

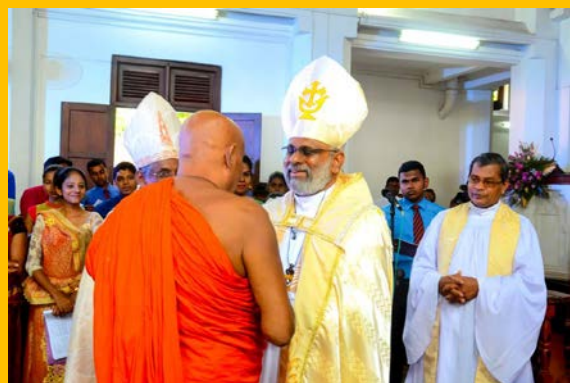
Trump scored top marks in a cognitive test. Here's what he had to do



Donald Trump received a perfect score in a cognitive function test used to detect a mental decline in someone who's otherwise healthy. So, what was the President tested on?



Joyful Spiritual Moment



Despite their differences, all religions share a similar message of peace and tolerance. In the history of faith, there are so many beautiful and inspiring thoughts about interfaith cooperation and fellowship.

“America is spiritually bankrupt. We must fight back together”



Cornel West



Does Talcum Powder Cause Ovarian Cancer?

By Cari Nierenberg, Live Science Contributor

Some people may sprinkle on powder after showering and never think much of it. But recent court cases have shined a spotlight on the possible link between women's regular use of talcum powder on their genitals and an increased risk of developing ovarian cancer.

A jury in Los Angeles ordered Johnson & Johnson to pay a record \$417 million to a woman who claims that the company's baby powder led to her ovarian cancer. The woman, Eva Echeverria, said in the lawsuit that she developed ovarian cancer as a "proximate result of the unreasonably dangerous and defective nature of talcum powder," according to the [Associated Press](#). (Johnson & Johnson's baby powder is made from talcum powder or talc, which is a mineral made up of magnesium, silicon and oxygen.)

Although these lawsuits have resulted in more publicity about a potential connection between women's use of talcum powder as a [feminine hygiene](#) product, the suggestion of a possible association has been raised in scientific circles for more than 30 years. (Such use means applying powders directly on women's' genitals, or on sanitary napkins, tampons, underwear or diaphragms.)

It's a controversial topic because manufacturers claim there is no causal connection between talc use and ovarian cancer, and research has demonstrated conflicting results. [[5 Things Women Should Know About Ovarian Cancer](#)]

The American Cancer Society has weighed in on the available science, and said that the "findings have been mixed." Some studies report a slightly increased risk of ovarian cancer among women who have regularly used talcum powder in their genital areas, while other studies have found no increased risk, the society said.

Based on limited evidence, the International Agency for Research on Cancer, which is part of the World Health Organization, has designated women's use of talc on their genitals as "possibly carcinogenic to humans."

(Extract only)



China-built railway in southern Sri Lanka starts track-laying

COLOMBO, Jan. 13 (Xinhua) -- The track-laying commencement of the first phase of the China-built Matara-Kataragama railway extension project has been held in Matara in southern Sri Lanka.

The first phase of the project includes constructing a railway service from Matara to Beliatta, in the south of the island country, has begun..

Breast Changes to Watch Out For



Each year, nearly 13,000 women under age 40 will be diagnosed with breast cancer.

[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 people, and we expect reciprocity by reading, for health & longevity. Circulation of this newsletter is global: 60% of our subscribers are from Australia: 30% from US: Remaining 10% from UK, NZ, Canada and others. Readers can promote this newsletter by recommending and sharing with others. If they wish to subscribe please email: haroldgunatillake1@gmail.com
Thank you

Incidence of Dementia in Japan is high

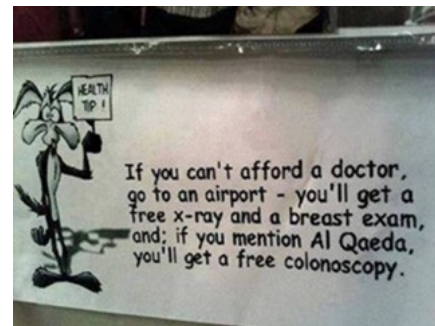
According to the health ministry, 4.6 million people are suffering from some form of dementia, with the total expected to soar to about 7.3 million people – or one in five Japanese aged 65 or over – by 2025. Faced with spiralling health and welfare costs and a shortage of professional caregivers, towns and cities across Japan are attempting to move away from a medicine-based, institutional approach towards care to one that involves the entire community.

