

Health & Views

[The Abundant Health Benefits Of Carrot Juice](#) ↑

December 2018

3rd issue

<https://youtu.be/kOaPBuoWqXw> ←

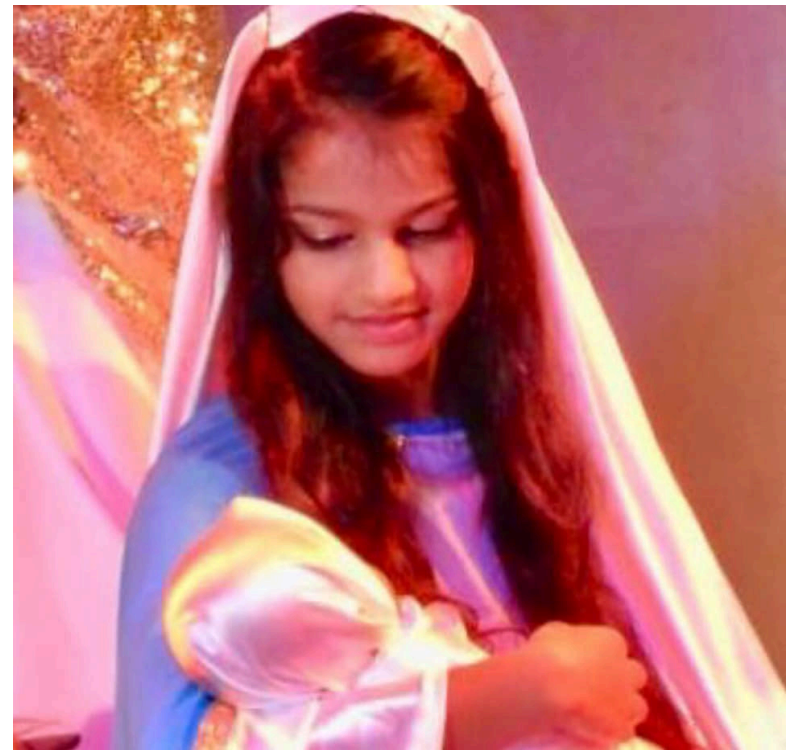
<https://www.youtube.com/watch?v=u62uYEssk7o> ↑

<https://youtu.be/hFzmhvrXCkA> ←

Christmas Celebration at the CIS (Colombo International School) in Kandy



Merry Christmas to all our precious readers



[Einstein's Famous "God Letter" Is Up for Auction](#) ↑



A Face from the Bible May Appear in This Tiny Sculpture

June 07, 2018 | Article

Archaeologists aren't sure which biblical king is being depicted in this miniature sculpture found in ancient Israel.

[Read More](#)

[20 best Christmas party recipes: part 4](#) ↑

[Perth company gains global recognition for 'revolutionary' new cancer technology](#) ↑

Hi Harold

My 1st Aussie pen-pal (Claire), during our pre-teens, was a recipient of this email sent out by me. She loved it so much that she responded with a ----Yummm. This made my taste buds tingle...interesting article too Dallas...especially on the burgher's leaving Ceylon.

I had saved it in a special area to read later when I had some free time, so her comments made me open it straight away to discover, surprise surprise, that I was being featured. Thanks mate.

Your valuable info needs to be updated a bit though because 'La festiva' has since been sold and a new Vegan place called "Veggie Bowl" has taken over and become quite popular.

There's a new Hopper group in Melbourne called "Crunchy Hoppers" and they are amazing. Heaps BETTER than FAB. Their hoppers stay 'crispy' and don't flop as most of the others. They do quite a few home visits and charge \$7 per person for UNLIMITED egg hoppers and UNLIMITED plain hoppers but their minimum order is 25 persons. They don't provide curries etc. Have used them several times and they are easily the best. Check them out on Facebook and also www.crunchyhoppers.com.au

Eateries like Kites (5 minutes from my home) give them Friday nights exclusive from 6 pm to 9 pm and they are packed every week. I just order takeaway as I am unlikely to get a seat at their tables.

Kites by the way, run by a lovely Sri Lankan Malay couple - Tariq and Zeenath Usman provide great food. Their Malay Beef Curry is the "closest" ever to my late wife's brilliant curries and my fridge is always stocked with it. If ever you & your wife are in Melbourne I will be happy to shout you a meal there. You will never be disappointed.

Cheers mate and keep doing what you do. God will always look after you as he has done for me. My philosophy is "Knowledge blessed" is LOST, if not shared, because we CANNOT "TAKE IT" with us when we depart this world.

May God bless you and your loved ones for all the knowledge you are sharing.

Cheers

Dallas

Dallas Achilles

[View this email in your browser](#)



https://gallery.mailchimp.com/3bea046bd8680837e8404fbad/files/386982fd-7a37-4654-a6d1-ff6f5b018e43/Why_is_Melbourne_called_2017_07_19_04_37_36_UTC_.pdf



We are extremely proud of

our VACD Children:

It is imperative that children with disabilities are provided with the right infrastructure, facilities, coaching and training in music, dance, painting, sports, computer literacy, numeracy, life skills etc. so that they can live independent and fulfilling lives and excel in their special gifts and talents.

