

**It is said that bipolar disorder is caused by a chemical imbalance in the brain, is there an actual test with accurate results for bipolar?**

Jennifer Wright Clinical Neuropsychologist, Studied at University of Colorado Boulder Jennifer Wright, I am a Clinical Neuropsychologist, licensed in Colorado and Maryland.

The term "chemical imbalance" is my least favorite term in all of pop psychology/psychiatry.

The "chemicals" of which people refer to are actually called "neurotransmitters." Neurotransmitters are a substance in the brain that allow for the electrical conduction and transmission of signals between brain cells (or, "neurons").

There is no test for chemical imbalance in the brain for any disorder because no one knows how much of any neurotransmitter is optimal, and it varies from person to person, and the neurotransmitters themselves are not in stagnant amounts, and we need different amounts in different parts. Some neurotransmitters also function as hormones (or you could say that they are hormones that function as neurotransmitters).

These neurotransmitters have a chemical composition (so does your desk chair), but they are not liquids in the sense that they can be measured in volume. In fact, they are molecules.

Medications for psychiatric disorders (e.g., depression) may alter how these molecules work in brain tissue and where, but they do not put more neurotransmitter into your brain themselves. They allow the neurotransmitters that are already in your body to work more efficiently, so that your brain can function better.

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Bernie Sanders: Trump is right, Australia's healthcare system is better than ours – video

[Defend yourself from diverticulitis](#)

Why have so many people stopped eating ice-cream?

## Coconut industry going round its second beating

Written by Dr Harold Gunatillake FRCS, FICS, FIACS, MB,BS, AM (Sing)-health writer



The first beating occurred during the late fifties when Ansell Key from Pennsylvania concocted data on the death from coronary heart disease and fat consumption from 22 countries, but he selected 7 countries which supported his theory that animal fat was the main cause of coronary heart disease

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## Two Years Ago Today, Obama Announced This Ground-Breaking Climate Action Plan

Smartphone app reduces first responder time to treat patients with cardiac arrest

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A new smartphone application has been developed that can direct first responders to cardiac arrest victims more than ...

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## This Country, Once Again, Is the Happiest Nation in the World

By Laura Geggel, Senior Writer |



**Iguazu Falls borders Argentina, Brazil and Paraguay — the happiest country in the world, according to thousands of interviews.**

Credit: R.M. Nunes/Shutterstock

It's a tough world out there, a new report on the emotional well-being of people worldwide shows.

In the survey, pollsters asked nearly 150,000 people in 142 countries to rate their levels of emotional positivity and negativity. They found that people's reports of their **positive emotions** have stayed relatively constant over the past 10 years, but reports of **negative emotions** have slowly crept up, reaching an all-time high in 2016, according to the Gallup Global Emotions Report.

The report also revealed that the world's happiest country is Paraguay, which placed first for the second year in a row. The least happy country was Yemen. [7 Things That Will Make You Happy]

## The Genes Behind Digestive Diseases

Researchers say they've come closer to pinpointing genes linked with Crohn's Disease.

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### [South Asia May Become Too Hot for Humans to Survive by 2100](#)

By the end of this century, temperatures in South Asia — a region where about one-fifth of the world's population lives — could become too hot and humid for people to survive, according to a new study

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### Is Big Pharma Hinder Treatment of the Opioid Epidemic? (Op-Ed)



The number of people dying from opioid overdose continues to rise, in part because of cheap street drugs. Yet the price of a drug used to treat addiction is out of reach for many.

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### [Can a Glass of Wine Really Benefit Your Health?](#)

Why is red wine better for you than white? And which type may improve your sex life? We have these answers and more.

### [Glen Campbell / Guitar prodigy represented best of pop and country](#)

He had that beautiful tenor with a crystal-clear guitar sound, playing lines that were so inventive," Tom Petty told Rolling Stone during a 2011 profile of Campbell. "It moved me." Campbell was born in 1936 in Billstown, Arkansas, the seventh son in a sharecropping family of 12 kids. "We used to watch TV by candlelight," Campbell told Rolling Stone in 2011. In his youth, Campbell started playing guitar and became obsessed with jazz guitarist Django Reinhardt. He dropped out of school when he was 14 and moved to Wyoming with an uncle who was a musician, playing gigs together at rural bars. He soon moved to Los Angeles and by 1962 had solidified a spot in the Wrecking Crew, a group of session pros. In 1963 alone, he appeared on 586 cuts and countless more throughout the decade, including the Byrds' "Mr. Tambourine Man," Elvis Presley's "Viva Las Vegas," Merle Haggard's "Mama Tried" and the Righteous Brothers' "You've Lost That Lovin' Feeling."

