

It is health that is real wealth, and not pieces of gold and silver.

[Are You Eating These Superfoods?](#)



Foods to avoid with diabetes



Maintaining a healthful diet can help people with diabetes control the symptoms of their condition.

Having diabetes does not have to stop people from eating the foods they enjoy. However, it does mean that they should eat smaller portions, less often.

The Institute of Medicine recommend that **carbohydrate** intake for most people should be between **45-65 percent** of total **calories**. This higher carbohydrate intake is consistent with plant-based diets, which have shown benefit for diabetes management in well-designed, long-term studies.

However, some **research** has shown that people can improve their blood sugar levels when their carbohydrate intake is between 5-35 percent of calories. Much of the research comes from short-term studies for higher-fat diets, such as the **ketogenic diet** and Mediterranean diets.

Experts are just beginning to understand the influence that the gut bacteria have on health. What is known is that high-fiber carbohydrates feed gut bacteria while a high-fat, low-carb diet often results in gut bacteria death. This is far from ideal as people with diabetes already have lower levels of gut bacteria.

Populations around the world that live the longest, known as Blue Zones, all eat a plant-based diet, rich in whole foods and carbohydrates.

The key to eating well with diabetes is to eat a variety of healthful foods from each of the food groups.

MNT

Aspirin may cut breast cancer risk for women with diabetes

By [Honor Whiteman](#)

Researchers have long known that diabetes can increase a woman's risk of breast cancer. A new study, however, suggests that this risk could be significantly reduced with long-term use of low-dose aspirin.

Diabetes is estimated to affect more than **29.1 million people** in the United States, or 9.3 percent of the population.

Type 2 diabetes is the most common form, arising when the body can no longer use the hormone **insulin** effectively, which can lead to high blood sugar levels. Previous research has uncovered a link between diabetes and increased risk of **breast cancer**. One **study** published in 2012, for example, identified a 20 percent increase in breast cancer among women with diabetes. While the precise mechanisms behind this association are unclear, researchers have **suggested** that it may be down to changes in the body caused by diabetes, such as increased **inflammation** and high blood glucose. Now, a research team from Taiwan - including Dr. Yi-Sun Yang of the Chung Shan Medical University in Taichung - suggests that a daily dose of **aspirin** could help to lower breast cancer risk for women with diabetes.

The researchers recently published their **study** in the *Journal of Women's Health*.



Potato Allergy

A potato allergy is quite uncommon but for those who are allergic, avoiding potatoes in the diet may be a challenge

An allergy to potato happens when the immune system mistakes certain proteins in the cells of the potato for a harmful substance. When this occurs, the body produces a reaction similar to the one created when it attacks viruses or bacteria.

The body responds to these "intruders" by stimulating the immune system to isolate and eliminate the problem.

White blood cells and compounds, such as IgE antibody, are dispatched to try and "protect" the body, and certain white blood cells and mast cells release histamine. It is this response by the immune system that causes many of the symptoms of a potato **allergy**.

Written by [Jon Johnson](#)

How to enjoy eating alone: Look in a mirror

By [Tim Newman](#)
588



A new study demonstrates that dining with a mirror might make it more enjoyable.

People have been shown to eat more and rate the food as more enjoyable if they eat with others. A new study finds that this effect still holds true if the other 'person' is just their reflection in a mirror. Humans are social animals, and, as such, we are influenced by the presence of others. Some of these interactions have been studied in more detail than others.

A study published this week in the journal *Physiology & Behavior* investigates a type of social influence that is not yet particularly well understood.

[How to enjoy eating alone: Look in a mirror](#)



To get rid of smoker's wrinkles around your lips

Coconut oil's antioxidant properties help fight free radicals that damage your skin and cause wrinkles. Coconut oil moisturizes skin to prevent the formation of fine lines and wrinkles. It also contains proteins, vitamin E, and vitamin C that help in the production of collagen. Collagen keeps your skin firm and non-wrinkly.

Apply coconut oil on your face directly and massage the face. Leave the oil for about 30 mins. After 30 mins, wash your face with a cleanser.

You can also apply coconut oil before bed each night. You can leave it on overnight until your skin absorbs it completely. You can also try a blend of lemon, eucalyptus, and lavender oil with coconut oil for more promising results.

The vast majority of Australians continue to back a massive increase in renewable energy, [a new survey by the Climate Institute has found](#), despite attempts by the federal government to characterise renewables as unreliable and expensive. The Climate Institute says the survey points to frustration with the government's inaction and lack of leadership on clean energy.



Why Does Coffee Make You Poop?



It's proven that the caffeine in coffee stimulates the brain, but there's something in a cup of joe that can also jump-start the other end of the body. That's right: Coffee can make you poop.

What Is Kosher Food?



Kosher food is not a style of cooking or a cultural menu (like Chinese or Italian food). Instead, "kosher" refers to foods that adhere to the dietary laws of Judaism, also called kashrut, as described in the Torah.

[Read More](#)

To B or Not

You definitely should. Without enough B12, for example, you can become tired, weak, constipated, or depressed. And that's just one of the kinds of vitamin B you need. For a big hit of vitamin B12, try clams or beef liver.

Vitamin B6

Without enough of this B, you may get sick more often and feel depressed or confused. You may also get scaly, cracked lips. You only need a small amount of it each day, though, and most of us get that. If you want to make sure, your best bets are chickpeas, tuna, and -- surprise -- beef liver.

