

## What can you do to prevent dementia?

Dementia isn't a normal part of ageing. Here are five key things you can do to keep your brain functioning as well as possible as you age.



## What is the HbA1C test and why is it done on diabetics regularly?

Written by Dr Harold Gunatillake-FRCS, FIACS (US), FICS (US), MBBS (Cey), AM (Sing).-Health writer

When you do a finger prick blood test on a strip inserted into your glucometer, you are assessing the blood sugar level at that moment. Most diabetics do a fasting level in the morning before breakfast and the reading is of no significance for the control of blood sugar. It is a very reliable test to diagnose diab...

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Health editor

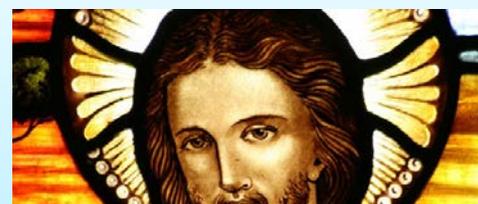


## Fruit May Have Benefits for Diabetes

By NICHOLAS BAKALAR

A large study has found that eating fresh fruit reduces the risk for developing diabetes, and the risk for its complications.

## Meditation Can Help Improve Focus in People With Anxiety



## Was Jesus a Real Person?

[Read Article](#)



SLIDESHOW

## Surprising Signs of Depression

Some people who are depressed will go on buying sprees, overuse the internet, or do these other things.

## After Knee or Hip Replacement, No Place Like Home

By JANE E. BRODY

Patients recover equally well and may experience fewer complications with outpatient rehabilitation, studies show.



## New Types of Blood Cells Revealed

Researchers have identified new classes of white blood cells in the human immune system.

[Read the full story](#)



This photo taken from the Face Book reminds me of Daisy's song-"I can't afford a carriage"  
 This photo shows Mr Subramaniam Sivendran's (left)-daughter DR Renuka with her newly wedded husband Dr. David (right), walking along a street after marriage in Kovil and church in Pittsburg, US

### Coffee can raise cholesterol

Your morning cup of joe just might give your cholesterol level an unwanted jolt. French press or Turkish coffee lets through cafestol, which raises levels of LDL, or "bad," cholesterol. Espresso does too, but serving sizes are small, so there's less to worry about. If you drink drip coffee, you're in the clear. The filter catches cafestol, so stick to drip.

### Muslim women in India

have taken their fight against [a religious divorce proceeding to the Supreme Court](#).

Husbands need only repeat the Arabic word for divorce — talaq — three times, which can leave the women homeless and without prospects. Five women are arguing that the practice violates the Indian Constitution's guarantee of equality.



### Grilled Sardines With Aioli

Sardines may be small, but they're big fish when it comes to calcium, heart-healthy fats, and robust flavor. Try fresh sardines -- tossed on the grill for a smoky, delicious hors d'oeuvre. Drizzle with garlicky aioli sauce for as much calcium as you'd get in eight ounces of yogurt.  
 Sardines (3 oz.): 325 mg calcium  
 Aioli sauce (2 Tbsp): 21 mg calcium

### For healthy breakfast

Include protein. Yogurt is a good choice; Greek yogurt has more protein than regular yogurt. Eggs (up to one a day) are okay for healthy people. Although yolks are high in cholesterol, eggs have proteins, vitamins, and other nutrients and don't appear to increase the risk for developing heart disease. You might also include foods that have healthful fats such as those in nuts or salmon. Limit processed meats to the occasional treat as these foods are associated with a higher risk of colorectal cancer, heart disease, and type 2 diabetes.

Harvard Medical School



### Pink Himalayan vs. Table Salt: Which Is Healthier?



## LAK SAVIYA FOUNDATION AUSTRALIA

HELPING THE NEEDY HELP THEMSELVES



### ALL YOU CAN EAT CHARITY DINNER 2017

Annual Fund raising event, All You Can Eat Charity Dinner 2017 was held for the tenth consecutive year on Saturday 27 May 2017 at the Roselea Community Centre, 647 Pennant Hills Rd, Carlingford. from 5.30PM to 10.00PM. Separate 1.5 hour sessions were arranged and booking times for these sessions are 5.30pm, 6.00pm, 6.30pm, 7.00pm, 7.30pm, 8.00pm, 8.30pm. All seats were reserved and table bookings (8 per table) can also be made.

Authentic Sri Lankan cuisine including Hoppers, Dosai and Fried Rice with vegetarian and non-vegetarian Dishes were available on a buffet style dinner, including dessert, tea and coffee. Beer, wine and soft drinks will be available for sale.

Tickets were priced at \$30 per adult and \$15 per child (less than 12 years). Children under 2 years were admitted free. For future events be in touch through emailing to [dinner@laksaviya.org.au](mailto:dinner@laksaviya.org.au) , or by contacting: Tissa Liyanage 0413 385 937, Roy Abeygoonawardana 0425 234 390, Jude Fernando 0411 473 478.

A great way for Sri Lankans and others to mingle and come to know each other through Sri Lankan food



### Recipe: Steamed Fish in Banana Leaves

Steamed Fish in Banana Leaves is a South Indian recipe made using pomfret fish, banana leaves, coconut and lemon juice. It is easy-to-make, delicious and perfect for occasions like birthdays, anniversaries and parties.

**“A study of more than one hundred thousand adults in India found that those who consumed meat daily, or even occasionally, were significantly more likely to suffer from asthma than those who excluded meat and eggs from their diets altogether”**

**Dr Michael Greger**

Passing on breakfast can lead to weight gain, and that sets the stage for high blood pressure, high cholesterol, and diabetes -- all of which can lead to heart disease. For a heart-healthy breakfast, skip the fatty bacon and sausage. Instead, load up on fresh fruit and whole grains.

[Video: California sea lion grabs girl from dock and pulls her underwater](#)

Girl shaken but physically unharmed after large sea lion grabs her dress and pulls her into the water near Vancouver, Canada

**The humble cucumber and human relationship**

Written by Dr Harold Gunatillake-health writer  
When we discuss superfoods and those ingredients that make such foods, from unprocessed grains, crucifers, fish, and fruits, you totally exclude a cooling veggie like Cucumber- anti-inflammatory to the hilt and full of nutrients. You remember the old idiom, “cool as a cucumber” is quite appropriate when it comes to cooling the body. Store sliced cucumber in your fridge, to be available wh...

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## Soy and Breast Cancer

When it comes to soy, the “dream of the 90s” is alive in *How Not to Die*. Greger resurrects a long-retired argument that this former superfood is kryptonite for breast cancer.

Explaining soy’s purported magic, Greger points to its high concentration of isoflavones — a class of [phytoestrogens](#) that interact with estrogen receptors throughout the body (40).

Along with blocking more powerful human estrogen within breast tissue (a theoretical scourge for cancer growth), Greger proposes that soy isoflavones can reactivate our cancer-suppressing BRCA genes, which play a role in repairing DNA and preventing the metastatic spread of tumors (pages 195-196).

