



Can You Feel It if Your Blood Pressure Is Too High?



Don't let the early campaigning fool you



Political junkies have been looking out for signs that Scott Morrison will call an early election, but his trip to Fiji sends a different message.

Pill testing at festivals

The Royal Australasian College of Physicians joined the Australian Medical Association, the Royal Australian College of General Practitioners as well as the former Australian Federal Police commissioner Mick Palmer in calling for pill testing to be allowed at festivals.

There have been five deaths from suspected drug overdoses at music festivals in NSW since the middle of September.

60-SECOND SCIENCE

Inhaled RNA Might Help Heal Cystic Fibrosis



15 Gray Hair Causes and Fixes

Graying hair is a normal part of aging, but why does hair turn gray? Your risk of going gray increases 10 to 20 percent every decade after the age of 30.

[READ MORE](#)

Footage reveals Prince Philip had crash in 1964 while driving Queen



Visceral fat, is the most dangerous kind of fat you carry in your body wrapping around major organs, including your liver, pancreas, and kidneys. This fat not only disrupts the functions of these organs, but also secrete hormones called cytokines that damages your heart.

Carrying such fat in your belly carries a risk of getting a heart attack anytime, so exercise daily (10,000 steps), enjoy a low- calorie low carbs and low-fat diet.

Please take this advice seriously, after all you have your loved ones who care for you.-Ed

Sri Lanka's Independence Day is celebrated on 4th of February to commemorate its internal political independence from British rule on that day in 1948

Wishing for peace and prosperity for the country.

A SPECIAL COMMEMORATE EDITION OF THE "HEALTH & VIEWS" WILL BE RELEASED AFTER THE 4th Feb.

Foods That Are Good Sources of Water

Drinking liquids isn't the only way to get your 8 glasses in -- these foods can help you out.

[Read More >](#)

Which Has More Sugar: Ketchup or Mustard?

How about dried cranberries or gummy bears?

[Read More >](#)



SLIDESHOW

The Elimination Diet

More research is needed, but this diet has been used as a possible way to diagnose and treat many different conditions. [Read more...](#)

Saving sight: Using AI to diagnose diabetic eye disease

Researchers use artificial intelligence to support instant diagnosis of a top cause of blindness, diabetes-related eye disease

RMIT UNIVERSITY

Researchers have used artificial intelligence to support the instant diagnosis of one of the top causes of blindness, diabetes-related eye disease, in its earliest stages.

Diabetic retinopathy is the leading cause of vision loss in adults* and its impact is growing worldwide, with 191 million people set to be affected by 2030**.

There are no early-stage symptoms and the disease may already be advanced by the time people start losing their sight. Early diagnosis and treatment can make a dramatic difference to how much vision a patient retains.

Saving sight: Using AI to diagnose diabetic eye disease



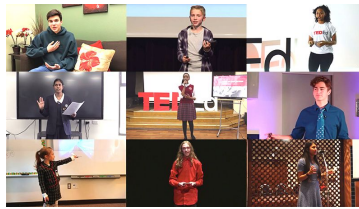
The Truth About Type 1 Diabetes

Find out how it's similar to type 2, even though it has a very different cause.

[Read More >](#)



.Senior's Day, monthly event organized by the Sri Lankan Association of NSW. This video is from the event on 8th January 2019



[Creating space for student ideas: a look back at 2018](#)



Black Seed Oil-Fights Inflammation

Black seed oil has been in use for thousands of years for medicine, food, and even cosmetics. Today, many people reach for it for the same reason you'd take an aspirin or ibuprofen: It helps that it targets inflammation and tamps it down. It also has substances that can help protect cells from damage. WebMD

Acne

If Cleopatra had pimples, she probably dabbed on black seed oil to clear them up. For centuries it's been used to treat rashes, psoriasis, and skin inflammation. Studies suggest that black seed oil may work just as well as benzoyl for acne.

