

- [DIABETES](#)
- [Broccoli Battles Diabetes](#)



[Prince Harry, Meghan Markle make first official engagement together](#)

Best & Worst Meals for Diabetes

If your favorite dishes aren't diabetes-friendly, we can help you make healthier swaps.

See how Sri Lankans enjoy Christmas in Australia



A merry heart doeth good like medicine. King Solomon

Good advice by Dr Harold

What happens to the alcohol you drink?

It is festive season and almost everybody has fun and interacts socially with friends and alcohol seems to be the link for such festivities. Imagine going to a party and no alcohol to drink, and that would be the dull and boring interaction, as well go for meditation.

Now what happens when you drink your first glass of Scotch? 20 percent of that Scotch gets absorbed from your stomach into your blood stream and...

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Relax, Read and Share



Access to Education in Sri Lanka

Education is a vital key to empowerment, in breaking the cycle of poverty. Educated children can change society, improving social, economic and health outcomes. [\[read more\]](#)



Obesity Linked to 13 Types of Cancer

Losing weight might lower the risk, researchers say

[Read the full story](#)



Four Cups of Coffee a Day Could Decrease Mortality

Doesn't the title say it all?

[Read the full story](#)

Barack Obama / 'Leaders must stop corroding civil discourse'

Former president tells Prince Harry about life after leaving office in rare interview for BBC radio programme

Wishing all our Readers a very healthy 2018



Donald Trump / President will drop climate change from US National Security Strategy

Obama administration added climate to list of threats to US interests but president will outline new approach in unprecedented White House speech

- "if I am given chance to travel through time, I will go back to 1946 and find Donald Trump's father and give him a condom"

Trump's world / [His impact so far and what to watch in 2018](#)

[Where does cancer come from? We must talk about preventable risk | Ranjana Srivastava](#)

A man and a woman have a heart attack. Both survive. But within a year after the attack, the woman is at a higher risk of death – that's what a study says. But note, the study also says that this is true only for the first year post an attack. Which means proper care in the first year after an attack can re-stabilize a woman's health so that it is comparable to that of a man of the same age in the same predicament.

[Read More](#)

<http://elanka.com.au/eat-high-fibre-foods-written-dr-harold-gunatillake-health-writer/>

[What to do for stubborn low back pain](#)

The opening of the concert at The Prime Minister's residence ...'Temple Trees' Amazing choir.... & what a classy evening and exclusive gathering of Sri Lanka's best citizens and Ambassadors from all over the World.



Alston Koch receiving a gift from the Prime Minister Ranil Wickremesinghe after his awesome performance at the Christmas party at Temple Trees, Colombo, 18th December.

You'll be proud to know that you are one of the 10,000 people reading this Newsletter world-wide. Please share it with your friends & colleagues

50 Chinese couples marry in Sri Lanka in mass ceremony



Chinese couples attend a mass wedding ceremony in Colombo, Sri Lanka, Sunday, Dec. 17, 2017. Fifty Chinese couples were married at a mass ceremony in Sri Lanka's capital to mark the 60th anniversary of diplomatic relations between the two countries and to promote the island nation as a tourist destination. *Eranga Jayawardena / AP*

COLOMBO, Sri Lanka — Clad in traditional Chinese, Western and Sri Lankan costumes, 50 Chinese couples were married at a mass ceremony in Sri Lanka's capital on Sunday to mark the 60th anniversary of diplomatic relations between the two countries and to promote the island nation as a tourist destination.

The ceremony in Colombo was attended by Sri Lankan politicians and diplomats from both nations. A number of Chinese nationals attended as well.

Soon after the couples arrived in decorated cars, the ceremony began with traditional Sri Lankan drummers and dancers blowing conch shells as a symbol of auspiciousness and performing a welcome dance.

National Post



[The 2017 Australian Parliamentary anthem](#)

Listen back to Colin Buchanan's anthem for 2017 'Not Quite Australian: a song about dual citizenship'. The song was part of Richard Glover's TGIF - and you can also [listen back to the full podcast here](#).

[Watch the video](#) ➤

Brewing Health Benefits: Hot Tea May Lower Glaucoma Risk

Hot tea may do more than warm your insides: Drinking at least one cup of caffeinated tea a day may lower a person's risk for glaucoma, a new study suggests.

