

Health & Views

Cancer

If you are up late at night watching TV because you can't sleep, your body will produce less melatonin. This can lead to cancer.

[Do You Really Need 10,000 Steps a Day?](#) 📷

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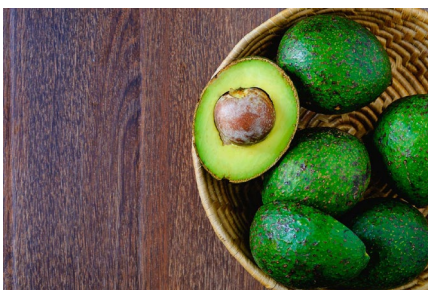
Compiled by Dr. Harold Gunatillake

Foods that strengthen your immune system

Sweet potatoes



Sweet potatoes provide vitamin A, which prevents the damage that can be caused by ultraviolet rays. Besides being good for the skin, they are low in calories and have a lot of fiber.



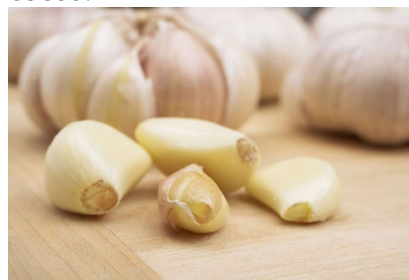
Avocado

This fruit contains vitamin E, a fundamental antioxidant that also strengthens the defenses.



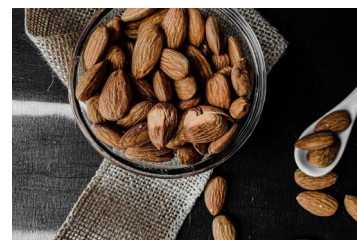
Dark chocolate

Dark chocolate, rich in cocoa, contains theobromine. This is a substance that protects white blood cells from molecules that are produced when food is processed or makes contact with contaminants. Since chocolate tends to have a lot of calories and saturated fat, it is best to pick dark chocolate with a high percentage of cocoa.



Garlic

It has various antioxidants that function as anti-bacterial, anti-viral, and anti-fungal. Garlic prevents colds and is effective against fever, as well as lowering blood pressure.



Almonds

Nuts in general, and almonds in particular, contain vitamin E. In addition, it contains the fats necessary for it to be optimally absorbed to maintain a healthy immune system.



Blueberries

Its antioxidant properties come from anthocyanin, which is also what gives it its dark color. Blueberries are remarkable protectors of the respiratory tract.



Broccoli

It has different minerals and vitamins, the most remarkable being A, C and E, and also antioxidants and fiber. To provide their maximum strength, broccoli should be cooked as little as possible.



unbranded - Lifestyle

[What You Should And Shouldn't Eat Before Bed](#)

Does liver cirrhosis affect Diabetes II and weight loss?

Liver cirrhosis is a condition that can increase the risk of developing insulin resistance and, subsequently, type 2 diabetes. Managing blood sugar levels becomes very challenging for individuals with both conditions, as those with cirrhosis are at a higher risk of experiencing hypoglycemia. Furthermore, individuals with cirrhosis may experience fluctuations in body weight due to the accumulation of fluids in the abdomen and legs. Additionally, both cirrhosis and type 2 diabetes can lead to significant decreases in muscle mass and strength, regardless of whether there is an overall loss of weight.

Best Foods to Cut Diabetes Risk

Learn what to eat -- and possibly stop diabetes in its tracks -- when you've been diagnosed with prediabetes.

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[Eating This Fruit Each Day Could Help Preserve Your Bone Health](#)

What are the early signs of cirrhosis?



Cirrhotic liver

Some of the earliest signs of cirrhosis are fatigue, weight loss, and poor appetite. Unfortunately, cirrhosis is usually not noticed until the later stages of the disease because early signs are often too subtle or absent. As the disease progresses, the signs become more noticeable: swelling of the abdomen, yellowing of the skin or eyes (jaundice), visible capillaries on the skin's surface, and confusion (called hepatic encephalopathy). If you believe you are experiencing signs or symptoms of cirrhosis, you should see your primary care physician immediately.



