

Australians should eat more kangaroo to bring their numbers under control, a veteran ecologist argued. [\[ABC\]](#)



Pope, Patriarch Bartholomew: 'Support the Consensus of the World' to 'Heal Our Wounded Creation'

Eating Tomatoes daily reduces skin cancer

Eating a diet rich in tomatoes reduced skin cancer development by 50 percent in mice, according to a new study by The Ohio State University. The research highlights how nutritional interventions may modify the risk for skin cancers.

The research was conducted by Tatiana Oberyszyn, a professor of pathology at The Ohio State University in Columbus, co-author Jessica Cooperstone, a research scientist in the Department of Food Science and Technology in the College of Food, Agricultural, and Environmental Sciences at the university, and their colleagues. Their findings were published in the journal *Scientific Reports*.

[Daily tomato consumption may protect against skin cancer](#)



Today's Videos



[VIDEO: 'We Lost Everything': Witnessing Irma's Destruction in the Keys](#)

Some residents of the Keys ignored evacuation warnings and stayed behind, witnessing the hurricane firsthand.

Pastor forecasts disaster



God states in the Bible in Genesis the first book in the Bible that He created the sun, moon and the stars for seasons, to differentiate between day and night and for signs.

On the 23rd of this month there are about 11 stars including the sun and the moon that are lining up and many think it could be what is mentioned in Revelations chapter 12, the last book in the Bible. Whether this is true or not, definitely there is going to be something that will happen which will affect the whole world, maybe even a war. We see that things are not good with North Korea and the USA could retaliate any time. We are living in the last times. Natural disasters are on increase with much ferocity, people are contacting all manner of diseases, and cancer is on the rampant, nation against nation. These are all predicted in the Bible.

Pastor Lanil Gunasekera-Sydney



What is turmeric?: Turmeric, sometimes called Indian saffron or the golden spice, is a tall plant that grows in Asia and Central America.

The turmeric that we see on shelves and in spice cabinets is made of the ground roots of the plant. The bright yellow color of processed turmeric has inspired many cultures to use it as a dye. Ground turmeric is also a major ingredient in curry powder. Capsules, teas, powders, and extracts are some of the turmeric products available commercially. Curcumin is the active ingredient in turmeric, and it has powerful biological properties. Ayurvedic medicine, a traditional Indian system of treatment, recommends turmeric for a variety of health conditions. These include chronic pain and inflammation. Western medicine has begun to study turmeric as a pain reliever and healing agent.

Keep reading to find out more about how turmeric might benefit your health, as well as some of its negative side effects.

[Turmeric side effects: Health benefits and risks](#)



Congestive Heart Failure Symptoms

Health & Views' has a vision and a mission, to make Sri Lankans of the world healthier through the power of health information.

We do this by selecting health information from various sources relevant to issues applicable to our readers, and we expect reciprocation by reading, for their health & longevity

Health editor

- Please note our new email address:

haroldgunatillake1@gmail.com



Lonely? You're Not Alone

When you feel lonely, it's easy to think you're the only one. But people of all ages and backgrounds experience loneliness today. Learn more about why, and what you can do about it. [Read on](#)



The Pope Just Picked a Fight With Trump He Won't Win! Look What He Just Did

By
Paris Swade

President Trump rescinded DACA last week and the pope is not happy with it. He says that if the [President](#) calls himself "pro-life" then he should reconsider DACA.

"The President of the United States presents himself as pro-life and if he is a good pro-lifer, he understands that family is the cradle of life and its unity must be protected," [Pope Francis](#) said. The pope also weighed in on Trump's border wall during the campaign and showed the world how much of a globalist shill that he is.

"I think this law comes not from Parliament but from the executive," Pope Francis said. "If that is so, I am hopeful that it will be re-thought." This comes right after White House Chief Strategist Steve Bannon went after Church Bishops for their attacks on Trump.

Remember... The Pope said that "A person who thinks only about building walls, wherever they may be, and not building bridges, is not Christian. This is not the gospel," said Francis in February.
Liberty Writers

Lower Triglycerides

Keep your heart healthy and triglyceride levels in check with these diet, nutrition, and exercise tips. [Read more...](#)

Chronic Cough Causes and Treatments

A chronic cough is a cough that persists over time. It is not a disease in itself, but a symptom of an underlying condition. [Read more...](#)

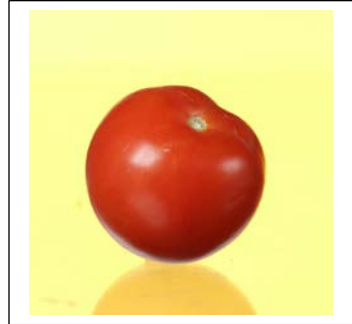
What Causes Depression?

Depression is a mental illness that affects how one thinks, feels, and reacts to daily life. See treatments for this condition. [Read more...](#)

Does Cooking Boost Nutrients in Tomatoes and Spinach?

[Ask Well](#)

By [RONI CARYN RABIN](#)



Q. Is it true tomatoes and spinach release more of their nutrients when they've been cooked?

A. It's true for some nutrients, but not for others. Water-soluble [vitamins](#) like [vitamin C](#) and the B vitamins, which include [folate](#), leach out of vegetables if you boil them, but some will be retained in the stock, so "use it if you're making soup," said Helen Rasmussen, a senior research dietitian at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University. Vitamin levels are reduced the longer you expose them to heat; "they're just not stable," she said. Levels of other nutrients, however, may increase. [One study found](#) that while cooking decreased the amount of vitamin C in tomatoes, the cooking process increased levels of antioxidants that could be absorbed by the body, including levels of lycopene, the carotenoid plant pigment that helps protect the body from free radical damage. "You might be able to get more lycopene out because the heat starts to break down the cell matrix and that actually allows some of the tied-up [carotenoids](#) to be released from the cell walls," Dr. Rasmussen said.