We are extremely delighted that our VACD children who having recently shone in sports at a district, provincial and national level have now excelled in various disciplines at the 2018 Art Festival Competition held in the Badulla district that was conducted by the Department of Social Services and won awards at the Uva provincial level.



Above Left: Boys folk dance: Awiska Imesh, A Sujidaran, Danushka Pradeep Kumara, Tharidu Prabodh & Prasad Malinga – 2nd place at the Uva Provincial level.

Above right: Girls Modern creative dance: Thakshila Dilrukshi, Imasha Semini, P Thathshine, Indusarani Imasha & R Thirisha – 3rd place at the Provincial level.

Many thanks, best wishes and warm regards....

Felix

Felix Stephen

Chairman of the Board of Directors - VACD Ltd. Sydney

– Australia - <http://www.vacd.org.au/>

Member of the Advisory Board – VACD USA –

<http://www.vacdusa.org/>

Member of the Advisory Board – VACD Sri Lanka

Senior Associate – Cognoscenti Group – Sydney –

Australia- <http://www.cognoscenti.global/>

Consultant - Investment Committee - Lonsec - Sydney –

Australia - <https://www.lonsec.com.au/>

Member of Investment Committee - Arrive Wealth

Management - Brisbane – Australia -

United Nations International Day for People with Disabilities

was commemorated for the second consecutive year by VACD Sri on Sunday, 2nd December with a procession across the Bandarawela township that started at the VACD centre in the morning, led by the smartly attired college band from St Joseph's College Bandarawela (Thank you!) and made its way along the main street to conclude at the Vishaka Vidyalaya grounds around mid-day.



A sincere 'Thank you' to the organisers and all who participated at this event on the day, including the Sri Lanka Police, St John's Ambulance personnel, parents, families and staff and students from local schools.

This was an opportunity to generate local community and public awareness of the plight of children with disabilities and the work VACD does to uplift their lives and those of their families.

How can you be part of our mission and help our children and their families?

There are three specific areas that need your sponsorship and support:

1. Family Assistance Program (FAP) - A\$ 20 or equivalent per month;
2. Educational Assistance Program (EAP) - A\$ 20 or equivalent per month;
3. Nutrition Program Initiative (NPI) - Flexible

Please reach out to us at: fstephen@bigpond.net.au should you decide to support/sponsor all or any of these initiatives

How Jesus Died: Rare Evidence of Roman Crucifixion Found



How Jesus Died: Rare Evidence of Roman Crucifixion Found

The body of a man buried in northern Italy 2,000 years ago shows signs that he died after being nailed to a wooden cross.

[Read More](#)

Are apples good for diabetes?

By Jon Johnson

Apples are a nutritious snack, but are the sugars and carbohydrates in an apple good or bad for blood sugar and insulin levels if a person has diabetes?

According to the [American Diabetes Association](#), although they contain sugars and [carbohydrates](#), eating apples and other fruit is not a problem for a person with either [type 1 diabetes](#) or [type 2 diabetes](#).

Apples contain a different kind of sugar to foods with added sugar, and they also contain fiber and nutrients. A person with [diabetes](#) should be aware of how apples affect them in order to include this fruit in a diabetes-healthy diet.

Read more

[Are apples good for diabetes?](#)



Lignans



When you eat flaxseeds, sesame seeds, whole grains, beans, and berries, your body converts the lignans in them into compounds that behave like estrogen, which may block the natural hormone. Lignans are being studied because they might play a role in preventing illnesses like heart disease and endometrial cancer.[medicine.net](#)

cucurmin



This gives the spice turmeric its deep yellow-orange hue. Common in Indian, Middle Eastern, and Southeast Asian dishes, turmeric is trendy with health-conscious Americans, showing up on menus at juice bars and coffeehouses. It may protect against type 2 diabetes, cut inflammation, and fight depression, but seasoning a meal won't give you enough to be effective. And taking it as a supplement could change how some prescription drugs work.
[Medicine.net](#)

But stay away from...

As you consider eating more of the foods that can help dial down cholesterol, keep in mind that avoiding certain foods can also improve your results. To keep cholesterol levels where you want them to be, limit intake of: **Saturated fats.** The saturated fats found in red meat, milk and other dairy foods, and coconut and palm oils directly boost LDL. So one way to lower your LDL is to cut back on saturated fat. Try substituting extra-lean ground beef for regular; low-fat or skim milk for whole milk; olive oil or a vegetable-oil margarine for butter; baked fish or chicken for fried.

Trans fats. Trans fats are a byproduct of the chemical reaction that turns liquid vegetable oil into solid margarine or shortening and that prevents liquid vegetable oils from turning rancid. Trans fats boost LDL as much as saturated fats do. They also lower protective HDL, rev up inflammation, and increase the tendency for blood clots to form inside blood vessels. Although trans fats were once ubiquitous in prepared foods, many companies now use trans-free alternatives. Some restaurants and fast-food chains have yet to make the switch.

