



Coffee vindicated: Caffeine doesn't cause heartbeat irregularities, study finds

Maggie Fox

NBC News: It may speed you up in the morning, but drinking coffee, tea or chocolate does not appear to cause heart palpitations, heart fluttering and other out-of-sync heartbeat patterns, researchers say.

Their report challenges a widely held belief that caffeinated drinks may cause irregular heart rhythms that can lead to heart failure or dangerous heart rhythm disorders. And it's another reason to enjoy that morning cup without guilt.

Leonardo DiCaprio meets Pope Francis at the Vatican to discuss the environment

Elizabeth Murray
TODAY_

Leonardo DiCaprio had a private audience with Pope Francis to discuss a cause the two are passionate about — the environment. The Oscar nominee and the head of the Roman Catholic Church met in the Vatican Thursday morning, when they also exchanged meaningful gifts.



SL's beaches much sought after: New wave of surfing hits Weligama coast

Melanie Santiago [Life Style](#), [Local](#), [News Ticker](#) 0

With increased numbers of travellers seeking out Sri Lanka as a hot destination, more and more attention is being drawn towards so-called surfing hot spots across the country. Local vendors in some...



Ischemic Stroke

85% of strokes are ischemic. An ischemic stroke is caused when the blood supply to the brain is reduced (also called "ischemia"). Reduced blood flow to the brain causes cell death, which is as bad as it sounds.

The most common types:

- **Thrombotic ischemic stroke:** A blood clot, or thrombus, forms in one of the brain arteries due to a build-up of plaque or other vascular conditions, and blocks the artery. This blockage causes reduced blood flow to the brain.
- **Embolic ischemic stroke:** A blood clot forms elsewhere in the body (like the heart) and travels to the arteries of the brain, where it becomes lodged in a narrow vessel. This type of clot is called an embolus.
- There is also something called a **transient ischemic attack (TIA)**, which is a bit like a mini stroke. A blood clot forms and blocks an artery like in an ischemic stroke, but the blockage is temporary. Before the clot is able to move, it briefly reduces the blood supply to the brain. The symptoms of a TIA and a full ischemic stroke are similar, but brief, but a TIA greatly increases a person's risk for a full-blown stroke.

Hemorrhagic Stroke

On the other side of the stroke spectrum are **hemorrhagic strokes**, in which a blood vessel in the brain ruptures or leaks. This can happen for a bunch of reasons, including hypertension, overmedicating with anticoagulants, and aneurysms. There are two types:



Subarachnoid hemorrhagic stroke:

A vessel in the brain bursts, causing blood to leak into the space between the brain and skull. When this occurs, it's usually followed by an immediate, unbearable headache.



Intracerebral hemorrhagic stroke: A vessel in the brain bursts and spills blood into the brain tissue, causing cell damage or death. - From [Visiblebody.com](#)

<https://www.facebook.com/patrick.mele.113/videos/677746355701032/?fref=nf>

How drinking TEA can keep your bones strong: Just three cups a day cuts risk of fracture by a third

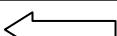
Flavonoids in tea may protect the body's bones during the ageing process, experts from the Sir Charles Gairdner Hospital, the Royal Perth Hospital and the Flinders University of South Australia found.



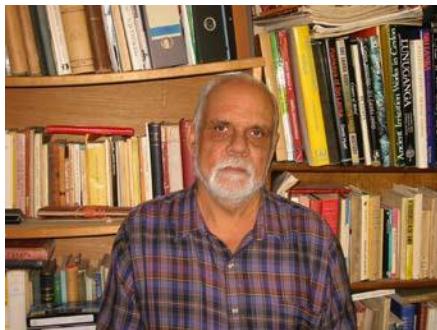
<https://www.facebook.com/100010515332340/videos/1597874810>

https://www.facebook.com/A-History-of-Sri-Lanka-582098365232995/?ref=tn_tnmn

Soap Bubbles



<http://sirasatv.lk/pethikada-22-01-16/>



UNIQUE SRI LANKA LIBRARY

A unique library on Sri Lanka, perhaps the only one of its kind overseas, exists in Melbourne, Australia. This library was begun by Victor Melder in 1968, when he migrated to Australia. Victor, who had only one book with him then, has today accumulated over 4,600 books, 2000 magazines and journals, 25 years Sunday newspapers and a collection of video and audio tapes all on Sri Lanka.

Victor, who grew up in a village in Peradeniya, states he has savoured village life to its fullest and attributes this to be the cause of his unpretentious love for his motherland. This love, admiration and respect for this beautiful island is something he wishes to share with everyone alike in Australia. This is what gave birth to the 'Victor Melder Sri Lanka Library', which today is used by many Australia-wide, as a primary source of reference on Sri Lanka.

In 1968, Victor states many Australians were ignorant of Sri Lanka, most thought it to be a town in India, this annoyed him so much, that he knew he had to do something to set the record straight. He also wanted to make known its rich and diverse history, culture and social standing dating back over 2,500 years. He states, "I now knew why I was here, I had to get the message of Sri Lanka across".

He was pleased when those around him at work and the neighbourhood began asking questions on Sri Lanka, and Victor states, "I could not answer them all, and so decided to get a book or two down from Sri Lanka which would assist me in this quest, and soon like an argument, where one word leads to another, one book led to another, which today is an unique library.

Over the last forty three years its popularity has grown, so much so, that queries on Sri Lanka come from every State in Australia. Victor proudly states that the Sri Lanka High Commission in Canberra often refers people to the library, for there among its collection lies an answer to every question. He describes it as a learning process, for he states, "I learn something new on Sri Lanka everyday whilst researching material for others".

V. Anand <confluenceuk@yahoo.com>

Move more. Exercise is one obvious way to burn off calories. But another approach is to increase your everyday activity wherever you can — walking, fidgeting, pacing while on the phone, taking stairs instead of the elevator.



Mrs Lanka contest

Preliminary competition was held at the Uswetakeiyawa Hotel, Hendala Colombo, recently

Benefits of Berries

Berries are a great source of antioxidants. Strawberries, blueberries, and acai berries are just some examples of polyphenol-rich berries. These powerful compounds may help combat cancers and degenerative diseases of the brain. Frozen berries contain polyphenols, too. Check out the grocery store's freezer case and include berries in your diet year-round.

Young Australian of the Year

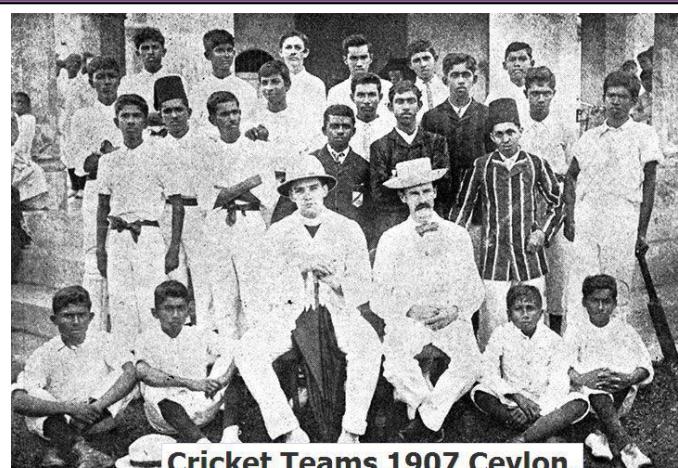
State: Australian Capital Territory

National Finalist Young Australian of the Year 2016

Nipuni Wijewickrema

Social entrepreneur

A young woman trying to change the world "one flower at a time", Nipuni Wijewickrema runs a floristry business designed to create employment opportunities for people with special needs. Nip, as she is affectionately known, first established GG's Florist with her family to ensure her 16 year old younger sister Gayana would have fulfilling work after graduating from high school. Gayana, who was born with Down syndrome, is now famous around Canberra for her floral deliveries that always come with a big hug. From a backyard garden shed, Nip has shown other local organisations how to create safe working environments for people with disabilities. As well as working full-time and managing the family floristry business, Nip is a volunteer counsellor with Lifeline and contributes regularly to community initiatives, assisting many young people through her work with the ACT Youth Advisory Council. Passionate, dedicated, driven and incredibly sleep deprived, Nip has developed a socially sustainable business model which is changing the way Canberrans think about inclusion.



Cricket Teams 1907 Ceylon.

No cricket team in the world depends on one or two players. The team always plays to win.
Virat Kohli

SERENDIB AWARDS 2015

On Friday the 2nd October Serendib News celebrated their 4th Anniversary of the Serendib Awards at the Grand on Cathies, Wantirna.



This is a prestigious event that recognises Sri Lankan individuals who have made a difference in the community here in Australia. Its purpose is to showcase the contributions and tireless efforts made by Sri Lankans who have contributed to society, made an impact making Sri Lanka proud.

The event was 'Grammy Award' style, well organised, packed to capacity and attended by distinguish guests and influential personalities.



Charles and Claudette were recognised for their volunteer work with the seniors and presented with the 'Senior Citizens of the Year' 2015 award.

They responded by saying:

"We would like to thank Virosh Perera, founder of Serendib News and his team for honouring us with the 'Senior Citizens of the Year' 2015 Gold award, (which was sponsored by Cricket Australia).

This was such a pleasant surprise. We are thankful that the volunteer work we do amongst the senior citizens is seen as important work.

We were delighted to receive this award from Alston Koch, an internationally well known Sri Lankan, especially as his dad Ricka was an inaugural member of the Guild in Ceylon in 1934".