[Read More](#)



[Why People Hear Voices When Climbing Mount Everest](#)

[See This](#)

Is coffee addictive?

Caffeine can cause some mild physical dependence, but it is not technically addictive. It is a central nervous system stimulant that is not considered an addictive drug because it does not affect a person's physical health or cause the same drug-seeking behaviors as alcohol or street drugs. A mild physical dependence on caffeine may cause some withdrawal symptoms when it is stopped, such as headaches, fatigue, and irritability. WebMD



[Who Was Jesus, the Man?](#)

[See This](#)

Enjoy your Joe

Moderate caffeine consumption may reduce your risk for developing diabetes, liver disease, gallstones, and Parkinson's disease. It may also help reduce headaches and the risk for certain heart related illnesses. That said, caffeine is generally not recommended to reduce the risks for these conditions, as caffeine can also cause health problems such as decreased bone density, increased blood sugar levels, dehydration, and poor sleep. WebMD

Nice to be back at home & for dreams come true



Front garden

Arlene processing nutmeg while Emil stands guard!
The green beans in the right foreground are from that most exotic of spices – Vanilla – also grown at HPH

emil@halgollaplantationhome.com
www.halgollaplantationhome.com,,

[Guest Reservation Form.](#)

Exert Caution As Your Tennis Elbow Heals

Common sense and the pain in your elbow will tell you to avoid doing anything that strains your elbow, from lifting heavy weights to typing. Tennis elbow can heal itself, so rest it out. If you must play a sport, proper technique is your save. It also helps to wear an elbow brace. Ice your elbow whenever you need to numb the pain. Use physiotherapy and acupuncture to restore movement.

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[Have you checked your blood sugar lately?](#)

[Shingles may raise heart attack risk](#)

[Does drinking java lengthen your life?](#)



[Catholics must take responsibility for the past, says Francis Sullivan – video](#)



Learn What To Do When You Get Dizzy

Dehydration is the most common cause of dizziness. Quickest solution? Drink water. Or bite on a piece of ginger to increase blood circulation. If that doesn't help, lay on your back and stare at an object to reorient yourself. Alternatively, consume anything rich in vitamin C. A tall glass of lemon water, an amla infusion, or a bowl of strawberries topped with yogurt (yum!) – take your pick!

[VIEW ARTICLE](#)

Oldest living woman



At 117 years of age, Violet Brown is believed to have become the world's oldest living person following the [death of Emma Morano](#) of Italy on Saturday.

"This is what God has given me, so I have to take it – long life," Ms Brown said in an interview in her home in the town of Duanvale in western Jamaica.

Ms Brown said she has spent much of her life cutting sugarcane in the fields around her home – she attended church regularly, avoids pork and chicken and celebrated her 117th birthday last month.

Documents state that Ms Brown was born on March 10, 1900.

According to Robert Young, the director of the supercentenarian research and database division at Gerontology Research Group, a network of volunteer researchers into the world's oldest people, Ms Brown is considered to be the oldest person in the world with credible birth documentation. Ms Brown has not yet been declared the world's oldest by Guinness World Records – considered to be the official arbiter of the oldest person title – but Guinness depends heavily on Mr Young's database.

Thenewdailynews.com



The world's oldest person has died in Italy at the age of 117, reports say.

Emma Morano was born on 29 November 1899 in the Piedmont region of Italy. She was officially the last person born in the 1800s still living.

She had attributed her longevity to her genetics and a diet of three eggs a day, two of them raw.

Ms Morano was the oldest of eight siblings, all of whom she has outlived. She died at her home in the northern city of Verbania.

Her life not only spanned three centuries but also survived an abusive marriage, the loss of her only son, two World Wars and more than 90 Italian governments.

'Good genes and eggs'

Ms Morano had admitted that her longevity was partly down to genetics: her mother reached 91 and several sisters reached their centenary. But it was also down to a rather unusual diet of three eggs - two raw - each day for more than 90 years.



When you visit 'Paradise' you must enjoy the vegetable Bun at the 7 Star-Shangri-La. Of course, elsewhere the same bun is LKR 50.00.

What is your choice?



Gluten Intolerance Goes Mostly Undiagnosed in Canada

Test results on research done in Canada implies that people with celiac disease are unaware that they even have it.