Raw spinach provides a lot of fiber, but cooked spinach may provide more [beta carotene](#): [One study found](#) that three times as much beta carotene — an antioxidant that's a form of vitamin A — was absorbed from cooked spinach compared with raw spinach.

"There are pluses and minuses with both ways of preparing food," Dr. Rasmussen said. Since spinach loses so much volume when it's cooked, a cup of cooked spinach contains a lot more of the leafy vegetable, which may more than make up for the loss of water-soluble vitamins.

Generally speaking, boiling has the harshest effect on heat-sensitive nutrients. Stir-frying or sautéing retains more nutrients than boiling, but if you want to retain the nutrients, steaming and microwaving vegetables may be the optimal cooking methods

Melania Trump Just Said The Two Words About Hurricane Heroes That Every American Should Hear

By [Danny Gold](#)



Last night Melania Trump stole the show during the White House Historical Association dinner. It was a normally event, that is until Melania took the stage and dropped a truth bomb on the crowd.

The First Lady began to talk about her experience working alongside Hurrican victims and first responders to clean up the mess from the 2 major storms that just hit.

And that's when she said it, the two words to perfectly describe the first responders...Guardian Angels.

Melanina left the room in **complete awe** when she told them,

"We saw first responders, some of whom went from Harvey's aftermath directly to the path of Irma helping those in need and serving as guardian angels to those left with only prayers and hope."

Bronchitis Symptoms and Treatments

Bronchitis is an inflammation of the airways in the lungs. Explore bronchitis symptoms, treatments, and medications.

[READ MORE](#)

[REJECTION: Right Before Hillary New Book was Released, Amazon Did Something to HUMILIATE Her](#)



All dietary fats irrespective of being, saturated, or poly and mono unsaturated fats are no concern for heart disease

The data are from the Prospective Urban Rural Epidemiology (PURE) study which followed more than 135,000 people from 18 low-income, middle-income and high-income countries. The study asked people about their diet and followed them for an average of seven and half years.

The research on dietary fats found that they are not associated with major cardiovascular disease, but higher fat consumption was associated with lower mortality; this was seen for all major types of fats (saturated fats, polyunsaturated fats and mono unsaturated fats), with saturated fats being associated with lower stroke risk.

Total fat and individual types of fat were not associated with risk of heart attacks or death due to cardiovascular disease.

The researchers point out that, while this may appear surprising to some, these new results are consistent with several observational studies and randomized controlled trials conducted in Western countries during the last two decades.

International study shows moderate consumption of fats and carbohydrates best for health

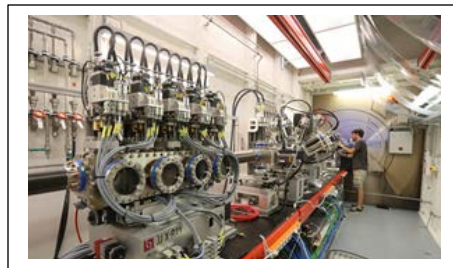
McMaster University

How Are RA and Lupus Different from One Another?

Lupus and RA are both autoimmune diseases and share many symptoms, so misdiagnosis isn't uncommon. We'll show you the main differences between the pair of conditions.

[Read on](#) →

Europe unveils world's most powerful X-ray laser

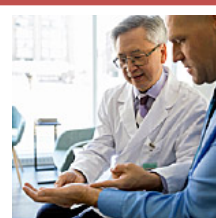


[Hannah Devlin](#) Science correspondent

The world's most powerful X-ray laser has begun operating at a facility where scientists will attempt to recreate the conditions deep inside the sun and produce film-like sequences of viruses and cells.

The machine, called the European X-ray Free Electron Laser (XFEL), acts as a high-speed camera that can capture images of individual atoms in a few millionths of a billionth of a second. Unlike a conventional camera, though, everything imaged by the X-ray laser is obliterated – its beam is 100 times more intense than if all the sunlight hitting the Earth's surface were focused onto a single thumbnail.

Europe unveils world's most powerful X-ray laser



SLIDESHOW

The Truth About Stiff Joints

Age, arthritis, even the time of day can stiffen you up. But the more you move, the better you may feel.



Hormone Treatment for Prostate Cancer Tied to Heart Risks



By NICHOLAS BAKALAR

Androgen deprivation therapy for prostate cancer was associated with an increased risk of heart failure and heart rhythm disorders.

Nourish Yourself With Avocados

For anyone who is health conscious, fats, carbs, and sugars may instantly ring alarm bells. But with avocados, those bells need not ring. Avocados are loaded with all the good versions of these food groups – a sugar that lowers blood sugar (sugars are only 0.7% of the fruit anyway), carbs that prevent heart disease, and fats that keep your bad cholesterol in check.

Have-o-cado



Manuka honey: Is it really a superfood?

By Amanda Barrell



Medicinal use of honey dates back as far as 1392, when it was used to prevent infections in wounds.

The market for Manuka honey has recently exploded, thanks to the perceived benefits of its natural antibacterial properties. But what evidence is there to support the claims? In this article, we explore what Manuka honey is, what its properties are, and how it differs from other types of honey.

[Manuka honey: Is it really a superfood?](#)



The True Cost of a Cup of Assam Tea



12 Super Veggies to Start Eating Today



It's easy to add these nutritional powerhouses to your healthy eating plan. We share tips for sneaking them into your meals.



