

What causes ice cream headache?



Q. What exactly happens when I eat something cold and get an ice cream headache? Is it harmful in any way?

A. Ice cream headache, also known as "brain freeze" or cold-stimulus headache, is a headache some people get when they consume a cold food or beverage quickly. The pain is usually in the forehead or both temples, and it usually lasts less than five minutes.

The cause is debated, but most experts believe it starts when a cold substance touches the roof of the mouth or the back of the throat and causes small blood vessels in those areas to constrict and then rapidly dilate. Pain receptors near the blood vessels sense the discomfort and send the message along tiny nerve fibers to a larger nerve (the trigeminal nerve), which forwards it to the brain. The trigeminal nerve also carries pain signals from the face. The brain reads the cold-stimulus sensations as coming from the head rather than the mouth — a phenomenon called referred pain.

Cold-stimulus pain is common, occurring in 30% to 40% of people who don't usually have headaches. The symptoms are harmless and not a sign of any underlying disease, although many experts believe they're more common in people who get migraines. Because ice cream headaches are so short-lived, they're hard to study, and there's no consensus on how to stop them. Most people have their own methods; the most common is to curl the tongue and press the underside against the roof of the mouth. The best way to prevent the headache is to eat very cold foods slowly.

For more on preventing and treating headaches, buy [Headaches](#), a Special Health Report from Harvard Medical School.

[Heart Foundation, Heart Disease in Australia](#)

Good News for Craft Beer Lovers

By Jeremy Deaton

Henry David Thoreau once said that a glass of beer would "naturalize a man at once— which would make him see green, and, if he slept, dream that he heard the wind sigh among the pines."

That quote might as well be emblazoned on every IPA in America. Craft brewers across the country are finding innovative ways to guard the [water](#), [soil](#), air and climate on which their businesses depend.



Good News for Craft Beer Lovers

Why It's Unlikely Harvey Weinstein Is a Sex Addict



Weinstein entered rehab for his self-proclaimed sex addiction, but therapists disagree on if that's really what's driving the Hollywood producer's behavior. [Read on](#)



If you don't get goosebumps when she hits those high notes you should check if your heart is still beating.

<https://www.youtube.com/embed/dDESzUuZuC0?rel=0>



Stephen Hawking's expanding universes thesis breaks the internet



6 Foods All Slim People Love To Eat For Breakfast

We know you've heard it a dozen times but it's the hard truth. Breakfast is the most important meal of the day – something several slim and healthy people follow passionately. Breakfast sets the routine for the entire day...

[READ MORE](#)

The 6 Types of Cancer

Get the facts about how cancer spreads, symptoms, signs, and treatment options.

[VIEW SLIDESHOW](#)

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

Blood Thinners: 8 Facts You Should Know



We explain how these meds work, potential side effects, and how to take them safely.

Is Pumpkin (Everything) Good for You?

See This

Grapes may be able to treat chronic obstructive pulmonary disease (COPD). Researchers at the National University of Singapore have identified a compound in grapes called isorhapontigenin that can suppress lung inflammation caused by COPD. Quite predictably, the researchers plan on creating a drug using the isolated compound. But who's to say that simply eating grapes won't help?

[Read More](#) CureJoy

Don't Let Anxiety Control Your Life

Are your worries normal or something more? Learn the types of anxiety disorders. Discover signs, causes, and treatments to help you thrive once again.

[READ MORE](#)

[Harvey Weinstein](#) / [New York attorney general investigates company](#) ←



Dr M. Ganesaratnam FRCS, Retired General Surgeon, National Hospital, Colombo, passed away on October 2nd, in Colombo. He served as general surgeon, in Matale, Jaffna, Kurunegala and finally National Hospital in Colombo. He was one of the first surgeons who pioneered in laparoscopic surgery. After he retired from government services, practised in private sector. He was considered as a very skilled surgeon and amiable person. He will be missed by his patients and colleagues.

9 Foods and Drinks That Can Trigger Migraines

While your diet might not directly cause migraines, as many as 60% of people with migraines report that certain foods can set them off. Here are nine common ones. [Read on](#) →

What is Roger Federer like in real life?



[Eric de Diesbach](#), Federer fan

During one of his matches the commentator told the following story: He once went to a hotel with his whole team for the duration of a tournament. Upon settling in, he then ... [Read More](#) »

Decades of dud healthy-eating guidance sent the humble egg into nutritional exile. But with new advice about runny yolks suggesting that salmonella in raw eggs is a thing of the past, it's time to lick the cake bowl again. But with new advice about runny yolks suggesting that salmonella in raw eggs is a thing of the past – and the unhealthy cholesterol argument debunked long ago – it may be time to dust off your poaching skills and [enjoy "nature's multivitamin" again.](#) ←

"Whatever your current status," writes egg-lover [Joanna Blythman](#). "Starving, peckish, dieting, feasting, economising, working, travelling, convalescing, or just going about your daily business – it's hard to beat an egg."