[Read the full story](#)

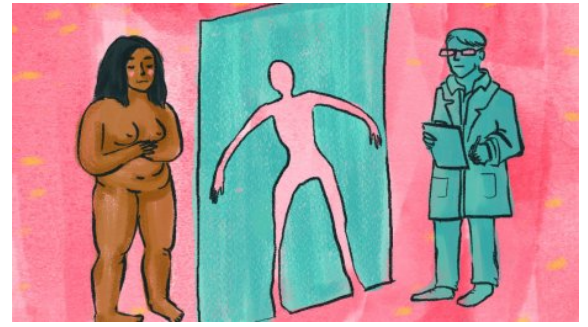


Cinnamon Makes More Than Your Mouth Heat Up

New research from the University of Michigan Life Sciences Institute suggests that cinnamon may be beneficial in the fight against obesity.

[Read the full story](#)

What is an eating disorder?



An eating disorder (ED) is a type of mental illness affecting about one in 20 Australians. EDs have the highest mortality rate of any psychiatric illness.

Common variants include:

- **Anorexia nervosa:** Restrictive energy intake leading to being unable to maintain a normal weight, with an intense fear of gaining weight
- **Bulimia nervosa:** Repeated episodes of binge eating followed by compensatory behaviours, with an emphasis on body shape or weight
- **Binge eating disorder:** Eating a large amounts of food over very short periods of time while feeling a loss of control
- **Other specified feeding and eating disorders (OSFED):** Where a patient has many of the symptoms of other eating disorders but will not meet the full criteria
- **Disordered eating:** Behaviours such as food restriction, skipping meals and binge eating that can be indicators of the development of an ED

Source: [The Butterfly Foundation](#)

[You don't need to be young, thin, white or a woman to have an eating disorder](#)

Cellphone Radiation Safety Guidelines

Cellphone use may be linked with brain tumors, headaches, low sperm count, and more.

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LONGEVITY

Does Your Brain Know When You Die? Does Your Brain Know When You Die?

“The surprising factors driving murder rates: income inequality and respect

Maia Szalavitz

A 17-year-old boy shoots a 15-year-old stranger to death, apparently [believing](#) that the victim had given him a dirty look. A Chicago man stabs his [stepfather](#) in a fight over whether his entry into his parents' house without knocking was disrespectful. A San Francisco UPS employee guns down three of his [co-workers](#), then turns his weapon on himself, seemingly as a response to minor slights. These killings may seem unrelated – but they are only a few recent examples of the kind of crime that demonstrates a surprising link between homicide and inequality. While on the surface, the disputes that triggered these deaths seem trivial – each involved apparently small disagreements and a sense of being seen as inferior and unworthy of respect – research suggests that inequality raises the stakes of fights for status among men.

'Do not resuscitate' tattoo creates medical dilemma

Doctors in the US found themselves in a difficult position when a patient arrived with a "do not resuscitate" tattoo on his chest. They eventually followed his wishes. But what would Australian doctors do?



Here's Why Sugar Is The Worst Thing In The World



<http://colombogazette.com/2017/12/26/keep-your-blood-triglycerides-low/>



The Best Shoes for Managing Osteoarthritis Pain

Osteoarthritis can have a painful effect on the joints of your feet. Learn why the right shoes matter, which types of shoes you should avoid, and if insoles can help keep pain at bay.

[Read on](#) →



President Reagan's and President Jayewardene of Sri Lan...

[Reagan Library](#)



[A very merry Muslim Christmas: the slogan for 'good' Muslims | Shaista Aziz](#)



What Happens To Body When You Eat Oatmeal Every Day!

[Plant Based Science London](#)

885,069 views • 1 month ago

Understanding the Types of Cancer

What really causes cancer? Get the facts about how cancer spreads, symptoms and signs, stages, and treatments for the most common cancers.

[READ MORE](#)

Apply The Brakes On Your Snoring Habit

Excess fat around your neck, "floppy" tissue in your throat, or a stuffy nose can cause you to snore. Quick fixes include sleeping on your side, losing weight, avoiding cigarettes and alcohol, and doing throat exercises. Of course, there is also the option of using anti-snoring devices like nasal and chin strips. For a stuffy nose, drink turmeric milk or do a quick saline nasal wash.