To make the case for soy, Greger provides several references suggesting this humble legume not only protects against breast cancer, but also boosts survival and reduces recurrence in women who go gung-soy-ho in the wake of their diagnosis (pages 195-196) (41, 42, 43, 44).

The problem? These citations are hardly representative of soy’s larger body of literature — and nowhere does Greger disclose how controversial, polarized, and case-not-closed the soy story is (45, 46).

For example, to support his statement that “soy seems to lower breast cancer risk,” Greger cites a review of 11 observational studies looking exclusively at Japanese women (page 195).

While the researchers did conclude that soy “possibly” decreases the risk of breast cancer in Japan, their wording was necessarily cautious: the protective effect was “suggested in some but not all studies” and was “limited to certain food items or subgroups” (41).

What’s more, the review’s Japan-centrism casts major doubt on how global its findings are.

Why? A common theme with soy research is that the protective effects seen in Asia — when they do appear at all — fail to make it across the Atlantic (47).

One paper noted that four epidemiological meta-analyses unanimously concluded that “soy isoflavone/soy food intake was inversely associated with breast cancer risk among Asian women, but this association did not exist among Western women” (48).

Another meta-analysis that *did* find a small protective effect of soy among Westerners (49) had so many errors and limitations that its results were deemed “not credible” (50, 51).

Reviews of clinical trials, too, have been disappointing in their quest for soy’s fabled anti-cancer perks — finding no significant benefit of soy isoflavones on risk factors like breast density or circulating hormone concentrations (52, 53).

What explains these population-specific differences? Nobody knows for sure, but one possibility is that certain genetic or microbiomic factors mediate the effects of soy.

For example, about twice as many Asians as non-Asians harbor the type of intestinal bacteria that converts isoflavones into *equol* — a metabolite some researchers believe is responsible for soy’s health benefits (54).

Other theories include differences in the types of soy products consumed in Asia versus the West, residual confounding from other diet and lifestyle variables, and a critical role for early soy exposure — in which childhood intake matters more than a late-in-life bender of soymilk lattes (55).

What about the ability for soy isoflavones to reactivate the so-called “caretaker” BRCA genes — in turn helping the body ward off breast cancer?

Here, Greger cites one *in vitro* study suggesting certain soy isoflavones can decrease DNA methylation in BRCA1 and BRCA2 — or, as Greger phrases it, remove the “methyl straitjacket” that prevents these genes from doing their job (56).

While interesting on a preliminary level (the researchers note that their findings need to be replicated and expanded before anyone gets too excited), this study can’t promise that *eating* soy will have the same effect as incubating human cells next to isolated soy components in a lab.

Plus, battles of *in vitro* research never end well. Along with the recent BRCA discovery, other cell studies (as well as studies of tumor-injected rodents) have shown that soy isoflavones can *enhance* breast cancer growth — raising the question of which contradictory finding is worth believing (57, 58, 59).

That question, in fact, is at the crux of the issue. Whether at the micro level (cell studies) or macro level (epidemiology), the research surrounding soy on cancer risk is highly conflicted — a reality Greger fails to disclose.

By Denise Minger from “How Not to Die” by Dr. Michael Greger: A Critical Review

## How to Make a Peanut Butter and Jelly Sandwich in Space | Video



NASA astronaut Shane Kimbrough puts together the famous sandwich on the International Space Station.

[Read More](#)

To curb cravings, get cracking. Eggs have protein, which takes your body longer to digest than the carbs in cereal and fruit. A high-protein breakfast can help you feel fuller for the rest of the day and may keep you from reaching for fatty snacks in the evening.

Breakfast may keep you from overeating the rest of the day. Aim for a mix of whole grains, low-fat dairy, lean protein, and fruits and veggies. The combo of carbs, fiber, protein, and fat helps you stay full. Try a veggie-and-cheese omelet with whole wheat toast.

[Could Cancer Drug Gleevec Help With Severe Asthma?](#)



A leukemia drug might also effectively treat severe asthma, a small-scale clinical trial suggests. Gleevec (imatinib) reduced the ‘twitchiness’ of airways, making them less likely... [Read more ...](#)



## Another Miraculous Victory for Life!

The miraculous setback to abortion law reform that we witnessed in Queensland early this year has just been repeated in New South Wales!

On Thursday 11 May 2017, the **Abortion Law Reform Bill** to remove abortion from the New South Wales criminal code, introduced by Greens MLC Dr Mehreen Faruqi, **was soundly defeated** in a conscience vote 25 to 14.

Lyle Shelton, Managing Director of the Australian Christian Lobby, shared in his [blog](#) that *"this year's wins in Queensland and New South Wales are the most significant since abortion became sanctioned under the cover of "blob of foetal tissue" rhetoric". The tide is turning!*



In a campaign very similar to the one in Queensland, over 2,000 took part in a pro-life march to the NSW Parliament and 56,558 signed a **petition voicing strong opposition** to the Bill. Bundles of the petitions were presented to the Upper House by Labor MLC Greg Donnelly.

Thank you to those in the Canberra Declaration community who wrote emails to the Members of the NSW Legislative Council and prayed.

A special thanks to those who prayed during the debate outside the NSW Parliament in Sydney at the invitation of the Christian Democratic Party MLC Rev Hon Fred Nile and to those who prayed the [Prayer for the Protection of Unborn Babies in Australia](#). *Your prayers have made a difference!*

An excellent example of this is how the two Queensland Abortion Law Reform Bills, introduced by Independent MP Rob Pyne, were withdrawn within 72 hours of the [National Day of Prayer and Fasting](#). On that day **people all over Australia prayed** that these atrocious Bills, which were calling for an open slather approach to abortion, would be defeated.

Abortion proponents kept [arguing](#) that the present abortion laws were archaic and that Dr Faruqi's Bill would bring NSW abortion laws in line with other jurisdictions with the exception of Queensland. Dr Faruqi herself, even at the defeat of her Bill in a conscience vote, [argued](#) that her Bill was not radical and that *"the women of NSW, medical practitioners, lawyers and, most importantly the community overwhelmingly support the decriminalization of abortion"*.

It is obvious that the proponents of abortion in Australia are not aware that **the tide is turning**. A [Galaxy poll](#) conducted in May 2016 for the Australian Family Association, for example, showed that the overwhelming majority of Queenslanders are **firmly against abortion**. NSW is most likely not much different.

Jaya Taki told her story at an [Abortion Rethink event](#) to Members of the NSW Parliament and members of the public. This took place on 3 May at Parliament House. She was part of an expert panel discussing proposed changes to state abortion laws. Many who heard [her story](#) were moved to tears.

Sent by Charles Schokman



Bill Maher to Donald Trump: It's Time to Make Earth Great Again 

## Easy Ways to Get More Greens in Your Diet

Greens play a starring role in these 13 dishes that draw on culinary secrets from Italy to the American south.

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### 5 Ways Almond Milk Can Boost Your Health

Almond milk is a super healthy replacement for those who can't digest dairy, are vegan, or just want a healthier alternative to cow's milk. Here is your guide to almond milk and why it is so good for you...

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The adult human skeleton has 206 bones, The smallest? A tiny bone in the middle ear called the stapes

## Alzheimer's Deaths Jump 55 Percent

As more baby boomers age, deaths from Alzheimer's have jumped 55 percent.