Exercise and weight loss

Most major weight loss is followed by weight gain, as people revert to their old habits. But, some folks manage to keep it off. How do they do it? Researchers have found that maintaining a healthy diet, ongoing self-monitoring, plenty of self-acceptance, as well as a high level of physical activity are all associated with keeping the pounds off.

Harvard Health Blog

Weight loss that works: A true story

POSTED MARCH 01, 2017, 9:30 AM
[Monique Tello, MD, MPH](#), Contributing Editor

As a doctor, I know that excess weight is associated with potentially serious health conditions — high blood pressure, high blood sugar, high cholesterol — not to mention sleep apnea, fatty liver disease, and back and knee problems, among other things. In my experience, most patients consider weight loss drugs or surgery only as a last resort. Once we screen for (and treat) any contributing medical or psychological issues that could be causing weight gain, I encourage a diet-and-lifestyle approach for many reasons. Among them, my own personal experience.

[Learn more »](#)

Drug May Help with Common Form of Vision Loss



People with age-related macular degeneration (AMD) -- the leading cause of vision loss in industrialized countries -- may benefit from a new drug.

[Read More](#)

B1 (Thiamin)

Your body may not absorb enough of this if you often have more than a few drinks. Without it, you may have weakness, fatigue, and even brain damage. It can also lead to psychosis. So get your B1. Enriched rice, trout, and black beans are good sources.



Tasty Choice

Going vegetarian can be delicious. You have every fruit, vegetable, bean, and whole grain to choose from. The variety is endless. You can make it work for you, whether you choose to eat this way all the time or to include some vegetarian meals in your week.

When you eat a vegetarian meal, you don't eat meat, poultry, or fish. You may eat eggs or dairy. If it's a vegan meal, you'll skip anything that comes from animals, including milk, cheese, and eggs.

You can get all the protein you need from plant foods. Just make sure you're getting enough calories from a wide variety of nuts, seeds, legumes, and grains. Black beans and rice, with a salad, is one example of a classic vegetarian meal.

If you're used to eating meat, look for vegetarian versions of your favorite dishes. For example, you can make lasagna with spinach or tofu instead of ground beef. WebMD

B2 (Riboflavin)

Most Americans get plenty of riboflavin. That's a good thing, because a serious lack of it can damage your liver and nervous system. For the most per bite, eat a big plate of beef liver. Can't do it? Milk, yogurt, and beef are good second choices. WebMD

B3 (Niacin)

Niacin helps your digestion, skin, and nerves work the way they should. It also helps change food to energy. You can get it from milk, eggs, rice, and fish. But don't overdo it. Too much can cause liver damage, peptic ulcers, and skin rashes.

B7 (Biotin)

A lack of B7 can lead to skin rashes, hair loss, high cholesterol, and heart problems. You can find it in cauliflower, salmon, carrots, bananas, soy flour, cereals, and yeast.

Folic Acid (Folate)

This is an important member of the B vitamin family -- especially if you're pregnant, because it can help prevent certain birth defects. Whip up some spinach and black-eyed peas to get some in your diet.

Got to love Aussie humor---

AUSTRALIAN MUSLIMS' REQUEST:

At Bondi beach, Muslims request BEACH BAN of "BIKINIS" DURING RAMADAN:



AUSSIES REPLY WITH.....



There we go again ---- bowing to Muslim wishes !!



Shingles

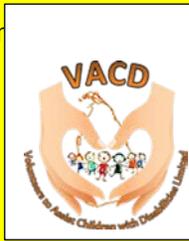
If you have chest pain along with a painful rash and blisters on your chest or back, you could have this illness, which is caused by the chickenpox virus. If the nerves of your chest wall are affected, the pain there can be severe. Shingles can clear up on its own, but your doctor can give you medicine to help with your symptoms or make it go away faster.

Once a Model City, Hong Kong Is in Trouble

By KEITH BRADSHER
When the British left 20 years ago, Hong Kong was seen as a rare blend of East and West that China might seek to emulate. Now, increasingly, it's a cautionary tale.

VACD Ltd. was established on

27th December 2011 as a non-government, not-for-profit charity by a team of volunteers to promote and improve the wellbeing of children with disabilities in the Uva Province of Sri Lanka and to assist them and their families overcome discrimination, social isolation, stigma, health and numerous other hardships. Our mission is to assist these children to achieve their potential, dreams and future aspirations. We will progressively extend our services across Sri Lanka and then, elsewhere as needed.



Volunteers to Assist Children with Disabilities Limited

Australian Securities and Investment Commission (ASIC) Licence No:
ACN 605 017 016
Australian Business Number:
ABN 80 605 017 016
Australian Charities and Not-for-profits Commission registration:
15th April 2015
Australian Taxation Office Tax File Number:
960 789 425

Latest News

May 2017

Documentary on VACD Sri Lanka by TV Ada Derana with English closed captions:

The following YouTube link would take you to part 1 of the documentary produced by TV Ada Derana with **English** closed captions that were appended by the Litmus Communication Agency, Nugegoda Sri Lanka

Read more...



The Chicago Department of Cultural Affairs and Special Events (DCASE) has just placed a six-foot-tall sculpture outside Trump International Hotel and Tower in Chicago that says "REAL FAKE" in metallic gold, uppercase letters.

We continue this incredible journey to assist children with disabilities in Sri Lanka and are delighted to inform you that:

VACD (USA) Inc. has since been established. Please log on to <http://www.vacd.org/au/> and then "VACD USA" to find more details. VACD USA will soon have their own webpage.