Fiona Grech

Paris Climate Deal Could Stave Off Disaster, Al Gore Says



Paris agreement which 195 nations signed over the weekend, could be the breakthrough that lets humanity avoid a looming climate catastrophe, Gore said Wednesday (Dec. 16) at the annual fall meeting of the American Geophysical Union.

[Read More »](#)



Targeting Gut Microbes Could Lower Risk of Heart Disease

For the first time, researchers find that a compound in some red wines and olive oils can interfere with gut microbes in ways that could potentially help to prevent heart disease in humans.

[Read More »](#)



Nasi Lemak with Sambal Prawn



What Foods Contain Probiotics?

"Yogurt is probably the most well-known food with probiotics," according to Dr. Kwah. "Similar to yogurt is kefir, which is a thick, creamy yogurt-type of milk that contains probiotics. Other foods include certain soft cheeses such as Gouda, Cheddar, or Swiss; pickled and fermented dishes such as unpasteurized sauerkraut or certain types of pickles. Other probiotic foods include kimchi, miso paste, sourdough bread, or **tempeh** (a fermented soy product that is often used in place of meat)."

The happiest, healthiest state in the US is...

A. Pawlowski
TODAY

Say "Aloha" to the good life if you're lucky enough to be able to move to Hawaii.

People who live in the postcard-beautiful state have the highest overall well-being in the U.S., according to the [2015 Gallup-Healthways Well-Being Index](#) released on Thursday. The report measures how Americans feel about their physical health, social connections, finances, community and sense of purpose.



DonLand / Shutterstock

Waves break on the rocks on a sunny day on the Road to Hana in Maui, Hawaii.

The islands took the top spot for the fifth time since the annual state rankings began eight years ago.

"It's not ever a shock to see Hawaii high (on the list)," Dan Witters, principal research director of the Gallup-Healthways Well-Being Index, told TODAY.

"Hawaiians rate their lives pretty high... things like enjoyment, smiling and laughter and happiness are all very high in Hawaii. And stress is very low."

Hawaii has the lowest depression rate and the best exercise rate in the nation, Witters said. Very few people who live there are obese or smoke — a good formula for good health.

Alaska, last year's overall well-being champ, fell to second place.

On the opposite side of the spectrum, West Virginia was at the bottom of the list, coming in 50th for the seventh year in a row, Witters said.

"West Virginia is a low well-being place," he noted. "They experience a lot of sadness, a lot of worry, a lot of stress on any given day."

Residents there reported some of the worst rates in the nation for high blood pressure, high cholesterol, diabetes, depression, physical pain and heart attacks. The state's obesity rate was the highest in the U.S., at 37 percent, while its exercise rate was the lowest.

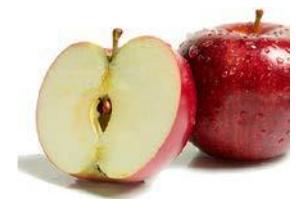
[image: http://www.reshareworthy.com/wp-content/uploads/2014/08/violinist-plays-for-elephants-300x155.jpg](http://www.reshareworthy.com/wp-content/uploads/2014/08/violinist-plays-for-elephants-300x155.jpg)



She Pulled Out A Violin And Started Playing. How These Old Elephants Responded Is Amazing.

Read more at
<http://www.reshareworthy.com/billy-dog-rescued-from-death/#TMuGDrJe4vJ5lbKU.99>

Buy Organic: Apples



Apples are a good source of fiber, especially if you eat the peel. The peel also has nutrients that may cut your odds of getting cancer and heart disease. But the peel is also where pesticides can build up. So buying organic apples makes sense. If you can't afford it, scrubbing their skins under running water can help reduce pesticide residues, too.

WebMD

Buy Organic: Sweet Bell Peppers



Bell peppers are among those vegetables with higher pesticide residues. But government limits set safe levels of pesticide use and residue allowed on foods, organic or not. Although some pesticide levels are assumed to be safe, the chemicals used are strong. Because kids' immune systems may not be fully developed, they may be at greater risk from some pesticides than adults.

WebMD



VIDEO: Free the Nipple?

The debate about exposed female nipples intensified in 2015. Many women wonder why their nipples are censored, while men's aren't.

"Eat your food as your medicines, Otherwise you have to eat medicines as your food."

Ticks That Can Carry Lyme Disease Are Spreading Across the US



Experts created the first national survey of Lyme-disease-carrying-tick distribution in decades, and found that the ticks are ranging farther north than before, and are now living in nearly 50 percent of all U.S. counties.

[Read More »](#)

Cobwebs Hold Genetic Secrets About Spiders and Their Prey

An empty spider web isn't a mystery; it's a clue.

[Read More »](#)



JAN 22, 2016

Oh Boys... My Way to Nirwana : Gnanasara in Action (Video)



2/3 of Young Adults Would Make the Wrong Decision About Stroke Symptoms



Most people under age 45 would not go to the hospital if they were experiencing stroke symptoms.

[Read More »](#)

Why Fish Is Brain Food

Top your salad with tuna or salmon instead of chicken. Fish has been called "brain food" because its fatty acids, DHA and EPA, are important to brain and nervous system development. Eating fish one to two times a week may also lower the risk of dementia. Omega-3 fats found in fatty fish can lower cholesterol and triglycerides. It can also help ease the inflammation that leads to atherosclerosis.

Coconut oil effective against Candida fungal infection

Candida albicans is part of the normal gut microbiome in humans and animals, but when the fungus gets out of balance in the body, it can cause infection. Though antifungal medications are sometimes used, a new study suggests coconut oil may be an effective treatment.

[Coconut oil effective against Candida fungal infection](#)
MNT

Yogurt

Yogurt contains pro-biotic agents, meaning bacteria that help our digestion. The aid to our digestive system ultimately leads to a reduction of the sugar levels in our bloodstream. Warning: One can destroy this benefit by mixing sweet or fruit-flavoured yogurts

Researchers at the University of California say that participants who took about 500 milligrams of vitamin C supplements per day saw a **24 per cent drop** in plasma C-reactive protein (CRP) levels after two months.

Recent research suggests that CRP may be a better predictor of heart disease than cholesterol levels. "C-reactive protein is a marker of inflammation, and there is a growing body of evidence that chronic inflammation is linked to an increased risk of heart disease, diabetes and even Alzheimer's disease," said Dr. Gladys Block, UC Berkeley professor of epidemiology and public health nutrition and lead author of the study.

Dr. James Enstrom from the University of California studied the vitamin intake of over 11,000 people for 10 years. He found that 300mg of vitamin C a day **reduced risk of heart disease by 50 percent in men and 40 percent in women**. Doctor G. C. Willis found that people taking 1,500mg of vitamin C a day for 12 months reversed plaque while those who didn't take vitamin C had worsening plaque. It is clear that vitamin C is necessary for vascular health.

Dr Sircus.com

68th Sri Lankan Independence Day & Young Achiever Celebrations

Venue: Roselea Community Centre, Carlingford

Time: 5.30pm till 9pm

Program: comprises recognition of Independence, cultural performances from all ethnic groups and the celebration of Young Achievers.

Further information- ajith.karu@hotmail.com



Ven Weganthale Seevali Thero handing over a cheque to purchase drugs for this cancer patient in Maharagama Cancer Hospital

Helps Fight Cancer

According to a 2004 study published in the *European Journal of Cancer Prevention*, olives and olive oil contain **antioxidants in abundance**. They are some of the best **high antioxidant foods**. Olives (especially those that have not been subjected to high-heat processes) contain acteosides, hydroxytyrosol, tyrosol and phenyl propionic acids. Both olives and olive oil contain substantial amounts of other compounds deemed to be anticancer agents (e.g., squalene and terpenoids) as well as the peroxidation-resistant lipid oleic acid.

Researchers feel that it's probable that high olive and olive oil consumption in southern Europe represents an important contribution to the beneficial effects of cancer prevention and health in the Mediterranean diet.

Dr AXE

Proton Pump Inhibitors May Increase Risk for Kidney Disease

Janis C. Kelly

Proton pump inhibitors (PPIs) are associated with increased risk for chronic kidney disease (CKD), according to two population-based analyses published online January 11 in *JAMA Internal Medicine*. The authors suggest the widely used drugs might be part of the reason CKD prevalence has risen faster than would be expected from the trends in known CKD risk factors, such as diabetes mellitus and hypertension.

"We note that our study is observational and does not provide evidence of causality. However, a causal relationship between PPI use and CKD could have a considerable public health effect given the widespread extent of use," write Benjamin Lazarus, MBBS, from the Department of Epidemiology, Johns Hopkins University, Baltimore, Maryland, and the Department of Medicine, Royal Brisbane and Women's Hospital, Brisbane, Australia, and colleagues. "More than 15 million Americans used prescription PPIs in 2013, costing more than \$10 billion. Study findings suggest that up to 70% of these prescriptions are without indication and that 25% of long-term PPI users could discontinue therapy without developing symptoms. Indeed, there are already calls for the reduction of unnecessary use of PPIs."

What Is Toenail Fungus?



Toenail fungus is an infection that gets in through cracks in your nail or cuts in your skin. It can make your toenail change color or get thicker. It can also hurt. Because toes are often warm and damp, fungus grows well there. Different kinds of fungi and sometimes yeast affect different parts of the nail. Left untreated, an infection could spread to other toenails, skin, or even your fingernails.

Symptoms

Infected nails are usually thicker than normal and could be warped or oddly shaped. They can break easily. Nails with fungus might look yellow. Sometimes a white dot shows up on the nail and then gets bigger. When fungus builds up under your nail, it can loosen and even separate the nail from the bed. The fungus can also spread to the skin around your nail.

Who Gets Toenail Fungus?