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## Exercise can boost your memory and thinking skills



Image: Bigstock

*Moderate-intensity exercise can help improve your thinking and memory in just six months.*

You probably already know that exercising is necessary to preserve muscle strength, keep your heart strong, maintain a healthy body weight, and stave off chronic diseases such as diabetes. But exercise can also help boost your thinking skills. "There's a lot of science behind this," says Dr. Scott McGinnis, an instructor in neurology at Harvard Medical School.

Exercise boosts your memory and thinking skills both directly and indirectly. It acts directly on the body by stimulating physiological changes such as reductions in insulin resistance and inflammation, along with encouraging production of growth factors — chemicals that affect the growth of new blood vessels in the brain, and even the abundance, survival, and overall health of new brain cells.

It also acts directly on the brain itself. Many studies have suggested that the parts of the brain that control thinking and memory are larger in volume in people who exercise than in people who don't. "Even more exciting is the finding that engaging in a program of regular exercise of moderate intensity over six months or a year is associated with an increase in the volume of selected brain regions," says Dr. McGinnis.

Harvard Medical School

## An arm of confident acceptance – Ozanam Centre Batticaloa



AuSLMAT will spend the afternoon on Sunday 2nd July at the Ozanam Centre which we have visited on each of our Medical Missions to Sri Lanka. We are grateful to the many donors of clothes, toys and money for these children.

Kahlil Gibran in The Prophet (1923) said "Your children are not your children; they are the sons and daughters of Life's longing for itself. They came through you but not from you, and though they are with you yet they belong not to you".

Dr Quintus de Zylva

This was a guest speaker at an actual Conference on Aging in California; The speaker is a weatherman, but SHOULD be a standup comic.

f <https://www.youtube.com/embed/LR2qZ0A8vic?rel=0>

## Is it true that prolonged use of Lipitor-type drugs can cause diabetes?

It's true. All medications have side effects, and numerous studies have shown that cholesterol-lowering statin drugs are linked to a small increase in the risk of Type 2 diabetes, even as they reduce the risk of heart attacks.

The higher the dose of a statin, the greater the diabetes risk, said Dr. Eric Topol, director of the Scripps Translational Science Institute and chief academic officer at Scripps Health. But many heart doctors, including Dr. Mary Norine Walsh, president-elect of the American College of Cardiology, say concern about diabetes should not deter patients from taking statins "if you fall into the higher risk category" for heart disease.

Wellsblog

## New Battery Could Power Electric Cars 620 Miles on Single Charge



The redesigned battery could ease people's "range anxiety" when it comes to electric cars.

[Read More](#)

### It Creates Toxins

Myth. Some people believe that constipation causes the body to absorb poisonous substances in stools, leading to diseases such as arthritis, asthma, and colon cancer. There's no evidence that the stools produce toxins or that colon cleansing, laxatives, or enemas can prevent cancer or other diseases. And constipation itself isn't a disease.

## Ice Cream

Most commercially made ice cream is full of sugar. And since it's often eaten as a dessert, ice cream can add a lot of extra calories to your meal.

If you enjoy ice cream, it's probably best to have it as an occasional treat.

To choose a healthier ice cream, look for one with less than 15 grams of sugar per serving. Also, make sure to watch your portion sizes.

**Bottom Line:** Most commercially made ice creams are high in sugar and can add a lot of extra calories to your meal.

By [Helen West, RD](#)

## Early Signs of Crohn's Disease



The early signs of Crohn's disease are abdominal pain, diarrhea, and may include fever.

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### You Should Have a Bowel Movement Every Day

Myth. Everyone is different. Some people go three times a day; others, three times a week. It's common to have a bowel movement once a day. But it's OK to go a few days without one as long as you feel fine. If you have fewer than three per week, you're constipated. It's severe if you have fewer than one a week.

### All "lite" beers contain fewer than 100 calories.

An average 12-ounce "lite" beer has 100 to 130 calories, while a typical 12-ounce regular beer has 150 to 200 calories. The difference between a "lite" beer and a regular beer could be as few as 20 calories or as many as 100.

## Takeaway Pizza



Commercially prepared pizzas are one of the most popular [junk foods](#), especially among young people and kids (12).

Pizzas are usually very tasty, but they contain high amounts of fat, [refined carbs](#) and calories. Some of the most popular varieties are also made with large amounts of [cheese](#) and [processed meat](#).

Processed meats are meats that have been cured, salted or smoked.

A high intake of these meats has been linked to obesity and an increased risk of adverse health conditions like heart disease and some cancers (13, 14, 15, 16, 17). However, not all pizza is created equal.

If you love pizza and want to include it in your life, try to find a pizzeria that uses healthy ingredients, such as [vegetables](#) and [whole grain](#) dough. You can also make your own pizza at home (18, 19, 20).

By [Helen West, RD](#)



## What Are the Health Benefits of Echinacea?

### You Just Need More Fiber-Constipation

Myth. It's true that most people fall short, so it's probably a good idea to eat more veggies, fruits, whole grains, and other plant foods -- and drink more water. Add fiber gradually, so your body gets used to it. If you're still constipated after that, there could be other reasons, like a medical condition or a side effect from

## French Fries and Potato Chips



French fries are a popular choice of [snack](#) or side, particularly when [eating out](#).

However, the average serving of french fries (5 oz or 139 g) will typically contain about 427 calories, making them a high-calorie side dish or snack. Most commercial french fries also have a high fat and salt content, making them very easy to overeat (24, 25, 26). French fries also often accompany other junk foods, and are commonly eaten with high-sugar sauces like ketchup.

This can contribute to a high calorie intake in one sitting, which can lead to weight gain. In fact, several studies have linked eating french fries to weight gain (27, 28).

Like french fries, potato chips are very high in fat, refined carbs and salt. They have also been linked to weight gain in observational studies. One study even found them to be the food *most* likely to cause weight gain (29).

Boiling or baking [potatoes](#) is much healthier.

**Bottom Line:** French fries and potato chips are very high in added fats, refined carbs and salt. Studies have linked them both to weight gain.

By [Helen West, RD](#)

## Parents struggling to recognise childhood obesity under new 'norms': experts

Australians need to reset their understanding of what is a normal weight, with more than one-in-five school aged children in New South Wales now considered overweight or obese, health experts say.

### Graves' Disease

Learn about Graves' disease, an autoimmune disease of the thyroid. Symptoms include rapid heartbeat and more. [Read more...](#)



## Gypsy (Roma) Culture: Customs, Traditions & Beliefs

Read  
Article



Sri Lankan bullock Cart- twin engine This picture was taken in Jaffna, Sri Lanka

### ACTIVITY



## How to Do Leg Raises

Build your core while lying down.

### LOVE WELL



## The Phones We Love Too Much

By LESLEY ALDERMAN  
If you had to make a choice, would you choose your phone or your partner? Don't answer that.



## Elevated Cancer Rates Linked to Environmental Quality



## Painkillers Tied to Heart Attack Risk

Commonly used painkillers may increase your risk for a heart attack.

