improve [skin](#) quality, build stronger bones, manage [diabetes](#), stimulate new tissue and hormonal growth, and even prevent [cancer](#).

### [About Granola](#)

### [Nutritional Value of Granola](#)

### [Health Benefits of Granola](#)

- [Improved Digestion](#)
- [Weight Loss](#)
- [Reduced Cholesterol](#)
- [Boosted Energy Levels](#)
- [Cancer Prevention](#)
- [Prevention of Anemia](#)
- [Boosted Cognitive Function](#)
- [Skin Care](#)
- [Regulated Blood Sugar](#)



### About Granola

Granola is traditionally composed of rolled oats, which are oat groats that have been pressed flat and lightly steamed, as well as [honey](#), [nuts](#), and puffed [rice](#). The entire mixture is baked until crispy and can then be taken anywhere quite conveniently for an energy-boosting snack. Most commonly, granola is regularly used by people on-the-go, as well as by hikers, campers, and outdoor-oriented people who won't have a refrigerator for their [food](#) and don't want to worry about crushing anything that they plan to eat.

When eaten at home, granola is often combined with [yogurt](#), honey, [strawberries](#), [bananas](#), and other types of fruit, or mixed in with other [cereals](#) to boost their nutritive value. It developed in a number of ways, both in the United States and Australia. It has seen surges and declines in popularity over the years, but the advent of the "granola bar" was when it truly hit the mainstream around the world. It is now widely used because of its undeniable health benefits, convenience, delicious taste, and versatility in various meals.

### Nutritional Value Of Granola

The long list of health benefits [commonly attributed](#) to granola is mainly due to its content of [vitamins](#), [minerals](#), and other essential nutrients, including, but not limited to, dietary [fibers](#), [sodium](#), [potassium](#), [zinc](#), [phosphorus](#), [magnesium](#), [calcium](#), [vitamin-E](#), [vitamin C](#), [niacin](#), vitamin E, [iron](#), and thiamin.



## Build Muscle to increase metabolism

Your body constantly burns calories, even when you're doing nothing. This resting metabolic rate is much higher in people with more muscle. Every pound of muscle uses about 6 calories a day just to sustain itself, while each pound of fat burns only 2 calories daily. That small difference can add up over time. After a session of strength training, muscles are activated all over your body, raising your average daily



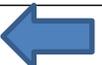
## Step Up Your Workout

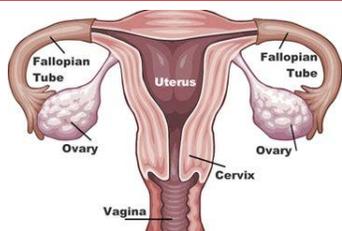
Aerobic exercise may not build big muscles, but it can rev up your metabolism in the hours after a workout. The key is to push yourself. High-intensity exercise delivers a bigger, longer rise in resting metabolic rate than low- or moderate-intensity workouts. To get the benefits, try a more intense class at the gym or include short bursts of jogging during your regular walk WebMD

[What Might Make Prostate Cancer's Return More Likely?](#)



[Bronchitis Types and Triggers](#)





## What Is Ovulation?

Ovulation occurs when an egg moves from the ovaries into the fallopian tubes and is ready for fertilization.

[Read More](#)

## What's really going on inside the brain of a baby



Stages of early childhood brain development. [Read more](#)

## Healthy poo

A healthy digestive system is the basis of good health. So, what does your poo say about you? [Read more](#)

## Acne: fact or fiction?

We clear up some common myths surrounding acne. [Read more](#)



## Fuel Up With Water to improve metabolism

Your body needs water to process calories. If you are even mildly dehydrated, your metabolism may slow down. In one study, adults who drank eight or more glasses of water a day burned more calories than those who drank four. To stay hydrated, drink a glass of water or other unsweetened beverage before every meal and snack. Also, snack on fresh fruits and

## Sweet Potato Fries Recipe

Satisfy your chip craving with this healthy alternative. [Read more](#)



## You're Thirsty, and You Have to Go

Thirst and frequent urination are two classic diabetes signs caused by too much sugar in your blood. As your kidneys work harder to filter out the sugar, they also pull more fluids from your tissues, which is why you have to go to the bathroom more often than usual. Thirst is your body's way of telling you it needs to replenish the liquids it's losing. If you don't drink



## Help or Hype?

A relative of ginger, this vivid yellow-orange spice is common in Indian, Southeast Asian, and Middle Eastern cooking. It's also been used as medicine in places like India for centuries to treat issues such as breathing problems. Lately, turmeric has been touted as a super food that can fight cancer, ease depression, and more. Find out what turmeric can -- and can't -- do for your health.