We deeply appreciate the pro bono services provided by Litmus Communications Agency, Sri Lanka (www.litmus.lk) and for updates on our webpage to include VACD USA information done by them. Litmus agency have since been appointed the official web administrators for VACD.

The establishment of the second VACD centre:

Resulting from the exclusive initiative of Dr. Tiraj Mendis – Consultant Paediatrician General Hospital, Welimada and the magnanimity of Rev Fr Suranga Fernando and Rev Bro Indrajith Senkadagala of the Methodist Church of Sri Lanka, the setting up of a VACD Centre in the township of Welimada is imminent.

There are 25 children from the Welimada locality registered with VACD but the 2014 national census reveals that there are close to 109. We suspect that the actual number could be significantly higher and are reaching out for funds and sponsorship to support this new centre.

Please visit our webpage: <http://www.vacd.org/au/> for more information on VACD and to make your charitable Tax-Deductible donations.

Be part of this incredible, challenging and yet extremely rewarding altruistic journey and please share our story with your family, friends, loved ones and colleagues.

Many thanks, best wishes and warm regards...Yasmin

Yasmin Stephen

Administration & Communications Secretary

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Facebook: <https://www.facebook.com/Volunteers-to-Assist-Children-with-Disabilities/>

RipplesGifts: <https://www.etsy.com/shop/RipplesGifts/>

Sugar is poison. My heart attack has finally opened my eyes to the truth

Giles Fraser

I am now a member of the zipper club. I know, I thought it sounded rude too. But apparently it's the club name for those of us who have a scar right down the middle of our chest. I have one down my leg too, from groin to ankle. And as I spend time recovering from a heart bypass operation – mostly doing very little, watching the cricket, reading the paper – I have started to reflect on my condition. How did it come to this? How did the arteries of my heart become so clogged with gunk that I may have been just weeks from meeting my maker?

Sugar is poison. My heart attack has finally opened my eyes to the truth | Giles Fraser: Loose canon



Michelle Obama has always captured our attention when it came to her choices in fashion with good reason, and after leaving the White House her style continues to shine. Former President Barack Obama has stated that she is the embodiment of grace, grit and style and we couldn't agree more! Scroll through to see our former FLOTUS' stylish ensembles after leaving the White House.

US magazine

Dizziness

Lightheadedness is often a direct result of something wrong with your heart because it isn't pumping enough blood to your brain. Dizziness could be a symptom of an abnormal rhythm, called an arrhythmia. Heart failure, meaning the weakening of the muscle, can also make you unsteady. Feeling woozy is one of the many lesser-known symptoms of a heart attack, too.

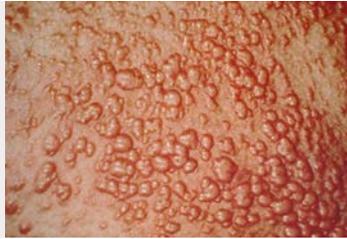
Sleep Apnea

When your snoring is broken up by pauses in your breathing, your brain may not be getting enough oxygen. It will send signals to your blood vessels and heart to work harder to keep blood flow going. This raises your risk for high blood pressure, abnormal heart rhythms, strokes, and heart failure. Fortunately, sleep apnea is treatable.



Skin Color Changes

Blue or gray fingers and toes could be from poor circulation of oxygen-rich blood, often due to a heart defect you were born with or narrowed or blocked blood vessels. A lacy, mottled, purple pattern shows up when bits of built-up cholesterol plaques break off, then get stuck in small blood vessels. You might get bloody splotches just under the skin on the inside of your hands and the soles of your feet when you have endocarditis.-WebMD



Yellow-Orange Bumpy Rash

Extremely high triglyceride levels can make your skin break out around the knuckles of your fingers and toes and on your bottom. A lot of these fats in your blood may play a role in hardening your arteries, and high numbers are often related to other conditions that put you at risk for heart disease and strokes, too. WebMD



Bleeding Gums

Experts don't totally understand the link between gum disease and heart disease. But studies suggest that bleeding, swollen, or tender gums may lead to trouble with your ticker. One theory is that bacteria from your gums gets into your bloodstream and sets off inflammation in your heart. Having gum disease, which can lead to tooth loss, may also raise your chances of a stroke.

Sexual Problems

Some troubles in the bedroom could mean you have heart disease and a greater risk for a heart attack or stroke. Men with erectile dysfunction may have circulation problems related to high blood pressure or narrow arteries from cholesterol buildup. These blood-flow problems can also lessen a woman's libido and ability to enjoy sex.



Dark, Velvety Skin Patches

You may find these thick spots, called acanthosis nigricans, in skin folds and creases such as your neck, armpits, and groin when your body has trouble using the hormone insulin. The patches could have skin tags, too. If you aren't being treated for insulin resistance, metabolic syndrome, or type 2 diabetes, see your doctor for help controlling your blood sugar and protecting your heart.-WebMD

Heat Rash: Know the Symptoms

Do you know what heat rash looks like? Heat rash develops when the skin sweat ducts become blocked.

[READ MORE](#)

Why children of older fathers are smarter, more successful

Sons of older fathers are more intelligent, more focused on their interests and less concerned about fitting in, characteristics typically seen in "geeks", says a new study.