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## Eat This Diet to Lower Your Odds for Painful Gout



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## Smoked Venison

The Veddas simply loved venison. The Sinhala poetical work, the *Parevi Sandesa* (14th century) refers to the deer in the forest getting flustered upon seeing a troop of Veddas (*sabara sen dākā miriki muvaṅgana*). This suggests that the Veddas have been hunting these creatures for centuries past. Deer made an easy kill and gave good meat, which made them a good choice for game.



Veddas with hunted deer. Image courtesy *Ceylon Today* Nov. 1956

A favourite method of processing venison was to cut it into strips and smoke it over a frame of wood. An English prisoner of the King of Kandy, **Robert Knox**, in his *Historical Relation of Ceylon* (1681) wrote of the Veddas of his day: "They kill Deer and dry the Flesh over the fire." We also have it from Dr. Lamprey of the 15th Regiment: "Their chief food is deer's flesh roasted on sticks over a fire." (*Natural History Review*, July 1856). Today, the tradition of smoking meat (beef not venison) still survives among the Muslims of the Eastern Province, and this writer, who has savoured some of it given to him by a friend from Kattankudy, can vouch for its taste. Little wonder the Veddas loved their venison smoked!

<https://roar.life/food/ten-vedda-delicacies-hard-to-come-by-today-2/>

## Epilepsy

By KAREN BARROW

Frequent seizures, difficult treatment decisions and social stigma — what is it like to live with epilepsy? Eight men, women and children speak about their experiences.





## Spanish Romesco Sauce

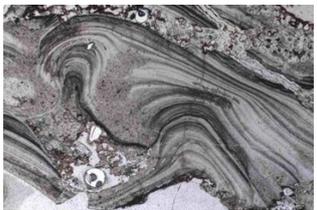
Searing tomatoes boosts their sweetness and flavor and is key to this piquant sauce from Spain. Pan sauté or slow roast several tomatoes in an oven with a whole head of garlic. Toss them in a blender with almonds, olive oil, and a splash of balsamic vinegar, and you've got Romesco sauce, a Catalonian classic.

### Tip for the Day How do you know you have high blood pressure?

Good advice from Dr Harold Blood pressure increases with age. When you are young your arteries are elastic and expandable, so that the force of blood from contraction of the left chamber (ventricle) is less resilient and the pressure (systolic) does not strain the arteries. As you get older the arteries become more resilient (tough) and non-expandable. When arteries become less resilient we call it 'atherosclerosis...

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## Oldest Evidence of Life on Earth Possibly Found in Australian Rocks



The oldest traces of life on Earth may have been found in 3.48-billion-year-old rocks from Australia.

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## Tomatoes on the Grill

Halve tomatoes, brush the cut side with olive oil, and grill them -- cut side down -- until they've softened and charred. The heat intensifies the tomato flavor, and also boosts its antioxidant power by changing lycopene, a micronutrient, into a form that's easier for your body to use.

## How many calories does a whole pizza loaded with everything on it have?



A large 14" Pizza Hut pizza is normally cut into 12 slices. A Super Supreme Pizza on hand-tossed crust is listed at being 270 calories per slice. So 12 x 270 is 3,240 calories in the entire pizza.

All the pictures I've seen of Super Supreme are cut into 8. They may do this due to the volume of toppings. If this is standard, then 270 x 8 would figure to 2160 calories in the whole pizza. (Eight slices does make more sense; when I worked there, cutting a large into 12 made very skinny slices, and from the pictures of Super Supreme, it appears cutting that many times would render the crust incapable of supporting the toppings.)

[Pizza Hut Calorie Counter](#)  
Super Supreme Pizza is described by Pizza Hut as "A feast of pepperoni, ham, beef, pork sausage, Italian sausage, red onions, mushrooms, green peppers and black olives." All pizzas usually also contain pizza sauce and mozzarella cheese. Hanon Ondricek, Moderately-skilled home cook, experimental baker



## Tomato Tartlets

Unroll a sheet of puff pastry, brush with olive oil, sprinkle lightly with Parmesan cheese, and layer on plenty of grape tomatoes or slices in concentric circles. Bake for 20 minutes at 400° F. Heirloom tomatoes in different colors can be pretty. Add a green salad for a colorful lunch packed with fresh veggies.

Relax, Read, & forward to a friend



## Ethiopian Spicy Tomato Lentil Stew

Berbera, a traditional Ethiopian seasoning mix of chili, garlic, fenugreek, and several other spices, makes this vegetarian dish super-flavorful and aromatic. Tomatoes and carrots add sweet flavor notes -- and provide vitamins A and C. Lentils are a rich source of iron, fiber, and protein. Easy to prepare in about 45 minutes, Ethiopian tomato-lentil stew is also low in fat and calories.

## Stretching Eases Pain of Vessel Disease in Legs

FRIDAY, May 5, 2017 (HealthDay News) – Stretching can increase blood flow and reduce [leg pain](#) in people with [peripheral artery disease](#) study.

"This is a very safe, easy intervention that can be done at home," said study senior author Judy Muller-Delp, a professor of biomedical sciences at Florida State University.

"It has the potential to really improve your tolerance for [walking](#) and get you into a walking program," Muller-Delp said in an American Heart Association news release.

Peripheral artery disease affects more than 8.5 million Americans, according to the heart association. A common symptom is painful muscle cramping in the hips, thighs or calves when walking, climbing stairs or exercising. This pain often goes away when you stop exercising. In this study, 13 people with peripheral artery disease, average age 71, stretched their calf muscle for 30 minutes a day using a splint that flexed the ankle about 15 percent. After a month of stretching, the patients had improved blood flow, less pain, could walk farther in six minutes, and could walk farther before needing to stop due to leg pain, the study found. The findings were presented Friday at an American Heart Association meeting in Minneapolis.

"A physical therapist can instruct you how to adjust and wear the splints correctly so you can do the stretches at home. There is no doubt about the benefit of [exercise](#) training on blood vessel health in [peripheral artery disease] patients," said study lead author Kazuki Hotta. Hotta is a postdoctoral fellow in engineering science at the University of Electro-Communications in Tokyo.

"If you have limited walking ability, I recommend that you at least perform muscle stretches so you can gain enough comfort and confidence in walking to participate in a walking exercise program," Hotta added. Research presented at meetings is considered preliminary until published in a peer-reviewed medical journal.

**Editor: Those who suffer from night pain in your lower extremities should do these stretching exercises daily to improve circulation**

<https://www.youtube.com/embed/6q95E4VSfj0?rel=0>



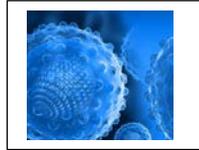
## Cyclobenzaprine (Flexeril): Dosage & Side Effects



Cyclobenzaprine is a prescription medication that is used as a muscle relaxant. It is intended for short-term use, and should be used with other medications.

[Read More](#)

## Hepatitis: What Puts You at Risk



Hepatitis means inflammation of the liver and can be caused by several viruses. Find out what puts you at risk.