In the Kitchen

The seeds from *N. sativa* go by the names black seeds, black cumin, black caraway, and kalonji. You can use them or their oil like cumin or oregano to spice curry dishes, pickles, and bread. WebMD



Digestive Distress: Problem Foods to Avoid

Find out which foods can trigger digestive problems. Know which foods to avoid and see healthier alternatives. [Read more...](#)

[Now, an app that brings throat cancer patients' voice back](#)

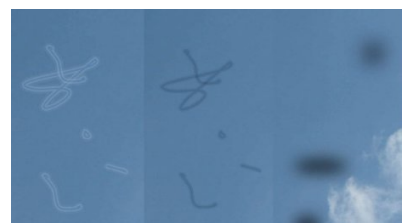


The app was developed for patients set to lose their voice due to a laryngectomy, or removal of the larynx, a procedure for advanced stages of throat cancer. The technology uses recordings of a patient's voice to create synthetic speech. But patients usually have little time or energy to do the recordings in the wake of a diagnosis requiring swift treatment.

[Have you noticed these strange little cobwebs in your eye?](#)



They are called eye floaters and are quite common for most people due to changes in the vitreous — the gel-like substance that helps make up most of the shape of your eye. Here's why.



Rethink Your Drink



Whether it's a latte, a regular soda, a mug of beer, or a glass of wine, it's got calories. And when you're trying to unwind the numbers on the scale, water (or a smaller glass of your favorite beverage) might be a better choice. If you drink alcohol, remember that it just might make you throw your willpower out the window when you order your meal, too.

Medicine.net

[Life expectancy for stage 3 breast cancer](#)

Many factors influence a person's life expectancy after a stage 3 breast cancer diagnosis, including age, sex, and response to treatment. In this article, learn more about survival rates, treatment, and remission.



10 Health Benefits Of Bay Leaves That Keep Diseases At Bay

You might know bay leaves as a flavor in Asian dishes. It's a refreshing and aromatic herb. But several people are unaware that bay leaf is incredible for your health as well. Bay leaf aka bay-laurel comes from the family lauraceae...

[READ MORE](#)

Good advice by Dr. Harold Do you know the effect of Coffee you drink daily?

Most of us drink coffee without being mindful of drinking coffee, instead whilst occupied with some other work, such as reading a book, being social and chatting in company, or even may be working with your computer you keep sipping your coffee.

If you are mindful of drinking your cup of coffee, you relax more, enjoy the flavour with a contented feeling with every sip.

Now, how do we define 'mindfulne...
[Continue Reading](#)

[What to know about the anti-smooth muscle antibody test](#)

When a person has a liver condition, their body produces high levels of anti-smooth muscle antibodies (ASMA). Doctors check for these antibodies using the ASMA blood test. Learn more here.

[Is Greek yogurt good for you?](#)

Greek yogurt is a popular addition to a healthful breakfast and other meals. In this article, learn about the health benefits of Greek yogurt, such as improving bone and gut health.



[Moderate Drinking May Benefit Heart Failure Patients](#)

By NICHOLAS BAKALAR
After a diagnosis of heart failure, moderate drinkers tended to live longer than those who drank more heavily or didn't drink at all.

[Home remedies and lifestyle tips for reducing acid reflux](#)

Acid reflux is very common and occurs when stomach acid flows back up into the food pipe, where it causes heartburn. Home remedies and lifestyle tips that can reduce or prevent acid reflux include losing weight, keeping a food diary, eating regular meals, and raising the head of the bed. Learn more here

[What is an estradiol test and why is it used?](#)

Estradiol is a form of the hormone estrogen, which plays a role in many aspects of growth and development. Doctors can measure estradiol levels with a blood test and may request one if they suspect any problems with sexual development or fertility. Learn more about the test's uses here, and what the results may mean.

[What is the link between psoriatic arthritis and gluten?](#)

Psoriatic arthritis (PsA) causes painful, swollen joints. In people with celiac disease (CD), eating gluten can trigger diarrhea and other digestive symptoms. Research suggests that these two conditions often occur together and that following a gluten-free diet may relieve symptoms of both. Learn more here.

[How insufficient carbs affect the gut microbiota](#)

Researchers use an artificial intestine to simulate and examine the effects of two different diets on the composition of gut bacteria.