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[View this email in your browser](#)

Nobel Prize Winners Name Trump and His 'Ignorance' as Top Threats to World Population

By Julia Conley



Along with **nuclear war** and **climate change**, President Donald Trump has made the list of what Nobel Laureates consider to be major risks to the world population. In a survey of 50 Nobel Prize winners in the sciences, medicine and economics, more than a third of the respondents said damage to the environment brought about by issues like **over-population** and climate change, was the biggest threat to mankind. Twenty-three percent said nuclear war was their top concern, while six percent said theirs was "the ignorance of political leaders"—with two of the winners naming **Trump** specifically. Peter Agre, winner of the chemistry Prize in 2003, told the Times Higher Education, which **conducted** the poll and released the results Thursday, that "Trump could play a villain in a Batman movie—everything he does is wicked or selfish." He also called the president "extraordinarily uninformed."

The survey also found serious concerns among the respondents about the brand of populism pushed by Trump as well as right-wing European leaders. Forty percent of the Nobel winners called Trump-style populism, characterized by his distrust of climate science and the media, and political polarization "a grave threat to scientific progress, while 30 percent say that they are a serious threat."

"Today, facts seem to be questioned by many people who prefer to believe rumors rather than well-established scientific facts," said Jean-Pierre Sauvage, who won the Nobel Prize in Chemistry last year. Another laureate added, "it is a disaster when people start believing things that are false and, even worse, when governments induce them to believe facts that are evidently wrong and ignore all evidence-based, scientifically proven data."

The Times Higher Education noted that "Agre is particularly worried by how Trump 'flaunts his ignorance' to appeal to a group of Americans who are happy to dismiss the opinions of scientists."

It's not the first time some of the world's top scientists and doctors have publicly expressed disapproval of the president. Earlier this year, 62 Nobel Laureates signed a **petition** denouncing Trump's executive order directing U.S. agencies to ban travelers from seven Muslim-majority countries from entering the U.S.

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Leonardo DiCaprio Just Gave \$1 Million Toward Hurricane Harvey Relief Efforts



Check your BP at home

It's a good idea to check your blood pressure at home, and not just rely on the measurements made in your doctor's office.

Measure your blood pressure in the morning before you take your blood pressure pills or have breakfast, and again in the evening, every day for a week. Write down the numbers, along with the heart rate the monitor records, and bring them to your doctor. After that, follow the plan your doctor recommends. White-coat and masked hypertension suggest that your blood pressure is more jumpy than normal. This hyper-responsiveness could gradually nudge you toward sustained hypertension. If your blood pressure is sometimes high, doing what you can to keep it in check is a big step toward preventing heart attack, heart failure, and the most common kind of stroke.

Steps include:

- exercising
- losing weight if you need to
- eating a healthy diet

Blood pressure categories

	Systolic
Normal (optimal)	less than 120
Prehypertension	120 - 139
Hypertension	140 or higher

Harvard Medical School

Using the glycemic index

Different carbohydrate-containing foods affect blood glucose differently — an effect quantified by measures known as the glycemic index and glycemic load. The glycemic index (GI) assigns a numeric score to a food based on the rise in blood sugar after eating a standard amount (50 grams) compared with the rise after eating 50 grams of pure glucose. Foods are ranked on a scale of 0 to 100, with pure glucose given a value of 100.

The lower a food's glycemic index, the slower and lower blood sugar rises after eating that food. A glycemic index of 55 or below is considered low; 70 or above is considered high. In general, the more cooked or processed a food is, the higher its GI, and the more fiber or fat in a food, the lower the GI. The glycemic index tells just part of the story because it indicates only how fast a particular carbohydrate-rich food raises blood sugar. What it doesn't tell you is how high your blood sugar could go when you actually eat the food, which is partly determined by how much carbohydrate is in a serving of a particular food. To understand a food's complete effect on blood sugar, you need to know both how quickly it makes glucose enter the bloodstream and how much glucose it can deliver.

Understanding glycemic load

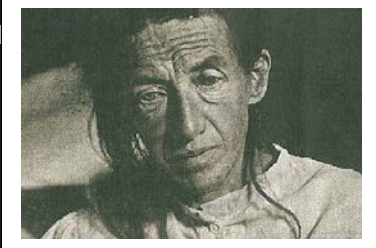
A separate measure called the glycemic load gives a more accurate picture of a food's real-life impact on blood sugar. The glycemic load is determined by multiplying the grams of carbohydrate in a serving by the glycemic index and dividing by 100. A glycemic load of 10 or below is considered low; 20 or above is considered high. Watermelon, for example, has a high glycemic index (80). But a serving of watermelon has so little carbohydrate (6 grams) that its glycemic load is only 5.

Some nutrition experts believe that people with diabetes should pay attention to the glycemic index and glycemic load to avoid sudden spikes in blood sugar. A review by the Cochrane Collaboration (an international group of health authorities who evaluate evidence from randomized clinical trials) found that people who followed a low-GI diet lowered their HbA1c levels by 0.5 percentage point — and they were also less likely to experience hypoglycemia. To put that effect into perspective, the FDA considers a drop in HbA1c of as little as 0.4 of a percentage point to be meaningful when assessing drugs to treat diabetes.

The American Diabetes Association acknowledges the value of the glycemic index and glycemic load, saying that "substituting low-glycemic-load foods for higher-glycemic-load foods may modestly improve" blood sugar control. But it also says that the total amount of carbohydrate in a food, rather than the food's glycemic index or load, is a stronger predictor of what will happen to blood sugar. Some dietitians feel that focusing on the glycemic index and glycemic load adds an unneeded layer of complexity to choosing what to eat. The bottom line? Following the principles of low-glycemic-index eating is likely to be beneficial, as it essentially encourages a high-fiber diet that is moderate in carbohydrates, but reaching and staying at a healthy weight is more important for your blood sugar and your overall health

Harvard Medical School

The History of Dementia



In 1906 Auguste Deter, a woman in her early 50s, became the first person diagnosed with Alzheimer's disease, a form of dementia. The disease is named after the doctor who first described it, Alois Alzheimer. The disease is characterized by odd behavior, memory problems, paranoia, disorientation, agitation, and delusions. After Deter's death, Alzheimer performed a brain autopsy and discovered dramatic shrinkage and abnormal deposits in and around nerve cells.