Ed: I happened to meet Glen about 10 years back at the Melbourne Airport when he was flying to Sydney after a few TV sessions in Melbourne.

He sat with me in business class and for one hour we had a wonderful chit chat. Ira also had the opportunity to have a chat with him

He quickly got down in Sydney domestic airport and bade us "Goodbye" Very simple down to earth guy though famous.

, [Featured](#), [Health Conditions](#)

## [Coconut Oil – Are You Coco-Nuts t...](#)

Did you know that 50 percent of media headlines about medical studies are dead wrong? And that many of these headlines don't accurately match the conclusions of the studies they cover? [...]

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### [Just Having Your Smartphone Within Reach Diminishes Brain Power](#)

Even if your smartphone is turned off, your cognitive capacity is significantly decreased just by having it nearby.

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[Is whole wheat bread better than white? That may depend on your gut bacteria](#)

### [These Symptoms May Signal Kidney Cancer](#)

[If you have a small tumor, you might not notice any signs of this common cancer. But larger ones can cause these problems.](#)

## [Is Your Environment Harming Your Thyroid...](#)

It's not just genes; your environment could be harming your thyroid. I had the pleasure to sit down with thyroid expert Dr. Izabella Wentz and talk about all things thyroid last [...]

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### [Fennel Reduces Postmenopause Symptoms](#)

Study confirms the benefits of fennel in reducing postmenopause symptoms

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### [10 Ways to Easily Boost Your Serotonin Levels and Live a Happier Life](#)

[Is Apple Cider Vinegar That Powerful of a Health Tonic? Science Says Yes](#)

After age 40, most of us have a hard time seeing things less than 2 feet away.

You may first notice it while trying to read a menu. Almost all adults get a vision problem called presbyopia, which means you have trouble seeing close up. It often starts in your early 40s.

Non-prescription reading glasses usually help. Their lenses magnify things, and you can find an inexpensive pair at your local drugstore. If you already wear glasses or contacts for distance, consider getting bifocals or "no-line" progressive lenses.

## Arsenic in rice

Did you know that there is a trace of arsenic in the rice you eat. The amount is insignificant and you don't have to worry. The same is true of leafy veggies, apples and grapes and seafood.

Some studies show that minute amounts of arsenic are good for our bodies.

## Drinking Water

ASK WELL



## Should You Filter Your Water?

By RONI CARYN RABIN

Using the right water filter can help reduce pollutants like lead from old water pipes, pesticide runoff in rural areas and byproducts of chemicals like chlorine that are used to treat drinking water.

ASK WELL

## Can You Drink Too Much Water?

By GRETCHEN REYNOLDS

If you consume so much fluid that your body can't easily rid itself of the surplus, you dilute sodium levels in your blood.

Irish Craic and Humour

It doesn't matter how big your house is, how much money you have, or that you wear expensive clothes. Our graves will be the same size. Stay humble.

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"There are nearly 4,500 patients and 12 deaths have been reported so far from the Negombo Hospital"

## VIDEO: The Atomic Bombing of Hiroshima

Through modeling and mapping technologies, witness from above what happened in Hiroshima, Japan on Aug. 6, 1945.

## Benefits of Canola Oil

It's very low in saturated fats, which helps lower your cholesterol levels.

ARTICLE

### Handling Nausea During Cancer Treatment

Nausea is one symptom that continues to be tricky to manage. Here's what can cause it.



## Avocados

Avocado-rich guacamole is a staple at your favorite Mexican restaurant. But this creamy, filling fruit is great on its own or in slices on a sandwich. Yes, it has fat, but it's the good kind. A little avocado in your diet can help keep hunger away while helping to lower your cholesterol.



## Eggs

They're full of nutrients and great for making you feel full. If you want to lose weight, and you already burn more than you eat, eggs can help you eat less and reach your goal.



## Common Causes of Pelvic Pain

It may be a harmless sign that you're ovulating, a digestive disorder, or a life-threatening emergency. Here's how to decipher your symptoms.



## The Healing Power of Sleep

Did you know that getting sufficient shut-eye can make you smarter and save you hundreds of calories?



## Can These Foods Improve Your Mood?

Can what you eat affect your mental state? Does music always make you feel better? Is a good mood contagious? Here's what you need to know.