[12 Brain-Boosting Beverages](#)

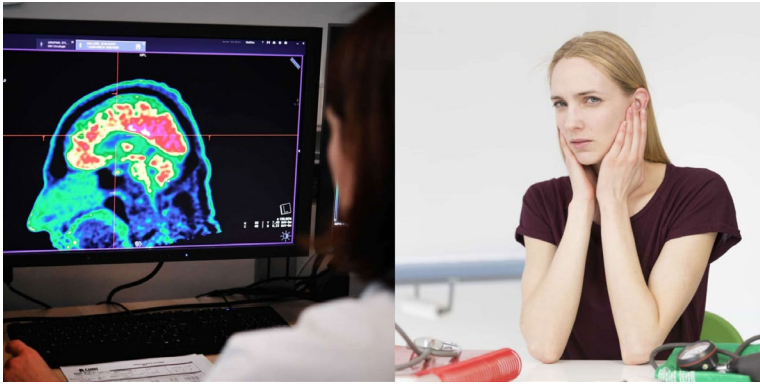
When you want to boost your energy, cut down on brain fog, or strengthen your concentration, what's in your glass may help.

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[What can cause yellow eyes?](#)

[What is a Crohn's disease fistula?](#)

How stress can harm your physical health



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Modern life is difficult. People are under all kinds of stress, whether this is to do with lack of work, working too hard, or family and [relationship](#) problems, just to name a few serious issues. Indeed, some people throw the word "stress" around rather flippantly, when in reality it can be highly dangerous and even deadly.

Take a look through the following gallery to find out how stress can harm your physical health.

You may also like: [These foods will make you look younger](#)



Essential foods to help prevent clogged arteries

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Atherosclerosis is a potentially deadly condition that develops when fatty deposits accumulate along artery walls, resulting in the thickening or hardening of these vital channels. Arteries play the crucial role of delivering oxygen and nutrients to every organ, tissue, and cell in our body, so it's imperative they remain supple and free from a buildup of plaque. Failure to maintain a normal, healthy blood flow can result in heart disease, heart attacks, and stroke, which can be life-threatening.

Regular exercise is one way of keeping these vessels in tip-top condition, but did you know that certain foods help thin the arteries and reduce the risk of them narrowing and restricting blood flow?

Click through and find out what to eat to help prevent clogged arteries.

You may also like: [Meet the humans who look like dolls.](#)



Anchovies

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Omega-3 fats help reduce the expression of cellular adhesion molecules. These are proteins that allow cells to stick to one another and their surroundings—clogging agents, if you like.

These Mistakes Can Spike Your Cholesterol

From skipping workouts to eating too many trans fats, see which habits can affect your cholesterol levels -- and what you can do about it.

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New research helps explain why people move slower as they get older

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Found: a long-lost branch of the Nile

The remains of an ancient branch of the Nile River has been found near the Giza pyramid complex in Egypt — hinting at why so many were built there. The pyramids there are now many kilometres away from the Nile. Satellite images and geological data now confirm that [a tributary of the river — which researchers have named the Ahramat Branch — used to run nearby](#) several thousand years ago. The waterway would have provided a convenient way to transport materials to the sites.

[Nature](#) | 4 min read

Reference: [Communications Earth and Environment paper](#)

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When you've been diagnosed with prediabetes, diet changes like these can help you avoid type 2 diabetes. [Read More](#)

9 Dos and Don'ts of Dieting With Diabetes



Plant-Based Diets Lower Risk of Major Diseases

Following a vegetarian or vegan diet might just buy you a longer, healthier life. Staying away from meat was tied to a reduced risk of major diseases, such as...

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