In 1910 the term "Alzheimer's Disease" was formally used. In 1974 Congress established the National Institute on Aging (NIA), the primary federal agency supporting Alzheimer's research.

What Is Dementia?

Dementia is not a specific disease, it is a broad term that characterizes many different conditions, such as Alzheimer's disease, vascular dementia, frontotemporal dementia, and other disorders. Dementia refers to a group of symptoms that can be caused by several different brain disorders.

In general, dementia is characterized by impaired intellectual functioning that interferes with daily activities or personal relationships. This impairment can include memory loss, language difficulty, decreased perception, and impaired reasoning. Sometimes, people with dementia go through personality changes or develop delusions. Dementia is often mistaken as senility or senile dementia which views serious mental decline as a normal part of aging, when in fact, it requires professional treatment.

Types of Dementia

There are several different classifications of dementia. Dementia can be classified by either the area of the brain that is affected, whether it is progressive, or whether it results from another disorder (primary or secondary).

Cortical Dementias

Cortical dementias occur because of problems in the cerebral cortex, the outer layer of the brain. This type of dementia plays an important role in memory and language and people with cortical dementias usually have severe memory loss and can't remember words or understand language. Creutzfeldt-Jakob and Alzheimer's disease are two types of cortical dementia.

Subcortical Dementias

Subcortical dementias occur because of problems in the part of the brain beneath the cortex. The ability to start activities and speed of thinking are usually effected by subcortical dementias. Forgetfulness and language problems are typically not developed in subcortical dementias. Parkinson's disease, Huntington's disease, and HIV can cause these types of dementia.

Progressive Dementia

Progressive dementias become worse over time and patients eventually lose more of their abilities. Alzheimer's disease, Lewy body dementia, vascular dementia, and frontotemporal dementia are types of progressive dementia.

Primary Dementia

Primary dementia patients only show symptoms of dementia. Alzheimer's disease is a form of primary dementia, which accounts for 50%-70% of all dementia cases.

Secondary Dementia

A secondary dementia is a form of dementia that develops as a peripheral conditions to a pre-existing mental illness or condition. Brain infections, progressive supranuclear palsy, and multiple sclerosis are examples of conditions that can cause secondary dementias to form. Many types of secondary dementias can be stopped or reversed, unlike other types of dementias.

Dementia Stages

Doctors will determine a patient's stage by asking a variety of questions to the patient and the caregiver. The Mini-Mental Stage Examination is a screening tool used to identify cognitive decline on a scale of 0 to 30. Stage diagnosis can help the doctor create a treatment plan.

No Impairment

There are no obvious signs at this stage and people are able to function independently.

Very Mild Impairment

Symptoms at this stage are slight and seem to appear as forgetfulness associated with aging.

Mild Impairment

Patients are still able to do daily routine and tasks. Symptoms include the following:

Forgetfulness: Memory loss: Losing items: Trouble managing finances: Confusion while driving: Trouble managing medications: Loss of concentration

Moderate Impairment

Patients typically have trouble performing daily routine and tasks. Symptoms include the following:

Trouble holding urineIncreased memory loss and forgetfulness: Inability to use or find the correct words: Difficulty doing challenging mental math

Increased social withdrawal

Problems with short-term memory: Wandering or getting lost : Laughing or crying at inappropriate times: Trouble concentrating: Trouble managing money

Inability to follow instructions: Loss of bladder or bowel control: Hallucinations

Other symptoms of vascular dementia include nighttime wandering, depression, incontinence, or one-sided body weakness associated with larger strokes.

Vascular Dementia Risk Factors: Vascular dementia almost never occurs without the patient having high blood pressure. Stroke is also a risk factor, 25%-33% of strokes are thought to result in some degree of dementia. Smoking, high cholesterol, diabetes, and heart disease are also vascular dementia risk factors. Men, people between the ages of 60 and 75, and African-Americans have increased risk of vascular dementia.

Vascular Dementia Treatment and Prognosis: There are currently no treatments that can repair the damage of vascular dementia once it has happened. However, behavioral interventions can improve the quality of life for everyone involved. It may be helpful to leave reminder notes, remind the patient what day it is, and keep the patient connected to their loved-ones. If the condition that initially caused the vascular dementia goes untreated, the prognosis is not good. Eventually, untreated vascular dementia usually ends in death from stroke, heart disease, or infection. Catching vascular dementia early and preventing further damage makes for a better prognosis.

Multi-Infarct Dementia One type of vascular dementia called multi-infarct dementia (MID) is caused by multiple small strokes in different areas of the brain. Other types of vascular dementia include Binswanger's disease and CADASIL (cerebral autosomal dominant arteriopathy with subcortical infarct and leukoencephalopathy).

Not All Plant Foods Are Equal

By Amy Norton

HealthDay Reporter

MONDAY, (HealthDay News) -- For years, the mantra has been that eating lots of fruits, vegetables and grains will ward off [heart disease](#), but a new study suggests that choosing the wrong ones may backfire.

The study, of over 200,000 U.S. health professionals, found those who ate plenty of healthy plant foods -- such as vegetables, beans and whole grains -- did have a lower risk of [heart disease](#).

That was not true, however, if people loaded up on foods that are technically plant-based, but not all that healthy.

In fact, diets heavy in pasta, bread, potatoes and sweets appeared just as bad as, if not worse than, diets high in animal products.