Can we reverse diabetes?

Written by Dr Harold Gunatillake- Health writer
In the early 'pre-diabetic stage' of diabetes, one could reverse to a non-diabetic phase just by dieting and exercise daily to keep your blood sugar level low. With the stretching type of exercises, you do build your muscles. Built muscles need a lot of sugar to keep up the energy levels. Inactive muscles do not require as much sugar for energy purposes as those ones that are built up through exercise. T...

[Continue Reading](#)

Regional Australians 90pc more likely than city folk to die from heart disease

A lack of access to health care, geographical isolation, and lower incomes mean rural people are more likely to die from heart diseases, a report released today shows.



Bipolar and Anxiety: Is There a Connection?

Everyone experiences some anxiety from time to time, like before an important event. But anxiety disorders cause more than short-term worries, and often co-occur with other mental health conditions. Is bipolar one of them? [Read on](#)



Depression Treatment That 'Rewires' the Brain

An FDA-approved therapy using magnetic stimulation on the brain can be given to people who haven't responded well to antidepressants. [Read on](#) →

Science-Backed Reasons to Drink Coffee and Tea

Both have antioxidants, and they may help protect against heart disease, type 2 diabetes, and other health problems.



It's beginning to rain, by Desmond Kelly

<https://youtu.be/ud8wUxTOH1A>



Magic Mushrooms' Might Ease Depression Symptoms

See This

Fact check: Predicting heart attack risk



Sydney cardiologist Dr Ross Walker says that common health checks for blood pressure and cholesterol were not the best predictors of heart attacks. He says that a scan for coronary calcium is the best indicator. RMIT ABC Fact Check investigates.



More to the story

Bromelain as an antihistamine

Bromelain is a compound most commonly found in pineapples, but you can also find it in supplement form. It's said to be effective at treating respiratory distress and inflammation associated with allergies. [One study](#) suggests taking between 400-500 mg three times daily.

Healthline

Vitamin C

Vitamin C is an easy-to-find natural antihistamine. It's prevalent in many fruits and vegetables, and also in supplement form. Because it's free of side effects and nontoxic, it's a safe solution for treating stuffy nose and other unpleasant symptoms of seasonal allergies. [Experts suggest](#) taking at least 2 g per day for the best antihistamine results.

When you suffer from allergies, relief can seem just out of reach. By combining natural remedies with proper self-care and allergen avoidance (when possible), you can find allergy help. Also, remember that while food sources of these antihistamines are natural and safe, supplements are not regulated in the United States, so be sure to get them from quality sources and check with your doctor prior to using supplements. -Healthline

eLanka Newsletter:
October 2017 - 3rd
edition

[View this
email in
your
browser](#)



Yes, but more to it

Fact check: Do vegetarians weigh less and have lower risk of disease than meat-eaters?



Do vegetarians weigh less and have lower risk of disease than meat-eaters, as animal rights group PETA claims?

Quercetin in onions has natural antihistamine properties

Quercetin is an antioxidant found naturally in onions, apples, and other produce. Several studies have [demonstrated](#) the antihistamine effects of quercetin. [One found](#) that it even lessened the respiratory side effects of allergies in rats by reducing inflammatory response in the airways. You can purchase quercetin as a supplement or simply add more quercetin-rich foods to your diet. - Healthline

[Childhood obesity](#) has increased more than 10-fold worldwide since 1975, a new study reports. But even more children are underweight than severely [overweight](#), according to the analysis of data from 200 countries.

Researchers found that by 2016 overall [obesity](#) rates had jumped from less than 1 percent to almost 6 percent for girls and nearly 8 percent for boys -- with rates at 20 percent or higher in the United States, Egypt and some Polynesian islands.

Childhood Obesity Up Worldwide

Childhood obesity has increased more than 10-fold worldwide since 1975.

READ MORE



Jim Morten, a friend of the Sri Lankans in Sydney, passed away after a short illness on 23rd October. He lived his life painting pictures, and most Sri Lankan homes were proud to purchase his landscape drawings of Sri Lanka.