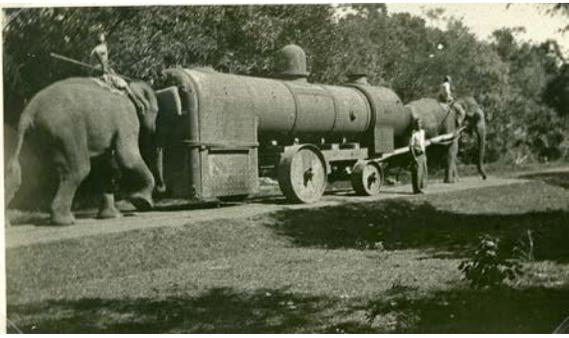
WebMD



## Depression

Several compounds in turmeric may support your health. The most well-known of these is curcumin. Scientists are excited about curcumin's potential to ease depression and help antidepressants work better. But so far, research results have been mixed.

**Type 2 Diabetes:** Because curcumin can help fight inflammation and keep blood sugar levels steady, it could be a useful tool to prevent or treat type 2 diabetes. One study followed 240 adults with prediabetes and found that taking a curcumin supplement over 9 months lowered their odds of developing diabetes. Research is ongoing, but a lot of the studies so far have been on animals, not people.



This old photo is the 'road version' of push and pull, as takes place on the Kadugannawa incline, where one loco pushed and another pulled.

In this photo one elephant pushes and another pulls an old steam boiler, to be used in the construction of the new Trincomallee railway line in the 1920's.

Photo courtesy of the Bodger family, former GMR, CGR, mid 1940's.

## Can Probiotics Help My Psoriasis?

Recent research suggests that taking probiotics may help calm your psoriasis outbreaks and keep your skin clearer for longer. Here's what you need to know

[. Read on](#) →



## Bloating

You may have a full, bloated feeling because of your diet or even stress. But if it doesn't get better or you also have fatigue, weight loss, or back pain, have it checked out. Constant bloating in women may be a sign of ovarian cancer. Your doctor can do a pelvic exam to look for the cause.

## What's a Ketogenic Diet?



from protein and fat and less from carbohydrates. You cut back most on the carbs that are easy to digest, like sugar, soda, pastries, and white bread.

### How It Works

When you eat less than 50 grams of carbs a day, your body eventually runs out of fuel (blood sugar) it can use quickly. This typically takes 3 to 4 days. Then you'll start to break down protein and fat for energy, which can make you lose weight. This is called ketosis.

### Who Uses It?

People use a ketogenic diet most often to lose weight, but it can help manage certain medical conditions, like epilepsy, too. It also may help people with heart disease, certain brain diseases, and even acne, but there needs to be more research in those areas. Talk with your doctor first to find out if it's safe for you to try a ketogenic diet, especially if you have type 1 diabetes.

## Nagging Cough

If you don't smoke, there's very little chance a nagging cough is a sign of cancer. Usually, it's caused by postnasal drip, asthma, acid reflux, or an infection. But if yours doesn't go away or you cough up blood -- especially if you are a smoker -- see your doctor. She may test mucus from your lungs or do a chest X-ray to check for lung cancer.

## Weight Loss

A ketogenic diet may help you lose more weight in the first 3 to 6 months than some other diets. This may be because it takes more calories to change fat into energy than it does to change carbs into energy. It's also possible that a high-fat, high-protein diet satisfies you more, so you eat less, but that hasn't been proved yet.

## Cancer

Insulin is a hormone that lets your body use or store sugar as fuel. Ketogenic diets make you burn through this fuel quickly, so you don't need to store it. This means your body needs -- and makes -- less insulin. Those lower levels may help protect you against some kinds of cancer or even slow the growth of cancer cells. More research is needed on this, though.

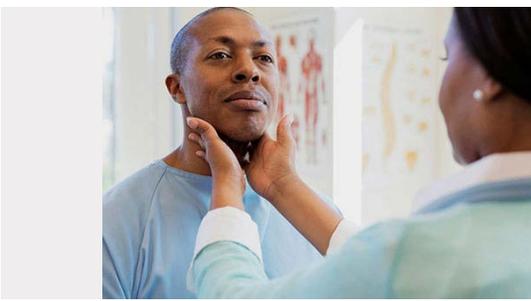
## Heart Disease

It seems strange that a diet that calls for more fat can raise "good" cholesterol and lower "bad" cholesterol, but ketogenic diets are linked to just that. It may be because the lower levels of insulin that result from these diets can stop your body from making more cholesterol. That means you're less likely to have high blood pressure, hardened arteries, heart failure, and other heart conditions.

## Why Is Alzheimer's So Hard to Fight?

Experts now wonder if Alzheimer's research has been heading down the wrong path.

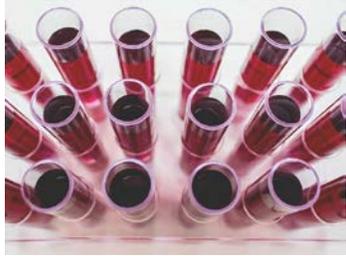
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## Swollen Lymph Nodes

You have these small, bean-shaped glands in your neck, armpits, and other places in your body. When they're swollen, it often means you're fighting an infection like a cold or strep throat. Some cancers like lymphoma and leukemia can also cause this kind of swelling. Talk to your doctor to pinpoint the cause.