"Plant-based foods are not all the same," said lead researcher Ambika Satija, a postdoctoral fellow at the Harvard School of Public Health, in Boston.

So it's crucial that people consider the nutritional quality of the plant foods they choose, she said.

The study did not specifically examine [vegetarian](#) or vegan diets, Satija noted. So the findings do not shed light on how those diets affect [heart disease](#) risk.

But other studies have tied vegetarian and vegan diets to lower risks of [diabetes](#), [high blood pressure](#) and heart disease, according to Dr. Kim Williams, chief of cardiology at Rush University Medical Center in Chicago. "Plant-based [nutrition](#) is superior when it comes to most diseases," Williams said.

"But what people don't always understand is that there are healthy ways to do it, and not-so-healthy ways," he said. "You can do it wrong."

Williams co-wrote an editorial published with the study in the July 25 issue of the *Journal of the American College of Cardiology*.

The findings involved three studies that began in the 1980s and 1990s. Every two to four years, the participants gave detailed information on their diets.

Satija's team looked at the quality of the plant foods people typically ate, and how that overall quality related to their risk of developing heart disease.

By 2013, over 8,600 study participants had suffered a [heart attack](#) or died of heart disease.

The risk was lower among people who regularly ate plenty of healthy plant foods, including fruits and vegetables, legumes, nuts and whole grains (such as cooked oatmeal and brown rice), the study found.

Those in the top 10 percent for healthy plant-food intake fared best: They were one-quarter less likely to develop heart disease than those in the bottom 10 percent.

In contrast, the reverse pattern was seen among people who ate a lot of less-than-healthy plant foods -- like potatoes, refined grains (white bread, pasta and crackers) and sugary fruit juices. Those in the top 10 percent were almost one-third more likely to develop heart disease, versus people in the bottom 10 percent.

People who loaded up on animal products -- such as meat, cheese and butter -- also showed a heightened risk of heart disease. But the link between unhealthy plant foods and heart ills was a bit stronger, the researchers noted. However, the study did not prove that some plant-based foods actually cause heart risks to rise -- just that there was an association.

Still, to Williams, the implications are straightforward. "The more healthy plant foods you eat, the better," he said.

Satija said, "I think the message here is pretty positive." That is, the findings suggest that people "don't have to go to extremes" with their diet to reap heart benefits.

Instead, she said, they can start with "moderate decreases" in animal products, for example, red and processed meats, and replace them with healthy plant-based foods such as legumes, vegetables and nuts.

"It's much easier to adopt changes like that into your life," Satija said.

9 Ways To Use Bananas For Your Skin And Hair

Bananas are common, and also one of the most convenient fruits to eat. They have a wide range of health benefits. From maintaining blood pressure to relieving constipation, bananas can be relied on for most of your health problems. They are excellent sources of fiber, magnesium, and potassium, and can be the source of instant energy...

[READ MORE](#)

Good, better, best. Never let it rest. 'Til your good is better and your better is best."

— St. Jerome

• [Why Do We Sleep?](#)

Researchers who study sleep now have a few theories about why we spend one-third of our lives in dreamland.

[Read More](#)

Foods to Eat When You Have the Flu

Got the flu? Try some of these soothing and nutritious foods that can help you feel better while treating your flu symptoms. [Read more...](#)

Keep Your Thyroid in Check

Hyperthyroidism is a medical condition that results from an excess of thyroid hormone in the blood. [Read more...](#)

[A Healthy Diet May Help Ward Off Dementia](#)

11 Ways to Eat Tomatoes

[Caprese salad](#), [tomato tartlets](#), [cool gazpacho](#): We've got a range of ideas for this summer favorite.



9 Health Benefits of Cod Liver Oil



• [Is Your Blood Sugar Out of Control?](#)



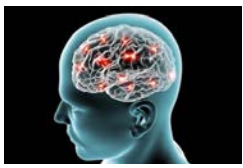
Hyperglycemia and Diabetes

Discover common symptoms of hyperglycemia like headaches, increased thirst, frequent urination, and blurred vision. [Read more...](#)

Artificial Sweeteners: May Raise Obesity

Artificial sweeteners may be less helpful than many believe in helping people lose weight.

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- [People with Alzheimer's May Have More Bacteria in Their Brains](#)

People with Alzheimer's disease may have higher levels of bacteria in their brains compared to people without the condition, a small new study suggests.

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- [What Is Culture? | Definition of Culture](#)

Culture is the characteristics of a particular group of people, defined by everything from language, religion, cuisine, social habits, music and arts

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SLIDESHOW

Brain Tumor Symptoms You Shouldn't Ignore



Even a small, slow-growing brain tumor can affect how you talk or think. We explain the common warning signs of brain cancer, what raises your odds of having it, and treatments.

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.

Walnuts: Omega-3s by the Handful



It's easy to add walnuts to a morning bowl of cereal or some snack-time trail mix. They are an excellent source of alpha-linolenic acid (ALA), one of the three omega-3 fatty acids and the one most commonly found in plants. Other nuts also have some ALA, although almonds don't.

Enhanced Eggs

You can find omega-3-enhanced eggs in most stores and farmers markets. They tend to have darker yolks than regular eggs. The omega-3 fatty acid DHA is in yolks only; egg whites don't have fatty acids. Enjoy these eggs for breakfast, and you'll start your day with the health benefits of omega-3s, including protecting your heart and possibly lowering the risk of memory loss.

Don't Ignore Unexplained Weight Loss: Here's Why



If you lose more than 5% of your weight in 6 to 12 months, tell your doctor. It could be a sign of a serious health problem.