Resveratrol



It's been studied for nearly 30 years. Scientists used to think this is what made red wine good for your heart, but that doesn't seem to have held up. We still have a lot to learn about this compound in grapes, some berries, and -- surprise! -- peanuts, but it has shown promise as a possible cancer fighter and brain booster.

[Medicine.net](#)

Additional News from Harvard Health Publishing

[Is my urinary difficulty a normal part of aging?](#)

[Daytime sleepiness may indicate a higher risk for Alzheimer's disease](#)

[Angioplasty without overnight hospital stay is safe and saves money](#)



[ELanka - Community Website portal for "The SriLankan Down Under"](#)



December 15 at 9:23 AM

Satan's request to Gabriel.

Angel Gabriel came to the Lord and said ... "I have to talk to You. We have some Lankan politicians up here in Heaven and they are causing problems. They're swinging on the Pearly Gates, my passport is missing, they are wearing gold rings on almost all fingers and many of them are wearing Franck Muller Aeternitas Mega wrist watches on their hands. They are driving around in Lamborghinis, Mercedes and BMWs -- instead of walking like every body else in Heaven. They're selling their new car permits they brought here, to others at discounted prices. They refuse to keep the stairway to Heaven clear, by crouching down midway, eating egg hoppers and pittu and drinking tea. Some of them are even walking around with just half a wing!"

The Lord said, "Lankan politicians are Lankans politicians as their parental homes were never like this ! Heaven is home to all my children. If you want to know about real problems, give Satan a call."

Satan answered Angel Gabriel's phone call. 'Hello? Damn it -, hold on a minute.' -- Satan returned to the phone, 'OK I'm back. What can I do for you, Gabby ?"

Gabriel: "I just wanted to know what kind of problems you're having down there."

Satan: "Hold on again. ... I need to check ."

5 minutes later, Satan is back on the phone: "I'm back. Now was the question about problems? ... Man I don't believe this! ... Hold on again."

This time Satan was gone at least 15 minutes. He returned and said, "I'm sorry Gaby, I can't talk right now. These Lankan buggers are trying to install air conditioning, and making Hell a comfortable place to live in, by putting out the fire. Fire is there to keep them uncomfortably hot! Since they are so tech-savvy, they were trying to start a telephone and an IT connection between Heaven and Hell between ME and GOD! I am having such a hard time controlling and dealing with these sh-ts!

Some were also trying to start fast food outlets, spas and massage clinics, bookie joints and kassippu dens, which I had to put a stop to. OH, GABBY, PLEASE , PLEASE arrange for them to return to Earth and to Sri Lanka as soon as possible, for re-birth".

Sent by Max <maxymail@bigpond.com>



What's Behind 'Weeping' Virgin Mary Statues?

July 23, 2018 | Article

To understand why a weeping statue would be religiously meaningful, it's first important to appreciate the connection between miracles and the Virgin Mary.

[Read More](#)



Is the Internet Changing the Way People Feel About Religion?

January 16, 2018 | Article

Does more Internet mean less God? Probably not — but it might mean less church.

[Read More](#)

What Drives Religious Belief? It's Not Intuition

November 11, 2017 | Article

Is religious belief driven by the heart or the head — that is, is it intuition or reason that explains why people believe in god or gods? The answer may be neither: A new study finds that cultural upbringing may explain religious creed.

[Read More](#)



Miss Philippines Catriona Gray bags Miss Universe 2018 title



Miss Philippines Catriona Gray won the top spot at the Miss Universe 2018 pageant

Pain Management: All About CBD Oil

It's short for cannabidiol, and it's a natural compound found in both marijuana and hemp plants. There's some evidence that it helps treat pain, seizures, and other health problems.

[READ MORE](#)



SLIDESHOW

What High Blood Pressure Does to Your Body

Arteries should be sturdy, springy, and smooth to move blood easily from your lungs and heart to your organs and tissues. [Read more...](#)



ARTICLE

What Is Chronic Fatigue Syndrome (CFS)?

There are two criteria that both define and diagnose CFS. The patient must have both of the following criteria... [Read more...](#)



[Alternative Therapies in Health & Medicine](#)



Are Angels Real?

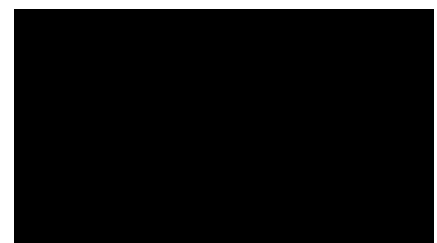
About 70 percent of Americans believe in these messengers from God.

[Read More](#)



Sri Lankan Association OF NSW - Seniors' function 2017 March

423 views 1 year ago



2:08:18

Sequence 01 6

[Harold Gunatillake](#)

183 views 3 years ago



Christmas Story

Look at any nativity scene, and you'll likely see one set of characters that doesn't seem to fit in the barn: the Wise Men. We've become used to them, but if you look at the scene closely, they appear out of place with their fancy clothes and special gifts.



But to me, they're the most fascinating people in the Christmas story. We don't know much about them. We don't know who they are or where they are from. The Bible calls them "magi." Magi were a combination of philosophers, scientists, and astronomers. They were quite wealthy and well educated. But that's really all we know about them.