Men are more likely to get it than women. The older you are, the better your chances are, too. People who have diabetes, athlete's foot, or a weak immune system, who smoke, or whose family members have it are also at a higher risk. If you spend a lot of time in the water or you've injured your toenail, your odds for getting toenail fungus go up.

Treatment

The way you treat toenail fungus depends on which fungus you have and how bad the infection is. Your doctor may try one thing or a combination: A topical cream that goes directly on the nail. An antifungal prescription pill.

Removing the damaged area of the nail or skin. In some cases, you might need to have the nail removed completely with surgery.

Keep Feet Dry and Clean

Be smart about your footwear. Choose socks that wick moisture away. Change them regularly. Make sure your shoes fit well. They should be made of something that lets air move through it, like canvas, mesh, or leather. Wear shower shoes in wet public places like locker rooms and swimming pools.

What's good in Beans?

Beans are consumed by many cultures in varied cuisines. Peanut is a bean (legume), and the Jaffna man roasts the dried pods cracks the shells and enjoy daily as a munching food. Americans also consume a substantial amount of peanuts and are also there is a rapid rising allergy, especially among children. Americans also consume lot of soy and soy products, obtained from soy beans, like the Orientals. Peanut butter trials have been tried to cure malnutrition among the poorly nourished children in most tribes in Africa, and has been a success.

Beans reduce your cholesterol in the blood by its high soluble fibre content, has proteins, and the vegetarians takes the advantage of eating lot of beans for its high protein content. Beans also have low carbohydrate amounts and hence have a low glycaemic index ideal for those having diabetes to consume. Beans also are rich in folate and iron. They also contain Lectins, like other grains

lectins seem to protect the bean plant and defend themselves from predators.

If you do not eat meat legumes are a good substitute for proteins. Canadians eat lot of beans. They have included the top five picks for healthy legumes to include in their daily meals.

Black Beans- these have high protein content and fibre and low on fats and carbs. Canned black beans tend to give much gas and discomfort in the tummy. It is best that the beans are thoroughly washed after removing from the can. The sugar and the salt seems to cause the gas in your tummy.

Dried beans are very popular and added to most cuisines, including soups.

Rosey and Shirley had been out of touch for years until they met at the mall one day.

Rosey repeated, "Shirley, it's been so long. I heard you got married."

"Yes," replied Shirley. "I married a lawyer, and an honest man, too."

"Hmmm," pondered Rosey, "isn't that bigamy

Sent by Francis Gnani

For Arthritis mobility helps

Sore, throbbing joints can make life difficult. About all you can think of doing is heading for the couch and sitting there till the pain goes away.

But sitting can actually make joint pain worse!

Hours of sitting tighten hip flexor and hamstring muscles and stiffen the joints. Tight hip flexors and hamstrings can affect gait and balance, making it harder to walk — or even making you more likely to fall.

Health Benefits of Mint



Mint has several species and hundreds of varieties. Among them, peppermint is more versatile and easy to find. Apart from cooking, it has many health benefits.

According to the University of Maryland Medical Centre, mint can help to relieve indigestion. Menthol in mint stimulates the enzymes for digestion, relaxing the muscles of the stomach. Mint is also good for reducing acidity and flatulence.

Mint can also help to lessen pain. Many pain balms in use contain mint extract as the main ingredient. Mint provides a cooling effect, causing the area to partially become numb and thus help in reducing the pain. It can also help to reduce stomach cramps. Inhalation of mint fumes eases the nerves and helps to calm the entire body, which will reduce stress and depression.

Mint is loaded with antioxidants and phytonutrients and can contribute to acne-free and glowing skin. The antioxidants give the skin a natural glow and rehydrate dull and dry skin. Salicylic acid in mint prevents pimples and blemishes. Because of its antibacterial and anti-inflammatory properties, mint extract is used in many cleansers and toners.

The antibacterial property of mint helps in fighting oral infections, tooth decay, bad breath, hence most toothpastes use mint extracts.

According to the authors of 'The Encyclopedia of Healing Foods', Michael T. Murray and Joseph E. Pizzorno, mint contains rosmarinic acid, an antioxidant that helps to treat and prevent certain allergies.

- See more at: <http://healthyhints.com.au/make-your-home-and-food-healthy-with-minty-air/#sthash.c6s3KqRA.dpuf>



Coffee jetlag?

A cuppa at night could delay your body clock by 40 minutes

Drop in Energy

Fatigue is a common effect of low testosterone. You might feel like you just don't have the energy that you're used to. Or you might be incredibly tired.

But many other things can sap your energy, too, including normal aging and depression.

Getting enough sleep may help raise your energy levels. Try to get at least 7 to 8 hours each night.

See your doctor for more help with unusual fatigue.

Five reasons to eat ginger

by Clare Deville (follow) Editor in Chief of www.healthyhints.com.au

Considered a medicinal spice for millennia, ginger has unparalleled healing properties. Here are five reasons to include ginger in your diet:

1. It relieves digestive complaints including nausea, flatulence, bloating and cramping.



2. Fights colds, flus and congestion.

3. Fires up the appetite and digestive system, optimising absorption and metabolism of vital nutrients.

4. Along with cinnamon, cayenne pepper and turmeric, ginger is one of the top detoxifying spices.

5. It has powerful anti-inflammatory properties and helps to reduce pain and inflammation.

Who's the wealthiest Monarch in the World?

King of Saudi?

Sultan of Brunei?

Prince of Monaco?

Queen of England?

Nope. It's this guy:



King Rama IX of Thailand. 68 years on the throne.

Assets around USD 30Billion . that's Sergei Brin type money (yes, I know the difference between Royal and entrepreneurial wealth).

That's a lot of dough for a basically unknown dude from a place most people can't find on a map, who also happens to be the World longest current reigning Monarch (beats out Queen of England).

Quora Digest

The World Health Organisation is warning the Zika virus could infect between 3 and 4 million people as it transforms from a mild threat to one that is "spreading explosively"

Changes in Sex Life

A drop in your sex drive can be due to low T. So can erectile dysfunction.

Low testosterone alone is rarely the only reason for weaker and fewer erections.

Other medical problems can be to blame, such as heart disease or diabetes.

Check with your doctor. If you have low testosterone levels, your sex drive may get better with treatment.



IBS Linked to Low Vitamin D

By [Tim Locke](#)

WebMD Health News

Reviewed by [Hansa D. Bhargava, MD](#)

- About 8 in 10 people with IBS ([irritable bowel syndrome](#)) also have low [vitamin D](#) levels, according to a small British study.

Although these are early results, researchers say that in the future, people with the disease might benefit from vitamin D screening tests and supplements.

The vitamin is essential for the body, including for healthy bones. We get some of it from food, but most of it is made in the skin after we get sunlight.

Most people should be able to get all the D they need from sunlight and a [balanced diet](#). But up to a quarter of the population has low levels of the vitamin in their blood.

[IBS](#) is a long-term health condition causing stomach [cramps](#), [bloating](#), [diarrhea](#), or [constipation](#). It may affect between 25 million to 45 million people in the United States.

Although the condition is common, the exact cause is still unknown. Diet may play a role, as well as problems with the speed at which food moves through the [digestive system](#).

Psychological factors, such as [stress](#), may trigger [IBS symptoms](#) for some people.

Although many don't get treated for their symptoms, it's thought to be the reason for between 20% to 40% of gastroenterologist visits. Doctors can diagnose it based on someone's symptoms, but they often need to do other tests to rule out other conditions.

New IBS study

Fifty-one people with IBS participated. Blood tests found 82% of them had low vitamin D levels. Those with low D also said they had less quality of life than those with higher levels of the vitamin. Participants were randomly given D supplements, a [placebo](#) tablet, or a combination of vitamin D and [probiotics](#) to take for 12 weeks. Patients and researchers didn't know who was taking which tablet until the results were analyzed.

The researchers weren't able to report a significant improvement in IBS among those taking supplements. This could be due to the small number of people taking part in the study, and the relatively short trial length. The researchers want to do a bigger trial to aim for more definitive results.

The study is in the journal *BMJ Open Gastroenterology*. The researchers received funding from a supplement maker.

"Our work has shown that most IBS sufferers in our trial had insufficient levels of vitamin D," lead scientist Bernard Corfe says in a statement.

"It was clear from our findings that many people with IBS should have their vitamin D levels tested."

Talk to your doctor if you have IBS and think your levels might be low.

[View Article Sources](#) 

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Being 'Fat But Fit' Won't Cut Early Death Risk

Study suggests benefits of physical fitness don't overcome risk from obesity

By Mary Elizabeth Dallas

HealthDay Reporter

HealthDay News) -- New research seems to contradict the idea that people might escape the health hazards associated with [obesity](#) if they're "fat but fit."

The new study suggests that the health benefits of physical fitness are offset by obesity. No matter their [fitness](#) level, normal-weight men had a lower risk of dying during the study than did the most physically fit obese men, the researchers said.

Still, it's important to note that the study wasn't designed to prove a cause-and-effect relationship.

This type of study can only show a link between physical [fitness](#) and the risk of premature death. Findings were published in the Dec. 20 issue of the *International Journal of Epidemiology*.

The study included more than 1.3 million Swedish men. Their health was followed for an average of almost 30 years, according to the researchers, led by Peter Nordstrom from Umea University in Sweden.

To measure [aerobic fitness](#), the men rode an exercise bicycle until they were too tired to continue. The men in the top 20 percent of aerobic fitness had a 48 percent lower risk of death from any cause during the study period compared with those in the bottom 20 percent, the investigators found.