Mangoes- not for diabetics

Fruit's good for you! It has fiber and other nutrients you need. But it also has natural sugar, and some have more than others. For example, one mango has a whopping 45 grams of sugar -- not your best choice if you're trying to watch your weight or how much sugar you eat. Maybe enjoy a couple of slices and save the rest for later. WebMD

Grapes



A cup of these has **about 23 grams sugar**. That's a lot for something that's so easy to pop in your mouth. You might eat them more slowly if you slice them in half and freeze them. They'll be waiting for you as a refreshing summer treat that takes a bit longer to eat.

WebMD

Cherries



They're sweet, and they have the sugar to show for it: A cup of them has 18 grams. If you fill up a large bowl with them, you can lose track of how many you eat. Measure your snack beforehand so you know exactly how much sugar you'll get.

Pears



One medium pear has 17 grams of sugar. If you're trying to cut back, don't eat the whole thing -- just put a few slices in some low-fat yogurt or on top of a salad.

A Splash of Healthy Oil



Choose oils that are high in omega-3s for sautéing, baking, and dressing salads. Canola, soybean, and walnut oils are all good choices. Just remember that while omega-3s are good fats, oils are still high in calories, so keep an eye on how much you use. And don't worry: High cooking heat won't destroy their benefits. WebMD

Spinach, Kale, and Leafy Greens



Another reason to eat leafy greens: They have the omega-3 fatty acid ALA. A spinach salad, a side of sautéed collard greens, and lettuce on a sandwich all boost your intake. That's good because fatty acids don't just promote heart health. Studies now suggest they may help other conditions, including cancer, inflammatory bowel disease, lupus, and rheumatoid arthritis.

Fish: An Excellent Source

Cold-water fish has the highest amount of DHA and EPA, the two fatty acids closely linked to heart health. The American Heart Association recommends at least two servings per week of salmon, tuna, herring, lake trout, sardines, or similar fatty fish. Why? Studies show that the omega-3s DHA and EPA lower triglycerides, fats in your blood that can lead to blocked arteries. And omega-3s can also help reduce the risk of irregular heartbeats.

A Bowl of Beans

Mix edamame (green soybeans), pinto, or kidney beans into soups, chili, and salads to boost your intake of the omega-3 fatty acid ALA. There's more research to back the health benefits of fish-based omega-3s EPA and DHA, especially when it comes to heart health, but the body can change some plant-based ALA into EPA and DHA, too.

Fortified Milk and Dairy

Children also need omega-3 fatty acids, although there's no guideline as to how much. It's best to get them from foods, not supplements. For kids who don't like fish, omega-3-fortified milk and yogurt are good choices. Many infant formulas now include the fatty acid DHA because research suggests it's important for healthy brain growth.

Looking after your Diabetes to prevent complications

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

Diabetes is a condition where the glucose absorbed in the gut through the digestion of carbs, seem to remain in the blood stream, as the hormone insulin responsible for the control of glucose is impaired from the Islet cells of the pancreas resulting in abnormal metabolism of carbs and elevated levels of glucose in the blood.

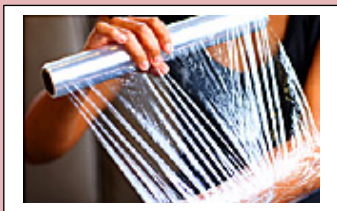
When you have di...

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Is Garcinia Cambogia Safe? Our Doctor Responds

This reader is losing weight after starting these pills but is concerned about the side effects. See what our expert has to say.

14 DIY Remedies for Psoriasis



Creams, oils, herbs ... plastic wrap? We share the best do-it-yourself remedies to help soothe your skin.

Type 2 Diabetes: Meals to Avoid

A good diabetes diet allows for the occasional food splurge, but there are still a few things you should skin

Gut microbiota and personalized nutrition. An interview with Niv Zmora



We have all experienced the following and frustrating situation: we need to lose some weight or control our pre-diabetes or a high blood pressure, but although we go on a diet prescribed by our family doctor and stick to it rigorously, it does not work. Why? Until now, there were foods considered to be healthy and with low caloric contribution, such as tomatoes, salad or cereals. And others like pasta or bread, which were exiled from every diet. But, what if a tomato were not a healthy food for us all? And, instead, a pizza could be not so bad as we have believed for some individuals? Studies have found the reason is high variability in post-meal blood glucose response. Niv Zmora is a postdoctoral researcher at ElinavLab, at the Department of Immunology at the Weizmann Institute of Science (Israel); he studies the interactions between immune system, microbiota and their effects on health. In this sense, he is investigating with his group colleagues [how to create personalised diets](#) with an accurate predictor of blood glucose response that could integrate physical exercise, gut microbiota and some dietary habits to lower in successful way postmeal blood glucose, and thus its metabolic consequences. Zmora assisted to the Gut Microbiota for Health World Summit held in Paris, in March 2017, where we could interview him.

How to Keep Diabetes in Check

Find out what to expect, from diagnosis to managing a healthy diet, blood sugar tracking, and more.

[What Does Your Colon Do?](#)

What are some sugar-free or low-sugar fruits?

Nirob Nirob

Studied at University of Delhi

This post talks about those sugar free fruits and vegetables that are super-healthy! Would you like to check them out? Go ahead and read!

[New insights on how the microbiome may dictate the efficacy of chemotherapeutic drugs](#)

Previous research has shown that the gut microbiome could influence cancer outcomes through its interaction with host immunity. Indeed, mouse studies have shown the anti-cancer effects of chemotherapeutic drugs such as cyclophosphamide and celecoxib could...

Understanding the link between sugar and diabetes

Although eating sugar is not directly linked to developing diabetes, some evidence suggests that increased overall availability of sugar makes diabetes more common. A [2013 study](#) that looked at 175 different countries found that more sugar in the food supply increased diabetes rates.