Brushing teeth after any meal: Do you know that the food particles leave acid on our teeth that weakens the enamel? So, when you brush your teeth after a meal, you are actually scrubbing away the weakened enamel too. Rinse your mouth with water or mouthwash. TOI

Drinking more than 8 glasses of water daily: Research has proven that it's more beneficial to drink water only when you are thirsty. Excess intake of water can often result in obesity, bloating, problems in digestion and skin problems.

"The secret to living well and longer is: eat half, walk double, laugh triple and love without measure."
— Tibetan Proverb



[5 Links Between the Food on Your Plate and Climate Change](#)

Miranda Kerr has been asked to hand over millions of dollars in gifted jewels that were [allegedly purchased using money stolen in the world's biggest financial scandal](#). US prosecutors say the jewellery – including a \$3.8m, 8.88-carat diamond pendant – was given to the Australian model by a financier at the heart of the corruption case. Now SABM Australia, an NGO that advocates for enhanced governance in Malaysia, said it was “not alleging any wrongdoing by Miranda Kerr” but called for her to “hand over all jewels gifted to her”.

A Tougher Limiton Chemicals



A germ-fighting chemical that is found in many household products may be dangerous.

[READ MORE](#)

Foods linked to better brainpower

Just as there is no magic pill to prevent cognitive decline, no single food can ensure a sharp brain as you age. Nutritionists emphasize that the most important strategy is to follow a healthy dietary pattern that includes a lot of fruits, vegetables, legumes, and whole grains. Try to get protein from plant sources and fish and choose healthy fats, such as olive oil or canola, rather than saturated fats.

That said, certain foods in this overall scheme are particularly rich in healthful components like omega-3 fatty acids, B vitamins, and antioxidants, which are known to support brain health. Incorporating many of these foods into a healthy diet on a regular basis can improve the health of your brain, which could translate into better mental function.

Research shows that the best foods for your brain are the same ones that protect your heart and blood vessels, including the following:

Green, leafy vegetables. Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

Fatty fish. Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid—the protein that forms damaging clumps in the brains of people with Alzheimer's disease. Try to eat fish at least twice a week, but choose varieties that are low in mercury, such as salmon, cod, canned light tuna, and pollack. If you're not a fan of fish, ask your doctor about taking an omega-3 supplement, or choose terrestrial omega-3 sources such as flaxseeds, avocados, and walnuts.

Berries. Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows. In a 2012 study published in *Annals of Neurology*, researchers at Harvard's Brigham and Women's Hospital found that women who consumed two or more servings of strawberries and blueberries each week delayed memory decline by up to two-and-a-half years.

Tea and coffee. The caffeine in your morning cup of coffee or tea might offer more than just a short-term concentration boost. In a 2014 study published in *The Journal of Nutrition*, participants with higher caffeine consumption scored better on tests of mental function. Caffeine might also help solidify new memories, according to other research. Investigators at Johns Hopkins University asked participants to study a series of images and then take either a placebo or a 200-milligram caffeine tablet. More members of the caffeine group were able to correctly identify the images on the following day.

Walnuts. Nuts are excellent sources of protein and healthy fats, and one type of nut in particular might also improve memory. A 2015 study from UCLA linked higher walnut consumption to improved cognitive test scores. Walnuts are high in a type of omega-3 fatty acid called alpha-linolenic acid (ALA), which helps lower blood pressure and protects arteries. That's good for both the heart and brain.

For more on staying sharp as you age, read [Cognitive Fitness](#), a Special Health Report from Harvard Medical School.

What is cognitive reserve?

There is one more concept that is crucial to the understanding of cognitive health, and that is cognitive reserve. You can think of cognitive reserve as your brain's ability to improvise and find alternate ways of getting a job done. Just like a powerful car that enables you to engage another gear and suddenly accelerate to avoid an obstacle, your brain can change the way it operates and thus make added recourses available to cope with challenges. Cognitive reserve is developed by a lifetime of education and curiosity to help your brain better cope with any failures or declines it faces.

The concept of cognitive reserve originated in the late 1980s, when researchers described individuals with no apparent symptoms of dementia who were nonetheless found at autopsy to have brain changes consistent with advanced Alzheimer's disease. These individuals did not show symptoms of the disease while they were alive because they had a large enough cognitive reserve to offset the damage and continue to function as usual.

Since then, research has shown that people with greater cognitive reserve are better able to stave off the degenerative brain changes associated with dementia or other brain diseases, such as Parkinson's disease, multiple sclerosis, or a stroke. A more robust cognitive reserve can also help you function better for longer if you're exposed to unexpected life events, such as stress, surgery, or toxins in the environment. Such circumstances demand extra effort from your brain—similar to requiring a car to engage another gear. When the brain cannot cope, you can become confused, develop delirium, or show signs of disease. Therefore, an important goal is to build and sustain your cognitive reserve. You can get a rough idea of your cognitive reserve simply by gauging how much your education, work, and other activities have challenged your brain over the years. Our six-step program will help you improve your cognitive reserve.

To learn more about staying mentally sharp and fit, read [Cognitive Fitness](#), a Special Health Report from Harvard Medical School.

Poor Grip Strength

The strength of your hand may tell you something about the strength of your heart. Research suggests the ability to squeeze something well means a lower risk of heart disease. If it's hard for you to grasp an object, odds are higher that you have or could develop problems. (But improving your grip strength alone won't necessarily make your heart healthier.)-WebMD



Dark Spot Under Nails

If you haven't banged or hurt your finger or toe recently, little dots of blood trapped under your nail could point to an infection in the lining of your heart or valves, called endocarditis. You can also get these blood specks when you have diabetes, and people with that condition are two to four times more likely to have heart disease and strokes.

