

Top Migraine Hacks

A migraine can be more than just a whopping headache. Does light make you wince in pain? Try these self-care tips... [Read more...](#)

Health Newsletter dedicated to Sri Lankans globally.

Health & Views

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Immunocompromised? Don't Do This

When you have a weakened immune system, it's best to avoid certain activities.

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Compiled by Dr. Harold Gunatillake

The health benefits of lentils are impressive.

Lentils, a versatile and nutritious legume, stand out among other beans for their high protein content, second only to soybeans. When combined with a whole grain like brown rice, they provide a protein quality comparable to meat. Opting for lentils over red or processed meat is a heart-healthy choice. Protein, a crucial component for bone, muscle, and skin health, also aids in appetite control, keeping you satiated for longer than other nutrients. Fiber fills you up, too. Lentils have plenty of it. A single serving meets 32% of the fibre you need each day. It can lower cholesterol and protect against diabetes and colon cancer. Daily fibre pushes waste through your digestive system and prevents constipation, too.

The potassium, folate, and iron in lentils also provide many benefits. Potassium counters the harmful effects of salt and lowers blood pressure. Folate protects your heart and supports your body in forming red blood cells. If you're pregnant, folate is essential for your baby's development. Iron helps ward off fatigue.

Lentils

are one of the world's oldest

health foods. Growers raised these beans in the Middle East in 8,000 B.C., and they've worked west since then. Along the way, Greeks considered the bean a poor man's food, while Egyptians often regarded it as royal fare. The lentil came to the Americas in the early 16th century. During World War II, people began to see it as a low-cost, high-[protein](#) meat substitute. The lens-shaped bean comes in several varieties, the most common being brown, green, and red. Dietitians like gluten-free food because it's nutritious, and cooks like its subtle flavour, making it the perfect canvas for other ingredients and seasonings.

Expert opinion from **Georgios Christos Bakolas**

Master Science in Sport Nutrition · 3 years of experience · UK

Lentils are packed with proteins and can provide the same protein as red or processed meat. As a result, the consumption of lentils provides enough protein and is a healthier choice for your heart. Furthermore, lentils have a lot of fibre, which can lower cholesterol and protect against diabetes and [colon cancer](#). Also, the lentils' potassium, folate, and iron reduce blood pressure and [fatigue](#) and protect your heart.

High-fibre complex carbohydrates, such as lentils and whole-grain rice, rank low on the glycemic index. According to the Harvard School of Public Health, low-GI foods have been shown to help control type 2 diabetes and aid in weight loss.

Health Benefits of Eating Lentils with Rice Daily

Eating lentils with rice provides a complete protein source, as the two foods contain all the essential amino acids.² This makes them an excellent meat substitute, especially for those following a vegetarian or vegan diet. Lentils are a rich source of fibre, which can help regulate digestion, lower cholesterol levels, and reduce the risk of chronic diseases like diabetes and colorectal cancer.

Signs you're living in a healthy body

Our bodies are quick to tell us when something is wrong—whether it's an ache here or a pain there. These can be early clues to impending ill health. Feeling dizzy and having headaches can be signs of high blood pressure. But we also receive signals suggesting that the body we are living in is perfectly healthy. The problem is, we tend to take this good news for granted because the sensation of good health is often overlooked. So, what are the indicators of a healthy, trouble-free lifestyle? And how can we achieve and maintain it?

Sleep, a vital biological function, is not just a restorative process but also a key indicator of overall well-being. It is as important for good health as diet and exercise. A restful and consistent sleeping pattern is a clear sign of a healthy, trouble-free lifestyle.

Regular exercise is crucial for maintaining good health. If you can carry out daily activities without any pain or discomfort, and are able to undertake extracurricular tasks without running out of energy, then your energy levels are at their optimum.

Skin is the largest organ in our body. It's also the most exposed, and requires a lot of protection. The state of the skin of the face and the neck in particular says a lot about our overall health. Skin that's hydrated, supple, and evenly toned is in optimum condition.

UK obesity levels fuel a 39% rise in type 2 diabetes among those under 40

- Around two in three adults in the UK are now obese or overweight
- Until 25 years ago, type 2 diabetes had never been found in children in Britain

Britain's ballooning obesity levels have fuelled a staggering 39 per cent rise in type 2 [diabetes](#) among people under 40, with 168,000 Brits now living with the illness, a report has suggested.

It is credited with everything from easing joint pain to good heart and brain health.

Fish oil is a rich source of omega-3 fatty acids, and it is often recommended as a dietary preventive to ward off the development of cardiovascular disease.

However, new research suggests that taking the popular supplement could increase the chances of heart disease and stroke in healthy adults while reducing the risk in those with a history of disease.

The study- which involved more than 415,000 Britons- looked at the associations between fish oil supplements and new cases of atrial fibrillation, heart attack, stroke and heart failure causing death.

A new study has found that fish oil supplementation was associated with an increased risk of developing heart disease and stroke in healthy people. However, people with existing CVD experienced protective effects against further progression of their disease.