This is what [Daniella Maria Francisco](#) wrote about him on Face Book

"We all lost a huge part of our family yesterday.. [James Morton](#) (Uncle Jim) words cant describe how lucky we was to have you in our family. Known as a amazing artist 🎨... so much Energy!! So many great memories of you which I will treasure forever. So glad I got to spend time with you last year. I will always remember you as a hardcore legend with a beautiful precious voice. Sending hugs to all of family thinking of you all. See you guys in Sydney soon. RIP Uncle Jim love you "

Ed: We convey our deepest sympathies to his wife Chitra. The Sri Lankan community in Sydney has lost a unique icon, though born British, hundred percent Sri Lankan dreams.

Egg safety – we've cracked it, food watchdog tells Britons

Pregnant women, infants and elderly people told it is now safe for them to eat runny or even raw British eggs

Pregnant women, babies and elderly people can now safely eat runny or even raw eggs under new advice issued by the government's food safety watchdog almost 30 years after the UK [salmonella](#) crisis.

The Food Standards Agency (FSA) said it had revised its advice after a "thorough and robust" review of new scientific evidence found that those vulnerable to infection could now safely eat raw or lightly cooked eggs – provided they were produced under the British Lion code of practice – without risking their health.

[Egg safety – we've cracked it, food watchdog tells Britons](#)





[Keep your knees strong with this simple workout](#)

Knees are vital joints. Keep the right muscles strong to look after your knees.

[More](#) ➔

Practice Vipassana Or Insight Meditation

Vipassana meditation helps you see things as they really are; it gives you the bigger picture. Sit with your legs crossed and your back straight. Focus on your rising and falling abdomen as you breathe naturally and say "rising, rising, falling, falling" in your head. When your mind wanders, assign new words to your feelings, sensations, and thoughts. Be gentle on your thoughts and relax.

[VIEW ARTICLE](#)

Use Natural Ingredients To Treat Dandruff

Dandruff is one of those things you wish did not happen to you but more often than not, does. Story of our lives! Be not dismayed. Head to your kitchen and blend or juice a red onion and massage it into your scalp before a shower. You may similarly use a paste of neem leaves, neem water, aloe vera gel, a paste of garlic and honey, lemongrass or tea tree oil, or amla juice.

[VIEW ARTICLE](#)

" Old ways won't open new doors. "

Stroke-risk factors are rising

By Steven Reinberg
HealthDay Reporter

(HealthDay News) -- While progress is being made in reducing the number of [stroke](#) deaths, it seems that more people who experience these brain attacks have significant [stroke](#) risk factors, a new study reveals.

The rates of [high blood pressure](#), [diabetes](#), abnormal [cholesterol](#), [smoking](#) and [drug abuse](#) have all been on the rise in [stroke](#) patients over recent years, the study authors said.

Stroke Risk Factors Are Rising

More people who experience these brain attacks have significant risk factors.

[READ MORE](#)

When you take probiotics (good bacteria) through foods like kefir, kombucha, and kimchi, you assume there will be a positive change in your gut bacteria. But the truth is: if you don't have prebiotics to support the growth of probiotics, you won't benefit much. Most of the good bacteria will die before reaching your intestines. So, have plenty of asparagus, garlic, onion, okra, turmeric, and cinnamon, which are excellent sources of prebiotics.

[Read More](#)

19 Habits That Wreck Your Teeth

Is chewing candy bad for your teeth? Learn which common and seemingly harmless habits can cause permanent damage to your teeth.

[READ MORE](#)

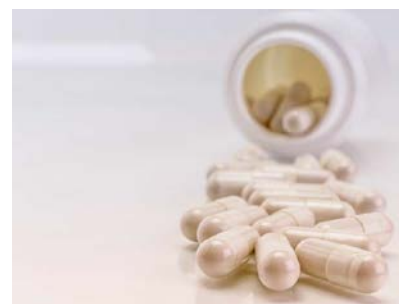
Japan's Yanagiya – is this the best restaurant on the planet?

[Michael Booth](#)



Anointing the "best restaurant in the world" has become a mini-industry. Last week, the Black Swan – a country pub in North Yorkshire – [was given the accolade based on TripAdvisor ratings](#). But humour me for a moment because I think I have the answer. If we accept that Japan is the greatest food nation on Earth, with the most discerning eaters and the most advanced restaurant culture ([Michelin, for what it's worth, agrees](#), as do all of the chefs I've ever met), then it seems at least arguable that the very best restaurant in the world might also be in Japan.

[Japan's Yanagiya – is this the best restaurant on the planet?](#) ➔



9 Benefits of Coenzyme Q10 (CoQ10)

Coenzyme Q10, or CoQ10, is a compound that generates energy in your cells and has a wide range of health benefits. Here are 9 benefits of coenzyme Q10.