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.



EXCELLENT EXERCISE FOR LOWER BACKACHE Try: Partial Crunches

Some exercises can aggravate back pain and should be avoided when you have acute low back pain. Partial crunches can help strengthen your back and stomach muscles. Lie with knees bent and feet flat on the floor. Cross arms over your chest or put hands behind your neck. Tighten stomach muscles and raise your shoulders off the floor. Breathe out as you raise your shoulders. Don't lead with your elbows or use arms to pull your neck off the floor. Hold for a second, then slowly lower back down. Repeat 8 to 12 times. Proper form prevents excessive stress on your low back. Your feet, tailbone, and lower back should remain in contact with the mat at all times.-WebMD



Avoid: Sit-ups

Although you might think sit-ups can strengthen your core or abdominal muscles, most people tend to use muscles in the hips when doing sit-ups. Sit-ups may also put a lot of pressure on the discs in your spine.-WebMD



21 Amazing Benefits Of Almonds And 7 Ideas On How To Eat Them

The nutty almond has quite a fan following .But did you know they could help power up your brain, protect you from cardiovascular disease, and even possibly help with weight loss? These nuts, loaded with fiber, protein, vitamins and minerals, as well as antioxidants, have plenty of reason to be part of your daily diet...

How Diabetes Can Affect Your Feet

For people with diabetes, too much glucose in the blood can cause serious foot complications. Get tips on proper foot care and prevention.

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[READ MORE](#)

Limit liquid sugars. Soft drinks, sports drinks, energy drinks, and other sugar-sweetened beverages can deliver up to 12 teaspoons of sugar in a single serving, with no other useful nutrients. These beverages offer no health or nutritional benefits. Worse, regular consumption of these drinks can increase your chances of becoming obese or developing diabetes — both of which raise your risk for heart disease and other chronic conditions. Unsweetened coffee or tea or sparkling water are better choices. Harvard Medical School

[Breast cancer drug that can extend lives approved for NHS use](#)

A drug that can extend the lives of women with advanced breast cancer has been approved for routine use on the NHS.

[More than a third of heater-cooler devices used in open heart surgery may be contaminated with deadly bacteria](#)

Thirty-three of 89 (37 percent) heater-cooler units assessed between July 2015 and December 2016 tested positive for Mycobacterium chimaera (M. chimaera), a bacterium associated with fatal infections in open-heart surgery patients, according to new research presented at the 44th Annual Conference of the Association for Professionals in Infection Control and Epidemiology (APIC). RCSEd

[Michelle Obama is right – as always – the fashion standards in the White House are unfair](#)

Foods that may be beneficial for Ulcerative Colitis



Avocados are high in nutrients and do not aggravate symptoms of ulcerative colitis.

With so many potential dietary triggers, it can be difficult for a person with ulcerative colitis to know what is safe to eat. As with trigger foods, those that do not aggravate symptoms will vary from person to person. Some of the better choices for someone with ulcerative colitis include:

- **Applesauce:** This is a good source of nutrients. But similarly to other foods on this list, the high fiber content and fructose may make it less helpful during a flare.
- **Salmon:** This is rich in [omega-3](#) fatty acids, which may have health benefits beyond the digestive tract.
- **Squash:** Many varieties are high in fiber, which may make them a bad choice for some people. However, a lot of people find that squash is well tolerated.
- **Avocados:** These are rich in nutrients and considered a good food choice for people with ulcerative colitis.
- **Some fermented foods:** These include yogurts, containing active probiotics. The good bacteria in these can aid digestion. [Some studies](#) have shown routine use of probiotics can help reduce flares and symptoms.
- **Instant oatmeal:** If eaten with no flavors added, this is slightly easier to digest than other forms of grains and oats.
- **Eggs:** These offer a number of nutrients, including omega-3 supplementation. They are typically easy to digest, which makes them good for a diet plan.
- **Plenty of fluid:** People with conditions like ulcerative colitis may need to drink extra fluid, as diarrhea can lead to [dehydration](#).

Written by Jenna Fletcher

Reviewed by Judith Marcin, MD

Cut back on refined carbohydrates. White bread, many breakfast cereals, packaged snack foods, and potato chips and French fries deliver mainly pure starch — which the body quickly converts to sugar — with few other nutrients or fiber. Better choices are whole grains, breads made with whole grains, high-fiber breakfast cereals, brown rice, steel-cut oats, fruits and vegetables, and beans. A good general rule is to choose foods that have at least one gram of fiber for every 10 grams of carbohydrate. Even better, aim for a gram of fiber for every 5 grams of carbohydrate.

[Will a knee replacement really make life better?](#)



Reuse Water Bottles



Have your fill of water without filling up a landfill. Shop smart: The potentially harmful chemical bisphenol A (BPA) can leach into the water from some hard plastic bottles. Instead, look for plastics marked BPA-free. Reusable stainless steel or aluminum bottles (with BPA-free linings) are good options, too. Or find a water fountain. While some bottled water may be safer or cleaner than tap water, much of it is not. WebMD

Skip the Energy Food and Drinks

Sugary energy drinks, gels, bars, and sports candies -- you don't need them for your workout, and often they aren't the healthiest choices. Instead of filling up on processed foods, fuel your workout with snacks like organic dried fruits, nuts, granola, yogurt, bananas, grapes, and water. Or eat an organic energy bar made with fruit, nuts, fiber, and protein.

What's the difference between the main varieties of tea?