[Take Quiz >](#)

## World's Best Airports 2012 - Top 20 from Skytrax



## Nuts- super-food to lose weight

You're more likely to stick to a diet that includes nuts, so you're more likely to lose weight as well. Grab a handful -- don't let the fat content put you off. The fats in nuts are healthy and help satisfy hunger, making you less likely to overeat. WebMD



## Full-Fat Yogurt

You read that right. Full-fat, not low-fat, yogurt may help with obesity -- as long as you don't overdo it. And yogurt is good for the bacteria in your gut. That can lead you to lose weight and not gain belly fat, the most dangerous kind of fat.



## Potatoes

They can really satisfy your hunger. And when you feel satisfied, you're less likely to overeat. In addition, boiled potatoes form something called "resistant starch," a special kind of fiber that may help you lose weight. But don't load them up with butter, cheese, or sour cream. WebMD

## Why You Snore and How to Stop

It may keep your partner up -- or you may even wake yourself up. About half of U.S. adults snore from time to time. Here's why.

eLanka, Lankan-Australian "News-King": Always read eLanka!

[View this email in your browser](#)

# If you have heartburn, please read

## What's OK to Eat, What's Not?

That burning discomfort in your chest or throat may have nothing to do with your heart. It can happen when stomach acid backs up, or refluxes, and irritates your esophagus, the tube that connects your mouth and stomach. Certain foods can trigger it, but they're not the same for everyone. So when it comes to eating, what will help you avoid heartburn?

### Eating Too Much

The first thing to think about isn't any specific food: It's the *amount* you eat at one time. This is one case where bigger isn't better. No matter what food you're eating, how good it looks, or how much you like it, a stuffed stomach makes heartburn more likely. Try using smaller plates to help you trim your portions.

### Slow Down

Shoveling food into your face is also a no-no. The three Gs -- grab, gulp, and go -- don't lead to good digestion, and they can make heartburn symptoms more likely, says Leslie Bonci, a registered dietitian and director of sports nutrition at the University of Pittsburgh Medical Center. Take your time and enjoy your meals.



### Fatty Foods

High-fat foods tend to stay in your stomach longer. And the longer they're there, the more likely there will be discomfort, say Bonci and Elaine Magee, a registered dietitian and author of *Tell Me What to Eat If I Have Acid Reflux*. Big servings of those high-fat foods -- like a lot of fried chicken, chips, or wings -- are a double whammy.

### Cut Back on Fats in Prep

You might be able to bake, broil, grill, or roast your favorite foods instead of frying them. Trim the fat off of meat and poultry, and cut the skin off chicken. Tweaks like these might be enough to tame your heartburn.



### High-Acid Foods

Tomatoes (including foods like salsa and marinara sauce) and citrus fruits (such as oranges, grapefruits, and lemons) can trigger heartburn, especially if you eat them by themselves, on an empty stomach. Vinegar is another acid, and it's a common ingredient in salad dressings and other dishes.



### Explore Your Options

Try other fruits and vegetables with less acid to give your tummy a break. Or limit your portion size of acidic foods, and offset them with something else. For instance, use less tomato sauce on your pasta and have a little meat or extra veggies at the same time.



### Experiment to find your comfort zone



### Watch What You Drink, Too

Certain beverages can make heartburn more likely. Drinks with caffeine (that's decaf coffee, too) boost acid in the stomach. Alcohol can relax the valve between your esophagus and stomach, letting acid escape more easily. And carbonation from fizzy drinks can bloat your stomach, which may lead to heartburn. Tomato and citrus *juices* have acid, too.

### Better Beverages

Choose drinks without bubbles and caffeine, such as herbal teas, milk, and plain water. If you must have that coffee, cola, or bloody mary, drinking a smaller size will help.

### Chocolate

Sorry, it has caffeine. If you can't bear life without chocolate, see if cutting back does the trick. Maybe you can eat only a bite or two, or just on special occasions. Also consider what other heartburn triggers may be at play. Eating chocolate for dessert at the end of a fatty feast, or by itself on an empty stomach, probably aren't good ideas.

### Foods With a Kick

It's not really surprising that the heat from peppery foods and hot sauces can scorch you from the inside. But did you know that peppermint could be a problem? Although it's cool, not fiery, it may relax that gateway valve, leading to heartburn. Flavorful, pungent garlic and onions -- especially raw -- can also be culprits



### Dial Down on the Heat

You aren't necessarily headed for a lifetime of bland foods. Easing up a bit on the spiciness could make a difference. You don't have to drown your wings in hot sauce, for example. Maybe go with two alarms for your chili instead of four. Look for other ways to flavor foods that don't require burning your tongue.