But we know they were wise. In fact, we can learn a lot from the wisdom they display in the Christmas story.

Among other lessons from the Wise Men, we learn to be seekers of the truth. Wise people aren't happy with guesses or speculation. They want to know the truth about God, their past, and their future. The Wise Men asked, "Where is the baby who was born to be the king of the Jews?" (Matthew 2:2a NCV)

The Wise Men were seeking Jesus. Wise men and women still seek Jesus today.

There are two kinds of people in life when it comes to truth: speculators and seekers. Speculators make guesses about the truth. Speculators think they know what God is like.

Speculators love to argue and discuss God, but they're just guessing — because they don't really want to know the truth. They only want to talk about him.

On the other hand, God loves those who take the time to find the truth. Seekers do four things:

- They ask questions.
- They study.
- They watch what is happening around them.
- They do whatever it takes to find answers.

They seek after Jesus with all they have. God loves seekers. The Bible tells us, "But if from there you seek the LORD your God, you will find him if you seek him with all your heart and with all your soul" (Deuteronomy 4:29 NIV).

If you are genuinely serious about discovering the truth, you can't miss it.

God won't let you.

Ps. Lanil Gunasekara
The Living Way Church



How to beat Christmas stress

[Find out](#)



Ten tips for healthy festive eating

[Read more](#)

What Is The Nordic Diet?

The Nordic countries include Denmark, Finland, Norway, Iceland, Sweden, and Greenland. The 'Nordic diet' is based on their traditional ways of eating.

[READ MORE](#)

COPD (Chronic Obstructive Pulmonary Disease)

Risk factors for COPD are smoking tobacco, secondhand smoke, air pollution, alpha-1 antitrypsin deficiency. [Read more...](#)



SLIDESHOW

Common Cause of Back Pain

Low back pain that radiates to the hip, buttock, and down a lower extremity. [Read more...](#)

[Have Heart Failure? Flu Shot May Save Your Life](#)



Keto, Mediterranean or Vegan: Which Diet Is Best for the Heart?

How do these three diets stack up against each other when it comes to heart health? [Read More](#)

[Studies Highlight Risks of Red Meat-Rich Diet](#)



Warning Signs of Alzheimer's

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

[READ MORE](#)

What Causes Itching?

Find out what may be causing your itchy skin. Explore symptoms, causes, home remedies, and treatments for itching. [Read more...](#)



[Animals Can Help Us Rediscover Our Nutritional Wisdom](#)



15 Foods That Naturally Clear Your Arteries

Actively



How ancient viruses got cannabis high

University of Toronto



Hidden history of Rome revealed under world's first cathedral

Newcastle University



We Could Spray Cheap Chemicals in the Air to Slow Climate Change. Should We?

November 28, 2018 | Article

A new paper reveals that it would cost less to slow climate change than it would to fix New York City's subway system.

[Read More](#)



What Are Amphetamines?

November 28, 2018 | Reference

Amphetamines are powerful central nervous system stimulants derived from the ephedra plant. They're used to treat disorders such as ADHD, narcolepsy and obesity. However, they can also be highly addictive and have harmful side effects.

[Read More](#)



Earliest Depiction of Jesus Christ in Israel Discovered. Here's What It Shows.

Emma Maayan-Fanar was looking for shade from the desert sun when she saw the face of Jesus.

[Read More](#)



What Is Lithium?

October 23, 2018 | Reference

Lithium is a metal used in manufacturing, electronics and mental health.

[Read More](#)

[The Hippies Were Right: It's All about Vibrations, Man!](#)



[Cheers for Metacognition](#)



Delhi-NCR air pollution level today: AQI still at 'Very Unhealthy' level, respiratory problems on the rise



New Delhi: The Delhi Air Quality Index refused to come to satisfactory levels as the AQI on Wednesday, November 14 (Children's Day) was 359, placing Delhi-NCR's air in 'Very Poor' category. Moreover, this kind of polluted air would surely result in respiratory illness upon prolonged exposure.

The National Green Tribunal (NGT) had on Tuesday hit out at the state and centre for failing to control the situation and said that it was a state of health emergency in the national capital. Meanwhile, the political blame game continued with leaders blaming other states and similar external factors for the dipping of air quality.

On Tuesday, a Supreme Court judge, Justice Arun Mishra, had summed up the grave situation in Delhi saying, "What is happening in Delhi? So much pollution. People couldn't get out of their houses. I am an early riser and go for a morning walk, but I cannot do it due to pollution."

The Delhi Air Quality Index (AQI) was mostly in 'very unhealthy' and 'unhealthy' range across the city. The AQI at Anand Vihar at 7:00 AM was 173 while the AQI at New Delhi US Embassy hovered at 240. The AQI at Delhi Technical University (DTU) was also in 'unhealthy' category.

Some areas of the national capital showed a better AQI than yesterday owing to slight drizzles in the city which helped curb the PM10 pollutants.

What causes bad breath?

And most importantly how to prevent and treat it.