The difference between the three main varieties of tea (green, black, and oolong) is the process used to make them. Black tea is exposed to air, or fermented, which darkens the leaves and gives them flavor. Green tea is made by heating or quickly steaming the leaves. Oolong tea leaves are partially fermented.

There's no hard evidence that drinking tea can prevent cancer in people in general; many factors affect cancer risk. However, several studies have linked drinking tea to a lower risk of cancer for some people. More research is needed to define those groups.

Some studies show that drinking green tea may help curb a few heart disease risk factors, including body weight, blood pressure, and cholesterol absorption. However, the FDA denied a petition filed by a green tea maker that wanted to put heart-health claims on its product's label, ruling that there wasn't credible scientific evidence to support the claims.

Burn Calories, Not Gasoline



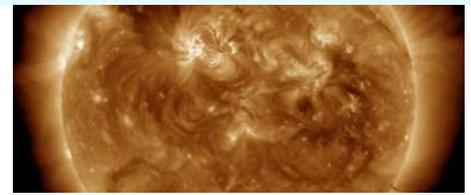
See This

Bike, ride a scooter, or walk to work, the store, or the gym. In fact, you could skip the gym and bike or walk for your workout. Riding at a moderate pace for 30 minutes burns about 220 calories. A brisk, 20-minute walk knocks off about 90. Cutting car time also reduces pollution so you -- and everyone else -- can breathe easier.

Swim in Salt Water



Itchy eyes and dull, brittle hair? Saltwater swimming pools, also called saline pools, don't rely as heavily on the harsh chemicals needed in traditional chlorine pools. That can make them easier on the planet *and* on your eyes, skin, hair, swimsuit, and respiratory system.



[What Will Happen to Earth When the Sun Dies?](#)



[Why Does Asparagus Make Your Pee Smell Funny?](#)

See This



[Why Are Bananas Berries, But Strawberries Aren't?](#)

See This

"Our Journey Together is so Short!"*

A young lady sat in a bus. At the next stop a loud and grumpy old lady came and sat by her. She squeezed into the seat and bumped her with her numerous bags.

The person sitting on the other side of the young lady got upset, asked her why she did not speak up and say something.

The young lady responded with a smile:

"It is not necessary to be rude or argue over something so insignificant, the journey together is so short. I get off at the next stop."

This response deserves to be written in golden letters:

***"It is not necessary to argue over something so insignificant, our journey together is so short!"*

If each one of us realized that our time here is so short; that to darken it with quarrels, futile arguments, not forgiving others, discontentment and a fault finding attitude would be a waste of time and energy.

Did someone break your heart? *Be calm, the journey is so short.*

Did someone betray, bully, cheat or humiliate you? *Be calm, forgive, the journey is so short.*

Whatever troubles anyone brings us, let us remember that *our journey together is so short.*

No one knows the duration of this journey. No one knows when their stop will come. *Our journey together is so short.*

Let us cherish friends and family. Let us be respectful, kind and forgiving to each other. Let us be filled with gratitude and gladness.

If I have ever hurt you, I ask for your forgiveness. If you have ever hurt me, you already have my forgiveness.

After all, *Our Journey Together is so Short!* (Sent by Alavi Hussein)

Red onions may help combat cancer: Study

Red onions activate pathways that encourage cancer cells to undergo cell death (TOI File Photo)

TORONTO: Eating red onions may help fight cancer, say scientists including one of Indian origin, paving the way for a natural pill that can treat the deadly disease.

Onions activate pathways that encourage cancer cells to undergo cell death.

They promote an unfavourable environment for cancer cells and disrupt communication between cancer them, which inhibits growth, researchers from University of Guelph in Canada said.

Onions as a superfood are still not well known. They contain one of the highest concentrations of quercetin, a type of flavonoid, they said.

The team found that red onions not only have high levels of quercetin, but also high amounts of anthocyanin, which enriches the scavenging properties of quercetin molecules.

"We found onions are excellent at killing cancer cells," said Abdulmonem Murayyan, post doctoral student at University of Guelph.

The team tested five onion types grown in Ontario and discovered that the Ruby Ring onion variety - that has hard, firm, tall globe-shaped bulbs with dark red colour features - has the strongest cancer-fighting power.

"The next step will be to test the vegetable's cancer- fighting powers in human trials," said Murayyan.

These findings follow a recent study by the researchers on new extraction technique that eliminates the use of chemicals, making the quercetin found in onions more suitable for consumption.

TOI

[Broccoli Extract Shows Promise for Type 2 Diabetes](#) ←

"The meaning of life is to find your gift. The purpose of life is to give it away."

— Pablo Picasso

There are no specific symptoms of high cholesterol. To know if your cholesterol is too high, you have to have a blood test.

[Yoga can be painful and can lead to injury, study says](#) ←

Fried Potatoes Linked to Increased Risk of Early Death

A new study links eating fried potatoes with an increased risk of early death.

Researchers looked at 4,440 people ages 45-79 and found that over eight years, those who ate fried potatoes such as French fries, hash browns and potato chips two or more times a week had double the risk of early death than those who did not eat fried potatoes, *CNN* reported.

The study in the *American Journal of Clinical Nutrition* does not prove a direct link between eating fried potatoes and early death but "we believe that the cooking oil, rich in trans-fat, is an important factor in explaining mortality in those eating more potatoes," said lead author Nicola Veronese, a scientist at the National Research Council in Padova, Italy.