WebMD

## Soap Ingredient May Be Linked to Antibiotic Resistance

Scientists in England have uncovered a possible link between an antibacterial ingredient and antibiotic resistance.

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## WELIGAMA AND METHODIST MISSIONARIES TO CEYLON

The first two Weslyan Methodists to Ceylon arrived on the Weligama Beach on Thursday 30th June 1814. More than two hundred years have since passed and Methodism has spread throughout the country. This stone slab was initially placed on the beach at Weligama and has now been located in the garden of the Methodist Church at Weligama. Reverend George Erskine and Rev. William Ault made the hazardous journey in a sailing boat from England. A young Rev.

Perera is now the Methodist Minister at Weligama and we met him as he was conducting a leaders meeting in the church.

SADEESHA is aged 9 and lives in Weligama with her father Sanjeewa a three wheel driver and mother Shiyomi and two elder brothers. Sadeesha attends Dharmarajah Vidyalaya and is in grade 4. She is shown here holding a gift of clothes and books that we gave her. Her enthusiasm is shown in her confident smile and she will be one more child that we will assist and encourage in Weligama.

**AUSLMAT** conducted a free general medical clinic at Weligama where we saw over a hundred patients in just one afternoon.

Endocrinologist Dr. Dilshani Jayawardena and her mother assisted us at a local school where the clinic was held.

Quintus de Zylva

## Who Can Get Multiple Sclerosis?

MS is a disease in which the body's immune system attacks its own central nervous system.

[VIEW SLIDESHOW](#)



## 5 Ways a Paleo Diet Can Help You Lose Weight



### Cinnamon

Some studies suggest cinnamon may have a stabilizing effect on blood sugar levels. This could curb your appetite, particularly in people with type 2 diabetes. Nearly everyone can benefit from cinnamon in its traditional role. Stir some into your coffee, tea, or yogurt to add sweetness without adding calories.



### What Is Diverticulitis?

Sometimes tiny, bulging pouches (called diverticula) form in the colon. This condition is called diverticulosis. If the pouches become inflamed or infected, this is diverticulitis. WebMD

### Symptoms of Diverticulosis and Diverticulitis

People with diverticulosis usually don't have outward symptoms. Symptoms of diverticulitis are more noticeable. There may be abdominal bloating, pain, and tenderness, typically in the left lower abdomen, plus diarrhea, chills, and a low-grade fever.



### Greek Yogurt

Greek yogurt has almost twice as much protein as other yogurts. It takes longer to leave your stomach, keeping you satisfied longer. Plus, you burn more calories digesting protein than carbs. Choose nonfat, low-fat, and low-sugar types. WebMD



### Quinoa

Quinoa (pronounced keen-wa) is a nutritional all-star that belongs in your weight loss plan. This whole grain has 8 grams of hunger-busting protein and 5 grams of fiber in one cup, and you'll also get iron, zinc, selenium, and vitamin E. Quinoa is as easy to cook as rice. For a quick dinner, mix in some vegetables, nuts, or lean protein.

### Can drinking tea prevent dementia?



A study in a recent issue of *Journal of Nutrition, Health & Aging* showed that drinking tea frequently is associated with a lower risk of dementia, especially for people who are genetically predisposed to the disease.



### Diverticulosis vs. Diverticulitis

Having diverticulosis is very common and most people never know they have it. Half of all people older than 60 have it. But only 10%-25% of people go on to develop diverticulitis. Diverticulitis typically develops when the pouches that are blocked with waste become inflamed, leading to tears in the bowel wall and infection.

### Diverticular Bleeding

When a hole develops between a pouch and a blood vessel, bleeding can happen. This can cause a large amount of blood to suddenly appear in your stool. This condition is usually painless and the bleeding usually stops on its own. But in rare cases, bleeding can be severe enough to require a transfusion or surgery. If you have bleeding, contact your doctor right away.



### What's Fiber Got to Do With It?

A diet low in fiber is linked to diverticulosis. Researchers aren't sure why. Adding more fiber to the diet can help prevent constipation and may decrease the risk for painful diverticula in the colon.