However, the beneficial effects of physical fitness decreased as obesity increased, the researchers said. And, for the most obese, even the highest levels of physical fitness couldn't provide health benefits to offset the risks from [obesity](#).

The study authors concluded that being "fat but fit" still poses health risks.

WebMD News from HealthDay

[Article Sources](#)

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Wrap rubber bands around the ends of a coat hanger to prevent dresses from slipping off.



[Secret to losing belly fat](#) 

It's well known that a diet high in fresh fruit and vegetables has numerous health benefits, but the...

by [Clare Deville](#)

Are you constipated?

Sometimes all you need to do to have regular bowel movements is to drink enough water, eat foods with the right amount of fiber, and stay active.

Try drinking 8 glasses of water a day. Prunes are a good source of dietary fiber, and even brisk walking or other exercise can help.

If you've tried these things and you're still constipated, your doctor may recommend a fiber supplement, a probiotic medicine, or a laxative.

The information contained in this newsletter is informational only and not designed to be a substitute for medical guidance. At all times a practitioner should be consulted.

Dietary Fiber for constipation

There are 2 types of fiber you can add to your diet: soluble fiber and insoluble fiber.

Soluble fiber soaks up water and dissolves during digestion. You can find it in foods such as oat bran, barley, nuts, seeds, beans, lentils, peas, and some fruits and vegetables.

Insoluble fiber does not dissolve in water, but it adds bulk to your stool to help it move more quickly through your intestines.

Foods such as wheat bran, vegetables, and whole grains have insoluble fiber.

Reduce alcohol consumption, say new guidelines

Written by [Yvette Brazier](#)

There is no justification to drink for health reasons, and consumption of any level of alcohol increases the risk of a range of cancers, according to new guidelines published by the UK's Department of Health.



Even people who drink limited amounts of alcohol have a higher risk of many types of cancer than those who never drink.

The guidelines, based on findings of research worldwide, aim to decrease the risk of mortality from [cancers](#) and other diseases.

When the original guidelines were published in 1995, the links between alcohol and cancer were not fully understood. Now, however, new evidence shows that the risks start from any level of regular drinking, and the more one drinks, the higher the risk.

According to the UK's Royal Society for Public Health (RSPH), alcohol contributes to over 60 medical conditions, including [heart disease](#), [stroke](#) and some cancers. Approximately 1 in 20 of all new cancers in the UK stem from alcohol consumption. Contributing to the guidelines, the UK's Committee on Carcinogenicity (CoC) says that drinking even a small amount of alcohol increases the risk of some cancers, compared with people who do not drink at all.

The risk of developing some alcohol-related cancers reduces over time when people stop drinking, but it can take many years to return to the levels found in people who have never drunk alcohol.

Skip the sipped calories.

Sodas, lattes, sports drinks, energy drinks, and even fruit juices are packed with unnecessary calories. Worse, your body doesn't account for them the way it registers solid calories, so you can keep chugging them before your internal "fullness" mechanism tells you to stop. Instead, try unsweetened coffee or tea, or flavor your own sparkling water with a slice of lemon or lime, a sprig of fresh mint, or a few raspberries.

Harvard Health

Cloud Shields and Cow Pills: The Craziest Climate Change Fixes



From helping cows get a handle on their flatulence to creating a giant atmospheric shield for the sun's rays, scientists have proposed some crazy climate fix ideas.

[Read More »](#)

Young Smokers May Be Switching to Cigarette Alternatives



The percentage of young adults in the United States who smoke cigarettes has dropped in recent years, but the decline could be due to this population switching from cigarettes to other forms of tobacco.

[Read More »](#)

Crohn's Disease



It Involves More Than Your Colon

You already know this disease affects your digestion. Did you know it can also lead to bone loss, eye problems, back pain, arthritis, gallstones, and skin and liver problems? Your choices can make those problems less likely.

Keep Your Bones Strong

Make sure you get enough calcium and vitamin D. Crohn's disease makes bone loss and osteoporosis (thinning bones) more likely. Steroids used to treat Crohn's can also erode your bones. Most experts say you need between 1,000 and 1,300 milligrams of calcium and between 600 and 800 international units of vitamin D. Ask your doctor how much is right for you.

Protect Your Eyes and Vision

Tell your doctor if you notice eye problems like blurred vision, redness, and dryness. This disease can affect many parts of the eye, including the cornea, tear ducts, and outer coating of the white of the eye. When you control Crohn's flares, most eye complications improve. Your doctor may prescribe drops to help.

Ease Joint Pain

About 1 in 4 people with the disease gets arthritis, or inflamed joints. You may have pain in your elbows, wrists, knees, and ankles. This type of arthritis doesn't cause lasting damage. The pain will usually go away when your Crohn's symptoms do. Some people get pain and stiffness in their lower back, which can be more serious. Your doctor may prescribe medications and tell you to rest.=WebMD

Gallstones

Crohn's can harm your small intestine, which leads to gallstones. Up to a third of people with the disease get them. When your small intestine is damaged, your body can't absorb bile salts that it creates to break down waste. The salts form gallstones. Symptoms include sudden pain in your upper right abdomen and nausea. Treatment ranges from medications to surgery.



Skin Problems

Watch for changes in your skin. A small number of people with Crohn's get red bumps on their shins, ankles, and arms. Doctors call these erythema nodosum. Only a few will get blisters that turn into chronic deep ulcers, but it can happen.

Liver Damage

Do you feel unusually tired or have itching, yellowing of the skin (called jaundice), or pressure in your upper abdomen? Those could be signs that Crohn's is affecting your liver. Bring your doctor up to speed. He'll examine your blood tests, ultrasounds, and maybe even a biopsy to see if there's a problem.

Back Pain

If you have pain and stiffness in your lower spine, let your doctor know. It's rare, but you might have spondylitis, a form of arthritis linked to Crohn's. Over time, it can cause the bones in your spine to permanently fuse together. This is called ankylosing spondylitis. It happens in up to 3% of people with Crohn's. Early treatment can help you keep your flexibility. Stretching exercises and using moist heat on your back can help you feel better

WebMD

High Incidence of Cardiac Disease among the South Asians in US

South Asians represent about 60% of the world's heart-disease patients, according to World Health Organization statistics. In the U.S., South Asian men and women have the highest mortality rates from coronary heart disease compared with whites and other ethnic groups, studies have found.

Broader Understanding of Heart Disease Risk

Framingham Heart Study provides many insights, but doesn't explain ethnic minorities' high disease rates-The Wall Street Journal

Those figures on the incidence of heart disease among the Indians labelled as the South Asians, in US are worrisome and needs more urgent researched investigations to find the real cause.

WE can surmise only the multifactorial issues causing heart disease among humans, but cannot pin-point one particular cause, to any ethnic variety.

Indians of South Asia culturally and traditionally would prefer to enjoy their traditional cooked food in their newly settled destinations. So in US whilst the whites and other ethnics are enjoying their hot dogs and MacDonald's Indians would preferably eating home-cooked chapattis' thosai and roti's' being their staple diet.

The average Indian diet tends to be high in processed carbohydrates, polyunsaturated fats and vegetable fibres, and low in cholesterol and saturated fats. In general, South Asians are more likely to be vegetarians and use high-fat dairy products and fried foods. Vegetarianism often results in reduced consumption of omega-3 fatty acids, which are found in fish products and are thought to be cardio-protective.

However, chronic artery disease (CAD) rates are similarly increased in people from Bangladesh and South India, areas where fish consumption is high along the coastal regions. Common to certain parts of North India, ghee (clarified butter) has been implicated as a dietary risk factor for CAD. Boiling butter, which results in water evaporation, produces ghee. Some have suggested that this process results in high levels of atherogenic cholesterol oxides compared with standard butter, but this remains controversial.

Americans though much obese and eating fatty food seems to get less heart disease, though obesity is a big problem. The obesity rate for Asian adults (over 30 BMI) in the US in 2010 was 11.6% and comparatively for Caucasians 26.8 %

A total of 29% of Asian Indians had diabetes, 37% had prediabetes, and 34% had normal glucose tolerance. After full adjustment for covariates, Indians still had significantly higher odds of diabetes compared to whites

Indian immigrants may be more likely to have diabetes than other U.S. ethnic groups, and cultural factors may play a role, suggesting that this is a promising area of research

With increased incidence of pre diabetes and full blown mature diabetes type 2, no wonder Indians are more prone to chronic vascular disease (CVD). Another important factor why morbidity and mortality rates in CVD are high among the Indians could be there reluctance to visit their medical practitioners due to the high cost of medicine and visits to their doctors in US. Smoking and high blood pressure are two other factors to be considered. In India the young people smoke heavily as there is no propaganda and education against smoking. In America this could be a big problem among the Indian youth.

In the year 2000, more than on-half of the world's almost 17 million cardiovascular deaths occurred in developing countries, significantly much more than the developed countries.

Exercise is a motivator in the Western affluent countries to be fit and healthy whilst in the Asian countries due to more stress from poor lifestyles may not be motivated for such activities.

This could be the main factor for the higher incidence of CVD among the Southern Asians.

Harold Gunatillake –Health writer

As Zika Virus Spreads, Doctors Try to Calm Fears

By Brenda Goodman, MA

WebMD Health News

Reviewed by Hansa D. Bhargava, MD

Public health officials said Thursday



they're concerned about the fast-spreading Zika virus, and they're racing to understand its relationship to the troubling rise in birth defects seen in Brazil and other countries.

"The level of alarm is extremely high," said Margaret Chan, MD, director-general of the World Health Organization, as she briefed the executive board.

