

5 Factors That Affect How Long It Takes to Lose Weight

Health Newsletter for the Sri Lankans, globally

What Happens to Our Bodies During Sex?

Health & Views

Best Yoga Poses for Beginners

Types of Heart Disease Linked to Type 2 Diabetes

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Why You Shouldn't Drink Coffee on an Empty Stomach

For so many of us, coffee is an integral part of our daily ritual and often the first thing we drink. But some research suggests drinking a cup of java on an empty stomach isn't the best idea. Here's how it can affect your health.

Your Blood Sugar Could Spike. Studies have found that drinking black coffee on an empty stomach in the morning impaired people's blood sugar control. The ability to regulate blood sugar levels reduces your risk of metabolic conditions like diabetes and heart disease. It Might Trigger Acid Reflux. Coffee is naturally acidic, with a pH between 4.85 and 5.13, and as a result, drinking coffee on an empty stomach can lead to acid reflux. The most common symptom of acid reflux is heartburn, which can feel like a sharp pain in your chest. Long-term, chronic acid reflux from coffee could damage your stomach lining and lead to inflammation of the esophagus. You Could Feel Jittery. Caffeine is absorbed into the body within 45 minutes, and peaks anywhere from 15 minutes to two hours after drinking. Depending on whether you've already eaten, you'll feel the effects faster or slower, especially if you've eaten a fiber-rich meal.

Story by Huong Duong & My Y

Coconut water is refreshing and offers many health benefits. Still, it should be consumed cautiously by individuals with kidney disease, pregnant women in their first trimester, and those on certain medications.

Individuals with kidney disease

Health news platform *Eating Well* advises individuals with kidney disease should consult their health care provider before adding coconut water to their diet.

This is because [coconut water](#) contains high levels of potassium, which can be difficult for those with impaired kidney function to manage. Typically, potassium is excreted through urine, but those with kidney problems may find it hard to remove excess potassium. Therefore, they need to monitor potassium intake closely to avoid complications.

Individuals preparing for or post-surgery

According to the health news platform WebMD, people should avoid using coconut water for at least two weeks before and after surgery. Coconut water may influence blood pressure and blood sugar control during this critical time.

Certain people should consume coconut water with caution despite its many health benefits.
by Pixabay

Individuals taking blood pressure or diabetes medication

Combining coconut water with medicines for blood pressure or diabetes may lead to shallow blood pressure and blood sugar levels. Therefore, individuals taking these medications should consult their doctor before regularly drinking coconut water.

Those with a "cold body" constitution

For individuals with a cold body constitution—those who often have cold hands and feet—coconut water is not advisable. Its cooling properties can disrupt the balance of metabolic activities and may lead to weakness and fatigue, according to Dr. Son.



4.8
grams
per day

The amount of sugar cut from children's diets by the introduction of a sugar tax in the United Kingdom — of which 3 grams was from soft drinks alone. ([The Guardian | 5 min read](#))

Reference: [Journal of Epidemiology](#)

The Amazing Health Benefits Of Eating Garlic

Garlic is not just a tasty ingredient found in dozens of recipes, it's also very nutritious and full of some amazing health benefits. 1. It contributes to longevity. A study of over 27,000 people in China found that regularly eating garlic was linked with a lower all-cause death risk. It was also found that eating garlic can extend a person's life by around half a year. 2. It boosts gut health. Garlic contains a fiber called inulin, which is a prebiotic that is known to boost the production of good bacteria in the gut. 3. It reduces blood pressure and cholesterol. A review of studies found that garlic can reduce blood pressure and cholesterol for people with and without hypertension. 4. It has antiviral effects. Another study found that garlic may help the body's immune system deal with viral infections. Most of the health benefits of garlic come from allicin, which is a sulfur compound that's released when garlic is cut.

How to Lose Weight With Type 2 Diabetes

Obesity raises your risk of diabetes complications. Find out how to drop some weight to better manage your type 2.

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Does Coffee Dehydrate You? A Urologist Reveals the Truth

A urologist and nutrition expert pour up encouraging insight about this beloved beverage.

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Story by Zeleb.es

To live a longer and healthier

life...©Provided by Showbiz Daily (English)

We already know that we should increase our intake of fruits, vegetables, greens (preferably organic), and healthy proteins, but do you know which foods you should cut back on or even stop eating?

Reducing red meat

It doesn't have to be avoided altogether, but it should be limited. If you eat red meat daily, you can start by thinking about replacing this, having only vegetables and pulses a couple of days a week and gradually increasing these alternatives in your diet.

WHO says processed meat consumption causes colorectal cancer

This food group includes bacon, processed sausages and sausages in general. The WHO report puts these foods in the same category as alcohol or tobacco.

It would be best if you also avoided sugary drinks.

She was known to the general public as 'sodas' or 'soft drinks': cola, orange, lemon... or any other flavour. It is important to note that even juices, often advertised as healthy, usually contain excessive sugar.

Snacks and nibbles

Avoid snacks such as crisps, fried corn, or popcorn, especially industrialised ones. Industrial pastries and white bread

©Provided by Showbiz Daily (English)

The bread you buy at the bakery should be theoretically fresher than all packaged breads and biscuits containing refined white flour, which is worse for your health.

The science of Twisters

Tornado science has come a long way since the original *Twister* film came out in 1996 — and [the makers of the sequel are keen to showcase it, says meteorologist and scientific advisor Kevin Kelleher](#). For the 2024 version, “if they could change things and make it a bit more scientifically correct, they did”, he says — not least because the director, Lee Isaac Chung, is from Arkansas tornado country himself.