[WELLNESS Can You Have Too Much "Good" \(HDL\) Cholesterol?](#)

[A Novel Way to Fight Drug-Resistant Bacteria](#)



Beef

If you're a meat lover, beef is a great way to get some iron. Grill 6 ounces of sirloin steak for a meal that serves up 3.2 grams of this important mineral. How much iron do you need each day? It depends on your age and sex. Men need 8 milligrams (mg). Women should get 18 mg up to age 50, but only 8 after that. If you're pregnant, you need as much as 27. WebMD

12 Foods to Eat for More Iron



It's no surprise that beef is a good source -- but did you know you can also get iron from spinach, eggs, and even syrup and dark chocolate?

[Read More >](#)

Plant Hallucinogen Holds Hope for Diabetes Treatment



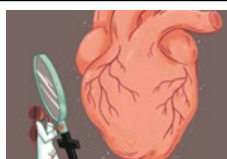
Poultry

What if you don't eat red meat? Don't worry. Poultry is a good source of iron, too. Try turkey, chicken, or duck. A 3-ounce serving of duck has 2.3 mg of iron. The same amount of chicken or turkey gives you 1 mg.



Erectile Dysfunction: A Warning Sign for Which Disease?

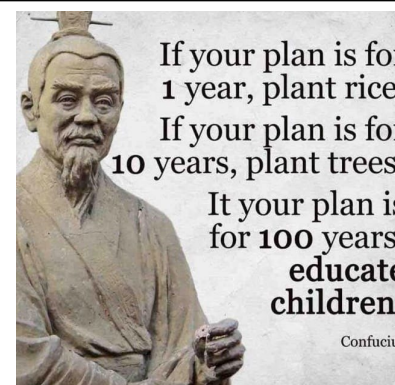
Answer questions to learn about erectile dysfunction causes, symptoms, treatments, remedies, and other facts. [Read more...](#)



THE BODY



What Ails a Woman's Heart



As men age they tend to gain weight, with much of it settling in the middle. Often referred to as a "beer belly," a widening waist, especially over 40 inches, can raise the risk of heart disease. However, proper diet and exercise can help reduce the waistline, and the risk for related health problems. WebMD

Is veganism a healthy diet?

Ally Lims, Nutritional Therapist & Health Coach, Vegan, Food Blogger

I am a nutritional therapist and I can confirm that a vegan diet is probably the healthiest diet out there, if done right. You can be a vegan and eat like crap, and you can be an omnivore and eat like crap. You just need to eat healthy real food, regardless of you are a vegetarian or an omnivore.

It is really easy to obtain all the nutrients needed from a vegan diet. Protein is a non issue (the animals you eat -cows, chickens, lambs- actually get their protein from plants), vitamins and minerals are way more abundant in plants, as well as fibre (meat does not have ANY fibre at all). The only supplement you need as a vegan is B12, which you need to take a supplement for. Nowadays because of factory farming, all animals are injected with B12 (as they do not have access to soil, and if they do, it is extremely depleted of microorganisms, i.e. B12) so either you get it through an animal or directly from a supplement.

Dairy, meat and eggs have actually been linked to the three main causes of deaths in the US, unlike vegetables. We are so brainwashed that we even feel compelled to wonder whether a diet comprised of vegetables, fruits, grains, beans, nuts, seeds etc is healthy. Of course it is healthy! The main medical organisations have admitted that veganism is indeed a healthy diet and it is recommended for people of all ages, children and pregnant women. Yeah, you have to make sure you get all your nutrients but you also have to do that on an omni diet.

Popular noodles brand has poisonous lead in it! Presence of toxin admitted during SC hearing

Mirror Now

Updated Jan 03, 2019 | 18:14 IST | Mirror Now Digital

In a major setback for FMCG giant Nestle, the company admitted to presence of lead in its popular noodles and the Supreme Court has observed why any amount of lead should be present in the first place.