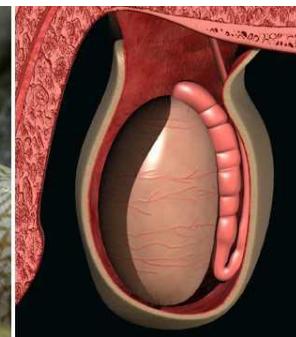
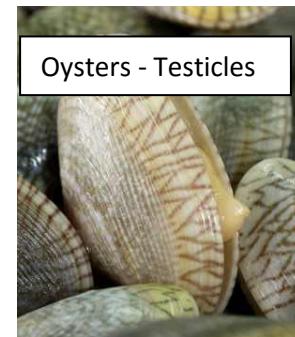
Chan said she was worried about the rapidly evolving situation for four reasons:

The virus has been tied to severe birth defects, including babies born with brain damage to infected mothers.

The mosquito that carries the virus, the yellow fever mosquito, is found in nearly every country in North and South America except Canada and Chile.

People in these countries have never been exposed to the virus before, so there's very little natural immunity to the virus in the general population.

There is no vaccine that can prevent the infection, very few tests available to detect it, and no treatments for it.



Research shows that oysters are very beneficial for male sexual organs. Research conducted in Holland found that a diet rich in oysters contains a lot of zinc and folic acid, which vastly improves the quality of the sperm. BabaMail

New source of liver disease in obesity caused by saturated fat, but not unsaturated fat

In results published on October 19, 2015 in the *Journal of Lipid Research*, a team of translational scientists at the Medical University of South Carolina (MUSC) report a new reason why non-alcoholic steatohepatitis (NASH) worsens in people who are obese.

NASH (also called non-alcoholic fatty liver disease) has become a major cause of liver disease requiring transplant. "In my 17 years of doing liver transplants, it's gone from 4% of patients to around 20% of patients who get transplants because of NASH," says Chavin. "In 10-15 years, because of advances with Hepatitis C, it will probably become the number one reason why patients get transplants."

When excess dietary fats are consumed over time, fat deposits form in the liver and NASH can develop. Early-stage NASH is typically not associated with any physical symptoms; nearly 30% of people in the U.S. have it. Though **obesity** is correlated with the development of NASH, the team wanted to know exactly why NASH worsens to a stage requiring transplant in certain obese people.

Obesity doesn't cause disease in every obese person and we don't understand why it does in some but not others," explains Cowart.

The team suspected that **inflammation** stemming from a lipid molecule called sphingosine-1-phosphate (S1P) might be responsible. They'd previously discovered in other organs that S1P is increased by excess dietary saturated fat.

New treatment option may be on the horizon for polymyalgia rheumatic

A drug approved to treat [rheumatoid arthritis](#), tocilizumab (Actemra, Genentech), is a potential new therapy for patients with polymyalgia rheumatica, according to an open-label, phase II study presented at the annual meeting of the American College of Rheumatology/Association of Rheumatology Health Professionals on November 10. The inflammatory disorder impacts 1% of people over the age of 50 and is predominantly found in individuals over the age of 65.

Polymyalgia rheumatica causes muscle pain and stiffness, especially in the shoulders, and can also cause people to feel like they have the [flu](#), with mild [fever](#), [fatigue](#), and malaise. Corticosteroids are the current treatment option, but they have downsides.

MNT

Symptoms of cervical cancer

Sobiya N. Moghul, Health Me Up | Nov 19, 2015, 03:39PM IST



Symptoms of cervical cancer (Thinkstock photos/Getty Images)

Cervical cancer symptoms are often misinterpreted as PMS or Ovulation pains. The biggest difficulty in [cervical cancer](#) is that it hardly shows any symptoms, not until it reaches an advanced stage, though it differs from woman to woman.

Abnormal bleeding

Women who are suffering from cervical cancer experience abnormal vaginal bleeding. This is heavy to light during the month.

Heavy white discharge

Another symptom of cervical cancer is increased vaginal discharge. This again differs from women to women, it may smell bad, be thick or contain mucus. Every time you visit your gynecologist inform her about these unusual white discharges.

Pelvic pain

One may not experience pelvic pain during normal menstrual cycle. This cervical cancer symptom may last for hours and can scale to dull pains or sharp aches, mild or very severe.

Pain during urination

Bladder pain or pain during urination can be a symptom of advanced cervical cancer. This cervical cancer symptom usually occurs when cancer has spread to the bladder.

Bleeding between regular menstrual periods, after sex, or pelvic exam

Bleeding after sex or pelvic exam can be cervical cancer symptoms. This is due to the irritation of the cervix during these activities. While a healthy cervix may have a very small amount of bleeding, many conditions may cause bleeding after activities like sex.

(Input: Dr. Bandita Sinha MD(Obs & Gynae), Fortis Hospitals, Vashi)

Incontinence in passing urine

Before your doctor can treat it, he needs to know what kind it is. If you release urine when you cough, laugh, or sneeze, that's likely stress incontinence. If you have a sudden need to go before leakage happens, that's probably urge incontinence. Some people have a combination of the two.

Kegel Exercises may help

Squeezing muscles you already use several times a day can help prevent leaks. Kegel exercises work the ones in your pelvis that you use to start and stop the flow of pee. To do a Kegel, squeeze and hold for about 10 seconds. Then release. Do about 10 sets three to five times a day. It may take up to 3 months before you notice a change.

Retrain Your Bladder

Want more control? Schedule your bathroom visits at regular intervals -- for instance, every 2 hours. If you have to go before the time is up, use Kegels or relaxation techniques to hold it in until the urge passes. After a while, you'll train yourself to go less often, with longer and longer periods between restroom breaks.

Medicine

Drugs can treat urges related to overactive bladder. Some control its contractions, others keep it relaxed. Side effects may include dry mouth, fatigue, and blurred vision. WebMD



QUIZ

The Truth About Tea

[Can green tea help lower your body weight? What other benefits are brewing in your cup? We've got answers for you.](#)

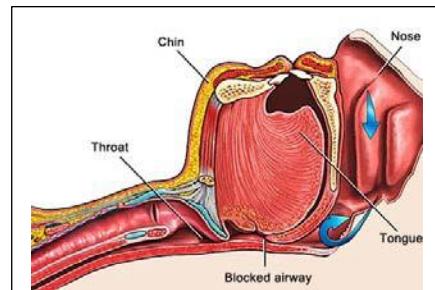
Rosemary and Castor



Want to plump up your ponytail? Does your scalp show more than it used to? Rosemary oil may help you get a thicker, shinier mane. In one study, 6 months of treatment worked as well as 2% minoxidil against androgenetic alopecia, a common form of hair loss in men and women. And it was less likely to cause an itchy scalp.

Castor oil is another home remedy said to thicken brows and lashes. Before you try it, ask your doctor if it's safe, since it would go near your eyes. The jury's still out as to whether it really works-WebMD

Sleep Apnea Is Just Snoring



Myth. Snoring can be a sign of sleep apnea, but there's a big difference between the two. People with sleep apnea actually stop breathing up to 400 times throughout the night. These interruptions last 10 to 30 seconds, and they're usually followed by a snort when breathing starts again. This breaks your sleep cycle and can leave you tired during the day.

Sleep Apnea Is No Big Deal

Myth. All those breaks in sleep take a toll on your body and mind. Untreated sleep apnea has been linked to job-related injuries, car accidents, heart attacks, and strokes.

Sleep Apnea Blocks Your Breathing

Fact. The most common type of sleep apnea is obstructive sleep apnea, or OSA. It happens when your tongue, tonsils, or other tissues in the back of the throat block your airway. When you try to breathe in, the air can't get through. Central sleep apnea is less common than OSA. It means the brain doesn't always signal the body to breathe when it should -WebMD

Best for Anti-Aging

Often referred to as "liquid gold," argan oil is incredibly rich in polyphenols, powerful antioxidants that can fight the effects of aging. "In addition, its omega-3 fatty acids can strengthen cell walls and promote collagen growth, plumping up the appearance of the skin," Zeichner

[Read More](#)

Upswing: A Bad Cold

Your blood sugar rises as your body works to fight off an illness. Drink water and other fluids to stay hydrated. Call your doctor if you've had diarrhea or vomiting for more than 2 hours or if you've been sick for 2 days and aren't getting better. Be aware that some medicines, such as antibiotics and the decongestants that can clear your sinuses, can affect your blood sugar.

Want to preserve a memory more vividly? Follow these steps



Gina Vivinetto
TODAY

Want to remember an event more vividly? Try describing it to a friend. Or jotting down how it all happened.

A new study once again finds that reflecting on events immediately afterward helps us to preserve them in our memory—and this study helps explain how the process works.

Researchers at the University of Sussex and University College London found that the same region of the brain that's activated when we first experience a memory is activated again when we "rehearse" the memory afterward.



Shutterstock

If you repeat an event in your mind right after it happens, you will be more likely to remember it two weeks later.

Ed: Mindful thinking

Drinking alcohol may make you more likely to get mouth, liver, colon, breast, and other cancers. It doesn't matter if you prefer beer, wine, or liquor. It's how much you drink that counts. The more you drink, the higher the risk.

If you drink, limit yourself to two drinks a day if you're a man and one a day if you're a woman.

Young Fathers at Increased Risk of Midlife Death



Men who become fathers at a young age may have an increased risk of dying during middle age, in their late 40s or early 50s, new research finds.