[READ ON](#)

For Success, Every Inch Matters !!!



Soursop (Graviola): Health

Benefits and Uses [Soursop, or graviola, is a prickly green fruit grown in tropical regions. This article explores the health benefits...READ MORE](#)



Autism Treatments and Therapy

Find out how autism spectrum disorder can be treated with therapy, medication, and more. [Read more...](#)

The Truth About Painkillers

Can taking too much ibuprofen make headaches worse? Do most people who take opioids get addicted? Get the answers. ➔



What Are the Treatment Options for Triple-Negative Breast Cancer?

About 15 to 20 percent of breast cancers are triple-negative. It tends to be more aggressive than other types, meaning it spreads faster. Learn about the treatment options. [Read on](#) →



Osteoarthritis and Obesity: Is There a Connection?

Extra weight adds more strain on your joints and can speed up the onset of osteoarthritis. Read more on how to relieve stress on your joints.

[Read on](#) →



Cheating on Your Diet May Actually Help You Lose Weight

Researchers say going on and off diets every two weeks can result in more weight loss. The reason may be related to your body's "famine reaction."

[Read on](#) →

Early Rheumatoid Arthritis Signs

Rheumatoid arthritis (RA) is an autoimmune disease where the body attacks the joints.

[VIEW SLIDESHOW](#)

Today's Health Topic

5 habits that foster weight loss



The hardest part about losing weight isn't about knowing what to eat. You've heard it a thousand times: eat lots of vegetables, fruits, whole grains, and lean protein. The real challenge is changing your habits to make those healthy choices part of your everyday routine without feeling too deprived. Dr. Blackburn has directed the Center for Nutrition Medicine at Beth Israel Deaconess Medical Center and advised overweight and obese people for more than four decades. The following are five proven strategies that many of his patients have found helpful toward their goal of lasting weight loss.

[Read more »](#)

Teaching T cells to fight cancer

Immunotherapy, one of the fastest-growing cancer treatments, helps the immune system better target and kill cancer cells by focusing only on the cancerous cells while sparing the healthy ones. One of the most innovative immunology therapies is chimeric antigen receptor (CAR) T-cell therapy, which is custom-made for individuals and their specific cancer. It can be an alternative for people who are resistant to chemotherapy, or diseases that don't respond well to the treatment. (Locked)

[More »](#)

Pros and Cons of Osteoporosis Medications

A healthy diet and exercise may not be enough to stave off osteoporosis. We explain the benefits and potential side effects of different meds.



What is vasculitis?

Vasculitis, which means inflammation of blood vessels, can affect vessels that supply one part of the body or many different organs. The cause is often undetermined, but it may result from an autoimmune response. (Locked) **[More »](#)**

Cancer

Cancer is the catchall term applied to diseases caused by the uncontrolled growth of abnormal cells. Cancer isn't one disease. It is many different diseases, more than 100 and counting.

Each kind of cancer is usually named for the cell type in which it begins — cancer that starts in a lung is called lung cancer; cancer that starts in pigment cells in the skin, which are known as melanocytes, is called melanoma.

When detected and treated early, cancer can often be stopped. That said, cancer is a leading cause of death and disability around the world.

[Read More](#)

Cancer Articles **Are colon cancer screenings necessary after a certain age?**

Routine colon cancer screening is often not recommended for men over age 75 unless they have had precancerous polyps before or have a family history of colon cancer. However, men should consider having a colonoscopy at least once, even after age 75, if they have never had one. (Locked)

[More »](#)

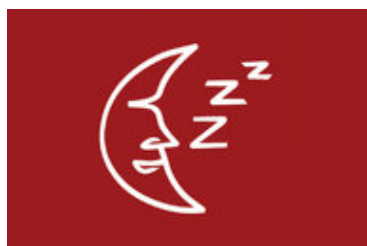


Honey for Allergies Over-the-counter treatments are available for seasonal allergies, but many people prefer natural treatments...**[READ MORE](#)**



Forget a 'Quick Fix' for belly fat

Sorry, but cosmetic surgery isn't the solution here. Liposuction doesn't reach inside the abdominal wall. So it can't get rid of visceral belly fat. Likewise, crash diets aren't the solution, either. You're too likely to go off them. The slower, steadier option -- lifestyle changes that you can commit to for a long time -- really is the best bet.



Less Sleep Tied to Diabetes Risk in Children

By **NICHOLAS BAKALAR**

The fewer hours of sleep a child got, the greater the risk of a higher B.M.I. and insulin resistance.