[VIEW ARTICLE](#)



10 Foods for Mania and Depression

Discover what to eat and drink that might help you manage the highs and lows of bipolar. Although foods won't cure mania, choosing the right ones may make you feel better and your condition easier to handle. [Read on](#) →

Treatment Options for Delaying Knee Surgery

If you have osteoarthritis of the knee, you may be able to postpone surgery and find temporary relief through weight loss, water therapy, medication, and injectable treatments.

We'll show you how. [Read on](#) →

List Of High Glycemic Index Fruits And Vegetables

TED BEGNOCHE

									
SNACKS	G.I.	STARCH	G.I.	VEGETABLES	G.I.	FRUITS	G.I.	DAIRY	G.I.
Pizza	33	Bagel, Plain	33	Broccoli	10	Cherries	22	Yogurt, Plain	1
Chocolate Bar	49	White Rice	38	Pepper	10	Apple	38	Yogurt, Low Fat	1
Pound Cake	54	White Spaghetti	38	Lettuce	10	Orange	43	Whole Milk	3
Popcorn	55	Sweet Potato	44	Mushrooms	10	Grapes	46	Soy Milk	3
Energy Bar	58	White Bread	49	Onions	10	Kiwi	52	Skim Milk	3
Soda	72	Brown Rice	55	Green Peas	48	Banana	56	Chocolate Milk	3
Doughnut	76	Pancakes	67	Carrots	49	Pineapple	66	Yogurt, Fruit	3
Jelly Beans	80	Wheat Bread	80	Beets	64	Watermelon	72	Custard	4
Pretzels	83	Baked Potato	85	Onions	75	Dates	103	Ice Cream	6

For those of you who wish to keep their blood sugar levels optimal, it is best to avoid foods that are high on the glycemic index (GI). As a general rule, the more ripe, cooked, or processed a fruit, vegetable is, the more likely it is to be higher on the GI. The key offenders include - bananas, pineapple, watermelon, carrots, parsnips, mashed or russet potatoes.

- [Bananas With A GI Of 51](#)
- [Pineapple With A GI Of 66](#)
- [Carrots With A GI Of 71](#)
- [Watermelon With A GI Of 72](#)
- [Parsnips With A GI Of 97](#)
- [Potatoes With A GI Range Of 87 to 111](#)

CureJoy

How To Clean Your Arteries Naturally

CUREJOY

Follow the Mediterranean diet plan that is naturally rich in fiber and low in cholesterol. Cut back on sugar, salt and replace butter with healthy fats such as olive oil. Enjoy artery-friendly foods and herbs like chickpeas, pomegranates, oats, avocado, garlic, saffron, turmeric, calamus. Rev up your metabolism with aerobic exercises and resistance training. Quit smoking!

Most of us know that eating a well-balanced diet can do your heart good. With its abundance of unsaturated fats and antioxidants, the Mediterranean diet is often touted as the best plan for supporting your heart. Those that live in the Mediterranean region typically enjoy a rich diet of olive oil, nuts, legumes, whole grains, fish and seafood, small portions of lean meat and chicken, and limited amounts of red meat, eggs, butter, and sweets. This diet is naturally high in fiber and includes more fruits and vegetables than a typical American diet. Following the Mediterranean diet can lower cholesterol and triglycerides, stabilize blood sugar, and reduce the risk of heart disease.⁵

Focus On Your Fats:

The American Heart Association recommends restricting saturated fats and trans fat (to 5-6% of your daily calories – that's about 13 grams for a 2,000-calorie diet) while consuming more monounsaturated and polyunsaturated fats. This means laying off the butter, cheese, cream, and baked goods like cakes, donuts, and cookies that contain harmful trans fats. Instead, reach for unsalted nuts and seeds and fatty fish like salmon and sardines. If you're craving red meat, opt for the leanest cuts.

Soy component could improve breast cancer treatment

By Maria Cohut



Emerging research suggests that genistein, a component of soy, could protect a gene that suppresses the development of cancerous tumors. In the past, some components of soy have been linked to various health benefits, including [relief](#) of acute menopausal symptoms such as hot flashes. At the core of some of these benefits stand isoflavones, which are plant-derived, estrogen-like compounds that can influence [estrogen](#) receptors once ingested.