Specifically, for every additional 150 [calories](#) of sugar available per day per person, diabetes levels rose 1 percent. This change continued even when researchers controlled other factors linked to diabetes, such as obesity, exercise, and overall calorie consumption.

This research suggests that sugar consumption does affect diabetes, at least on a population level.

The study did not look at individuals, so does not support the claim that individual sugar consumption causes diabetes. Despite this, it gives people who eat a lot of sugar something to consider, especially if they have other diabetes risk factors.

A [2012 review](#) of previous research suggests that some forms of sugar consumption could increase the risk of diabetes. Drawing upon previous research, the study suggested that sugary drinks were likely to increase the risk of type 2 diabetes. Research on the link between other forms of sugar intake and diabetes, as well as sugar and other health risk factors, did not reach any firm findings. MNT

Are You a Carboholic? Why Cutting Carbs Is So Tough

By GARY TAUBES

Eating a little of a tasty dessert doesn't satisfy me — it creates a fierce craving to eat it all, and then some.

Before You Spend \$26,000 on Weight-Loss Surgery, Do This

By SARAH HALLBERG AND OSAMA HAMDY

Why don't the medical guidelines reflect the evidence, and suggest a low-carb diet?

Foods That Help Fight GERD

What you eat can have a big effect on gastroesophageal reflux disease.

ARTICLE

Have a Cup of Joe Before You Go

Here's news to perk up your day: Coffee might help you live a little longer, two new studies suggest.

Foods high in iron

By Kristeen Cherney
Reviewed by Peggy Pletcher, MS, RD, LD, CDE

Iron is a mineral the human body can't live without. For starters, it's an important component of the protein called hemoglobin that carries the oxygen in your red blood cells. Without enough iron, you may feel tired and dizzy, and can even develop anemia. Iron requirements vary by age and gender. The [Centers for Disease Control and Prevention](#) (CDC) recommends getting 8mg per day for men, and 18mg per day for women who are not pregnant or nursing.

There are many ways to meet your daily iron requirements without eating the same foods all the time, so let's explore your options!

Diet Advice for Cancer Prevention: More Veggies, Less Alcohol

Eating a plant-based diet and limiting alcohol intake may help lower the risk for [obesity-related cancers](#), according to research published online in *Cancer Causes & Control*.

Investigators examined whether healthy habits included in cancer prevention guidelines from the World Cancer Research Fund and the American Institute for Cancer Research might reduce the risk for certain cancers.

The study involved analysis of long-term medical and dietary data from 2,983 American men and women. Between 1991 and 2008, 480 obesity-related cancers were diagnosed among the participants.

After accounting for age, smoking, and other factors that might contribute to cancer risk, overall adherence to the guidelines was not tied with a lower risk of obesity-related cancers, the researchers found.

However, one of the guidelines -- to limit alcoholic drinks to two per day for men and one per day for women -- did protect against obesity-related cancers overall, and against breast, prostate, and colorectal cancers specifically.

RELATED: Inconsistent Association Between Renal Cell Carcinoma Risk, Alcohol Intake

The researchers also found that eating more fruits, vegetables, and legumes was associated with a lower risk of colorectal cancer.

"Based on the study's results, dietary advice on preventing cancer should emphasize the importance of eating a plant-based diet and restricting alcohol consumption," study senior author Niyati Parekh, Ph.D., R.D., associate professor of nutrition and public health at New York University in New York City, said in a university news release.

Breakfast cereals are often a main source of iron, but you have to choose the right type. Sugar-laden cereals you might have eaten as a kid aren't the best choice.

The key is to look for a fortified cereal that contains 100 percent of your daily value of iron.

A one-cup serving of cereal contains [18mg of iron](#).



Cooked oysters

Next time you go to your favorite seafood restaurant, consider ordering some oysters.

A three-ounce serving contains [10.2mg of iron](#).

Raw oysters are also packed with nutrients, but cooked oysters are safer.



White Beans

While all beans offer iron, white beans pack the most. In fact, a one-cup serving contains [8mg of iron](#).

If you don't have time to sort and soak dry beans, try canned versions - just watch the sodium content.

You can enjoy white beans by themselves, in a salad, or add them to stews, soups, and pasta dishes.

Defrost meats in advanced. The best way is to transfer them from the freezer to the refrigerator two days ahead of time. Planning in advance is the best way to preserve the quality of meat. Defrosting on a counter top for an entire afternoon may raise bacteria to unwanted and perhaps unsafe levels. Nuking them at the last minute is the worse possible thing you can do. The meat will start to cook, leaving you with a frozen interior.

Garrick Saito,

Amazing video reveals how to make a boiled egg inside out

Top stories

An archaeological discovery in Kakadu national park has extended

the known length of time [Aboriginal people have inhabited Australia to at least 65,000 years](#). The findings on about 11,000 artefacts, published on Thursday in the *Nature* journal, prove Indigenous people have been on the continent for far longer than the much-contested estimates of between 47,000 and 60,000 years, the researchers said. Some of the artefacts were potentially as old as 80,000 years.

The new research upends decades-old estimates about the human colonisation of the continent, their interaction with megafauna and the dispersal of modern humans from Africa and across south Asia.

"People got here much earlier than we thought, which means of course they must also have left Africa much earlier to have travelled on their long journey through Asia and south-east Asia to Australia," said the lead author, Associate Prof Chris Clarkson, from the University of Queensland.

Dark Chocolate

If you're a dark chocolate lover, now you have another reason to eat your favorite dessert.

Three ounces of dark chocolate

- approximately one small bar
- contains about [7mg of iron](#).

Make sure you opt for real dark chocolate, which should contain 45 to 69 percent cacao solids.



Organ Meat

While organ meats are often overlooked, they're a great source of vital nutrients, including iron.