3 Things You Can Learn By Looking At Your Pubic Hair

There are a lot of unsaid expectations when it comes to pubic hair, especially for women. If you're going to don a bikini, people expect nothing less than a Brazilian wax. Some women like to keep the bush trimmed for hygiene purposes while others prefer to shave it off...

[READ MORE](#)

[The Most Fatal Cancer for Women](#)

[Learn the Myth and Facts of Diabetes](#)

[How Good and Bad Cholesterol Differ](#)

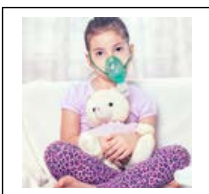
[Is Hair Loss Preventable?](#)

10 Causes Of Arrhythmia (Irregular Heartbeat) You Must Know

The heart's rhythm is regulated by electrical signals controlled by the sinus node, the natural pacemaker present in your heart. Electrical impulses travel smoothly through the chambers of the heart, making them contract in a particular order so that blood is pushed through your body...

[READ MORE](#)

How to Know If It's Bronchitis



Acute bronchitis is the inflammation of the bronchial tubes in the lungs. See common symptoms, causes, and treatments. [Read more...](#)

SLIDESHOW

Bipolar Disorder Medications

Bipolar disorder causes extreme mood shifts. Learn about symptoms, treatments, and more. [Read more...](#)

[New Treatment Approved for Deadly Blood Cancer](#)

[Researchers Developing Early Detection Test for Lyme Disease](#)

[High-Cal Foods May Raise Cancer Risk in Women, Even Without Weight Gain](#)

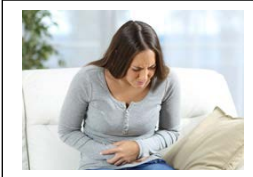
[Alternative Medicine Alone as Cancer Treatment Linked to Lowered Survival](#)

[Heart Health Ignored by Many With Type 2 Diabetes](#)

[It's Never Too Soon to Safeguard Your Bones](#)

FEATURED QUIZ

Constipation: Avoid These Foods



Learn natural remedies to prevent constipation such as adding fiber to your diet.

[TAKE THE QUIZ](#)



Protein Three Times Daily to Sustain Senior Strength

Eating protein at all three meals may help seniors stave off muscle decline.

[Read the full story](#)

Mosquitoes



Once mosquitoes were identified as the carrier of malaria, strides were taken to prevent the spread of the disease.

One of the most effective tools for preventing its spread are nets treated with insecticide that are placed around beds. Between 2008 and 2010, 294 million nets were distributed in the sub-Saharan region of Africa, a high-risk area, [according to the Centers for Disease Control and Prevention](#).

Immunizations and indoor spraying [have also proved effective](#).

Do mosquitoes prefer some people over others? Science suggests they do, as the insects are drawn to higher metabolism rates, higher body temperatures and more sweat, among other factors.

The best bet to fend them off may be spray, as those citronella candles don't really work. [Here are some more tips](#).

Otosclerosis

Otosclerosis is a condition of progressive hearing loss in young adults due to an abnormal bone growth in their middle ear. Early symptoms include trouble hearing whispers, low pitched sounds or ringing in ears. While sound therapies can help retrain the brain to tune out the unwanted sounds; surgery, hearing aids, and cochlear implants can help correct this condition.

The middle ear, which lies just behind the ear drum, has small bones that vibrate and amplify sound waves. An abnormal bone formation here stops these small bones from vibrating. This means that sound waves cannot reach the inner ear, which in turn affects your ability to hear. This condition could affect both your ears or may be restricted to one ear

otosclerosis generally develops in early to mid adulthood and is the most prevalent cause of hearing loss associated with the middle ear in young adults.

CureJoy

10 Ways You May Be Harming Your Liver

Did you know sugar may be as bad as alcohol? And that certain herbal supplements can be a problem? See what else can damage this vital organ.



Herbal Supplements

Even if the label says "natural," it may not be OK for you. For instance, some people take an herb called kava kava for menopause symptoms or to help them relax. But studies show that it can keep the liver from working right. That can lead to hepatitis and liver failure. Some countries have banned or restricted the herb, but it's still available in the U.S. You should always talk to your doctor before you take any herbs to make sure they're safe.



Too Much Vitamin A From Supplements

Your body needs vitamin A, and it's fine to get it from plants such as fresh fruits and vegetables, especially those that are red, orange, and yellow. But if you take supplements that have high doses of vitamin A, that can be a problem for your liver. Check with your doctor before you take any extra vitamin A because you probably don't need it.