Soy-derived isoflavones have also been associated with a [reduced recurrence](#) of [breast cancer](#), but their in-depth benefits are still being questioned and weighed

Now, new research from the University of Arizona Cancer Center in Tucson looks at the potential of genistein — a soy isoflavone — in halting the development of breast cancer tumors.

Drs. Donato F. Romagnolo and Ornella I. Selmin, who led the study, suggest that genistein has a protective role in relation to BRCA1, which is a gene that can suppress tumor development.

The researchers' findings were recently published in the journal Current Developments in Nutrition.

Read more:

[Soy component could improve breast cancer treatment](#)

Does diabetes cause itching?

By Rachel Nall, RN, BSN, CCRN

Reviewed by [Suzanne Falck, MD, FACP](#)

People with diabetes experience skin itching at higher rates than those without the condition. Ultimately, itching can lead to excessive scratching, which can cause discomfort and pain.

A [study](#) of nearly 2,700 people with [diabetes](#) and 499 without diabetes found that itching was a common diabetes symptom. An estimated 11.3 percent of those with diabetes reported skin itching versus 2.9 percent of people without diabetes.

A person with diabetes should not ignore itchy skin. Dry, irritated, or itchy skin is more likely to become infected, and someone with diabetes may not be able to fight off infections as well as someone who does not have diabetes.

There are a variety of treatments available that can help to reduce diabetes-related skin itching so that a person can be more comfortable and avoid other skin complications

Read more: [Does diabetes cause itching?](#)

Gifts! Gift!! Gifts!!!

The seasonal frenzy for giving and accepting of gifts has come and gone. Gifts that are of such materialistic value – some being meaningful & useful; and yet some that are redundant, duplicated or some that are unnecessary; and needs to be returned to the store or re-cycled as gifts to others. But traditions and commercialization goad us to indulge in this famous practice of gift exchanges. I guess this is one way of enhancing the economy of the land. Gifts can also be attributed to “grafts” or even as “bribes”. It is also used in the context of “enticement” as often seen in advertisements to lure customers.

Yet! How much cognizance do we give or give thought to spreading the gift of goodwill and love among fellow human beings – gifts of spiritual value and I do not mean the ones that are bottled. It is a given that we do seek the Almighty's assistance ever so frequently; in guidance and more so in times of need, be it among family or friends. Notwithstanding the one primary fact that we have been thrust into this World as and with the greatest gift from the Almighty above – our very own life.

Yes! “The gift of life” that the Almighty has bestowed on us from the time of conception to the time of extinction. We are born into the World with a “clean slate” so as to say; and in modern terms it would be a brand new “memory chip”. How many of us realise that the first lessons that go into the memory bank is that of a Mother's love and the love showered by the near and dear; not forgetting the admiration and love showered by the myriad of friendly and loving persons. The base or foundation of our lives are thus on the “concept of love”; but how far do we pursue this “given” and sacred gift of the Lord? Like the memory “chip” one can only guess that it can get “corrupted” by “external influences” (viruses) and by “internal influences”. In other words: “bad influences” from bad company that one keeps, including bad experiences that torments one; and from the “internal influences” fed by greed/ avarice and selfish motives to feed the gnawing “self-centred wants” to satisfy ones vain ego; coupled by jealousy and eyeing what others have that you don't. In this concept one is reminded of an old saying – “If someone does well; try and do better than him. But do not bring him down to your own standard or level”.

Yet! How many of us think of and give thanks to the Almighty for His precious “gift of life” to us mankind? We, of course, hear of folks saying a person is

“gifted” when he/she succeeds in any venture. We would even call the person, a lucky person. I can only surmise that the success is attributed to the labour or “luck” of the individual; but it is a very few that will credit it as a “Gift from the Almighty”.

The “gift of life” bears with it the God-Given faculties for leading a **normal and meaningful** life and the pursuit of ones goals in life. The path is what you choose and what you would want it to be. In saying so! One must keep in mind the adage - “Do right and fear no man. Do wrong and fear the wrath of God”. Nurturing, cultivating and practicing the concept of true love among all living beings and creatures is “The Elixir of leading a useful and well-meaning life”. With greed and the associated sinful ways being “The Opium for a degenerative life”.

With a month having passed by – that's one month on the route of happiness and prosperity; how have you fared enroute? If not, start now as there are eleven more months to pursue your goals before another year dawns. Needless to say the process, of course, should be continuous and never ending.