[Read more](#)

[Anemia Warning Signs](#)



[Melbourne researchers flag potential for new hearing loss treatment using nanoparticles](#)

By [Jessica Longbottom](#)



Melbourne researchers say they have come up with a treatment using nanoparticles for hearing loss that could potentially replace hearing aids for millions of people worldwide.

Prostate Cancer or Enlarged Prostate?

These two prostate conditions can cause some symptoms that mimic each others.

[VIEW SLIDESHOW](#)



[Every five minutes someone in Australia develops diabetes. Are you at risk?](#)

ABC Health & Wellbeing



By health reporter [Olivia Willis](#) Type 2 diabetes is the fastest growing chronic condition in Australia. The good news is that it is largely preventable. Here's what you need to know.

How to Identify Neck Cancer

Did you know that smoking and drinking may up head and neck cancer risk by 100 times?

[TAKE THE QUIZ](#)

https://youtu.be/zOjxlv_ji_E



[Does Turkey Really Make You Sleepy?](#)



The drowsiness we experience after a hearty Thanksgiving meal is usually blamed on the amino acid tryptophan, which turkey supposedly has an extra helping of. Or does it? *Scientific American* editor Ferris Jabr investigates.

This is amazing. Watch it

<https://www.youtube.com/watch?v=vgcgf6EdXNw&feature=share>

There's a Message from God in our DNA. This is Amazing!



Fish, Fish Oil, and Vitamin D

Can fish, fish oil, and vitamin D reduce your risk of a heart attack?

[READ MORE](#)

Taking blood pressure in *both* arms may reveal a higher heart attack risk.

TRUE: You should measure blood pressure in both arms. A difference of 10 points or more means a 38% greater chance of having a heart attack — something you should talk to your doctor about.

Harvard medical school

Coated aspirin is *better* if you are taking it daily for your heart.

FALSE: If you're taking daily aspirin for your heart, don't use coated aspirin. It won't protect your stomach AND not all the aspirin will get into your blood stream. You're better off with chewable "baby aspirin."

Harvard Medical School

Foods That Are Rich in Potassium

Having the right amount of potassium in your diet is good for your muscles and nerves. Here's where to find it.

[Read More >](#)

[Could It Be Pancreatic Cancer?](#) ↑

14 Reasons to Eat More Pasta

Pasta may seem like a guilty pleasure, but it can be healthy -- and even help you lose weight.

[Read More >](#)

[Magnesium and Protein Synthesis](#) ↑

Sometimes you have to admit it's time to retire.



[Ayurvedic Herbs](#) ←

Why Heart Disease Is Different for Women

It's the most common serious health issue among both men and women in the U.S., but it doesn't affect them the same way.

[Read More >](#)

Can 1 Energy Drink Harm Blood Vessels?

Caffeine-laden energy drinks are popular, but they might make your blood vessels less efficient.

[Read More >](#)



Cardio fitness, your heart rate and what to aim for during exercise

ABC Health & Wellbeing ↑

By health reporter [Olivia Willis](#)
Your heart rate can provide an indication of your overall fitness. But what determines the speed of your heartbeat, and what should you aim for during exercise?

Reducing Your AFib Risk

Don't ignore the warning signs. AFib alone raises stroke risk. Eat a heart-healthy diet.

[VIEW](#)

[SLIDESHOW](#)

Multiculturalism.

A very modern & noble concept indeed
But does it meet with the intended good deed
Or is it another grandiose concept to heed
And just another “name-brand” to satisfy the Politicians need

Multiculturalism appears to be the creation of another breed
And appears to lead to a “Polarised” route
Like oil & water, the mix do not really appear to blend
Except with the use of “Constitutional Rights” to reach its intent

Only the related “Festive” activities boosts its image upfront
With the potpourri of culinary delights that appeases many alright
But is the imposition of this culture through conviction or coerced?
A question that has to be thought of in depth and with foresight

In whichever way or whatever way it gives one a deeper insight
Into the cultures & customs of other lands and ethnic breed
Giving us all a feeling of understanding each other and erasing the guilt

To remind us as God’s creations regardless of class, colour, and religious concept
Noor Rahim

Symptoms of Stomach Ulcers

By age 60, about half of all people have been infected by the germ that causes ulcers. Here's what you should watch for.

[Read More >](#)

FEATURED

Vitamin D Deficiency and Treatment

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

[READ MORE](#)



QUIZ

The Fruit With the Most Antioxidants

Answer questions to find out which fruit ranks number one in antioxidant activity and learn about the most abundant antioxidants in your body. [Read more...](#)

Spinal Stimulator Implant Gives Paralytic Patients a Chance to Regain Movement



Can Your Heart Be Too Big?

A heart that's bigger than it should be is called an enlarged heart. Find out if it's safe, and other facts about heart health.

[Read More >](#)

Cottage cheese as late night snack can boost health

Guilty about your late night snacking habit that leads to weight gain? Switching to a protein-filled snack like cottage cheese can help you to have a positive effect on muscle quality, metabolism and overall health, say researchers. The study found that consuming 30 grams of protein about 30 minutes before bed appears to have a positive effect on muscle quality, metabolism and overall health.