Acetaminophen: You've got a sore back, or a headache, or a cold, and you reach for a pain reliever. Be sure to take the right amount! If you accidentally take too much of anything that has acetaminophen -- for instance, a pill for your headache and something else for your cold, and both have acetaminophen in it -- it can harm your liver. Check the dose and how much is OK to take in one day. Stick to those limits, and you should be fine



Sugar

Too much sugar isn't just bad for your teeth. It can harm your liver, too. The organ uses one type of sugar, called fructose, to make fat. Too much refined sugar and high-fructose corn syrup causes a fatty buildup that can lead to liver disease. Some studies show that sugar can be as damaging to the liver as alcohol, even if you're not overweight. It's one more reason to limit foods with added sugars, such as soda, pastries, and candy.

WebMD



Extra Pounds

The extra fat can build up in your liver cells and lead to non-alcoholic fatty liver disease (NAFLD). As a result, your liver may swell. Over time, it can harden and scar liver tissue (doctors call this cirrhosis). You are more likely to get NAFLD if you are overweight or obese, middle-aged, or have diabetes. You may be able to turn things around. Diet and exercise can stop the disease.



Soft Drinks

Research shows that people who drink a lot of soft drinks are more likely to have non-alcoholic fatty liver disease (NAFLD). Studies don't prove that the drinks were the cause. But if you down a lot of sodas and have been meaning to cut back, this could be a good reason to switch what you sip. WebMD

eLanka Newsletter:
October 2017 - 5th edition

[View this email in your](#)



What Not to Eat When You Have AFib

Beware deli turkey, instant oatmeal, and these other foods when you have atrial fibrillation.



Trans Fats

Trans fats are a man-made fat in some packaged foods and baked goods. (You'll see them listed as "partially hydrogenated" ingredients). A diet high in trans fats makes you more likely to gain weight. That's not good for your liver. Check the ingredients list. Even if it says "0" grams of trans fat, it may still have a small amount, and that adds up.

Mistakes Happen

A doctor or nurse gets nicked by a needle they've used on a patient. Or people injecting illegal drugs share a needle. The needle isn't the problem. It's what's on it. Hepatitis C can spread through blood. Even if it only happened once, or you're at high risk for other reasons (like if you have HIV or your mom had hepatitis C while pregnant with you), you should get tested. So should everyone born from 1945 through 1965.



Less Alcohol Than You May Think

You probably already know that drinking too much is bad for your liver. But you might not realize that "too much" can happen without you being an alcoholic or addicted to alcohol. It's easy to drink more than you think. Many glasses can hold a lot more than one standard serving, which is 5 ounces of wine (that's a little more than half a cup), 12 ounces of regular beer, or 1.5 ounces of liquor. If you drink, be sure to keep it moderate -- that's one drink a day for women and up to 2 per day for men.

What Not to Eat When You Have AFib



Deli Turkey

One serving of slices could have more than 1,000 milligrams of sodium. That's about half of what's OK for an entire day. Eating too much salt raises your blood pressure, and high blood pressure can raise your chance of AFib. It may also make symptoms harder to manage, so your odds of having a stroke go up. Other super-salty foods include pizza, canned soups, breads, and rolls. Check food labels to find lower-sodium options.

What Not to Eat When You Have AFib



Aged Cheese

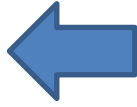
Think cheddar, parmesan, and gorgonzola -- strong cheeses that have tyramine, an amino acid that helps raise blood pressure. Some scientists think eating foods with it may bring on symptoms for some people with heart disease. Tyramine is also in pepperoni and salami, sauerkraut and kimchee, and soybeans and snow peas.

The secret to happiness? Here's some advice from the longest-running study on happiness





Coconut and olive oil



What Is Your Choice Of A Cooking Oil? | The Sunday Leader

Seventy-five years ago, we had only one brand of cooking oil for all purposes and that was coconut oil. Those who lived in that era would remember how fresh, thick, amber-colored, sweet-appetite-smelling oil was...

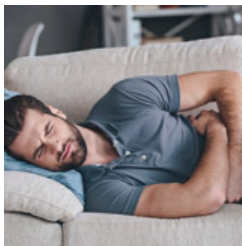
[THESUNDAYLEADER.LK](#)



SLIDESHOW

Hangover Remedies

The morning-after price can include a pounding headache, fatigue, cotton mouth, queasy stomach. [Read more...](#)



SLIDESHOW

Crohn's Disease

Discover causes, symptoms, and treatments for this chronic disease of the intestines. [Read more...](#)

Top 7 Satiating Low-Calorie Foods



To avoid those hunger pangs and stay full all day, make sure you eat foods that are rich in fiber and protein. Fiber is slowly digested, while protein increases the "satiety hormone" leptin. Start with grains like oats or quinoa. For healthy protein sources, eat eggs, green leafy vegetables and salmon. Grapes, apples, beans etc. are delicious in salads as well. What more? You can even use some to whip up yummy protein shakes!