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## Lavish 60<sup>th</sup> Birthday Celebration of Niranjan De Alwis-Castle Hill, Sydney



<https://goo.gl/photos/iu1mnWdYTEMWWTUQA>  
<https://goo.gl/photos/S21cCe9r1kLz0jC96>

Any time women come together with a collective intention, it's a powerful thing. Whether it's sitting down making a quilt, in a kitchen preparing a meal, in a club reading the same book, or around the table playing cards, or planning a birthday party, magic happens.

Phylicia Rashad

### Adventure



5 years since I moved to Berrigan to call this little village 'my home'!

Have met some beautiful people as well as not so nice people - like everywhere we go - some come in to your life to teach you something - some come to learn from you. Some people stay with you for a long time - some may just pass by - No matter what - what matters most is, not where you STAND in life - as to which direction you are heading in life..

Looking back at '5 years ago' - I have progressed in ...

[See More](#)

(From Face Book)

## Search Begins for Roman Emperor's Legendary Party Ships



Caligula's luxury boats disappeared long ago, but Italian authorities are searching a lake southeast of Rome for any remains of his "orgy ships."

[Read More](#)



## Got Allergies? Avoid These 7 Mistakes

[Read Article](#)

## Should we give up eating red meat?



[Eye Problems & Conditions Quiz](#)



## Diabetes Drug Gets FDA Warning

A prescription drug appears to increase the risk of leg and foot amputations.

[READ MORE](#)

[What Is Crohn's Disease?](#)



[Signs of Psoriasis](#)

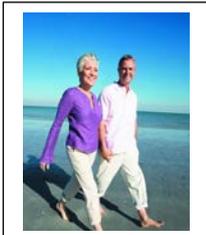


## The value of prevention

If you exercise, eat right, and follow other heart-friendly habits, you're probably less likely to end up in the hospital with heart problems, which translates to far lower health care costs. A recent study on heart disease concluded that health care costs were about \$5,000 less per year in people with the most heart-healthy factors compared with those with the least number of factors.

The positive thing about heart disease is that there are lots of things you can do on your own to reduce your risk substantially.

[Read more >>](#)



[Can Eating Nuts Help You Lose Weight?](#)



# Coal

Trump has promoted coal energy and coal mining jobs above other cleaner energy sources, leading scientists interviewed by Live Science to give him failing grades in this sector.

"Basic science tells us that coal is by far the dirtiest fuel in terms of both greenhouse gas emissions and fatal air pollutants," Pushker Kharecha, a climate scientist at the Earth Institute at Columbia University in New York City, told Live Science. "To knowingly promote such an energy source is a big step backward."

Electricity generation is associated with the premature deaths of more than 50,000 people every year in the United States, according to a 2013 study published in the [Journal Atmospheric Environment](#). "We can safely say that most of these deaths are due to coal burning, since it produces most of the fatal pollutants in this sector," Kharecha said.

Moreover, while Trump [talked about clean coal](#) during the second presidential debate, the United States has only one coal power plant equipped with carbon capture and storage, a mechanism that captures coal pollutants before they enter the atmosphere, he said. The [plant, located in Texas](#), opened in January 2017, so it's too soon to say whether it will be a successful clean power plant, Kharecha said.

On March 28, Trump signed an executive order to dismantle the Clean Power Plan, which would have pushed the national away from burning coal and toward cleaner energy sources such as natural gas and even renewables like wind and solar. Even so, this coal-energy boost may be short-lived, experts said. Since the early 2000s, natural gas has produced a growing percentage of the country's energy generation, and in 2016 natural gas produced more energy than coal did, [according to the U.S. Energy Information Administration](#). Natural gas is less expensive than coal, and is expected to surpass it in the long run.

"Either knowingly or unwittingly, Trump has been selling false promises to 'coal country,' saying he'll bring their jobs back," Kharecha said. "However, it's very unlikely that coal will make a major comeback anytime soon." For these reasons, Kharecha gave Trump an "F" on coal.

Edward Rubin, a professor of engineering, public policy and mechanical engineering at Carnegie Mellon University in Pittsburgh, also failed Trump in coal science. Rubin noted that Trump approved legislation that [did away with an Obama administration regulation](#) protecting waterways from coal mining waste. "The physical and environmental sciences say it's not good to dump coal mining wastes into rivers and streams, and to continue emitting air pollutants, including [carbon dioxide](#)," Rubin said. "The social sciences say it's not good to give coal miners the false hope that jobs lost due to the market forces of automation and competition from cheaper energy sources will magically return."

Michael Mann, a distinguished professor of meteorology at Pennsylvania State University, gave Trump a "D" in coal science.

"There is still time to turn things around," Mann said Live Science in an email. "If he cared about coal workers (rather than the profits of his coal baron friends), he would institute job training programs to help coal workers, their families and communities transition from a relict profession that has no future."

—Reporting by Laura Geggel, Senior Writer



## 20 Natural Anti-Inflammatory Foods That Reduce Inflammation

Inflammation can happen even when you are not threatened by any foreign agent. Known as chronic inflammation, it lasts longer. And it can be dangerous, leading to major diseases...

[READ MORE](#)



# Bipolar Disorder



By KAREN BARROW  
Riding the ups and downs of bipolar disorder can cause havoc for those with the condition and their loved ones. Here are firsthand accounts of living with bipolar disorder.

Drinking two regular beers would account for 300 to 400 calories, roughly the same amount as in a typical fast-food double hamburger, a typical fast-food roast beef sandwich, or two slices of cheese pizza.

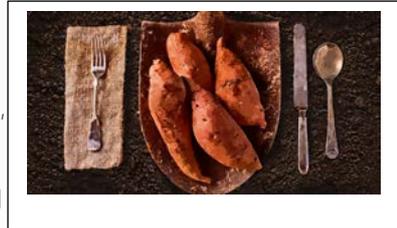
## Beer is fat-free.

Beer, like wine, is fat-free, and it contains some helpful nutrients in small amounts, including protein, potassium, folate, vitamin B12, and selenium. However, beer is one of the top five sources of calories among American adults and a poor source of nutrients, according to the 2015 Dietary Guidelines for Americans.

# Potassium-Rich Foods That Are Super Healthy

by [CureJoy Editorial](#)

Potassium is the most important electrolyte in the body, which means it helps in conducting electric signals throughout the body. As part of two important cellular pumps in your body – the sodium-potassium pump and the hydrogen-potassium pump – potassium plays a crucial role in transmitting nerve signals, maintaining blood pressure, managing the amount of fluid in your cells, and influencing your overall energy levels.



Adults need 4,700 mg potassium in a day to maintain heart health, bone health, and overall energy levels.

It also helps your heart muscles contract, fortifies your bones, and helps produce stomach acids. As per the Dietary Guidelines for Americans, if you are an adult, your recommended daily allowance (RDA) for potassium is 4,700 mg.<sup>1</sup> Here are some potassium reserves you can tap into to satisfy your body's needs.