Turn Off the TV



Turn off tv - image from Shutterstock

A serious and sometimes fatal lung-related vascular disease, pulmonary embolism is caused by obstruction of the pulmonary arteries by blood clots, generally formed in the leg vessels. Toru Shirakawa, from Osaka University (Japan), and colleagues completed an 18-year long study involving 86,024 men and women, ages 40 to 79 years, who self-reported their daily television watching times and who were followed up for a median of 18.4 years. Deaths from pulmonary embolism was identified from death certificates. Length of television watching was divided into three groups: less than 2.5 hours, 2.5 to 4.9 hours and 5 or more hours per day. Risk of death from pulmonary embolism according to length of television watching was calculated after adjusting for age at baseline, gender, history of hypertension, history of diabetes, smoking status, drinking status, body mass index, walking and sports habits and menopausal status. During the follow up period there were 59 deaths from pulmonary embolism. The researchers found that people whose average television viewing time was more than five hours per day had twice the risk of fatal pulmonary embolism as those who watched an average of less than two and a half hours daily. The association was more prominent in people under 60 years of age in whom watching television more than five hours per day was associated with a six-fold risk of fatal pulmonary embolism compared to watching less than two and a half hours. In this age group, watching 2.5 to 4.9 hours tripled risk compared to less than 2.5 hours. The lead investigator comments that: "We showed that prolonged television viewing may be a risky behaviour for death from pulmonary embolism. Leg immobility during television viewing may in part explain the finding."

[VIEW NEWS SOURCE...](#)

They Dance To Uptown Funk, But Watch When They Turn Around...

This Is Incredible!



Gut microbiota regulates antioxidant metabolism

A recently published study shows that gut microbiota regulates the glutathione and amino acid metabolism of the host. Glutathione is a key antioxidant, found in every cell in our body. Deficiency of glutathione contributes to oxidative stress, which plays a major role in several lifestyle diseases.

The functional output and diversity of gut microbiota are important modulators for the development of various human disorders. **Obesity, type 2 diabetes, atherosclerosis**, non-alcoholic fatty liver disease as well as the opposite end of the spectrum, for example **malnutrition**, have been associated with imbalance in human gut microbiota. Hence, the interactions between the gut microbiota, host tissues of the gastrointestinal tract and other peripheral tissues as well as diet are known to be highly relevant for the health of the host.

In a recent paper published in *Molecular Systems Biology*, researchers at Chalmers University of Technology, the Royal Institute of Technology and the University of Gothenburg in Sweden revealed that gut microbiota regulates the glutathione and amino acid metabolism of the host. The study, highlighted on the cover of the journal, shows how a novel integrative approach can be used to reveal the metabolic differences between germ-free and conventionally raised mice through a combination of proteomics, transcriptomics and metabolomics data as well as tissue-specific metabolic modeling.

Glutathione is our body's most powerful antioxidant and the main detoxifying agent in the body. It plays a vital role in enabling the immune system, nutrient metabolism and regulation of other important cellular events. Glutathione is a very small protein, produced inside the cells from three amino acids ultimately obtained from our food or supplementation. The deficiency of glutathione contributes to oxidative stress, which plays a major role in the mechanisms of above mentioned complex disorders.

MNT



[Old Man Realizes A Horse Is Charging Toward A Little Girl. Now Watch His Reaction...](#)



Your Mysterious Pancreas



[This 6-inch-long gland does much more than just help your body digest food. Can you live without it?](#)

Gut bacteria changes may predict infection and inflammation

One of the most surprising revelations about human biology to emerge in recent years is that the microbes in our gut vastly outnumber our body's own cells. Plus, it seems they play an important role in our health; when they get sick, we get sick. Now, a new study shows how a computer-assisted model can predict gut infection and inflammation before symptoms emerge by tracking changes in gut microbiota signatures over time. Writing in the journal *PLoS ONE*, researchers from Brigham and Women's Hospital (BWH), an affiliate of Harvard Medical School in Boston, MA, suggest their findings will eventually help doctors reach a better understanding of how foreign bacteria disrupt our gut microbiota, and from that find better treatments for gastrointestinal (GI) infection and **inflammation**.

Senior author Lyn Bry, associate professor of Pathology at Harvard Medical School, and director of the BWH Center for Clinical and Translational Metagenomics, says: "Our gut contains 10 times more bacterial cells than there are human cells in our body. The behavior of these complex bacterial ecosystems when under attack by infection can have a big impact on our health."

Magnets Might 'Unlock' Paralyzed Arm After Stroke



New research may offer a glimmer of hope for people with one common stroke symptom: partial arm paralysis that leaves the affected limb frozen to the person's side like a broken wing.

[Read More »](#)

SLIDES
What's



Itchy, flaky, red patches on your skin may be psoriasis. See what the different types look like -- you can even get it under your nails and on your groin.



For Teenagers, Potassium May Matter More Than Salt

By TARA PARKER-POPE

A diet high in potassium appears to protect teenagers from high blood pressure in adulthood, while a low-salt diet had no effect, according to new research. A new study tracked the eating habits and blood pressure of 2,185 9- and 10-year-old girls for up to 10 years. While dietary advice has long focused on reducing salt intake, the study found that sodium intake had no long-term effect on the girls' blood pressure. However, they did find that girls who ate diets high in potassium throughout adolescence had lower blood pressure than girls who ate fewer potassium-rich foods.

Lynn L. Moore, the study's lead author and an associate professor of medicine at Boston University, said the findings were important because nutrition recommendations often focus on reducing sodium intake to improve both adolescent and adult health. But the study, [published in JAMA Pediatrics](#), suggests that teenagers would get more long-term health benefits by eating more potassium-rich foods and not worrying about salt.

You may be surprised how many teenager-friendly foods are a good source of potassium. For snacks, a banana has 420 milligrams of potassium, and a snack-size box of raisins has about 350 milligrams. A whole baked potato or potato skins (about 700 milligrams) and baked sweet potato fries (about 500 milligrams) are good sources of potassium. Guacamole from one avocado will have about 900 milligrams or more of potassium. A serving of low-fat yogurt will have more than 500 milligrams of potassium; adding fruit will increase the potassium even more. For teenagers with a taste for leafy greens, spinach and kale are packed with 800 to 900 milligrams of potassium per serving. Kiwi, nectarine, papayas and even dried coconut all have good amounts of potassium.

The recommended intake of potassium is 4,700 milligrams a day, but only a small percentage of people achieve that, Dr. Moore said.

"It may be that potassium is more of a determinant of blood pressure than sodium is," Dr. Moore said. "The kids who consumed the most potassium had much lower blood pressures by the end of adolescence. What we need to focus on is increasing potassium intake rather than focusing on restricting sodium intake."

Go crazy with color

Fruits and vegetables have scads of ingredients that lower cholesterol — including fiber, cholesterol-blocking molecules called sterols and stanols, and eye-appealing pigments. The heart-healthy list spans the color spectrum — leafy greens, yellow squashes, carrots, tomatoes, strawberries, plums, blueberries. As a rule, the richer the hue, the better the food is for you.

The Great Salt Debate: How Much Sodium Is Too Much for Your Diet?



Americans are eating more sodium than recommended. Is that bad?

[Read More »](#)



Mango & Tomato Chutney

We literally have to wear helmets in the garden at the moment because dozens of mangoes are dropping...

by Lucy

Immune system

Your gut is the main area in the body where the immune system interacts with what's brought in from the outside world. Thus, the interaction between gut bacteria and your own cells appear to play an important role in the development of a fully-functioning immune system.

According to a 2003 review paper in the *Lancet*, [lymphatic tissue](#) in the intestine contains the largest pool of cells capable of producing an immune response.

A 2012 study found that whether babies are fed [breast milk or formula influences the composition of their gut bacteria](#), and in turn, the development of their immune system. Babies fed only breast milk had more diversity in their gut bacteria than babies who were fed only formula. There was also a link between the genes that were "turned on" in the babies' gut bacteria, and the genes that were "turned on" in their immune system.

Delhi's air pollution severe, bleak winter likely



The city's air quality deteriorated sharply on Tuesday morning with many residents complaining of a "choking feeling".



ASK WELL



The Health Benefits of Meditation

By RONI CARYN RABIN

There are many types of meditation, and research individuals.

Cashews for bones:

Apart from calcium, your bones need magnesium too. And that's what cashews have on offer among other things. Insufficient magnesium can lead to high blood pressure, spasms and migraine headaches. Have a handful of cashews to avoid that.

A New Theory About How Acid Reflux Is A Lot Worse Than You Think

Acid reflux isn't just painful—it's one of the most common diseases affecting people today.

That means millions of people are at risk of their acid reflux developing into a more serious and even life threatening condition. Acid reflux is more than just a little bit of indigestion. It's a pandemic.

Some people are sure that acid reflux is a food related problem. You're stuffing the wrong things into your stomach, and your stomach is taking it out on you. That's the kind of thinking that does make a lot of logical sense, but it ignores a lot of what is actually going on in your body. Other explanations include problems with the lower esophagus or with the composition of stomach acids. So what is the problem? In a new program called Rapid Reflux Relief, Nick O'Connor says none of these things are what's really behind painful acid reflux. According to O'Connor, there's a completely different suspect and it's living in your stomach. It's called H. Pylori—and it turns out that it creates a hostile environment inside the gut that results in an acid reflux backlash.

But how did Nick O'Connor find this out? And where were the doctors during all of this? H. Pylori isn't something new to the medical profession. This is a bacterium that The World Health Organization (WHO) has deemed to be cancer-causing. It goes hand-in-hand with most incidence of stomach ulcers, stomach cancer, and—you guessed it—acid reflux disease. However, getting rid of H. Pylori isn't the way that doctors go about treating acid reflux.