Fish oil supplements may interact with certain medications or supplements. Do not take them without your doctor's approval if you are on any medications (especially blood thinning drugs) or have chronic health conditions such as diabetes, heart disease, kidney disease, liver disease, or any disorder of the pancreas.

Consuming more fish oil and omega-3 may offer some health benefits for men. This may include increasing fertility and improving heart health. However, men should weigh up the benefits with a potential increased risk of prostate cancer.

Taking more than 3 grams daily might increase the chance of bleeding. Fish oil side effects include heartburn, loose stools, and nosebleeds. Taking fish oil supplements with meals or freezing them can reduce these issues. Consuming high amounts of fish oil from DIETARY sources is unsafe.

Attention Coffee Lovers

What to know about your favorite way to wake up.

- [10 Medications You Should Never Mix With Coffee](#)
- [Is Caffeine Good for Your Brain? 5 Major Benefits—and the Risks to Know](#)
- [6 Health Benefits of Coffee](#)

20 Foods to Avoid If You Have Arthritis

"Some foods can help relieve arthritis symptoms, while others can worsen them. If you have arthritis, you must talk to your doctor before changing your diet. However, here are some foods that you may want to consider removing from your diet:

Sugar: Arthritis sufferers already have high levels of pro-inflammatory proteins called cytokines. Consuming sugar can further increase these levels, which in turn can worsen inflammation, pain, stiffness, and swelling. The Arthritis Foundation recommends using artificial sweeteners as an alternative to reduce sugar intake, empowering you to take control of your diet and potentially alleviate your symptoms.

Vegetable Oils

Avoid cooking with certain vegetable oils (like canola and sunflower oil). Rich in omega-6, they are known to increase inflammation. Opt for olive oil instead.

White Rice may be the perfect side dish, but it is refined. Refined grains are known to increase inflammation. Choose whole-grain varieties, like brown or wild rice, instead.

Milkshakes

Do you often experience joint pain after drinking a milkshake? You're not imagining it. Full of fat and calories, this beverage is known to increase pain in those suffering from arthritis. One study has shown that regular consumption of milkshakes tends to augment the concentration of pro-inflammatory bacteria in the intestines."

Red meat: Rich in [omega-6](#), red meat raises the concentration of pro-inflammatory proteins in the body. No matter what type of arthritis you have, increasing inflammation risks reviving or even aggravating your symptoms.

Coffee: If you suffer from arthritis, monitor your [coffee](#) intake. This popular beverage can weaken bones and increase joint pain in some people.

[Water](#) remains one of the best things arthritis patients can drink because it helps diminish joint pain by sufficiently hydrating the body.

Monounsaturated fat



Those who follow a low-fat diet might reduce the levels of harmful LDL cholesterol in their blood, but they also reduce the levels of helpful HDL cholesterol. The best option is to focus on monounsaturated fats, as they decrease LDL and increase HDL.

Polyunsaturated fats and omega-3



Polyunsaturated fats and omega 3 Polyunsaturated fats are a type of fat that can reduce harmful LDL cholesterol and decrease the risk of heart disease. A study on more than 13,000 adults found that replacing saturated fats with polyunsaturated fats in the diet reduced the risk of coronary artery disease by nearly 20%.

Avoid trans fats

©Shutterstock Trans fats are a kind of unsaturated fat that has been altered through the process of hydrogenation. This renders the fat more stable and convenient for food products like vegetable oil, shortening, and margarine.

VACD Australia & Sri Lanka May & June 2024 Newsletter

**“When we give alms with our hearts,
we give well”**

Dear friends, colleagues, supporters, and collaborative partners,

Greetings to you, your families, loved ones, and colleagues from all of us at VACD.

Delightful News – VACD Ambagasdowa Centre relocated:

Our VACD Ambagasdowa centre sponsored by Teardrop Hotels – (<https://www.teardrop-hotels.com/>) was relocated to a new premises on Thursday, 9th May.



"Appetite-Suppressing Foods You Should Eat Every Day

We all know that some foods fill us up more than others, but there is more to it than that. Some foods are appetite suppressants, meaning they'll make you feel satiated for longer. Include these foods in your diet; we promise you won't regret it.

Eggs: Incorporating two eggs into your morning routine can significantly reduce your hunger pangs throughout the day. Whether you prefer them in an omelette or boiled, these eggs are a practical addition to your diet that will keep you feeling full for longer.

Vinegar: Vinegar helps reduce the glycemic index of carbohydrate-rich foods, decreasing the release of glucose into the bloodstream. This makes it a great appetite suppressant.

Ginger: Besides aiding digestion, ginger also helps suppress hunger. It can be consumed in juices, tea, sauces, or added to meals." In addition to aiding digestion, ginger also helps to suppress hunger. It can be consumed in juices, tea, sauces, or added to meals.

Dark green leafy vegetables

Vegetables such as spinach, broccoli, and cabbage are rich in fibre and excellent appetite suppressants.

Whey protein

In addition to help building muscle, whey protein is also an excellent appetite suppressant.

Felix Stephen

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