[Epidemic of dementia | The Japan Times](#)



A car crash in Washington D.C. around 1921

Different to car crashes, today



**70th Independence Day
Celebrations of Sri Lanka
on Monday, 5th February,
2018-at the Great Hall of The
University of Sydney**

from 6.30 p.m. to 8.30 p.m.

Attire – Lounge Suit/National

E-mail: slcq.sydney@mfa.gov.lk



[Serena Williams' Blood Clot After Childbirth: How Does It Happen?](#)

[See This](#)



[American Culture: Traditions and Customs of the United States](#)

[See This](#)

Today's Health Topic

Ask the doctor: Is it worrisome to hear a pulse in my ear?

Q. One morning last week I woke up hearing my heartbeat in my left ear. I hear it most clearly when I am in bed or sitting quietly.

My health is good, and I was told after a recent cardiac workup that my heart was "perfect." Should I be worried that I can hear the rhythmic pattern of my heart from inside my left ear?

[Read more »](#)



[The 9 Best Non-Dairy Substitutes for Milk](#)

Though dairy milk is widely consumed, some can't or choose not to drink it. Here are the 9 best non-dairy milks.

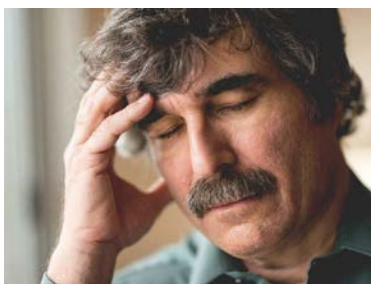
[READ ON](#)

[How Vitamin E Can Benefit Your Hair](#)

Vitamin E is known for its anti-aging and anti-inflammatory properties, but its effects extend beyond skincare. Here's how vitamin E can also benefit hair health. [Read on](#) →

[Which Foods Are — or Aren't — Suitable for Dogs?](#)

Dogs and humans metabolize foods differently, making certain human foods toxic to canines. Here's a rundown of over 50 common foods, and whether your dog should eat them. [Read on](#) →



[Hypercapnia: What Is It and How Is It Treated?](#)

Hypercapnia occurs when you have too much carbon dioxide in your bloodstream. Find out what it has to do with COPD. [Read on](#) →

Fish oil for Mood Disorders

Fish oil and fish are common sources of two of the [three main types of omega-3 fatty acids](#): 1) eicosapentaenoic acid (EPA) and 2) docosahexaenoic acid (DHA). These fatty acids may affect the chemicals in your brain associated with mood disorders.

Bipolar disorder seems to be less common in countries where people consume fish and fish oil. People with depression also tend to have lower levels of omega-3 fatty acids in their blood. Omega-3 fatty acids may help:

- reduce irritability and aggression
- maintain mood stability
- reduce depression symptoms
- improve brain function

You can take [fish oil supplements](#) to help reach this daily amount. However, fish oil supplements may have side effects that include:

- nausea: heartburn: stomach pain: bloating: belching: diarrhea

[10 Alternative Treatments to Try](#)

[Some people with bipolar have reported that using alternative treatments provides relief from symptoms. Learn which alternative treatments may help. \[Read on\]\(#\) →](#)

Over 10,000 read this newsletter globally. Please read and share with others-Thanks.

Singing in groups boosts mental health: Study

Singing in groups could not only make you happier, but also help improve mental health conditions including anxiety and depression, according to a study.

Eat soy, nuts, pulses daily for healthy heart

Replacing one to two servings of animal proteins like meat and milk products with plant proteins such as soy, nuts and pulses daily could reduce main cholesterol markers and prevent your risk of heart disease and stroke, finds a study.

What Is Cardiac Arrest?

Cardiac arrest, sometimes called sudden cardiac arrest, means that your heart suddenly stops beating. This cuts off blood flow to the brain and other organs. It's an emergency and is deadly if not treated immediately. Call ambulance right away!

Cardiac Arrest: What You Need to Know

“Why does America still have so few female doctors?”

Elisabeth Poorman

How rhythms become a vital part of us | A neuroscientist explains

Appendicitis: Is Smoking a Risk?

It's the most common cause of acute abdominal pain requiring surgery in the U.S.

TAKE THE QUIZ

What Qualifies As Liver Disease?