The SC judge asked the Nestle counsel why should he eat noodles with any lead content when it was argued that the content of highly toxic

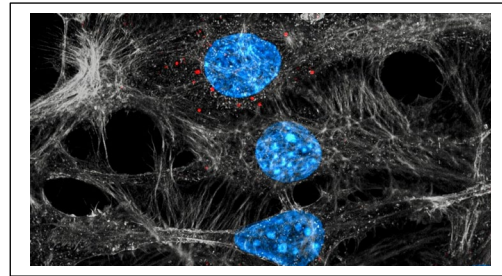
lead was within 'permissible' limits. | Photo Credit: BCCL

New Delhi: In a major setback to Nestle, the company admitted to the presence of lead in its popular FMCG product of popular noodles. The Supreme Court on Thursday was given this admittance by the lawyers of the company as the case was being heard.

The court hearing was a clear indication that the Government vs Nestle debate was again ignited after the safety of the immensely popular noodles was questioned. The Supreme Court has revived action suit against Nestle initiated by NCDRC for lead content in Maggi.

Earlier in 2017, a huge stash of tonnes of the product was destroyed because it failed the health safety norms. Moreover, the government has moved a class action against Nestle seeking damages of Rs 640 crore.

Tumors backfire on chemotherapy



Some patients with breast cancer receive chemotherapy before the tumor is removed with surgery. This approach, called 'neoadjuvant' therapy, helps to reduce the size of the tumor to facilitate breast-conserving surgery, and can even eradicate the tumor, leaving few or no cancerous cells for the surgeon to remove. In those cases, the patients are very likely to remain cancer-free for life after surgery.

But not all tumors shrink under chemotherapy. If the tumor resists neoadjuvant therapy, there can be a higher risk of developing metastatic disease, meaning that the tumor will recur in other organs, such as bones or lungs. This could be due to cancerous cells that resist chemotherapy and spread to other organs while the primary tumor is being treated. - Read more

Tumors backfire on chemotherapy

Could this widely used food additive cause celiac disease?

Research suggests that celiac disease could be caused by a bacterial enzyme used to manufacture sausages, cheese, bread and other processed foods.

Myths about gluten are hard to bust. Intolerance, allergy, sensitivity, hypersensitivity. What is what?

Celiac disease is none of these things. It is an autoimmune disorder, where gluten triggers the immune system to attack the gut. It is common, lifelong, and can seriously harm health - but nobody knows for sure what causes it. Now a review in *Frontiers in Pediatrics* says a common food additive could both cause and trigger these autoimmune attacks, and calls for warnings on food labels pending further tests.

Environment causes celiac disease - but only in susceptible individuals

Gluten-free diets have become popular despite little or no evidence of benefit for most people. But for the 1 in 100 with celiac disease, even a mouthful of bread can trigger an immune response that damages the small intestine, impairing nutrient absorption.

Exactly what causes this autoimmune reaction to gluten - a protein found in wheat, rye and barley - is uncertain. Specific mutations in an important immunity-related gene called HLA-DQ seem to be necessary for developing celiac disease, with one of two HLA-DQ variants present in virtually every sufferer - but insufficient, as these variants are also present in about 30% of the general population.

Read more

Could this widely used food additive cause celiac disease?

Your diet is not only what you eat. It is what you watch, what you listen to, what you read, the people you hang around... be mindful of the things you put into your body emotionally, spiritually and physically.

A 'bran' new way to preserve healthy food with natural ingredients



IMAGE: The various stages of processing rye, from berries to alkylresorcinols (top left to bottom right): rye berries, rye chops (coarsely ground rye berries), rye bran, and alkylresorcinols (extracted and purified... [view more](#))

Credit: Ben Chrisfield

A natural antioxidant found in grain bran could preserve food longer and replace synthetic antioxidants currently used by the food industry, according to researchers at Penn State.

"Currently, there's a big push within the food industry to replace synthetic ingredients with natural alternatives, and this is being driven by consumers," said Andrew S. Elder, doctoral candidate in food science. "Consumers want clean labels -- they want synthetic chemical-sounding ingredients removed because of the fact that they don't recognize them, and that some of them (the ingredients) have purported toxicity."