The exact amount depends on the type of organ, as well as its source.

Beef liver, for example, has [5mg of iron](#) per a regular 3oz serving.

Soybeans

Soybeans are an ideal protein source in vegetarian diets, but these nutrient-dense legumes are good for everyone.

A half-cup serving contains

[4.4mg of iron](#).



Benefits of Ceylon cinnamon

Potential for diabetes treatment

Cinnamon is considered as an alternative treatment for **diabetes mellitus**. In one study, Ceylon cinnamon brought **insulin** levels in diabetic rats to close to normal levels. Other **studies** support the idea that Ceylon cinnamon is useful for diabetes treatment.

Ceylon cinnamon stimulates insulin-like activity. It reduces **insulin resistance** in the body. This helps glucose metabolize in the liver, according to **research**. Ceylon cinnamon is a promising treatment for people looking for alternatives to synthetic insulin therapy. To use cinnamon as an insulin stabilizer, at least 120 milligrams (mg) per day **are recommended**.

Contains cancer-fighting enzymes

Ceylon cinnamon contains anti-inflammatory, **antioxidant**, and antimicrobial effects. These properties mean Ceylon cinnamon supports your immune health. Ceylon cinnamon was part of a **study** that showed it enhanced antioxidant enzyme activity. This means it may prevent or treat certain types of **cancer**.

This is good news for people who are looking for dietary supplements that can help prevent their cancer from growing. You shouldn't experiment with cinnamon to treat your cancer without speaking to your oncologist first.

Helps manage blood pressure

All varieties of cinnamon contain cinnamic acid. It has anti-inflammatory effects. The anti-inflammatory property helps blood flow through the body and puts less strain on the heart.

Research on Ceylon cinnamon dates **back to 1975**. The research concluded Ceylon cinnamon could help **blood pressure**.

Weakening of the heart due to problems in the cardiovascular system often causes **heart disease**. Ceylon cinnamon supports cardiovascular function and contributes to healthy heart function.

Aids in Alzheimer's prevention

Cinnamon appears to improve how the brain responds to insulin. The metabolic effect also makes Ceylon cinnamon useful in neurological conditions, like **Alzheimer's disease**, **researchers theorize**. Studies that show a connection between diabetes and Alzheimer's support the idea Ceylon cinnamon may help halt Alzheimer's onset. Ceylon cinnamon may help control high blood glucose levels in the brain.

Hyperglycemic episodes happen in people with diabetes mellitus. This can **contribute** to cognitive decline. Cinnamon's properties help make sure blood glucose levels don't rise too fast. MNT

[Ceylon cinnamon: Health benefits, uses, and more](#)



Is cottage cheese good for you?

By Summer Fanous

Reviewed by Peggy Pletcher, MS, RD, LD, CDE

Cottage cheese is an excellent source of calcium, a mineral that plays a major role in tooth and bone health, and in the prevention of **osteoporosis**. It also helps you to regulate your blood pressure and might even **play a role** in preventing certain **cancers**, such as prostate cancer.

If you're concerned that your child is lethargic, consider adding cottage cheese to their diet. According to a **2005 study**, young children who eat more dairy products such as cottage cheese and milk have more energy.

Metabolic syndrome is a cluster of conditions that includes high blood sugar levels, which is a major concern for people with **diabetes**. A **British study** found that eating dairy products such as cottage cheese can decrease the likelihood of metabolic syndrome in men, both who have and do not have diabetes.

Cottage cheese may also be helpful in promoting weight loss. **Studies show** that a diet including cottage cheese - along with more fruits, vegetables, whole grains, and vegetable oils - can be highly effective for achieving and maintaining weight loss. **In another study**, a higher intake of protein and dairy products like cottage cheese helped overweight and obese premenopausal women achieve sustained fat loss and lean muscle gain.

Some brands of cottage cheese include fermented or live cultures, which are known as probiotics. Lactobacillus GG is a specific type of probiotic that has been **shown to have major health benefits**. The most commonly known advantage of consuming foods containing probiotics is that it aids in gut health.

Calcium and bones

Cottage cheese is high in calcium, though a recent study found no connection between increasing dairy consumption in children and adolescents and increased bone mineralization.

Are there any negatives to cottage cheese?

Calcium may be good for bones and teeth, but sodium (salt) is not. According to **one study**, cottage cheese's high sodium content - 696mg per cup - might counterbalance the positive effects of calcium on blood pressure.

Calcium itself can also be unhealthy in high quantities, according to some research. **One study** found that high dairy or calcium intake increased the risk of prostate cancer. The data on this topic is mixed. If you are concerned about prostate cancer, discuss dairy intake with your doctor.

A note on cancer treatments

Alternative medicine and special diets have long been used to treat diseases such as cancer, though not always with positive results.

The Bill Henderson Protocol (BHP) is a diet that claims to treat cancer by increasing intake of **polyunsaturated fatty acids**, through flaxseed oil and cottage cheese. The **Memorial Sloan Kettering Cancer Center** says that there is **no evidence that this regimen works, and cautions against it as a treatment of cancer.**

Cottage cheese is rich in protein, vitamins, and minerals like calcium, which are important nutrients for continued good health. However, the sodium in cottage cheese might work against the benefits. As with anything, moderation is key.

WELL



An Unconventional Cardiologist Promotes a High-Fat Diet



By ANAHAD O'CONNOR

British cardiologist Dr. Aseem Malhotra is among a small but increasingly vocal group of doctors in the United States and Britain who are challenging the medical and nutritional orthodoxy around fat, carbohydrates and calories.

Signs Your Heart Failure Is Returning



Persistent cough, lack of appetite, fatigue ... these are a few symptoms that may mean your treatment

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