Opinion: Why do vegans have such bad reputations?

More and more people are adopting plant-based diets, but also seemingly on the rise is resentment towards vegans and vegetarian, writes Tani Khara.



Immunotherapy: A New Direction in Cancer Treatment

Home Remedies for Asthma

Mrs Chen is 80 years old. She holds up her new Bible and cries.

"I have been a Christian for 14 years but I have never had a Bible before. Today I received my very first Bible." 2,700* Chinese Christians come to faith each day. But 70% of these believers are part of the rural poor with many living on less than \$1.30 a day.

Buying a Bible is often impossible.

For the last three decades Bible Society has been supporting the Church in China, as they legally distribute Bibles through local churches, an avenue that remains open to this day.

Please help the Church to continue to print and distribute

Bibles in China to meet the growing need. Can your

community help us now while the door is open?

There are up to 100 million Christians in China, based on unofficial estimates, and this is growing rapidly. With such tremendous numbers there is a desperate need for trained pastors. On a national average, there is only one ordained pastor to a staggering 6,700 believers.

Please help us support the pastors of the Chinese Church so that the truth of God's word can continue to be taught.

Bible Society Australia is partnering with other Bible Societies to help print 2 million Bibles for China this year, to equip pastors and leaders of the Church in China.



\$120

could help supply urgently needed paper for 60 Bibles.



\$465

could help 15 seminary students learn from a Bible scholar.

The door is open and the opportunity is ours ... The time is now.

"So the word of the Lord continued to increase and prevailed mightily." Acts 19:20

[Donate Now](#)

With every blessing,

Greg Clarke
CEO Bible Society Australia



Bill Hayden, former governor-general and hostile atheist, explains why he decided to be baptised



Bill Hayden was known for being a vocal and even hostile atheist, so imagine the surprise when he decided to be baptised last month at the age of 85.



How ethanol (alcohol you drink) is metabolised

- Ethanol is primarily broken down, or metabolised, in your liver through two chemical reactions
- In the first step, an enzyme called alcohol dehydrogenase metabolises ethanol to a harmful molecule called acetaldehyde
- A second enzyme, aldehyde dehydrogenase, then metabolises acetaldehyde to acetate, a short chain fatty acid that's innocuous in low doses
- Both reactions also produce nicotinamide adenine dinucleotide, also known as NADH
- NADH interferes with your body's glucose control and, among other effects, is why drinking can make you hungry



Why do my hangovers feel worse as I get older?

Ten years ago, Belinda Smith could bounce out of bed the morning after a big night, but now she can barely function. Is this a product of age — or is it all in her head?



LIFE IS AN INCREDIBLE SHOW

You can have flaws, be anxious, and even be angry, but do not forget that your life is the greatest enterprise in the world. Only you can stop it from going bust. Many appreciate you, admire you and love you. Remember that to be happy is not to have a sky without a storm, a road without accidents, work without fatigue, relationships without disappointments. To be happy is to find strength in forgiveness, hope in battles, security in the stage of fear, love in discord. It is not only to enjoy the smile, but also to reflect on the sadness. It is not only to celebrate the successes, but to learn lessons from the failures. It is not only to feel happy with the applause, but to be happy in anonymity. Being happy is not a fatality of destiny, but an achievement for those who can travel within themselves. To be happy is to stop feeling like a victim and become your destiny's author. It is to cross deserts, yet to be able to find an oasis in the depths of our soul. It is to thank God for every morning, for the miracle of life. Being happy is not being afraid of your own feelings. It's to be able to talk about you. It is having the courage to hear a "no". It is confidence in the face of criticism, even when unjustified. It is to kiss your children, pamper your parents, to live poetic moments with friends, even when they hurt us. To be happy is to let live the creature that lives in each of us, free, joyful and simple. It is to have maturity to be able to say: "I made mistakes". It is to have the courage to say "I am sorry". It is to have the sensitivity to say, "I need you". It is to have the ability to say "I love you". May your life become a garden of opportunities for happiness ... That in spring may it be a lover of joy. In winter a lover of wisdom. And when you make a mistake, start all over again. For only then will you be in love with life. You will find that to be happy is not to have a perfect life. But use the tears to irrigate tolerance. Use your losses to train patience. Use your mistakes to sculptor serenity. Use pain to plaster pleasure. Use obstacles to open windows of intelligence. Never give up Never give up on people who love you. Never give up on happiness, for life is an incredible show.

(Pope Francis).

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.
James1: 2-4

Viking History: Facts & Myths

By Ryan Goodrich



'Calling of Vikings,' by Viktor Vasnetsov, early 1900s

Credit: [WikiPaintings](#)

The Vikings were a seafaring people from the late eighth to early 11th century who established a name for themselves as traders, explorers and warriors. They discovered the Americas long before Columbus and could be found as far east as the distant reaches of Russia.

While these people are often attributed as savages raiding the more civilized nations for treasure and women, the motives and culture of the Viking people are much more diverse. These raiders also facilitated many changes throughout the lands from economics to warfare.