It's no secret that eating prevents hunger. However, some foods do a better job than others. The best choices increase satiety without adding extra calories. They have major perks too! As the day goes on, you shall be less prone to hunger pangs and headaches...

[READ MORE](#)



Causes

Over time, cholesterol and a fatty material called plaque can build up on the walls inside blood vessels that take blood to your heart, called arteries. This makes it harder for blood to flow freely. Most heart attacks happen when a piece of this plaque breaks off. A blood clot forms around the broken-off plaque, and it blocks the artery.



Symptoms

You may feel pain, pressure, or discomfort in your chest. You could be short of breath, sweat, faint, or feel sick to your stomach. Your neck, jaw, or shoulders might hurt. Men and women can have different symptoms. Men are more likely to break out in a cold sweat and to feel pain move down their left arm.



Symptoms in Women

Women are more likely than men to have back or neck pain, heartburn, and shortness of breath. They tend to have stomach trouble, including an upset stomach, feeling queasy, and throwing up. They may also feel very tired, light-headed, or dizzy. A couple of weeks before a heart attack, a woman might have flu-like symptoms and sleep problems.



Should You Floss or Brush First?

Explore tips for healthy teeth and gums. See how to brighten your teeth and keep healthy gums with these easy and simple tools.

[READ MORE](#)



12 Heart Attack Symptoms and Early Warning Signs

Learn the early warning signs and symptoms of a heart attack to save a life. Discover how to identify a silent heart attack. [Read more...](#)



Diagnosis

An EKG, which checks your heart's electrical activity, can help doctors see if you're having a heart attack. It can also show which artery is clogged or blocked. Doctors can also diagnose a heart attack with blood tests that look for proteins that heart cells release when they die.

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.



HEART ATTACK-What Is It?

When blood can't get to your heart, your heart muscle doesn't get the oxygen it needs. Without oxygen, its cells can be damaged or die. The key to recovery is to get your blood flow restored quickly. Get medical help right away if you think you're

What to Do

If you or someone you're with has symptoms that might be a heart attack, call 911 right away. If it is, you're more likely to survive if you get treated within 90 minutes. While you're on the phone, the person should chew and swallow an aspirin (unless they're allergic) to lower the risk of a blood clot. Are they unconscious? Hands-only CPR can double their chances of survival.

Peanut allergy treatment can last up to four years, Australian study says

Parents of children with peanut allergies can breathe a sigh of relief after a treatment was found to stop reactions in 70 per cent of children after a four-year period.



Constipation Cures for Crohn's

Because you may be avoiding the high-fiber foods that can irritate Crohn's, occasional constipation can occur. Check out these successful remedies. [Read on](#) →



Can Ginger Treat Diarrhea?

Ginger warms the stomach and is a tonic for the digestive system. It also has anti-inflammatory, analgesic, and antibacterial properties. [Read on](#) →

Pre-Rash Shingles Symptoms

Shingles is most common in people over 60 years of age. Learn about risks, pre-rash symptoms, contagiousness, treatments, and vaccinations.

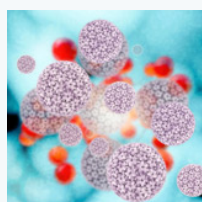
[READ MORE](#)

Eating for better health: The power of plant-based diets



Plant-based diets are rich in fruits, vegetables, whole grains and legumes

(Adopting a plant-based diet could reduce your risk of developing a host of health conditions.)



SLIDESHOW

Cervical Cancer Causes

Cancer of the uterine cervix
Affects over 12,000 women each year in the United States.

[Read more...](#)



5 Need To Know Health Benefits Of Green Gram

Are you a fan of legumes?
Try green gram, also known as mung beans. It's a staple in Indian, Chinese, and Southeast Asian cuisine. In America, green gram is eaten as sprouts. It looks like oval-shaped peas, and can be used in sweet and savory dishes...

[READ MORE](#)

Rash



Why do some activities produce more dopamine in the brain than others?

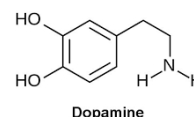
Kieran Doran Medical Student at the University of Edinburgh
MBChB Medicine, University of Edinburgh Medical School Expected 2019

Dopamine is an extremely misunderstood brain chemical.