### Choices

Luckily, you don't have to look hard to find an abundance of high-fiber foods. Fiber is found in fruits, vegetables, whole grains, and legumes (dried beans, peas, and lentils). Make smart food choices, including brown rice and whole wheat pasta in place of the regular version. And add extra veggies to your favorite dishes -- pizza, stews, and spaghetti sauce. The American Dietetic Association recommends getting 20-35 grams of fiber every day.

### Diagnosing Diverticular Disease

Since diverticulosis doesn't always cause symptoms, it is sometimes only diagnosed when the patient is being seen for another reason. The diverticula (pictured here in yellow) can be seen via X-ray or a colonoscopy. When diverticulitis leads to a painful abscess, an ultrasound and CT scan of the abdomen and pelvis can show collections of pus.

### Treatment for Diverticulosis

Many patients with diverticulosis have minimal or no symptoms and do not require specific treatment. A high-fiber diet and fiber supplements are recommended to prevent constipation and the formation of more diverticula.

[Chocolate may improve cognitive function within hours, says review](#)





# Earlobe Crease

Also called "Frank's sign" (after the doctor who first noticed it), a diagonal crease in your lobe may be a sign of heart disease. Scientists don't know exactly what causes the crease, and not everyone who has it will have heart disease. If you notice you have one, talk to your doctor about it.

WebMD



# Low-Set Ears

Two of the more common conditions linked to this are Down and Turner syndromes. Problems with a chromosome cause both. People with Down syndrome also have other physical differences and development issues. Turner syndrome can cause problems with how the head and the neck form, and issues with growth and puberty. Two rare conditions -- Shprintzen-Goldberg and Jacobsen syndromes -- also can cause low-set ears and development problems.

## Itchy Ears

A fungal infection or other ear irritation often causes this. Another possible reason is psoriasis, which happens when your immune system attacks your skin by mistake. It can be very painful if you have it on your ears, where your skin is thin. It can happen outside and inside your ear and may lead to a buildup of dead skin that makes it hard for you to hear. There's no cure for psoriasis, but your doctor can help you manage symptoms.



# Pits and Folds

Babies can be born with conditions that affect how they develop. One of these, Beckwith-Wiedemann syndrome, causes creases or small holes around the ear. The baby also may be bigger than usual and have a large tongue and low blood sugar. The syndrome doesn't cause major health problems for most people who have it. But as the child grows, one side of his body may be larger than the other, and he can be more likely to get certain tumors.



## Ringing in the Ears (Tinnitus)

This is usually caused by something directly related to your ears -- like wax buildup or being around loud noises. But it also can be a sign of a problem with the joint where your jawbone meets your skull (the temporomandibular joint, or TMJ), or an injury to your neck or head, among other things. If you hear ringing, buzzing, roaring, clicking, or hissing sounds, see your doctor to find out what's going on.



How do you take your iced coffee? For some people in the United Kingdom, an investigative report from the BBC has sparked concerns that the drink may come with an unwanted add-in: a dash of fecal bacteria. The sample size was very small, and all three coffee chains told the BBC that they are looking into the problem. [Read more about the caffeinated scare.]



## Vitamin B12: Deficiency & Supplements

Vitamin B12 deficiency is a common problem. Supplements can treat a deficiency, but doctors recommended getting vitamin B12 from foods.

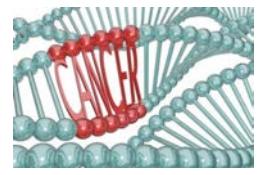
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## 'Breast Cancer Genes': How Much Do They Increase Cancer Risk?

A new study looks at the lifetime risk of breast and ovarian cancer for women who have mutations in the BRCA1 and BRCA2 genes.

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## Doctors Want Sugar and 'Cancer-Causing' Foods Out of Hospitals

The AMA is taking aim at hospitals with a policy recommendation encouraging healthier food and drink options for patients, visitors and staff.

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## How Do the Chemicals in Sunscreen Protect Your Skin?



Energy from the sun's rays can cause skin damage and cancers. Sunscreens can absorb or reflect the dangerous UV light. Here's everything you need to know to read the labels in the sunscreen aisle.

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## Benny Hill - When Things Wrong (1972)

by The Benny Hill Fan Consortium



## Hilarious Benny Hill M

by Jason Tucker

5,555,188 views

# What is vitamin B12?

Vitamin B12 can be taken in the form of injections.

Vitamin B12 is an essential water-soluble vitamin that plays an important role in many functions in the body, including:

- DNA synthesis
- energy production
- nerve cell health
- red blood cell formation
- neurological function

B12 is present in many food sources (mainly animal-based), where it is bound to the protein molecules in that food.