Nick O'Connor found all this out the hard way. He was an ordinary acid reflux sufferer, but it wasn't until he found himself laying flat on his back in a doctor's office, getting cancerous cells scrapped from his esophagus lining did he realize how bad acid reflux really could be. He had to find a better way to fight this.

Luckily, he was put in contact with a university biologist named Richard Harrow who told O'Connor about H. Pylori and how to get rid of it from the body. That last bit was the secret the big pharmaceutical companies don't want people to know: You can get rid of H. Pylori, not just hide the symptoms.

That's what forms the backbone of O'Connor's new treatment system Rapid Reflux Relief. He advocates ditching the prescription solutions in favor of a 100% natural course of treatment that he says kills H. Pylori dead.

TOI

Red Meat is okay

We are constantly being told by health charities and Some nutritionists that too much red meat causes bowel cancer.Indeed, the Department of Health warns committed carnivores to cut down to 70g a day. But meat has been unfairly demonised, according to Roger Leicester, Director of Endoscopy at St George's Hospital and director of the SW London Bowel Cancer Screening Programme.

In fact, Mr Leicester, who is also a former secretary of the British Society of Gastroenterology, says cutting out red meat is known to cause iron deficiency. Here, he explains why chocolate - full of sugar and fat - is a more likely cancer-causing culprit...

The next time you feel guilty about chomping on a juicy steak, don't.

I say this because there has been no clear published evidence to implicate lean red meat in causing cancer - despite the constant warnings from charities and scientists.

In fact, in my opinion, chocolate could be more of a danger.

Very high intakes of sugar and saturated fat are much more of a problem, but no one ever suggests we should give up chocolate, which is laden with sugar loaded with fat.

That would be too unpopular.

Read more: <http://www.dailymail.co.uk/health/article-3284505/Forget-red-meat-likely-bowel-cancer-eating-CHOCOLATE-Leading-colorectal-surgeon-eats-meat-regularly-sugar-true-culprit.html#ixzz3pOq6vMA3>
Follow us: @MailOnline on Twitter | DailyMail on Facebook



'There has been no clear published evidence to implicate lean red meat in causing bowel cancer,' says Roger Leicester, a colorectal surgeon at St George's Hospital, London



Beetroot Ice Cream
by Kyra
10 likes



[Curry Noodles with Chicken, Prawns and Eggs](#)

This recipe can be made with left over chicken however I did not have enough so I cooked some chic...

by [Finy](#)



The Fats You Don't Need to Fear, and the Carbs That You Do

By JANE E. BRODY 
Efforts to correct past dietary sins have caused the pendulum to swing too far in the wrong direction.

Bellini

Bellini is prepared with champagne orange or peach juice. Champagne is rich in antioxidants which is beneficial for your skin. When you add orange or peach to champagne you are adding vitamin A, B and C to your drink. The juices are good sources for calcium, riboflavin, phosphorus, potassium, magnesium, niacin and thiamine.



Dark green leaves have more iron than meat and more calcium than meat

Also contain vitamins A, C and K - important for eyes, blood and immunity

But some experts warn kale is overhyped and eating too much can cause digestive problems, hypothyroidism, irregular heartbeats and sudden death. Demand for kale, a dark leafy vegetable of the cabbage family has soared in recent years. Last year, its spiralling popularity caused farmers to warn of a worldwide shortage

Beans for Fiber

Add fiber-rich beans to your diet three to four times a week. Fiber may help lower blood pressure, improve cholesterol, prevent constipation, and help digestion. And because you feel full longer, eating a diet high in fiber can help you lose weight. Top a salad with chickpeas or use beans in place of meat in soups. Beans contain complex carbohydrates to help regulate glucose levels, which is important for people with diabetes.

Read more:
<http://www.dailymail.co.uk/health/article-3284505/Forget-red-meat-likely-bowel-cancer-eating-CHOCOLATE-Leading-colorectal-surgeon-eats-meat-regularly-sugar-true-culprit.html#ixzz3pOq6vMA3>

Does Frequent Sex Prime the Immune System for Pregnancy?

By
GRETCHEN REYNOLDS



CreditIllustration by Eiko Ojala

This column appears in the October 25, 2015 issue of *The New York Times Magazine*

For decades, doctors have recommended that couples trying to conceive should have intercourse as often as possible, not only during ovulation (obviously) but at other times as well. Doing so is known to improve the odds of success, though the reasons have remained a puzzle. Now two new studies suggest, somewhat radically, that sex alters a woman's immune system in ways that affect her chances of conceiving.

The data for the studies come from the Kinsey Institute for Research on Sex, Gender and Reproduction and the Center for the Integrative Study of Animal Behavior, both at Indiana University, where researchers recruited 30 healthy, premenopausal women, all of whom were heterosexual and not trying to become pregnant. About half of them were sexually active, using condoms or intrauterine devices as birth control, while the others were abstinent. The volunteers provided blood, saliva and other samples throughout several menstrual cycles. Apart from their sex lives, women in both groups were broadly similar in terms of health and lifestyle.

They soon revealed distinctly different immune-system responses over the course of a menstrual cycle. According to one of the new studies, [published in September in the journal *Fertility and Sterility*](#), the sexually active women displayed heightened levels of a certain immune cell when their reproductive systems were preparing to release an egg but before they were able to become pregnant. Later in the menstrual cycle, when conception was possible, these women developed higher levels of a different type of immune cell — one known to help a body recognize and ignore nonhazardous foreign cells, like those in a fetus. There were no similar changes in the immune systems of the abstinent women.

The other study, [published in *Physiology and Behavior*](#), found other immunological differences. Sexually active women early in their cycles developed more antibodies of a type that lives in the mucus lining the reproductive tract and represents a threat to sperm and fetuses. Levels of these antibodies dropped later in the cycle, while the numbers of a different germ-fighting antibody in the blood but not in the reproductive tract grew.

Well/NYT

[Low-fat diets no better for reaching skinny goals than other dieting](#)

Lions Are Disappearing Across Africa

by Tia Ghose, Senior Writer



A lion relaxes on the grass.

Credit: Billy Dodson | African Wildlife Foundation

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Lions are disappearing from most of the African continent, and the decline is especially evident in West Africa, according to new research.

The [lion](#) population has been in decline since 1992, largely because of conflicts with native herders and declines in lions' prey species, the new survey found. Almost two-thirds of the more than 8,000 lions studied live in populations facing decline. West African lion populations are likely to drop by half in over the next two decades, if conservation measures aren't stepped up, the study found.

"A lot of the African bush is now silent of the lion's roar," said study co-author Luke Hunter, president of Panthera, an organization dedicated to the conservation of big cats. "We're losing that characteristic emblem of African wilderness." [\[In Photos: The Biggest Lions On Earth\]](#)



THE ASTOUNDING STUDY RESULTS – Alcohol & Dementia

With access to 150 years' worth of medical journals stored in the Royal Society of Medicine's (RSM) magnificent library in London, I found that one of the earliest studies looking at the effect of moderate alcohol intake on dementia had been done in the Nineties.

In this study, U.S. researchers kept tabs on 6,000 women aged over 65 living in care homes, some of whom had been (and still were) regular drinkers. The women, who were all of sound mind at the start, were tracked for more than six years; their alcohol intake was noted, plus the date of the first diagnosis of dementia

The results couldn't have been clearer: in terms of who got dementia first, in pole position were the non-drinkers.

The women who drank up to 14 grams of alcohol a day (the equivalent of a large-ish glass of wine) obtained some protection against dementia, but those who drank more than that halved their risk of dementia compared to the non-drinkers.

Published the same year was another U.S. paper with almost identical results, but it was a German one in 2011 that knocked my socks off. In a three-year study, mental health experts in Mannheim observed 3,200 people over the age of 75, roughly half of whom were regular drinkers. Once again, the teetotallers had a much higher risk of dementia than drinkers.

Even fairly heavy drinkers (downing more than 40g of alcohol a day - half a bottle of wine) halved their risk of dementia compared to non-drinkers.

However, the most astounding benefit occurred with those who drank a little less than that - between 20g to 29g of alcohol a day. These people reduced their chances of getting 'overall dementia' (i.e. all types) by two-thirds, and Alzheimer's specifically to almost zero.

Truly amazing. There's not a pharmaceutical drug, herb, vitamin supplement, diet or other lifestyle change that can get anywhere near achieving that level of protection.

By Tony Edwards For The Daily Mail

Read more: <http://www.dailymail.co.uk/health/article-3290688/The-truth-experts-won-t-admit-Drink-PREVENTS-dementia-s-OPPOSITE-told-science-writer-says-evidence-shows-alcohol-doesn-t-harm-brain-protects-it.html#ixzz3pmbCsALB>

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Study says wine is healthy, but desi doctors unconvinced

MUMBAI: Should diabetic patients drink wine? This controversial debate got a fresh lease with a study published in Annals of Internal Medicine on Tuesday stating that a daily dose of red wine improved cardiac health and controlled cholesterol levels in patients with controlled type II diabetes.

"Both red and white wine can improve glucose control, depending on (the patient's) alcohol metabolism and genetic profiling," said the study conducted in Israel's Ben Gurion University and supported by the European Foundation for the Study of Diabetes. Wine is increasingly seen as the alcohol with health benefits: studies have shown it's good for the heart of people eating the Mediterranean diet; it has antioxidant qualities to control aging and controls symptoms of dementia and Alzheimer's disease. However, the correlation between wine and diabetes has always been a grey zone.

As wine is derived from fruits, it has been considered too sugary for diabetic patients. But the new study found otherwise: it randomly assigned 224 patients with well-controlled type 2 diabetes to drink 150 mL of mineral water, white wine, or red wine with dinner for two years and then measured their lipid and glycemic control profiles.