Dopamine **does not cause pleasure** in the brain. I have read many articles which state dopamine gets released in the brain and causes pleasure. But the causation is the wrong way round. **Dopamine release doesn't cause pleasure - pleasure causes dopamine release.**

Scientists did used to think dopamine causes pleasure, but that is now not the most accepted rule in neuroscience.

So, when someone eats a sugary food, the taste causes pleasure in the brain, and **dopamine is released which signals the brain that it wants more.** When someone injects heroin, the heroin causes direct pleasure in the brain and a huge spike of dopamine is released. But that is because the pleasure is so extreme that dopamine tells the brain it wants more. **So the more dopamine released, the more pleasurable the activity** (as a general rule).



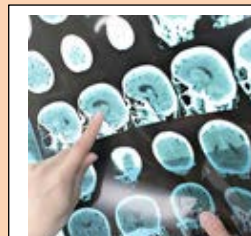
How to Keep Your A1C Score in Good Shape

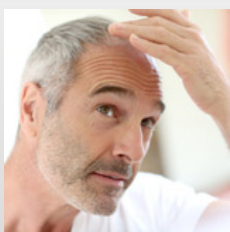
If you live with diabetes, you can lower your A1C score by making minor changes to your exercise regimen, diet, medication, and overall lifestyle

We'll show you how. [Read on](#) →

7 Alzheimer's Disease Stages and Symptoms

Learn about the symptoms for each of the seven stages of Alzheimer's disease. Know which signs to look out for. [Read more...](#)





SLIDESHOW

Hair Loss

Hair loss is extremely common, affecting 50 million men and 30 million women in the U.S. [Read more...](#)



Onions are particularly rich sources of sulphur compounds. They are rich in vitamin B, sulphur, potassium, fibers, vitamin C and they are low in fat, cholesterol and sodium....

[Read More »](#)

What dishes can be made with at most 3 ingredients?

Quynh Ng

Last weekend, I was only home for 24hrs before flying out for work again. With only one day in town, my husband and I decided to clean out our fridge instead of buying more items. We had some leftover napa cabbage and mushrooms from making dumplings the other week and some green onions. We sautéed those items and the finished item was the following dish:



It was actually very good over white rice.

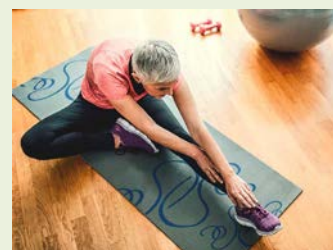


Cashews are well known for being one of the healthiest nuts. There are lots of healthy advantages of eating cashews.

HEALTH BENEFITS OF EATING CASHEW :

Helps in improving vit...

[Read More »](#)



Exercises That'll Help Ease Your Knee Arthritis Symptoms

Exercising an arthritic knee may seem counterintuitive, but it can actually relieve your symptoms. Learn about easy exercises you can do at home. [Read on](#) →

7 Ways To Naturally Treat Hemorrhoids With Coconut Oil

When you have hemorrhoids, nothing else seems to matter. You need relief and fast! You can get this by first adjusting your diet and using coconut oil, a natural hemorrhoid cure. By definition, hemorrhoids are inflamed veins in or around your rectum...

[READ MORE](#)

The Best Strengthening Exercises for OA Symptoms

While most osteoarthritis treatment plans focus on medication for pain and swelling, don't underestimate what exercise and physical activity can do for you. Try adding these exercises to your weekly routine. [Read on](#) →



What Is Medial Compartmental Osteoarthritis?

Medial compartmental osteoarthritis (OA) is a type of OA that affects part of the knee. Learn more about symptoms and ways to manage this condition. [Read on](#) →

5 Great Ways To Get Rid Of Blackheads Using Egg White

Blackheads are a mild form of acne and commonly appear on the face. They form when your hair follicles get clogged by dead skin cells and natural oil called sebum. Blackheads are called so because the skin over the bumps formed due to clogged follicles opens up and gets exposed to the air, making them look black...

[READ MORE](#)

Compiled, edited published by Dr Harold Gunatillake
To unsubscribe email: haroldgunatillake1@gmail.com

Dr Gunatillake-Health editor is a member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery, Member of the International Societies of Cosmetic surgery, Fellow of the International College of Surgery (US), Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery, Board member of the International Society of Aesthetic Surgery, Member of the American Academy of Aesthetic & restorative Surgery, Life Member of the College of Surgeons, Sri Lanka, Batchelor of Medicine & Surgery (Cey)

Antibiotic used to treat lung disease can reduce asthma attacks: study

By medical reporter [Sophie Scott](#) and the National Reporting Team's [Rebecca Armitage](#)

What's the difference between an allergic reaction and anaphylaxis?

By [Loretta Florance](#)