Read more

A 'bran' new way to preserve healthy food with natural ingredients

Please make your young people read this.....

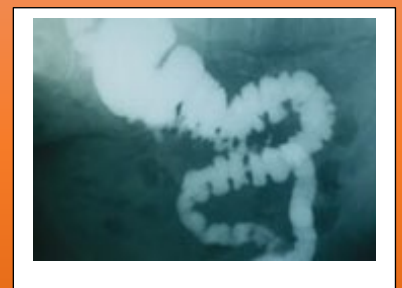
Staying healthy in your 20s is strongly associated with a lower risk for heart disease in middle age, [according to research from Northwestern University](#). That study showed that most people who adopted five healthy habits in their 20s – a lean body mass index, moderate alcohol consumption, no smoking, a healthy diet and regular physical activity – stayed healthy well into middle age.

ASK WELL

Can I Ever Recover From Diverticulitis?

By RICHARD KLASCO, M.D.

Whether you have complications or a recurrence depends on the severity of your disease.



The immune system's fountain of youth

Helping the immune system clear away old cells in aging mice helped restore youthful characteristics

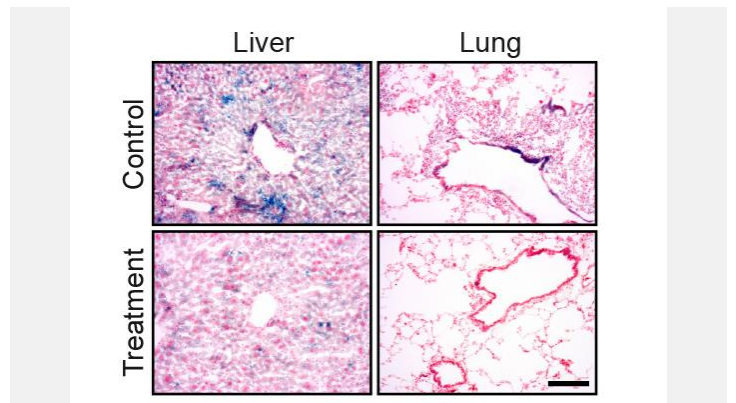


IMAGE: Drug treatment eliminates senescent cells from tissues of old mice. The blue staining shows senescent cells in lung and liver tissue. The amount of the staining is significantly reduced following... [view more](#)

Credit: Weizmann Institute of Science

If only we could keep our bodies young, healthy and energetic, even as we attain the wisdom of our years. New research at the Weizmann Institute of Science suggests this dream could be at least partly obtainable in the future. The results of this research, led by Prof. Valery Krizhanovsky and Dr. Yossi Ovadya in the Molecular Cell Biology Department, were recently published in *Nature Communications*.

The research began with an investigation into the way that the immune system is involved in a crucial activity: clearing away old, senescent cells that spell trouble for the body when they hang around. Senescent cells - not completely dead but suffering loss of function or irreparable damage - have been implicated in diseases of aging by promoting inflammation. The researchers used mice in which a crucial gene for this immune activity was missing. At two years (elderly, for mice), the bodies of these mice had a greater accumulation of senescent cells compared with the mice in which the gene for removing these cells was intact. The mice missing the gene suffered from chronic inflammation, and various functions in their bodies appeared to be diminished. They also looked older - and died earlier - than their normal counterparts.

Read more

The immune system's fountain of youth



11 Iron-Rich Nuts You Should Munch On Regularly

If you love your nuts and are wondering if you can rake in some vital nutrients as well, you thought right! Typically, while foods like meat, seafood, and leafy greens rank high on the iron quotient, nuts can also contribute to meeting your daily quota of this mineral...