Food	Potassium Content In 1 Cup (8 oz)	Percentage Of RDA
Apricot, dried	2,600 mg	55
Prunes, dry, raw	2,368 mg	50
Tuna, cooked	1,272 mg	27
Soybean, green, boiled	1,222 mg	26
Avocado, raw, cubed	1,099 mg	23
Sweet potato, baked with skin	1,064 mg	22.6
Spinach, cooked	1,040 mg	22
Kidney beans, cooked	904 mg	19
White mushroom, stir fried	888 mg	18.8
White potato, peeled and baked	872 mg	18.5
Banana, raw	800 mg	17
Carrot, raw	717 mg	15.2
Yogurt, plain, non-fat	579 mg	12.3

[Stages of lung cancer: Symptoms, changes, and outlook](#)



## Gluten-free diet may deprive consumers of heart-healthy whole grains

For the new study, a team of researchers from universities across the U.S. accessed data on almost 65,000 women from the Nurses' Health Study and more than 45,300 men from the Health Professionals Follow-up Study.

They monitored the participants' gluten consumption over a 26-year period, from 1986 to 2010. At the beginning of the study, the participants did not have a history of CHD. They filled in a food frequency questionnaire in 1986 and continued to do so at 4-year intervals until 2010.

**Researchers adjusted for various risk factors and found no significant association between long-term gluten consumption and an increased risk of CHD. In fact, after adjusting for refined grains and considering gluten as correlated with whole grain intake, the researchers found that an increased intake of gluten was associated with a reduced risk of CHD.**

The authors point out that their study is purely observational and therefore cannot draw any conclusions as to cause and effect. However, they suggest that avoiding gluten may lead to a lower overall consumption of whole grains.

**Because whole grains are thought to reduce cardiovascular risk, adhering to a gluten-free diet is not recommended for people who do not have celiac disease, the authors write.**

Written by Ana Sandoiu

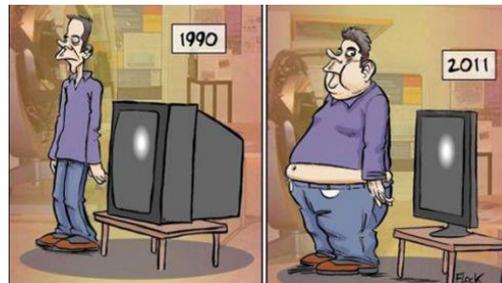
## Foods to avoid with high cholesterol

Written by Alyse Wexler Reviewed by Natalie Butler, RD, LD

Cholesterol is made naturally by the liver and is then transported by proteins throughout the body via the bloodstream. It's an essential building block for cell membranes. It is also necessary for producing hormones, vitamin D, and substances that work to digest fatty foods.

However, a person's lifestyle and genetics can cause their body to produce too much **cholesterol**. When cholesterol builds up in the arteries, it can block blood flow, which can lead to **coronary heart disease, heart attack, or stroke**.

A healthful diet is one way to help keep cholesterol levels in check. While avoiding foods with high cholesterol content may be beneficial for some, the **American Heart Association, National Heart, Lung, and Blood Institute, and Centers for Disease Control and Prevention (CDC)** agree that the most effective dietary approach to cutting blood cholesterol is choosing foods that contain unsaturated fats over those that contain saturated or trans fats.



**Almost too true to be funny . . .  
History of Evolution**

Sent by Rohantah Gunaratne

## Types of fat

The goal is to eat a diet that promotes low levels of bad cholesterol and high levels of good cholesterol. Fat intake affects this balance because fatty acids bind to liver cells and regulate the production of cholesterol.



*Saturated fats are found mostly in dairy and meat products and may increase levels of bad cholesterol.*

It is important to pay attention to the types of fat consumed, as each form of fat influences cholesterol levels differently:

- Saturated fats are found mostly in meats and dairy products. They signal the liver to produce more bad cholesterol.
- Unsaturated fats are found mostly in fish, and plants, such as nuts, seeds, beans, and vegetable oils. Certain unsaturated fats can help increase the rate at which the liver reabsorbs and breaks down bad cholesterol.
- Trans fats are solidified vegetable oils, and are usually made through an artificial process called hydrogenation. They are often found in fried, bakery and packaged foods. They not only lead to increased bad cholesterol levels, but also lower levels of good cholesterol. For this reason, they are considered the unhealthiest fats of all.

*A study published in The American Journal of Clinical Nutrition caught up with 344,696 participants 4 to 10 years after they changed the kinds of fats they ate. The group of participants who cut their saturated fat intake by 5 percent and replaced it with polyunsaturated fats had significantly fewer incidences of coronary illness or coronary-related death.*

## Foods that can Constipate you

High-fat meats -- brisket, pork belly, ribs -- can cause constipation. Dairy products, eggs, rich desserts, and sugary sweets can, too. If you eat them, add plenty of fiber-rich vegetables and whole grains -- kale, collards, broccoli, wild rice, quinoa -- to your meals to stay regular.

## Cinnamon protects against inflammation, oxidative stress

For 12 weeks, the researchers fed rats a high-fat diet supplemented with cinnamon and compared them with rodents that were fed a high-fat diet without the spice (the controls).

**The team found that rats whose diets were supplemented with cinnamon weighed less and developed less abdominal fat than those fed a high-fat diet without the spice. Rats fed a high-fat diet with cinnamon also had healthier blood glucose and insulin concentrations, as well as better lipid profiles, than the controls.**

Additionally, the researchers found that rats that received cinnamon had fewer molecules associated with the storing of fat, as well as increased levels of anti-inflammatory and antioxidant molecules. Antioxidants protect against oxidative stress, which is an imbalance of free radicals that has been associated with numerous health conditions, including heart attack and heart disease.

Based on their findings, Juturu and colleagues believe that cinnamon may decrease the damaging effects of a high-fat diet.

The team concludes:

"These results suggest CNM [cinnamon] supplementation reduces hyperlipidemia, **inflammation**, and oxidative **stress** through activating transcription factors (SREBP-1c, LXR- $\alpha$ , NF- $\kappa$ B, and Nrf2) and anti-oxidative defense signaling pathway."

MNT



## How Common Is Heart Disease?

Learn facts about congenital heart disease, symptoms, signs, and prevention.

TAKE THE QUIZ

## What is THC?

THC is the main mind-altering ingredient found in the Cannabis plant.

[Read More](#)

## Asthma and animal foods

**Plant-based diets are the best way to breathe easy (literally), while animal products are the best way to breathe wheezy.**

- **Dry eyes?**
- Drink a cup of coffee. New research shows that people who consumer caffeine produce more tears than people who don't.
- **Harvard Medical School**

# Tips for eating fast food out and about

It is important for people with diabetes to approach fast food options with some caution, and when possible, be prepared for what might be on offer.

Before going to a favorite fast food restaurant, people with diabetes should consider some of these tips:



Menus and calorie counts can often be found online, which can help people with diabetes make sure there is a meal option for them.