WJLMD



### New Blood Test Can Cut Heart Attack Diagnosis Time in Half

A more sensitive test is now being used to look for evidence that a person has had a heart attack. However, experts do have a few words of caution. [Read on](#) →

## The Harm of Added Sugar

Is sugar always bad? Not necessarily. Many healthy foods contain naturally-occurring sugar, including fruits, some vegetables, milk, and whole-grain foods. Sugar is recognized by the FDA as a nutrient. The problems start when you consider how much sugar is found in the average Western diet. When you eat too much added sugar (and most Americans do), it becomes difficult to include enough fiber, vitamins, and other essential nutrients to your diet while retaining a healthy weight

If you look at the nutrition labels of your favorite foods, you can find how many grams of sugar are lie within. But currently you cannot tell whether that sugar comes from a natural source such as dried fruit, or if it has been sneaked in with the rest of the ingredients later. This will change in 2020 when new nutrition labels will be required, but for now, you have to read the ingredients list carefully. In general, you should choose foods that have added sugar sources like cane sugar, honey, dextrose, and high fructose corn syrup low on the ingredient list.

Medicine.Net

## Want to Lower Your Risk of Heart Disease? Eat More Bananas

New research indicates that food rich in potassium can reduce the chances of vascular calcification and aortic stiffness. ↑



## Fighting Cancer Isn't Always Hope and Pretty Ribbons, and That's OK

As a society, we expect too much from people fighting cancer. We need them to be strong, upbeat, and positive. We need to stop.

[Read on](#) →

## Is Extra Sugar Hiding In Your Food?

Is sugar always bad? Not necessarily. Many healthy foods contain naturally-occurring sugar, including fruits, some vegetables, milk, and whole-grain foods.

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### Today's Health Topic

## Factors that increase your risk for a secondary cancer



Several factors can make you more likely to develop a secondary cancer. Some are under your control. Others aren't. It's important for you to discuss your risks with your doctor and find out what you can do to lower your odds of developing cancer again. Equally important, discuss how often you need to get screened, so you can catch any new cancers early.

**Family history.** When you have multiple close relatives who all developed a particular cancer, that's a very strong indication that your family carries a genetic susceptibility. Though you can't change your genes, you can get tested for genetic changes that are associated with increased cancer risk and — if you are at higher risk — be screened for those cancers and take other preventive measures.

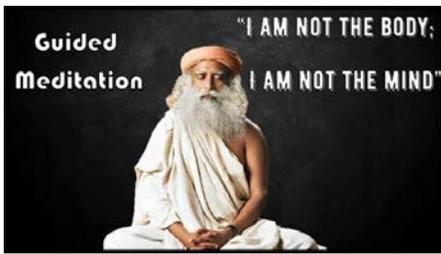
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### Are Artificial Sweeteners Safe?

What are the different types of artificial sweeteners? Are there any safety concerns with artificial sweeteners?

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Swarnavahini TV



## More Restrictions on Imodium

People are using high doses of the drug Imodium (loperamide) to get high or ease withdrawal.

## Do Omega-3 Supplements Really Cut Heart Attack Risk?

By Rachael Rettner, For people at high risk of heart disease, taking omega-3 fatty acid supplements does not appear to reduce the risk of heart attacks or strokes, a new review study finds. Previous research has found that people who regularly consume fish — which contain high levels of omega-3 fatty acids — have a lower risk of death from heart disease. But other studies that looked at whether taking omega-3 fatty acid supplements could lower the risk of heart disease or stroke have had mixed results. Some found that taking these supplements, sometimes called fish oil supplements, lowers the risk of death from heart disease, while other studies have found no benefit.



A Watch That Can Detect Irregular Heartbeats

Tests done on the Apple Watch indicate the device can detect atrial fibrillation early, potentially reducing the risk of stroke. [Read on](#) →

### Everything You Need to Know About the Flu

The flu and common cold may seem very similar at first. Here's what you need to know to correctly identify the flu and get the treatment you need.

[Read on](#) →

### Analysis: For non-coeliacs, a gluten-free diet is a waste of time — and money

For people without coeliac disease, there's no evidence to support claims a strict gluten-free diet is beneficial. In fact, the opposite may be true.



## Lungs: Facts, Function and Diseases

Lungs are an important part of the respiratory system. Adults take 15 to 20 breaths a minute, which comes to around 20,000 breaths a day.

[Read More](#)

## Double check your sushi and sashimi.

A man in California recently contracted a fish tapeworm from one of his regular sushi lunches. Most countries have strict regulations concerning the consumption of raw fish – inspections, deep freezing, the works – but the odd one may slip through. If you're pregnant or have an autoimmune condition, it's just not worth the risk. Skip the spicy tuna roll.

[Read More](#)

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