Vitamin B12 is separated from the protein during digestion and is absorbed into the bloodstream.

Adequate stomach acid is required to release the vitamin from the protein, and a substance called intrinsic factor is necessary to ensure its absorption.

People who are unable to absorb vitamin B12 properly may have pernicious [anemia](#), which is a type of anemia characterized by a lack of intrinsic factor.

The average daily intake of vitamin B12, as recommended by the [Office of Dietary Supplements](#) is 2.4 micrograms (mcg) for men and women over 14. Pregnant and breastfeeding women require slightly more, at 2.6 mcg and 2.8 mcg, respectively.

[Vitamin B12 shots: Uses, benefits, and side effects](#)

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.



## Asthma breakthrough: Antibiotic used to treat lung disease can reduce attacks, study finds

The drug azithromycin is used to treat a rare and deadly lung disease. But it could also be a lifesaver for adults with severe asthma, a ground-breaking Australian study finds.

## **YOUR BODY THINKS IT IS STARVING ON A LOW CARB DIET**

A very low-carb diet flips your metabolic switch from burning more carbs than fat, to more fat than carbs. This usually takes a few days in a process known as ketosis.

During this time, your body thinks it is starving. Once it uses up most of your glucose (carb) reserves, the body stimulates the breakdown of stored fat into fatty acids and releases them into the blood.

When fatty acids reach the liver they are converted into acetoacetate, an excellent metabolic fuel that belongs to a family of chemicals called ketones. That is why very low-carb diets are sometimes called "ketogenic" diets.

Acetoacetate decomposes to carbon dioxide and acetone, the smelly solvent best known for its ability to remove nail polish. This is why very low-carb dieters and people who are fasting often have sweet smelling breath.

A healthy liver minimises the acetone lost via the lungs by converting most of the acetoacetate it produces to a more stable substance, called beta-hydroxybutyrate or BHB. And this is where those euphoric feelings could come from.

The molecule BHB, which your body produces during a very low-carb diet, is very similar to GHB, the recreational drug with psychoactive effects.

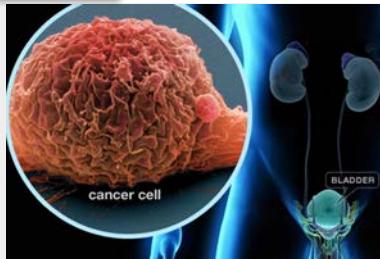
[YouTube: Comparison of the gamma-hydroxybutyrate \(GHB\) and beta-hydroxybutyrate \(BHB\) molecule.](#)

**BHB is almost identical to GHB**, the naturally occurring neurotransmitter, called gamma-hydroxybutyrate, that in synthetic form is used as a [recreational drug](#).

BHB and GHB have exactly the same chemical formula. Both consist of just 15 atoms, with the only difference being the position of one hydrogen and oxygen atom. It is not too surprising, therefore, the two molecules share the [same carrier](#) across the [blood-brain-barrier](#), the impermeable tissue that protects the brain.

During ketosis, BHB can reach high levels [in the brain](#), where it can bind to the same anxiety-reducing [receptors as GHB](#). They bind with [sufficient affinity](#) that they may have similar effects.

There are no reports of [BHB supplements](#) or low-carb diets causing any of GHB's adverse effects, like loss of consciousness, seizures and death. By Andrew Brown, UNSW



## **What Is Bladder Cancer?**

Cancer is the growth of abnormal cells in the body. Bladder cancer typically begins in the inner lining of the bladder, the organ that stores urine after it passes from the kidneys. Most bladder cancers are caught early, when treatments are highly successful and the disease has not spread beyond the bladder. But bladder cancer tends to come back, so regular check-ups are important.

### **Warning Sign: Blood in Urine**

Blood in the urine can be a sign of bladder cancer, either visible to the eye or picked up by routine testing. The urine may look darker than usual, brownish, or (rarely) bright red. Most commonly, blood in the urine is not caused by cancer, but by other causes. These include exercise, trauma, infections, blood or kidney disorders, or drugs, such as blood thinners. [WebMD](#)

## Health Tip

No reputable research has found using antibacterial cleaning products in your home will cut sickness. Even hospitals use regular detergent except when there are highly infectious outbreaks of illness.

## Does cleaning with antibacterial products reduce illness in your home?



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