- **Do not go when overly hungry.** Starting any meal on an empty stomach can cause even those with the best intentions to overeat and make less healthy choices. When possible, people with diabetes should plan to eat a fast food meal after having a healthful snack, such as an apple, to avoid overeating.
- **Know before going.** Due to popular demand, many fast food restaurants have calorie counts on their menus and [nutrition](#) information on their websites. In other cases, independent websites might offer reviews and food facts. No matter the source, it is a good idea for people to look at the menu options and have a meal planned out ahead of the trip, whenever possible, to limit impulse orders.
- **Drink water, not soda.** People with diabetes should avoid soda due to the high sugar content and the risk of causing a spike in blood sugar levels. Swapping soda for water can help avoid unnecessary [calories](#) and blood sugar spikes, and help reduce the feeling of hunger.
- **Eat slowly.** It takes the brain at least 15 minutes to register that the stomach is satisfied. Eating slowly helps the brain catch up with what the stomach is feeling. This technique can help a person avoid too large a meal.
- **Limit the number of visits.** Most health and wellness professionals recommend limiting the number of times anyone, including people with diabetes, eats fast food. It is best to keep visits rare, no more than once to twice a month, for best health.
- **Keep it small.** When the counter clerk asks about upping the order size, it is generally a good idea to say "no." There will still be plenty of calories in the smaller meal, but the smaller portion is at least less than what the super-size or large size has to offer.
- **Beware of the value meal options.** A fast food venue is not going to push a person to buy a single burger because it is far more cost-effective to bundle and sell a more expensive option. It is better to eat the sandwich with a side salad and bottle of water instead of pre-packaged burger, fries, and fountain drink meal.
- **Watch the salads.** Salads can be worse than the value meal, so people should use caution when ordering. People should avoid salads that contain deep-fried taco shells, fried chicken, fatty dressings, cheese, and croutons that can add calories and affect blood sugar levels. Instead, people should look for salads with light dressings, grilled chicken, limited or no cheese, and no croutons.
- **Fried is bad.** It is best to avoid deep-fried foods, such as chicken strips, fries, and taco shells.
- **Swap the sides.** When available, people should choose side salads, fruits, vegetables, or other sides that are more healthful than fries.

## Fatty liver: Diagnosis of advanced fibrosis from stool microbes shows promise

Written by [Catharine Paddock PhD](#)

Nonalcoholic fatty liver disease affects millions of people in the United States. The condition is often not detected until it is well advanced, and a definitive diagnosis requires an invasive biopsy of the liver. One subtype can lead to severe liver cirrhosis and cancer. Now, promising results from a preliminary study set the stage for a noninvasive test that only requires a stool sample. The test examines the makeup of gut microbes in the stool sample.

The study - by researchers from the University of California-San Diego (UCSD) and colleagues from Human Longevity, Inc. in San Diego and the J. Craig Venter Institute in La Jolla, both in California - is published in the journal *Cell Metabolism*.

Nonalcoholic fatty liver disease (NAFLD) is a condition characterized by a buildup of fat in the liver.

According to the National Institute of Diabetes and Digestive and Kidney Diseases, it is "one of the [most common](#) causes of liver disease in the U.S."

NAFLD is a different condition to [alcoholic liver disease](#), in which the fat buildup is due to heavy alcohol use. In the new study - which involved 135 participants and establishes "proof of concept" - the researchers found that the stool-based test was able to predict advanced NAFLD with an accuracy of between 88 and 94 percent.

First author Rohit Loomba, a professor of medicine and director of the NAFLD Research Center at UCSD, says that determining who has or is at risk for NAFLD is a "critical unmet medical need."

Although there are dozens of new drugs in the pipeline, if it were possible to better diagnose the disease, then patients could be better selected for trials and "ultimately [we] will be better equipped to prevent and treat it," Prof. Loomba adds.

### Fast facts about NAFLD

- People with NAFLD often experience no symptoms.
- Sometimes, people with one type of NAFLD are later diagnosed with the other type.
- Having NAFLD raises the chance of developing cardiovascular disease.

[Learn more about NAFLD](#)

## Russian Rocket Chief Throws Some Shade on Elon Musk's Moon Plan



The head of Russia's most prominent spaceflight company questioned whether Elon Musk's SpaceX will be able to launch people around the moon next year and said Russia plans to revive tourism flights to the International Space Station by 2020.

[Read More](#)



11 Foods That Boost Your Brain and Memory



## Yogurt Good for the Bones



By [NICHOLAS BAKALAR](#)

Older men and women who ate yogurt daily had a lower risk of osteoporosis than those who did not eat yogurt.



### omalizumab, Xolair

What is omalizumab, and how does it work (mechanism of action)? Omalizumab is an injectable drug that is used for treating asthma. Omalizumab is a protein that resembles... [Read more ...](#)



## Nine Reasons to Start Eating Pineapple

Aside from their delicious taste, pineapples offer tremendous health benefits.

Pineapple is a delicious fruit that tastes great whether eaten alone, as an ingredient in cool summer desserts, as a juice or is used to flavor baked ham.

Not only is pineapple a very versatile food that most people love, but it is also extremely healthy. Some health experts recommend eating at least one cup of pineapple each day, and this is even more true as the effects of aging begin to appear.



Pineapple - image from Shutterstock

1. **Magnesium and Vitamin B** are two nutrients that gradually decrease over the years, and eating some pineapple daily can help to counteract these deficiencies. Thiamine, potassium, riboflavin and antioxidants help to support heart and brain health are nutrients also found in the fruit.
2. **Testosterone** is the hormone that is responsible for the development of male characteristics. While both men and women have testosterone, it is much higher in adult males. Sometimes men have testosterone levels that are inadequate, so their libido and strength levels are too low. This deficiency could be improved by adding pineapple to the diet since the nutrients it supplies supports healthy testosterone levels.
3. A full daily dose of **Vitamin C** that supports a healthy immune system is found in one cup of pineapple. This essential nutrient helps to reduce inflammation and swelling after surgery, and also helps to alleviate pain and swelling caused by injuries. Healthy skin requires the support of antioxidants and Vitamin C to prevent damage from free radicals, and pineapple promotes collagen production to keep the skin plump and flexible.
4. Certain illnesses such as heart disease and cancer become more likely with advancing age, but the **antioxidants** and health promoting nutrients found in pineapple fight free radicals that are responsible for age related conditions.
5. A digestive system that works properly is essential for optimum health, and the bromelain in pineapple works to break down proteins while the fiber provided helps to **cleanse the colon and relieve constipation**. Pineapple is the only natural source of bromelain.
6. Few conditions negatively affect a healthy lifestyle more than **respiratory problems**. The **bromelain** in pineapple can relieve asthma symptoms and also help to prevent people from developing the condition.
7. **High blood pressure** is a common ailment that can be hereditary, age-related or caused by obesity. Bromelain is a natural blood thinner that can be used to replace aspirin with a doctor's approval.
8. Pineapple boosts **fertility** for couples who are planning to have a child. The fruit is high in beta-carotene, Vitamin C, folate, zinc and copper which are all known to increase fertility in both males and females.
9. Pineapple is high in **phosphorous**, a mineral that is necessary for the growth of **healthy bones and teeth**. Most people believe that getting enough calcium ensures their bones will be strong and healthy, but the combination of phosphorous and calcium is required for great bone health.

There are few foods that offer so many health benefits while also being very tasty. Anyone who wants to stay healthy well into their senior years should add a cup of pineapple to their daily diet. There are so many ways to enjoy this treat that a daily dose of pineapple never needs to be boring.