Always remember that materialistic gifts are just a means for temporary satisfaction. But “spiritualistic gifts” are always etched in a persons' memory and long lasting; with “materialistic gifts” to the needy and deserving being supplementary – which to the needy would be akin to “Mana from Heaven”. Simply put – “Gifts from Heaven”.

So Dear Readers; remember that we bear the great “Gift of Life” from the Good Lord. Let's propagate His noble and binding tenets; and share it in the spiritual manner in which the Almighty has intended it to be. Sharing of the “Gift of Love; Compassion; and Peace” is what is required in our World that is seeing such wanton destruction, carnage and mayhem. With modernisation and man-made laws of human liberties we seem to have lost the human sense of morality, sincerity and spirituality. It's time to re-awaken to the pure tenets of the Faith you follow – For they all follow the guidelines of the “Gift of Love; Compassion; and Peace” - no matter which Faith you follow.

Do not wait to say Oh! God what have I done; but to be in a position to say “Thank you God for seeing me through one more day; and give me the strength and courage to see me through another day”.

Noor Rahim

[FDA Gets Tough With Homeopathic Medicines](#)



Your Lungs and COPD

COPD is a lung disease that results from obstructions in the airways of the lungs.

[VIEW SLIDESHOW](#)



[What Happens During Atrial Fibrillation?](#)



FIGHTING CANCER WITH COLOUR

Fruits and vegetables are rich in cancer-fighting nutrients -- and the more color, the more nutrients they contain. These foods can help lower your risk in a second way, too, when they help you reach and maintain a healthy body weight. Carrying extra pounds increases the risk for multiple cancers, including colon, esophagus, and kidney cancers. Eat a variety of vegetables, especially dark green, red, and orange vegetables.

WEbMD

Avoid Back Pain By Sleeping Right

To prevent back pain, align your spine with your head and neck while you sleep. Sleeping on your stomach or in the fetal position doesn't accomplish this. Best case scenario is sleeping on your back. Sleep on your side if you must, but don't curl up. See to it that your mattress is firm and doesn't force your spine to curve. Tuck a pillow below or between your knees for added support.

[VIEW ARTICLE](#)

Live

GUIDE



How to Age Well

By TARA PARKER-POPE

While you can't control your age, you can slow the decline of aging with smart choices along the way.



Heart Surgery May Be Safer in Afternoon Than in Morning

By NICHOLAS BAKALAR

Having heart valve replacement later in the day was tied to fewer complications.



Opinion: Do mosquito coils really work? And are they bad for your health?

Mosquito coils can help beat the bite of mosquitoes, but is all that smoke doing more harm than good?



How to Prevent Lower Back Pain

Learn about causes and prevention for mild to severe back pain. Read about symptoms, treatments, and more. [Read more...](#)

[wellbeing](#)

Is your gut microbiome the key to health and happiness?

Research suggests the vast ecosystem of organisms that lives in our digestive systems might be as complex and influential as our genes in everything from mental health to athleticism and obesity. But is 'poop doping' really the way ahead?

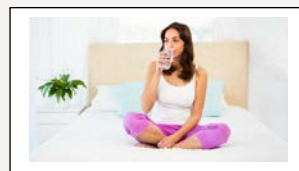
Read more: [Is your gut microbiome the key to health and happiness?](#)



What Are The Benefits Of Morning Water Therapy?

CUREJOY EDITORIAL

Morning water therapy is a traditional way of beginning each day with a glass of lukewarm H₂O. Designed to get your digestion going and help cleanse your body of toxins+waste, this is a quick and easy method to give your body a leg up. Storing the water in a copper vessel overnight and adding a dash of lemon to it before consuming can help amp-up the health benefits.



Getting your daily intake of about 2.7 to 3.7 liters of water every day isn't always easy. But a routine like morning water therapy can ensure that you start on the right track. Water therapy is popular in several Asian branches of medicine -- from Ayurveda to traditional Japanese medicine. Beginning each day with a big glass of lukewarm water is considered a quick and easy method to give your body a leg up. Here's why you should keep that momentum going every day.¹



What Does a Fibromyalgia Diet Look Like?