[Viking History: Facts & Myths](#)

Modern perception of Vikings often cast these historic people as savage raiders with horned helmets. In truth, the Scandinavian people were much more diverse in their motives and intentions.

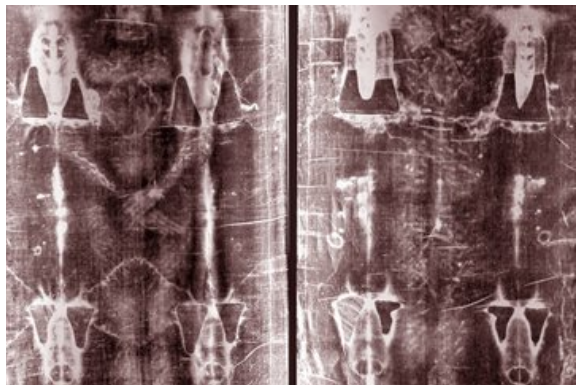
[Read More](#)

Best and Worst Indian Dishes on the Menu

When those aromatic spices are calling your name, make sure you know which dishes give you a nutritional boost and which you should avoid.

[Read More](#) >





Shroud of Turin Is a Fake, Bloodstains Suggest

July 18, 2018 | Article

Jesus' crucified body did not make the bloodstains seen on this holy cloth, scientists find.

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A new meta-analysis finds it might, especially for women.

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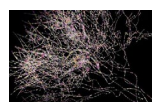


[Turkey & Squash Soup](#)

This Southwestern-inspired turkey-and-squash soup gets a little kick from crushed red pepper and some zing from fresh lime juice. You can use leftover turkey (instead of the cutlets); dice it and add a few minutes before serving.

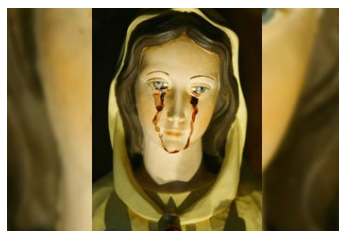
Recipe From [EatingWell.com](#)

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COGNITION

[Prehistoric Viruses and the Function of the Brain](#)



What's Behind 'Weeping' Virgin Mary Statues?

To understand why a weeping statue would be religiously meaningful, it's first important to appreciate the connection between miracles and the Virgin Mary.

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WHY:

Why do men's clothes have buttons on the right while women's clothes have buttons on the left?

BECAUSE:

When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! And that's where women's buttons have remained since

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Fermented foods for better gut health

[Kelly Bilodeau](#) Executive Editor, *Harvard Women's Health Watch*



Naturally fermented foods are getting a lot of attention from health experts these days because they may help strengthen your gut microbiome—the 100 trillion or so bacteria and microorganisms that live in your digestive tract. Researchers are beginning to link these tiny creatures to all sorts of health conditions from obesity to neurodegenerative diseases.

Fermented foods are preserved using an age-old process that not only boosts the food's shelf life and nutritional value, but can give your body a dose of healthy probiotics, which are live microorganisms crucial to healthy digestion, says Dr. David S. Ludwig, a professor of nutrition at the Harvard School of Public Health.

Not all fermented foods are created equal

The foods that give your body **beneficial probiotics** are those fermented using natural processes and containing probiotics. Live cultures are found in not only yogurt and a yogurt-like drink called kefir, but also in Korean pickled vegetables called kimchi, sauerkraut, and in some pickles. The jars of pickles you can buy off the shelf at the supermarket are sometimes pickled using vinegar and not the natural fermentation process using live organisms, which means they don't contain probiotics. To ensure the fermented foods you choose do contain probiotics, look for the words "naturally fermented" on the label, and when you open the jar look for telltale bubbles in the liquid, which signal that live organisms are inside the jar, says Dr. Ludwig.

Try making your own naturally fermented foods

Below is a recipe from the book *Always Delicious* by Dr. Ludwig and Dawn Ludwig that can help get you started.

Spicy pickled vegetables (escabeche)

These spicy pickles are reminiscent of the Mediterranean and Latin American culinary technique known as escabeche. This recipe leaves out the sugar. Traditionally, the larger vegetables would be lightly cooked before pickling, but we prefer to use a quick fermentation method and leave the vegetables a bit crisp instead.

2 cups filtered water

1 to 1-1/4 tablespoons sea salt

2 tablespoons apple cider vinegar

1 jalapeño or a few small hot chiles (or to taste), sliced

1 large carrot cut into 1/4-inch-thick rounds or diagonal slices

1 to 2 cups chopped cauliflower or small cauliflower florets

3 small stalks celery (use only small inner stalks from the heart), cut into 1-inch-long sticks

1 bay leaf

1 cabbage leaf, rinsed

Warm the water (no need to boil). Stir in the sea salt until it dissolves completely. Set aside to cool (use this time to cut the vegetables). Add the vinegar just before using. The brine can be made ahead of time and stored in a sealed glass jar on the counter to use when ready to pickle.

Set a quart-size canning jar in the sink and fill it with boiling water to sterilize. Empty the jar and tightly pack the vegetables and bay leaf inside to within 1 to 2 inches from the top of the jar. Pour the brine over the vegetables to fill the jar to within 1 inch from the top. Wedge the cabbage leaf over the top of the vegetables and tuck it around the edges to hold the vegetables beneath the liquid.