Trans fat has been shown to boost levels of "bad" [LDL cholesterol](#) in the blood, which can lead to [heart disease](#), *CNN* reported. Veronese said he hopes the study will alert people that eating fried potatoes "could be an important risk factor for mortality. Thus, their consumption should be strongly limited."

But Veronese also noted that "other important factors" such as [obesity](#), inactivity and high salt intake might also be factors in the increased risk of early death among people who often eat fried potatoes.

The study provides "no evidence" that potato consumption in and of itself may increase the risk of early death, Susanna Larsson, an associate professor at the Institute of Environmental Medicine, Karolinska Institute in Sweden, told *CNN*. She was not involved in this study but conducted her own study of potato consumption that found no link between eating potatoes and increased risk of [heart disease](#).

The threat from eating fried potatoes and other starchy foods is a potential [cancer](#)-causing chemical called acrylamide, according to Stephanie Schiff, a registered dietitian at Northwell Health's Huntington Hospital in Huntington, New York. She was not involved in the study.

Acrylamide is "a chemical produced when starchy foods such as potatoes are fried, roasted or baked at a high temperature," Schiff explained in an email to *CNN*.

"You can reduce your intake of acrylamide by boiling or steaming starchy foods, rather than frying them," Schiff said. "If you do fry foods, do it quickly."

Medicine.net

Too Much Gas? Probably Not

Most people who think they're bloated because they have gas are just more sensitive to it. This is usually related to a health condition. Possible causes include irritable bowel syndrome (when nerves linked to your bowel are too active), acid reflux (which irritates your esophagus, the tube between your throat and stomach), and hemorrhoids. Talk to your doctor if you think you have gas often. WebMD



Salt

Your body needs this, but most of us get more than we need. It makes you hold on to -- or retain -- water and can cause more serious health problems like high blood pressure. And it's not just the saltshaker you should avoid: If you're like many Americans, most of your salt comes from prepackaged and fast foods. Check food labels for salt (sodium) levels and remember: Just because you don't taste it doesn't mean it's not there. - WebMD



Too Many Carbs

Carbohydrates give your body fuel it can use quickly. But too many at once can make you retain water. And the faster the carbs get into your blood, the more likely that is. Simple carbs -- white bread, candy, pastries, and soft drinks -- enter your blood almost instantly. Complex carbs -- whole grains, fruits, and vegetables -- don't because they take longer to digest.

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.

[When does long-term acid reflux become a serious issue?](#) ↑

cancer stem cells

By Honor Whiteman

Researchers say that a combination of antibiotics and vitamin C could kill cancer stem cells.

A combination of vitamin C and antibiotics could be key to killing cancer stem cells, a new study finds, paving the way for a strategy that could combat cancer recurrence and treatment resistance.

Researchers found that a therapy involving the [antibiotic](#) Doxycycline and ascorbic acid, or [vitamin C](#), was up to 100 times more effective for killing cancer [stem cells](#) (CSCs) than 2-DG, a molecule currently being tested as an anti-cancer agent in clinical trials.

Study co-author Prof. Michael Lisanti, of the Biomedical Research Centre at the University of Salford in the United Kingdom, and colleagues recently reported their [findings](#) in the journal *Oncotarget*.

Stem cells are cells that have the ability to reproduce and transform into other cell types. Studies have suggested that some [cancer](#) cells act in a similar way to stem cells, reproducing in order to form and sustain tumors.

These CSCs are believed to be a main driver behind the growth, spread, and recurrence of tumors among patients with advanced cancer, and they also play a role in resistance to cancer therapy. "Therefore, new therapeutic strategies are necessary to identify and eradicate CSCs," say Prof. Lisanti and colleagues.

With their new study, the researchers may have found a way to do just that.

MNT

Although cholesterol levels generally rise with age, you don't have to be older to have high cholesterol. Even children can be at risk, especially if they have a family history of high cholesterol and heart disease. Everyone should start getting cholesterol tests at age 20, or earlier, according to the American Heart Association

Low-fat dairy intake may raise Parkinson's risk

By Honor Whiteman



Researchers have identified a link between higher intake of low-fat dairy and the risk of Parkinson's.

Low-fat dairy is often seen as a healthful alternative to the full-fat kind. But according to a new study, consuming higher amounts of low-fat dairy may raise the risk of Parkinson's disease.

Researchers found that the risk of [Parkinson's disease](#) was greater for adults who consumed at least three servings of low-fat dairy products every day, compared with those who consumed just one serving. Study co-author Katherine C. Hughes, of the Harvard T.H. Chan School of Public Health in Boston, MA, and colleagues recently reported their [findings](#) in the journal *Neurology*.

Parkinson's disease is a neurological disorder characterized by tremors, problems with movement, impaired balance or coordination, and muscle rigidity. According to the Parkinson's Disease Foundation, up to [1 million people](#) in the United States are living with Parkinson's disease, and around 60,000 U.S. adults are diagnosed with the condition annually.

Previous [studies](#) have suggested that there may be a link between the consumption of dairy products, particularly milk, and increased risk of Parkinson's disease.

Hughes and colleagues set out to investigate this association further with their new study, which involved an analysis of around 25 years worth of data from more than 120,000 men and women.

Skim, low-fat milk linked to higher Parkinson's risk
The study included a total of 80,736 women who were a part of the Nurses' Health Study, as well as 48,610 men who were enrolled in the Health Professionals' Follow-up Study.