Can what you eat affect your fibro symptoms? Absolutely. We'll show you how a well-rounded diet could play a role in easing your symptoms. [Read on](#)



Pancreatic Cancer: Symptoms, Causes And Treatment

Pancreatic cancer is one of the deadliest forms of cancer because it often remains undetected until it has reached an advanced stage.

To put the severity of the disease into perspective, in 2014 there were more than 9,600 new diagnoses in the UK and [almost as many deaths \(more than 8,800\)](#).

As the name suggests, the cancer attacks the pancreas which is a large gland that lies behind the stomach. The job of the pancreas is to make enzymes, which help to break down food, and hormones, which control the level of sugar in the blood.

To coincide with Pancreatic Cancer Awareness month and in light of a new report [revealing a third of adults would not be worried if they suffered from key symptoms of the disease](#), we spoke to experts about the signs to look out for, as well as causes and treatment.

Read more

[Pancreatic Cancer: Symptoms, Causes And Treatment](#)

Drinking too much of water



Overhydration can be as bad or even worse than not drinking enough! It tends to upset the body's careful balance of salts and minerals, including sodium and can bring on headaches, fatigue, brain herniation, and elevated blood pressure levels. Since the risks could be potentially fatal for those with renal diseases, it is best to stick to the recommendation of 8 glasses/day.

Side Effects Of Excessive Water Consumption

Dehydration can have some unpleasant side effects, but overhydration is no different. The latter can cause confusion and irritability. You might experience headaches, convulsions, muscle cramps, spasms, and general muscle weakness. Needless to say, it isn't that fun. You might also feel restless or fatigued. Nausea, loss of appetite, and vomiting can occur. If things get really bad, you could even lose consciousness, hallucinate, or develop a brain herniation. Blood pressure can also skyrocket. Lastly, a coma and death are possibilities.² So, don't take this lightly!

CureJoy

Alzheimer's guide: Protect your loved one from wandering

One of the most dangerous and distressing symptoms of Alzheimer's is wandering. It may seem unfathomable that a person might suddenly get up at night to go to the post office or leave home at any hour for no apparent reason. But wandering may be prompted by deep-seated memories of work, chores, or hobbies, or a longing to return to a former home.

The inability to control wandering is what often drives families to decide to place a loved one in a nursing home. However, there are some simple measures to prevent wandering that often work well for a time and can even help postpone that difficult decision.

The Alzheimer's Association recommends these steps:

- Install slide bolts at the top or bottom of doors.
- Place warning bells on doors.
- Camouflage doorknobs by covering them with cloth of the same color as the doors. Consider childproof knobs, too.
- Camouflage doors by painting them the same shade as surrounding walls.
- Create a two-foot black threshold in front of doors with paint or tape. (A rug might do the job, too.) This creates the illusion of a gap or hole that a person with limited visual spatial abilities may be reluctant to cross.

In addition to these preventive measures, you'll want to take some additional precautions so you're prepared if wandering does occur.

- Keep a recent, close-up photograph available, both print and digital. This is very helpful should the worst occur and your loved one leave the house unexpectedly.
- Keep a written list of places that he or she might go, such as church or a favorite restaurant, job site, or previous home. The Alzheimer's Association notes that wandering generally follows the direction of a person's dominant hand — to the right if right handed, or the left if left handed.
- Post emergency numbers in a handy spot.
- Buy identification jewelry engraved with "memory impaired" and the person's name, address, and phone number. You might also consider Safe Return programs that offer a bracelet or pendant with a toll-free emergency response number that you — or anyone who finds the wanderer — can call 24 hours a day. Response line personnel alert police and a personal contact list.
- A high-tech option uses GPS and cell towers to provide an approximate location for a person who might wander. Depending on the level of need, families might request an alert if the person wearing the locator device leaves a specified zone, or they might tap into the system only in case of emergency.

For more on diagnosing and treating Alzheimer's, buy [A Guide to Coping with Alzheimer's Disease](#) from Harvard Medical School.

Harmful effects of Alcohol



Straight to Your Head

Thirty seconds after your first sip, alcohol races into your brain. It slows down the chemicals and pathways that your brain cells use to send messages. That alters your mood, slows your reflexes, and throws off your balance. You also can't think straight, which you may not recall later, because you'll struggle to store things in long-term memory.