<http://www.medicalnewstoday.com/articles/276903.php>  
[https://worldhealth.net/news/bromelain\\_pineapple\\_enzyme/](https://worldhealth.net/news/bromelain_pineapple_enzyme/)  
<http://www.livestrong.com/article/552705-the-link-between-fresh-pineapple-testosterone/>

<https://www.organicfacts.net/health-benefits/fruit/pineapples.html>

## Drink Water, Fight Fat?



THURSDAY, May 18, 2017 (HealthDay News) -- If you choose a glass of water instead of a beer or a [sugar](#)-sweetened soda at least once a day, you can reduce your risk of [obesity](#), a new study claims. Researchers followed almost 16,000 adults in Spain for an average of 8.5 years. None were [obese](#) at the start of the study. During that study, almost 900 participants became obese.

The study found that drinking a glass of water instead of a beer every day reduced the risk of obesity by 20 percent. Switching one [sugar](#)-sweetened soft drink for water every day was associated with a 15 percent lower risk of developing obesity. Those who substituted water for beer also had a slight decrease in average weight of 0.7 pounds over four years. The study cannot prove a direct cause-and-effect link, but the researchers did try to account for other factors that might affect risk, such as age, family history of obesity and physical activity levels. The researchers also found that replacing other types of [beverages](#) with water didn't reduce obesity risk. The other beverages included: whole milk, reduced-fat milk, skim milk, wine, spirits, [diet](#) sodas, coffee, orange juice, and other juices.

Further studies "based on real interventions are needed to confirm these potential effects. As obesity carries a high risk for the development of other diseases like [diabetes](#) or [cardiovascular disease](#), the possible effects of substituting these beverages with water is an important target to consider in future public health research," the study authors said. The study team was led by Ujue Fresan from the Institute for Research in Biomedicine in Barcelona.

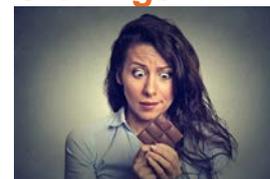
The study was to be presented Wednesday at the European Congress on Obesity, in Porto, Portugal. The study was also published in the journal *Nutrients*.



## Trump's Wall Threatens 93 Endangered Species



### Proposed Link Between Nutrient Deficiencies and Cravings



A growing number of people believe that food cravings are the body's subconscious way of filling a nutritional need.

They assume that when the body lacks a specific nutrient, it naturally craves foods that are rich in that nutrient. For instance, chocolate cravings are often blamed on low magnesium levels, whereas cravings for meat or cheese are often seen as a sign of low iron or calcium levels.

Fulfilling your cravings is believed to help your body meet its nutrient needs and correct the nutrient deficiency.

**Summary:** Some people believe that cravings are your body's way of increasing the intake of certain nutrients that may be lacking from your diet.

By Alina Petre, MS, RD

### Including Soliris (Eculizumab) available for patients on renal dialysis

Hello Everyone,  
I just signed the petition, "Make Soliris (Eculizumab) Available for Dialysis Patients with aHUS in Australia."  
I think this is important.

Will you sign it too?  
Note that Soliris extends the life of those on renal dialysis. It is used overseas in the USA, Britain, France and Germany. The Australian Government is still hesitant about including it in the PBS.

Here's the link:  
[https://www.change.org/p/make-soliris-eculizumab-available-for-dialysis-patients-with-ahus-in-australia?utm\\_medium=email&utm\\_source=...](https://www.change.org/p/make-soliris-eculizumab-available-for-dialysis-patients-with-ahus-in-australia?utm_medium=email&utm_source=...)  
Thanks,  
Edred

# Nuts! Good Medicine for Colon Cancer Survivors?



By Dennis Thompson  
*HealthDay Reporter*  
WEDNESDAY, May 17, 2017  
(HealthDay News) -- [Colon](#)

[cancer](#) patients might improve their chances of survival if they eat nuts along with an overall healthy [diet](#) and regular [exercise](#), two new studies report.

In a seven-year study, patients successfully treated for stage 3 colon [cancer](#) who ate at least 2 ounces of nuts a week had a 42 percent lower chance of their cancer coming back and a 57 percent lower risk of dying from the disease.

Stage 3 means the cancer may have spread to surrounding tissues, but hasn't spread to distant organs.

These preliminary findings jibe with those of a second trial. That study found that colon cancer survivors with the highest healthy lifestyle scores -- eating right, exercising and maintaining a healthy weight -- had a 42 percent lower risk of death than those with the lowest scores.

Both studies are scheduled for presentation next month at the annual meeting of the American Society of Clinical Oncology (ASCO), in Chicago. "[Diet](#) and lifestyle can influence both the risk of cancer coming back and can help you live longer," said ASCO President-Elect Dr. Bruce Johnson. He's chief clinical research officer at Dana-Farber Cancer Institute in Boston.

"Once you get cancer, it's not too late to adopt these," Johnson continued. "It makes a difference. A third of our cancer risk is related to things we can prevent."

The nut study was funded by the U.S. National Institutes of Health. It involved more than 800 patients who had received surgery and [chemotherapy](#) for their colon cancer. They all filled out diet questionnaires, including questions regarding the amount of nuts they ate. The patients were followed for about seven years after completing chemotherapy.



## 7 Herbal Teas To Help Maintain Your Body's Alkaline State

While there are several foods you can have to keep your body in an alkaline state, teas are probably the simplest way to do it. Herbal teas are easy to make and can be had at any time of the day. Here are 7 different options to choose from...

[READ MORE](#)



## 5 Remarkable Health Benefits Of Chocolate

Are you a chocoholic too? A few facts that would surprise you and of course make your day complete are right below...

[READ MORE](#)

## Skip the Juice for Babies Under 1, Pediatricians Say New



Set limits on how much juice kids of every age should drink.

[Read More](#)

- **Taking vitamin C** doesn't help reduce the number of colds you get, but taking it every day may help reduce the length of a cold.

Harvard Medical School

- **Want to relieve arthritis pain?** Keep moving. If your arthritis is mild to moderate, your best bet for relief may be strengthening and flexibility exercises.

## Less Than 1 Drink Per Day May Raise Your Breast Cancer Risk



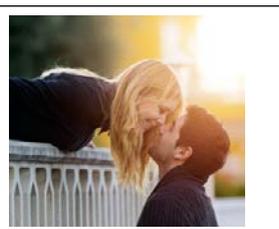
Women who can't wait to have their glass of wine at the end of the day, take note: A new report concludes that even one small drink daily can raise a woman's risk of breast cancer.

[Read More](#)

## Moderate drinking may not ward off heart disease

Journal of Studies on Alcohol and Drugs

## Sex and Love: What Do You Know?



Test your knowledge of sex, love, relationships, and how the brain and body respond to being in love.

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## Jessica Simpson Has an IUD: 7 Things to Know About This Form of Birth Control



Jessica Simpson recently revealed she has an intrauterine device (IUD). Here are some important facts to know about IUDs.

[Read More](#)

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Men with longer legs have a 42 percent higher risk of developing colorectal cancer than shorter-legged guys-Live Science