Every 2 years, study participants completed a health questionnaire, while a dietary questionnaire was completed every 4 years. The researchers used the latter to assess what types of low-fat and full-fat dairy products subjects consumed - including milk, cream, cheese, butter, ice cream, and sherbet - as well as the frequency of dairy intake.

Over 25 years of study, a total of 1,036 participants developed Parkinson's disease.

Compared with participants who consumed less than one serving of dairy every day, subjects who consumed at least three servings daily were found to have a 34 percent greater risk of developing Parkinson's disease.

Sudden Blurry Vision

An abrupt and dramatic loss of vision may be a sign of a problem with the blood flow to your eye or your brain. Immediate medical attention can prevent serious damage and may even save your life. Even if your vision gets better quickly, it might still be a warning of a stroke or the beginning of a migraine headache [WebMD](#)



Bulging Eyes

Graves' disease causes your thyroid gland to release too many hormones, which can lead to this problem. It also may cause diarrhea, weight loss, and hand tremors. Medication or surgery can help control the amount of hormones your thyroid makes, but they won't cure the underlying disease -- and may not help your eyes. [WebMD](#)

Blurred Vision

This can be a sign of diabetes, which causes too much sugar in your blood. If it isn't well managed, you may get diabetic retinopathy (when tiny blood vessels in your eyes leak blood and other fluids). You may have blurred vision and find it hard to see at night. Doctors can use a laser to seal the leaks and get rid of unwanted new blood vessels. This may affect your side vision, but it can save your central vision. [WebMD](#)



Ring Around Your Cornea

This condition, called corneal arcus, causes a gray-white line of fat deposits to grow on the outside edge of your cornea (a clear, curved surface at the front of your eye that helps it focus). Sometimes, the deposits make a complete ring. If you're older, it's probably not anything to worry about. But if you're under 40, it could be a sign of dangerously high cholesterol

Dental cavities-Causes



Cavities are the result of two primary factors: bacteria in the mouth and a high-sugar and starch diet. It is natural to have bacteria in the mouth but it becomes problematic in the case of poor oral hygiene.

According to the National Institutes of Health, the mouth's normal bacteria combine with food pieces and saliva to form plaque. Plaque is a sticky, invisible substance that accumulates quickly. Foods rich in sugar or starch make plaque stickier. If plaque stays on the teeth for more than a few days, it gets harder and becomes a substance called tartar.

Cavities form when bacteria in plaque and tartar convert sugar into acid. According to Culotta-Norton, *Streptococcus mutans* and *Streptococcus sobrinus* are bacteria especially likely to combine with fermentable carbohydrates like sucrose, fructose and glucose and produce acid. "The acid demineralizes the hard structure of the tooth, which over time creates a soft spot, or hole in the tooth called a cavity," Culotta-Norton said.

The destruction doesn't stop there, reports the Mayo Clinic. After the enamel is worn away, the acid reaches the next layer of the teeth. This layer, called dentin, is softer and susceptible to acid. The bacteria and acid continue to work their way through the tooth, into the pulp, creating a bigger and bigger hole.

By Jessie Szalay, Live Science Contributor

Is Depression a Normal Part of Aging?

Explore the myths and facts about depression. Learn about the unusual symptoms and many ways to recover from depression.



[READ MORE](#)

India's Mars mission completes 1,000 earth days in orbit

The country's low-cost Mars mission spacecraft that is on a rendezvous with the Red planet for an extended period completed 1,000 earth days in its orbit. The satellite is in good health and continues to work as expected.

Cheese has a lot of saturated fat. Just three slices of cheddar cheese, for example, has about 18 grams. That's more saturated fat than you should probably have in one day! In fact, cheese is the biggest source of saturated fat in the typical American diet. Choose low-fat or non-fat cheeses, or consider skipping cheese. WebMD

Did you know?

Before about age 50, men tend to have higher total cholesterol than women. But women's "bad" cholesterol tends to rise with menopause when the female hormone estrogen declines. After about age 50, women usually have higher cholesterol than men of the same age

Prostate cancer blood test could transform treatment, say scientists



Get Stronger to lower your blood pressure

Strength training should be part of your routine. You can use weights, weight machines, exercise bands, or your own body weight by doing abdominal crunches or curl-ups. You'll lose body fat, boost muscle mass, and raise your metabolic rate. Losing as little as 10 pounds can lower or help prevent high blood pressure if you're overweight.

Trouble Breathing

Feeling short of breath can be a symptom of heart failure, an abnormal heart rhythm, or a heart attack. Tell your doctor if you struggle to catch your breath after doing things that used to be easy for you, or if it's hard to breathe while lying down. Have chest pain, too?

High-Fiber Diet Tied to Less Knee Arthritis

By NICHOLAS BAKALAR

As fiber intake increased, the prevalence of knee osteoarthritis decreased, a new analysis found.

How Much Sugar Is in a Glass of Wine?

By SOPHIE EGAN

Winemakers may add sugar to wine to "improve" the taste, and sugar content can vary widely.



Chondroitin Eases the Pain of Knee Arthritis



By RONI CARYN RABIN

Patients taking chondroitin did as well as those on a nonsteroidal anti-inflammatory drug.

Exercise and High Blood Pressure

Exercise is one of the keys to lower your blood pressure. Working out also boosts the effectiveness of blood pressure medication if you're already being treated for hypertension. You don't have to be an athlete, either.

How to Prevent Muscle Cramps

Get information on muscle cramps, including leg cramps, causes, treatments, home remedies, and prevention tips. [Read more...](#)

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