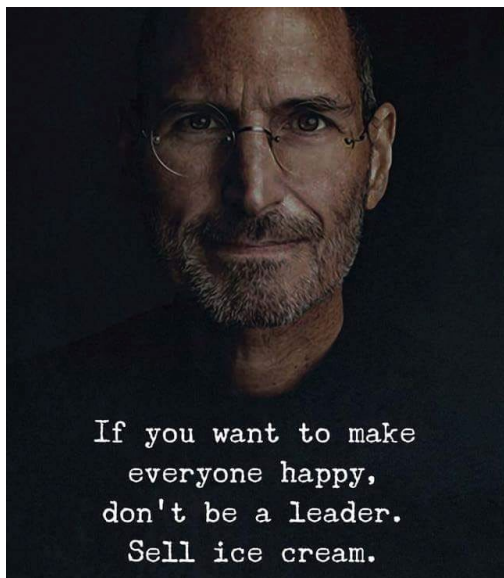
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11 Natural Remedies For Diabetic Neuropathy You Should Try

If you're diabetic, chances are you have some form of neuropathy or nerve damage, a condition that's common in almost 60-70 percent of those with diabetes. An all-encompassing term for the group of nerve disorders that affect those with diabetes, diabetic neuropathy is brought on by the constant high levels of blood sugar...

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If you want to make everyone happy, don't be a leader. Sell ice cream.

MYTH: Wine is the Gentlest Choice



FACT: Red wine contains tannins, compounds that are known to trigger headaches in some people. Malt liquors, like whiskey, also tend to cause more severe hangovers. If you're worried about how you'll feel in the morning, the gentlest choices are beer and clear liquors, such as vodka and gin.

Too much weight

Having a [higher body weight](#) may increase the risk of more than a dozen types of cancer, a 2017 study found. People in the study who were overweight or obese faced nearly double the risk of cancers of the esophagus, stomach, liver and kidney compared with people who were in the normal weight range.

People who are overweight or obese may harbor higher levels of inflammation, thus increasing their cancer risk, the report said. Or, higher levels of hormones that are linked to cell growth may be behind the increased risk, the researchers said.

A 2017 study found that people who maintained a [healthy lifestyle, including a lower body weight](#), had a lower risk of cancer than those with a less healthy lifestyle.

Breast implants

Women with a certain type of breast implant may face an [increased risk of a rare type of lymphoma](#) called anaplastic large cell lymphoma (ALCL), a 2018 study found. This type of cancer is not a breast cancer; lymphomas are cancers that arise from the cells of the immune system. Among the women in the study, those who had breast implants that were textured, rather than smooth-surfaced, were at a higher risk of ALCL, the researchers said.

Still, the general risk of this cancer even among women with implants is very low. The researchers calculated that for every 7,000 women who get breast implants, 1 will go on to develop ALCL in the breast by the time she is 75. Although the reason for the link is not exactly clear, it is possible that the implants trigger increased inflammation in the breast tissue, which could lead to cancer over

1 thing that probably doesn't cause cancer

Still, if it seems that everywhere you turn, you find something that may cause cancer, take comfort in this: Research suggests there's no link between the electromagnetic signals from [cellphones and people's risk of cancer](#).

In a 10-year study published in 2018, researchers looked at the effects of very high levels of radio-frequency radiation on cancer rates in lab rats. They concluded that there is no evidence that the levels of radio-frequency radiation that people are exposed to when they use cellphones are harmful to human health



9 Side Effects Or Disadvantages Of Eating Jaggery To Be Wary Of

Jaggery may be the poster child of sweeteners thanks to its possible health benefits and nutrient content.

After all, it is a great source of energy and could rev up your metabolism and increase iron intake. Ayurveda also uses jaggery, guda, or gur to help treat a range of conditions, from migraines to anxiety and fatigue...

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Alcohol

Raising a glass and toasting to good health may not be a great idea. Researchers estimate that 5 percent of annual new cancer cases worldwide and 6 percent of yearly cancer deaths are [directly due to drinking alcohol](#), according to a 2018 statement from the cancer doctors' group, the American Society of Clinical Oncology. Alcohol is linked to increased risks of breast, colorectal, esophageal and liver cancers, as well as cancers of the mouth and throat. And although heavier drinking is generally linked with a higher cancer risk, research shows that drinking even light or moderate amounts of alcohol may increase people's risk of cancer. Researchers recently found evidence supporting one idea for how alcohol contributes to cancer risk. A 2018 study in mice found that the breakdown of alcohol in the body may release a chemical that [damages the DNA of the stem cells](#) of the blood, which could lead to cancer.