Set jar on the counter and cover with a fermentation lid. (Alternatively, use a standard lid and loosen it a bit each day for the first few days, then every other day, to allow gasses to escape.) Let pickle for three to five days, depending on the indoor temperature. Check the taste after a couple of days, using clean utensils. Vegetables will pickle faster in warmer climates. Make sure the vegetables stay packed beneath the level of the liquid and add salted water (2 teaspoons sea salt dissolved in 1 cup warm filtered water) as needed.

When the vegetables are pickled to your liking, seal the jar with a regular lid and refrigerate. Vegetables will continue to slowly pickle in the refrigerator. They will keep for about one month. Taste for saltiness before serving and, if desired, rinse gently to remove excess salt.

Surprising Benefits Of Argan Oil For Skin

Using [argan oil](#) for [skin](#) is an amazing natural remedy that can beautify your face and skin and protect your largest organ's health in many ways.

Argan Oil

Benefits of Argan Oil for Skin

- Moisturizer
- Nighttime Oil
- Dry Skin
- Anti-Aging
- Skin Toner & Lightener
- Stretch Marks Prevention
- Immune System
- Protects Against UV Rays
- Immune System
- Treats Eczema
- Fights Acne & Oily Skin
- Foot Treatment
- Nail & Cuticle Treatment
- Remove Dead Skin Cells
- Razor Bumps & Burn Treatment
- Natural Lip Conditioner

How to Use Argan Oil for Skin?

References

Comments

Argan Oil

Argan oil is a plant oil extracted or distilled from the kernels of the argan plant, which is native to the North African region. This oil is commonly used as a topping for different salads and other dishes, such as bread or pasta. However, this oil has also been found to have many active ingredients and [1] compounds, such as [vitamin E](#), carotenes, fatty acids, polyphenolic compounds, vanillic acid, and catechins, among others. It is often called the miracle oil or liquid gold. This density of antioxidant compounds makes this oil extremely useful in natural health remedies, specifically on the face and skin.

Note: In most cases, using argan oil for the face is entirely safe, provided you use it responsibly and in moderation.



Know the Limits

Before you start a petition to replace the office water cooler with a beer keg, let's be clear: Alcohol is only healthy in smaller amounts - - about 1 drink a day for women (5 ounces of wine, 12 ounces of beer, or 1.5 ounces of liquor) and 2 for men. After that, the benefits get hazier and the risks increase.



Helps Your Heart

If you're in good shape, moderate drinking makes you 25% to 40% less likely to have a heart attack, stroke, or hardened arteries. This may be in part because small amounts of alcohol can raise your HDL ("good" cholesterol) levels. Heavy drinking, on the other hand, boosts your risk of heart disease.



Prevents Kidney Stones

Regular moderate drinkers are less likely to get kidney stones -- 41% less likely for those who drink beer, 33% for wine drinkers. Part of the reason may be that alcohol, like caffeine in coffee and tea, makes you pee more often. That helps clear out the tiny crystals that form stones. Drink too much, though, and you can get dehydrated, and that increases your risk of kidney stones along with other health problems.



Gets You More Active

Moderate drinkers are far more likely to exercise than people who don't drink. And they may even get more healthy effects from it. On the flip side, the more you exercise, the more likely you are to drink now and then. Scientists don't know exactly where this link comes from



Makes You More Social

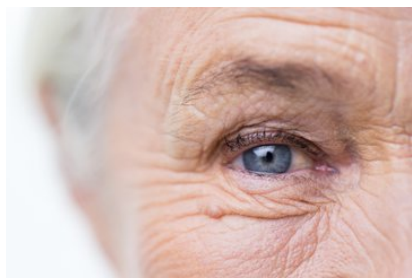
Good friends are good for you. And people who have a drink or two together -- rather than, say, sodas -- are likely to spend more time talking. They're also more likely to share smiles and keep everyone involved in the conversation. But don't overdo it -- it's called *happy hour* for a reason.



Could God Help You Live Longer?

Being religious may come with a longevity boost, a new study suggests.

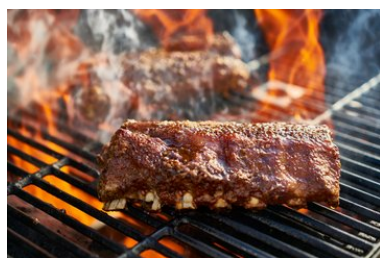
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Have Humans Reached Their Limit on Life Span? These Researchers Say No.

As Lindsay Lohan once said, "The limit does not exist."

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Could God Help You Live Longer?

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Do Coffee Drinkers Really Fall into 3 Groups?

A new report divides coffee lovers into three groups depending on how their bodies respond to caffeine, but does science really support this conclusion?

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Warning Signs of COPD

The first symptoms of this lung disease may be mistakenly chalked up to "getting old." Here's what you ought to know.

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Hope you enjoyed reading this Christmas issue

Compiled, edited published by Dr Harold Gunatillake

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