Is the Ringworm Rash Caused By Worms?

AKKARAIPATTU GOVERNMENT SCHOOL - 3 A's in A LEVEL EXAM 2017



LADISTON DE LIMA is an 18 year old girl from the Ampara district who has achieved a commendable score of A level passes in Economics, Business Studies and Accounting. Her father Richard is a carpenter and her mother Filicia a housewife.

She will gain entrance to do a University degree. AUSLMAT have supported such children and at the request of Earl Barthelot will attempt to get a laptop to her. We are grateful to the many donors who have provided for such children in Sri Lanka. Waruni, Nishaji and several other children now use a laptop to communicate with us from all over Sri Lanka.

: Quintus de Zylva

US drug firm offers cure for blindness – at \$425,000 an eye

Spark Therapeutics says 'responsible price' for Luxturna gene therapy ensures access for patients with retinal defect

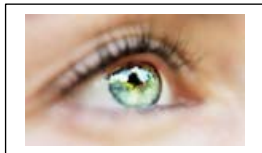
A drug whose inventors claim it can cure a rare form of blindness is to be one of the most expensive medicines ever sold at \$850,000 (£630,000).

Luxturna is injected directly into the eye to address the root cause of visual impairment by replacing a defective gene in the retina. It is the first gene therapy to be approved for use in the US, and was given the go-ahead by the Federal Drug Administration last month. However, the price of the treatment has only just been revealed.

Spark Therapeutics, the company behind the treatment, had previously claimed the treatment was worth \$1m, citing the cost of a lifetime of blindness in lost earnings and wages for caregivers. But the firm said it had settled for the lower price of \$850,000, or \$425,000 per eye. It will also offer ways to spread the cost to health insurers, which have expressed concern about their ability to cover the expense.

“We wanted to balance the value and the affordability concerns with a responsible price that would ensure access to patients,” said Spark Therapeutics' chief executive, Jeff Marrazzo. **Read more:**

US drug firm offers cure for blindness – at \$425,000 an eye



Diet Doctor's Launches First 7 Day Ketogenic Printable Meal plan

Women's Health safae

talbi 14:33:00

The ketogenic diet is a low carbohydrate diet, and a high level of fat in the diet, which offers many health benefits. More than 20 studies show that this type...

Indian parliament votes to outlaw Islamic 'instant' divorces

Simply saying "talaq" three times was once enough for a Muslim man in India to instantly divorce his wife — but the draft law would see it punishable by three years prison.

Add More Greens To Your Diet



Greens play a starring role in these 13 dishes that draw on culinary world secrets.

VIEW SLIDESHOW

What Bruises Say About Your Health

The Leica camera company

Here's another real life story that should be known more widely...

The Leica camera is the pioneer 35mm camera, arguably rated as the finest product of its type. It is a German product - precise, minimalist, and utterly efficient, delivers superb results. Behind its worldwide acceptance as a creative tool was a family-owned, socially oriented firm that, during the Nazi era, acted with uncommon grace, generosity and modesty. E. Leitz Inc., designer and manufacturer of Germany's most famous photographic product, saved its Jews.

And Ernst Leitz II, the steely-eyed Protestant patriarch who headed the closely held firm as the Holocaust loomed across Europe, acted in such a way as to earn the title, "the photography industry's *Schindler*."

As soon as Adolf Hitler was named chancellor of Germany in 1933, Ernst Leitz II began receiving frantic calls from Jewish associates, asking for his help in getting them and their families out of the country. As Christians, Leitz and his family were immune to Nazi Germany's Nuremberg laws, which restricted the movement of Jews and limited their professional activities.

To help his Jewish workers and colleagues, Leitz quietly established what has become known among historians of the Holocaust as "the Leica Freedom Train," a covert means of allowing Jews to leave Germany in the guise of Leitz employees being assigned overseas.

Employees, retailers, family members, even friends of family members were "assigned" to Leitz sales offices in France, Britain, Hong Kong and the United States, Leitz's activities intensified after the Kristallnacht of November 1938, during which synagogues and Jewish shops were burned across Germany

Before long, German "employees" were disembarking from the ocean liner, Bremen, at a New York pier and making their way to the Manhattan office of Leitz Inc., where executives quickly found them jobs in the photographic industry.

Each new arrival had around his/her neck the symbol of freedom - a new Leica camera.

The refugees were paid a stipend until they could find work. Out of this migration came designers, repair technicians, salespeople, marketers and writers for the photographic press.