Move. Nourish. Refresh. Connect.

The science is clear. If you move your body a little each day, you will be far better off than [if you are sedentary](#). If you nourish your body with real food (the kind that doesn't come in packages [loaded with sugar](#) or via a drive-through window) you will be healthier than if you eat junk food. If you allow your mind to take a break and refresh from time to time, [you will feel better](#). And if you regularly connect with loved ones and friends, old and new, you will be both [happier and healthier](#).

These four words — move, nourish, refresh, connect — are the guiding principles behind [the 30-Day Well Challenge](#), a first-of-its-kind program from The New York Times to help you build healthy habits for your body, mind and spirit, one daily challenge at a time. Each task is based on science, and over time, each new habit can add up to meaningful changes in your life.

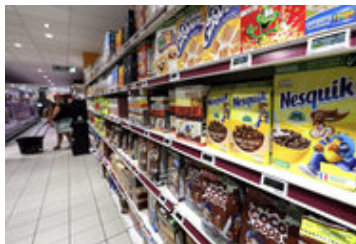
To learn more about the program, and for some examples of daily challenges, you can [read the rest of my column here](#).

MYTH: Liquor Before Beer



FACT: It's the amount of alcohol you drink (not the order of your drinks) that matters most. Standard drinks -- a 12-ounce glass of beer, a 5-ounce glass of wine, or a 1.5-ounce "shot" of liquor -- have about the same amount of alcohol. Don't be fooled by the size of your drink or by any saying about alcohol use that includes the phrase "never fear."

ASK WELL



What Foods Are Banned in Europe but Not Banned in the U.S.?

By RONI CARYN RABIN

The European Union prohibits many food additives and various drugs that are widely used in American foods.

Seawater turns into freshwater through solar energy: A new low-cost technology



Excessive social media use is comparable to drug addiction



Research to advance cancer therapy

LOUISIANA STATE UNIVERSITY HEALTH SCIENCES CENTER



Sitting still

One way to reduce the risk of cancer is to get moving. Higher levels of physical activity are linked with a reduced risk of some of the most common cancers, including lung, colon and breast cancers. One study found that exercise lowers the risk of [getting any type of cancer by 7 percent](#). It's not clear exactly how exercise lowers people's risk of cancer, the researchers noted.

Yet it seems that many people are unaware of [the link between exercise and reduced risk of cancer](#): A 2018 study found that only 3 percent of U.S. adults surveyed listed that risk reduction as one of the benefits of exercise. Increasing public awareness of the link could be a goal of public health efforts to reduce cancer rates, the researchers said.



Diet Soda Tied to Diabetic Blindness

Drinking diet soda raises the risk for a severe type of diabetic eye disease.

[READ MORE](#)

Being tall

Taller people are more likely to get cancer than shorter people. A 2018 study found that for every extra 10 centimeters (4 inches) of height, a person's risk of cancer [increases by 10 percent](#). Scientists discovered the link between height and cancer in the 1950s, the researchers said, and although it's not clear exactly how being taller may influence a person's cancer risk, it could be the simple fact that taller people have more cells in their bodies and therefore more cells that could become cancerous, the researchers said.

An earlier study found a 13 percent increase in postmenopausal [women's risk of cancer](#) with every extra 4 inches of height. And, interestingly, a 2016 study found a link between longer legs and [people's risk of colon cancer](#). It could be that the level of growth factors in the body play a role in the link, the researchers of the colon cancer study said.

One of five recent suspected drug overdose deaths at music festivals in New South Wales came after the victim took between six and nine MDMA pills with “a very high rate of purity”, the state’s coroner has heard.

Read more

[Drug deaths at NSW music festivals / One overdose victim 'took up to nine MDMA pills'](#)

Smoke from the grill

Summer cookouts aren't as innocent as they may look. People who [sit close to a grill](#) may absorb an increased amount of chemicals called polycyclic aromatic hydrocarbons (PAHs) through their skin, a 2018 study found. Those chemicals are released by the burning of wood or charcoal and are known to be carcinogens, or cancer-causing agents.