[Nature | 6 min read](#)

When to Worry About Diabetic Macular Edema

Diabetic macular edema is a complication of diabetes. What are the signs, and how can you lower your chances of having it?

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13 Best Times to Drink Water

Your body needs a certain amount of water just to function, but there are specific situations when a glass is especially helpful.

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What Is Insulin Resistance?

Over time, it sends your blood sugar levels up and raises your chances of diabetes and early heart disease.

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What You Should Eat First Thing in the Morning to Help You Lose Weight

This beloved breakfast bite is one of the nine "perfect proteins" and can stabilize blood sugar to help manage your hunger all day.

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7 Silent Blood Clot Symptoms to Watch Out For

If you notice one, consulting with your doctor could be critical.

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Is Bread a Good Source of Protein?

Ovarian Cancer & 2 Common Medications

An intriguing supermarket study may provide a new clue for early detection.

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What happens to your body if you eat eggs every day?

Whether you boil, poach, or scramble your [eggs](#), they're undoubtedly one of the healthiest and affordable sources of protein around. Eggs were once a controversial choice due to concerns about saturated fats and cholesterol, but researchers have since proven that eggs have a number of dietary benefits. If we look at the nutritional profile of an egg, it has only 75 calories, with 7 grams of high-quality protein. On top of that, one egg contains iron, several minerals, vitamins, and just 5 grams of fat. But should you have them daily?

For a healthy adult with normal cholesterol levels and no significant underlying heart disease risk factors, some research suggests that [1–2 eggs per day can be safe](#). It may even be healthy and benefit your heart health (

Mediterranean diet may help boost longevity in cancer survivors

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Reasons You Might Feel Lightheaded or Dizzy

Everything from standing up too quickly to serious heart problems can cause dizzy spells. Find out what to do when it happens and when you should worry.

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15 Keys to Living Your Best

You hear lots of advice about what it takes to live well. See some easy-to-remember ways for you to become the healthiest version of yourself.

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How to Spot Added Sugar on Food Labels

Sugar lurks behind more than your favorite desserts. See what to keep an eye out for next time you scan a nutrition label.

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10 Complications of Diabetes

Knowing some of the common health issues diabetes can cause can help you recognize early warning signs and take action.

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Best Fast Food When You're Avoiding Carbs

Low-carb and fast food don't often go together.

Here's how to spot unhealthy carbs and make better choices from the menu.

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Signs You May Have Metabolic Syndrome

The symptoms of this condition, which is linked to [diabetes](#), aren't always obvious. Here's what your doctor might check for.

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Is macular degeneration hereditary?

Macular degeneration is a loss of central vision that mainly affects older adults. Learn about genetic and other causes, risk factors, and more.

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How to Reverse Prediabetes

Prediabetes doesn't have to mean you'll get type 2 diabetes or heart disease.

Take these steps to help turn it around.

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How to Manage Your Blood Sugar When You're Sick

If you have diabetes and are sick with a cold, the flu, or a stomach bug, try these tips to help you get well quickly and prevent other problems.

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Symptoms of Type 1 Diabetes

Type 1 is an autoimmune disease and can strike at any age. Be on the lookout for these subtle signs of trouble.

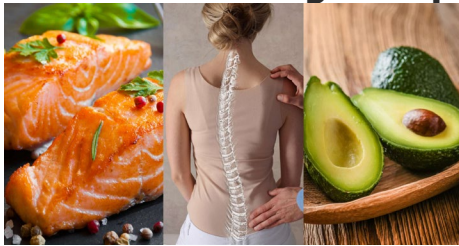
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Stop Making These Air Fryer Mistakes

You can use your air fryer to make healthier food fast. But easy mistakes can ruin that perfect batch of sweet potato fries.

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What to eat for good spinal health



Regular exercise, good nutrition, and a balanced diet are all vital components of overall health. What you eat can play a role in spine health. The bones, muscles, and other structures in the spine need proper nutrition to be strong enough to support the body and perform its functions. Choosing foods that minimise inflammation and support overall bone health is essential in promoting and maintaining a healthy spine. So, what foods are we discussing, and how do they help?

Spine-health



Maintaining a healthy spine is important if you want to lead an active and productive life. Regular exercise is vital for maintaining core strength and keeping the back supple. Good posture is also important. Additionally, what you eat can contribute to keeping your back strong and healthy.

Proper nutrition



The bones, muscles, and other spine structures need proper nutrition to function effectively, and maintaining a healthy diet directly correlates to spinal health in both preventing and promoting the healing of back complications.



Broccoli is a great anti-inflammatory food. Enjoy a bowl of steamed broccoli seasoned with sea salt.



Salmon is an excellent source of lean protein packed with omega-3 fatty acids. Grilled salmon with pepper, rosemary, and parsley makes a healthy meal.

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8 Myths About Caffeine

If you think caffeine is only good for boosting energy, you're in for a pleasant surprise.

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Exercises That Support Your Knees

When your knees hurt, you may be tempted to stop working out -- but the right moves can actually help. Here's how to do them safely.

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Bok choy



Bok choy has a deserved reputation for reducing the debilitating effects of arthritis. It's a vegetable packed with antioxidants like vitamins A, C, and K, which protect cells from free-radical damage. It's also high in bone-preserving calcium. Serve up a portion with a lemon slice and garnish with black pepper.

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Type 1 is an autoimmune disease and can strike at any age. Be on the lookout for these subtle signs of trouble.

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Signs of a Gallbladder Problem

This small, pear-shaped organ helps digest fats. But you'll probably never think about it, until it becomes inflamed.

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Newly Approved Alzheimer's Drug Offers More Promise

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