WebMD



Your Brain Shrinks

If you drink heavily for a long time, booze can affect how your brain looks and works. Its cells start to change and even get smaller. Too much alcohol can actually shrink your brain. And that'll have big effects on your ability to think, learn, and remember things. It can also make it harder to keep a steady body temperature and control your movements.

Does It Help You Sleep?

Alcohol's slow-down effect on your brain can make you drowsy, so you may doze off more easily. But you won't sleep well. Your body processes alcohol throughout the night. Once the effects wear off, it leaves you tossing and turning. You don't get that good REM sleep your body needs to feel restored. And you're more likely to have nightmares and vivid dreams. You'll also probably wake up more often for trips to the bathroom.

Note: Any medical information published on this website is not intended as a substitute for informed medical advice and you should not take any action before consulting with a health care professional.



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.

No Coffee during pregnancy

In general, doctors recommend women reduce caffeine consumption when pregnant. Caffeine is a stimulant which can increase your heart rate, something that should be avoided during pregnancy. Caffeine also crosses the placenta and while an adult woman can handle the caffeine, a developing baby may not be able to. Studies have shown caffeine can cause birth defects, premature delivery, and miscarriage. Moderate levels of caffeine (150 – 300 mg) may be ok. Consult your doctor.

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](#)

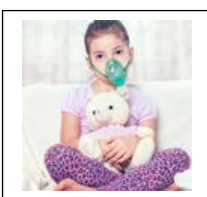
[Is Hair Loss Preventable?](#)

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...

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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](#)

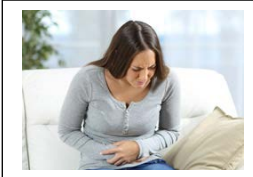
[Alternative Medicine Alone as Cancer Treatment Linked to Lowered Survival](#)

[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 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

Can you get gonorrhea from kissing?

In a troubling development, Melbourne researchers suspect gonorrhea is being spread by kissing, overturning years of conventional wisdom.



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.

Trump ends year in character – dodging questions and singing his own praises



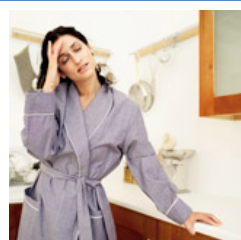
nut and olive oil



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...

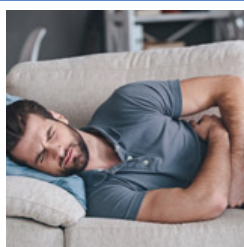
THESUNDAYLEADER.LK



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...](#)



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 having symptoms of a heart attack.-WebMD

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.

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

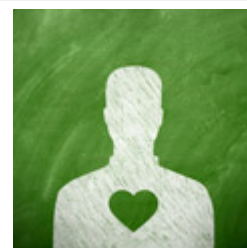
Women are more likely than men to have back or neck pain, heartburn, and shortness of breath. They tend to have stomach trouble, including an upset stomach, feeling queasy, and throwing up. They may also feel very tired, light-headed, or dizzy. A couple of weeks before a heart attack, a woman might have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

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.

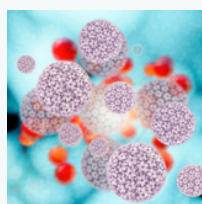
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Eating for better health: The power of plant-based diets



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?

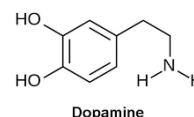
Kieran Doran Medical Student at the University of Edinburgh
MBChB Medicine, University of Edinburgh Medical School Expected 2019

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).



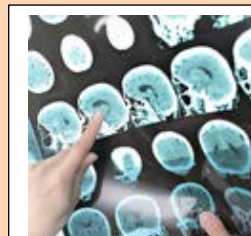
How to Keep Your A1C Score in Good Shape

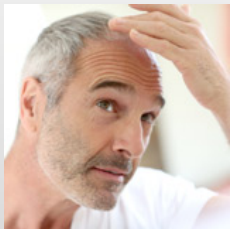
If you live with diabetes, you can lower your A1C score by making minor changes to your exercise regimen, diet, medication, and overall lifestyle

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....

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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...

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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](#)

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](#)

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](#) →



A Nutritional Guide for Chronic Dry Eye

Eating a roundup of fresh, clean, nourishing foods may help your chronic dry eye. Bring this grocery list the next time you go shopping, and your eyes will thank you. [Read on](#) →

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