Keeping the story quiet The "Leica Freedom Train" was at its height in 1938 and early 1939, delivering groups of refugees to New York every few weeks. Then, with the invasion of Poland on Sept. 1, 1939, Germany closed its borders.

By that time, hundreds of endangered Jews had escaped to America, thanks to the Leitzes' efforts. How did Ernst Leitz II and his staff get away with it?

Leitz, Inc. was an internationally recognised brand that reflected credit on the newly resurgent Reich. The company produced cameras, range-finders and other optical systems for the German military. Also, the Nazi government desperately needed hard currency from abroad, and Leitz's single biggest market for optical goods was the United States.

Even so, members of the Leitz family and firm suffered for their good works. A top executive, Alfred Turk, was jailed for working to help Jews and freed only after the payment of a large bribe.

Leitz's daughter, Elsie Kuhn-Leitz, was imprisoned by the Gestapo after she was caught at the border, helping Jewish women cross into Switzerland. She eventually was freed but endured rough treatment in the course of questioning. She also fell under suspicion when she attempted to improve the living conditions of 700 to 800 Ukrainian slave laborers, all of them women, who had been assigned to work in the plant during the 1940s. (After the war, Kuhn-Leitz received numerous honors for her humanitarian efforts, among them the Officier d'honneur des Palms Academic from France in 1965 and the Aristide Briand Medal from the European Academy in the 1970s.)

Why has no one told this story until now? According to the late Norman Lipton, a freelance writer and editor, the Leitz family wanted no publicity for its heroic efforts. Only after the last member of the Leitz family was dead did the "Leica Freedom Train" finally come to light.

It is now the subject of a book, "The Greatest Invention of the Leitz Family: The Leica Freedom Train," by Frank Dabba Smith, a California-born Rabbi currently living in England. Thank you for reading the above, and if you feel inclined as I did to pass it along to others, please do so. It only takes a few minutes.

Memories of the righteous should live.

(Sent by Rohantah Gunaratne-London)

Endocrine Therapy Can Drastically Reduce Recurrence of breast Cancer

New research shows that long-term endocrine therapy can lessen the risk that breast cancer will return. But side effects keep some women from taking it. [Read on](#) →



The Best Shoes for Managing Osteoarthritis Pain

Osteoarthritis can have a painful the joints of your feet. Learn why shoes matter, which types of shoe should avoid, and if insoles can help pain at bay. [Read on](#) →

10 Health Benefits of Drinking Coffee and Tea

Your favorite warm beverage may do a lot more than just wake you up. See how all that sipping might be good for your body.

The AMA wants sugar-sweetened drinks taxed, but will it happen?



Oatmeal

Food with lots of fiber can help your liver work at its best. Want one that's a great way to start your day? Try oatmeal. Research shows it can help you shed some extra pounds and belly fat, which is a good way to keep away liver disease.

WebMD

[During Winter, Japan is the Most Beautiful Place on Earth!](#)



At 84 years Japan has one of the highest life expectancies in the world whereas Nigeria has one of the lowest at 53 years

Fish oil capsules or fresh fish

Fish like salmon, tuna, and mackerel, as well as fish oil capsules all have heart-healthy omega-3 fatty acids.

But adding fish to your diet has bonuses you won't get from a supplement: calcium and vitamins B2 and D. It's also an excellent source of protein.

So try to eat fish more often. Have it two times a week instead of meat.

If you have heart problems, though, you may need to boost your omega-3s with a supplement or a prescription if you have very high triglycerides. Talk to your doctor.

Fish oil is good for your heart

Omega-3s like DHA and EPA, which are found mainly in fish, can help lower triglycerides, a type of fat in your blood. To lower those levels, you should take 2-4 grams of DHA/EPA a day under the supervision of your doctor.

If you don't have high triglycerides, find a favorite fish to eat.



Why You'll Want Fermented Foods in Your Fridge

While you could opt to get your nutrients by chowing on vegetables in their raw state, there are major health benefits to eating them fermented. [Read on](#) →



Is Tequila the Latest 'Health' Drink? Not so Fast...

With tequila being lauded for its health benefits lately, you'd think it's the second coming of green tea. Here's what you need to know — and how to enjoy it (relatively)

healthily. [Read on](#) →



8 Ways to Avoid Bloating After Eating

Tired of post-meal bloating and everything that comes with it? We'll show you how to sidestep that unpleasant feeling.