"After two years, patients who drank wine had decreased cardiometabolic risks compared to patients who drank mineral water. The red wine drinkers experienced the most significant changes in lipid variables, suggesting the potential synergy of moderate alcohol intake with specific nonalcoholic wine constituents," said the study.

Would Indian doctors recommend wine for their patients with diabetes? No, they said. Dr Shashank Joshi, an endocrinologist with Lilavati Hospital in Bandra, said, "It's ridiculous to suggest that Indians who don't have the Mediterranean diet (which includes wine) should take wine. Moreover, the American Diabetes Association too restrains wine intake and recommends only 60 ml twice a week."

Dr Anoop Misra, an endocrinologist with Fortis Hospital in Delhi, said, "We knew, from a few previous studies, that mild-moderate alcohol consumption may not be harmful for the body. However, this study must be interpreted carefully in Indians since they have overload of fat in liver and pancreas, and alcohol may increase it."

Dr Joshi further said that such improvement can be achieved with any health food/ intervention in patients whose sugar is in control. Dr Misra added that those with moderate alcohol consumption should be allowed to continue after physician's assessment of state of liver, pancreas and foot nerves is normal.

TOI

A view of the rocky landscape of the Kuragala hillock Most of such caves had been utilized in different periods from prehistory to early historic period.



Arabic/Islamic cultural layer of the Kuragala

Professor Raj Somadeva conducted a survey on the macro area of the Kaltota escarpment, which houses the controversial Kuragala site. What he unearthed about Kuragala is part of a research project called 'Hunters in Transition'.

He further quotes an article by Dr H.M Shukri, Director of the Naleemah Institute of Islamic Studies in Beruwala about the Arabic inscriptions of Sri Lanka. In this article he mentioned the inscription of Kuragala. I published a photograph of the Arabic inscription and I said that there is a multiple layer of cultural existence in Kuragala. Apart from the long standing heritage of Holocene hunter gatherers and early Buddhist residential abodes there is evidence of some Arabic/Islamic affiliation suggested by this Arabic inscription. But according to Shukri this inscription has no intelligible meaning. So I said this Arabic inscription does not establish a long standing tradition of Arabic presence or Islamic religious practice at the site. But the current Muslim population of the locality have attributed intangible cultural values to the site and we have to respect that. Because it reflects historical cultural interactions in a modern context. We should allow all the people of the country to experience the intangible cultural values adopted by them to the site within the legal provisions prescribed in the Antiquities Ordinance. You can't do anything tangible within the site. You can't construct anything. But you can experience the site without any ethnic boundaries, he said.

Nuts May Negate Death Risks

Consuming 10 grams of nuts daily may lower death risk from respiratory and neurodegenerative diseases.



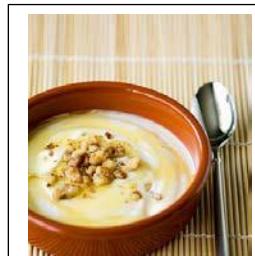
Mixed nuts - image from Shutterstock

Previously, a number of studies report that consumption of various types of nuts may reduce risk of cardiovascular-disease related deaths. Piet van den Brandt, from Maastricht University (The Netherlands), and colleagues surveyed 120,852 men and women, ages 55-69 years, enrolled in the Netherlands Cohort Study, for dietary and lifestyle habits; deaths were tracked using a national database. Data analysis revealed that men and women who eat at least 10 grams of nuts or peanuts per day have a lower risk of dying from several major causes of death, as compared to people who don't consume tree nuts or peanuts. The reduction in mortality was strongest for respiratory disease, neurodegenerative disease, and diabetes, followed by cancer and cardiovascular diseases. Interestingly, peanuts showed at least as strong reductions in mortality as tree nuts, but peanut butter did not associate with mortality.

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BEST FOODS FOR BREAKFAST

Plain Greek yoghurt with chopped nuts Contain a good mix of protein, healthy fats and fibre. It gives a great satiety that lasts until lunch. When having high fat option the gastric release is a bit slower which makes you feel full for longer.



Probiotic foods, such as plain Greek yogurt, calms down your stomach and digestive system, and can also help to boost the immune system. Good alternatives are Skyr, which also is high in protein. You can get the Icelandic yogurt from Ocado. All of the 'healthy nuts' including almond, walnuts and cashews, have several benefits such as improving heart health, reducing cholesterol levels, increasing brain health and reducing stress. I recommend eating a handful of nuts a day.

Mushroom and tomato omelette

Mushroom is rich in protein, fiber and vitamin. The fiber in the mushroom and protein in the eggs makes your blood sugar stable; give you a great satiety that lasts until lunch. Tomato contains lycopene, which is an antioxidant that helps you stay healthy. Egg is a very good weight loss item since it gives a long lasting satiety with a low amount of calories.

By Anucya Victor for Mail online

Carotid stenting yields higher long-term rates of stroke, death vs. endarterectomy

Vincent S, et al. *Circ Cardiovasc Qual Outcomes*.

"Although stenting has more favorable periprocedural outcomes with respect to [MI], the observed increased risk of stroke and death throughout follow-up with stenting suggests that endarterectomy remains the treatment of choice for carotid stenosis," Kristian B. Filion, PhD, and colleagues wrote. Filion, from the division of clinical epidemiology at Jewish General Hospital, McGill University, Montreal, and colleagues analyzed data from eight randomized controlled trials with at least 50 patients (n = 7,091) comparing carotid artery stenting vs. endarterectomy for carotid stenosis. Follow-up in those trials ranged from 2 to 10 years.

When the researchers performed a pooled analysis using random-effects models, they found that stenting was linked with increased risk for periprocedural stroke (RR = 1.49; 95% CI, 1.11-2.01; risk difference, 1.7%; 95% CI, 0.3-3) but decreased risk for periprocedural MI (RR = 0.47; 95% CI, 0.29-0.78; risk difference, -0.4%; 95% CI, -0.8 to 0.1) compared with endarterectomy.

Over long-term follow-up, stenting compared with endarterectomy was associated with elevated risk for stroke (RR = 1.36; 95% CI, 1.16-1.61), along with a composite of [ipsilateral stroke](#), periprocedural stroke or periprocedural death (RR = 1.45; 95% CI, 1.2-1.75). Risk for long-term stroke after stenting was more pronounced in older patients (RR = 1.54; 95% CI, 1.2-1.98) than in younger patients (RR = 1.01; 95% CI, 0.56-1.81), but there were no important differences according to sex or symptomatic status, the researchers reported.



[Police Officer Picks Up A Starving Newborn Baby And What She Does Next Saves Her Life.](#)



MEETING THE WILDLIFE



The forests of Sri Lanka's Central Highlands are located about 2,500 metres above sea-level. It's an intensely biodiverse area where you may just be lucky enough to spot the increasingly rare Sri Lankan leopard. Head to the Sinharaja Forest Reserve for endemic wildlife including birds and rare reptiles.

The reserve is also home to almost half of Sri Lanka's native mammals and butterflies. But if you can't make it out to Sinharaja don't fret — on this island you'll struggle to find anywhere that isn't close to some kind of national park. Minneriya is a great place to see elephants and other exotic wildlife.

Sri Lanka is within the International Whale Watching Commission's protected zone in the Indian Ocean, so there are plenty of early morning boat rides that'll put you alongside whales and dolphins — some of the best run out of Mirissa Beach and last between two and four hours out into the deep ocean.

<http://www.news.com.au/travel/world-travel/asia>

Female turkeys don't gobble



Credit: Tatiana Grozetskaya | shutterstock

Don't be disappointed if the turkey at the petting zoo refuses to gobble — it's probably a female, which is called a hen. Male turkeys are called gobblers, because they are the only ones that can make that adorable gobbling sound. Each male turkey has his own unique gobbling "technique," which he combines with [strutting to attract potential mates](#). Female turkeys communicate through clucks and small, chirp-like noises.

Livescience

Trial Studies Effects of Resveratrol on Alzheimer's Patients

Results showed that treatment with increasing doses of resveratrol prevented a decline in amyloid-beta40 (Abeta40) levels in blood and cerebrospinal fluid.



Resveratrol - image from Shutterstock

A study investigating the effects of the dietary polyphenol resveratrol in people with Alzheimer's disease (AD) has produced some promising results. Professor R. Scott Turner, MD, PhD, director of the Memory Disorders Program at Georgetown University Medical Center, and colleagues conducted the randomized, placebo-controlled, 52-week trial of resveratrol in 119 people diagnosed with mild to moderate AD. The primary goal of the study was to investigate whether resveratrol had any effect on several AD biomarkers and brain volume. The highest dose of resveratrol tested was 1 gram by mouth twice daily — equivalent to the amount found in approximately 1,000 bottles of red wine. Results showed that participants treated with resveratrol exhibited little or no change in levels of amyloid-beta40 (Abeta40) in both blood and cerebrospinal fluid, whereas levels of Abeta40 dropped in those taking a placebo. Levels of Abeta40 are known to decline as AD progresses — as documented in those in the placebo group, therefore the discovery that resveratrol may be able to stabilize Abeta40 levels is promising. Results also showed that resveratrol was safe and well tolerated. However, one result of the study surprised the researchers — brain MRI scans conducted before and after the study showed that resveratrol-treated patients lost more brain volume than the placebo-treated group. At present, the researchers do not know how to interpret this discovery: "A similar decrease in brain volume was found with some anti-amyloid immunotherapy trials," said Professor Turner. The current hypothesis is that the treatments may reduce inflammation of the brain that is seen with AD.

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