The researchers noted that the level of PAHs that people absorbed through their skin was less than the level they were exposed to by eating the grilled meat. But still, people picked up higher levels of PAHs through their skin than they did by breathing in the smoke. It may help a bit to cover up when grilling, the researchers concluded. People's clothing may lower the level of PAHs that are absorbed through the skin over the short term.

Hot tea

Sipping tea may sound like a healthy way to cope with stress, and drinking [green tea may even reduce cancer risk](#). But make sure to let your cup cool down first. Drinking [tea that is extremely hot may increase the risk of cancer](#) of the esophagus, according to a 2018 study done in China.

The study included about 450,000 people, and the researchers found that the people who said they usually drank tea that was "burning hot" and also smoked tobacco and drank alcohol excessively had a five times greater risk of esophageal cancer than people who did none of those three things. The extreme heat of the tea could damage the lining of the esophagus, increasing the damage done by smoke and alcohol, the researchers said.

Is Daily Vitamin D a Lifesaver for COPD Patients?



Plain oatmeal with no added sugar is said to be healthy. But don't the carbohydrates in it cause a blood sugar spike and isn't that bad for you?

Michael Hennigan, former Endocrinologist at Pensacola, FL (2017-2018)

“Plain oatmeal with no added sugar is said to be healthy. But don't the carbohydrates in it cause a blood sugar spike and isn't that bad for you?”

In my experience, in people with diabetes, even plain oatmeal will cause major glucose increase in both Type 1 and Type 2 diabetes. Instant oatmeals (which usually have added sugars) are even worse.

The data showing oatmeal is “helpful” ([Eating oats reduces three markers of cardiovascular risk, finds study](#)) is weak at best. In this trial, as the authors admit, most of the studies are of poor quality, the analysis of cholesterol markers are not consistent, and it was retrospective and did not control for the presence of absence of diabetes. Also they often did not use Oatmeal, but an extract of oatmeal that, again as the authors admit, can not be easily be eaten in sufficient quantity to reliably affect cholesterol numbers. Further this only looked at a small number of laboratory markers and not actual cardiovascular events. There does not appear to be any study actually showing that eating oatmeal reduces cardiovascular events.

Another concern is that many of the studies may have been funded by the Oatmeal industry and therefore may be contaminated by a conflict of interest. One might ask how much Quaker Oats pays the American Heart Association per year to have their “Seal of Approval” on their containers. Also ask if the AHA is being proactive in helping Americans make healthy food choices, why their seal is not on fresh, canned, or frozen fruits and vegetables, low fat dairy products and lean meats. And if it is wanted on a product, what is their cost to obtain it?

So, in summary, if someone knows their blood sugar increases significantly with oatmeal, the risk/damage may greatly outweigh any “benefit”

From Quora



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.

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.

Viral Infections

The next time you're under the weather, you may want to sip some turmeric tea. Curcumin might help you to fight off a variety of viruses, including herpes and the flu. (But most of the research on this was done in a lab, not on people.) Keep in mind that turmeric is only about 3% curcumin, and your body doesn't absorb curcumin well, so the occasional cup of tea won't be a cure-all.

Premenstrual Syndrome

A recent study that followed women for three menstrual cycles in a row found that curcumin supplements helped ease PMS symptoms. A study on muscles from guinea pigs and rats suggests that turmeric could bring relief from menstrual cramps, too.

High Cholesterol

Research on turmeric's ability to protect your ticker has been mixed. Some studies have found that turmeric can lower LDL “bad” cholesterol, while others concluded that the spice has no effect. Scientists continue to look into the heart-protective possibilities of turmeric. One small study found that turmeric can help ward off heart attacks in people who have had bypass surgery.

WebMD

Artificial Sweeteners, Not Good, Not Bad

By NICHOLAS BAKALAR

Sugar substitutes offered no health benefits, but they didn't do any harm, either, a review of studies found.



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