[Read on](#) →

Salt Shockers: High-Sodium Surprises

Foods high in sodium are sometimes hard to avoid. Arm yourself with tips to make smart, low-sodium choices wherever you are.

[READ MORE](#)

New Device Could Help People with Diabetes Lose Weight

The EndoBarrier procedure is similar to gastric bypass surgery, but its supporters say it's less expensive, less intrusive, and can be removed after a year in place. [Read on](#) →

What Are the Health Benefits of Probiotics?

Probiotics are live microorganisms that may be able to help prevent and treat some illnesses. [Read more...](#)

8 Signs Your Breast Cancer Is Back

Know what to look for, how a recurrence is diagnosed, treatment options, and more.

Health Benefits of Vitamin D

Do you need a vitamin D supplement? Explore vitamin D benefits and deficiency symptoms.

[Read more...](#)

Fish Oil vs. Statins: Which Keeps Cholesterol Down Better?

When it comes to controlling cholesterol, statins are the current king. But could fish oil reduce cholesterol as well? And perhaps even better than statins? [Read on](#) →

Jacqueline Fernandez's house is a mini Paris in Mumbai

FACT: Heavy drinking rocks the central nervous system. It tinkers with brain chemicals -- leading to headache, dizziness, and nausea -- and sends you running to the bathroom so often you become dehydrated. The morning-after price can include a pounding headache, fatigue, cotton mouth, queasy stomach -- and a weakened immune system.

Eat Certain Veggies Only When They're Cooked

Bugs Bunny and Popeye probably got it wrong. Certain vegetables need to be lightly cooked to make their nutrients available. In some cases, like spinach and broccoli, cooking even protects you from side effects. Steam or roast carrots, steam spinach, roast or fry red peppers, puree tomatoes or stir fry in olive oil, steam broccoli, bake or cook mushrooms, and bake, steam, or saute asparagus.

[Read More](#)

Will gut microbiota provide the solution to all of our health problems?

Conditions that represent some of the leading causes of mortality worldwide—including obesity, diabetes, cardiovascular disease, and cancers—are linked with observable changes in the human gut microbiota. And many other chronic conditions, like inflammatory bowel disease, asthma and allergies, rheumatoid arthritis, and even myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), have also been linked with gut microbiota dysbiosis.

Scientists and the public have shown great excitement about these intriguing connections. **It seems the gut microbiota, with its close links to metabolism and the immune system, could potentially be at the core of good health**—that is, it might be at the “intersection” of the ongoing processes in our body that influence the risk of disease. In fact, my own work focuses on understanding how the gut microbiota influences metabolism and immunity in ways that contribute to a range of health parameters—most importantly, in **obesity and type 2 diabetes**. Without a doubt, the potential of gut microbiota manipulation for improving human health is enormous. But at this stage, we need to ask the question: **Will the gut microbiota end up being the solution to all of our health problems?**

In my [recent commentary in Nature Reviews Gastroenterology & Hepatology](#), I raised the question about what we expect for the future of gut microbiota science. With more than 3000 scientific papers on gut microbiota published in 2016, **we have more data than ever before. Yet we need to make sure we are moving in the right direction.**

The distinction between correlation and causation is of the highest importance when it comes to gut microbiota. Once a correlation between disease and gut dysbiosis has been established, scientists need to undertake well-designed experiments (including those in animal models) to figure out what is causing what. From there, we can develop new therapies that address the root cause of a disease.

Another barrier to moving ahead is the limited data we currently have. **Most of the studies to date have taken a sample of the gut microbiota at one point in time—a single “snapshot”.** It could turn out that one snapshot is not enough to know how we need to change the microbiota in order to improve health. Medicine has many examples that show a diagnosis cannot often be based on one measurement; rather, the right collection of things must be measured at the right times and interpreted together. In order to use gut microbiota for better diagnosis and treatment of the diseases we know, we will likely need to take into account not only the gut microbes, but also metabolites, host genetics, nutritional status, and regular dietary habits. Moreover, we will need to know when and how often to measure these things.

We are moving ahead step-by-step in understanding the role of gut microbiota in different diseases. In the decades ahead, some of the correlations we see today will likely yield useful new therapies, and others will not. Microbiota are constantly pressured by many different things—one of the most important and controllable being nutrition—and **over time we will understand what makes an ‘ideal’ gut microbiota and how to aim for it by manipulating diet and other lifestyle factors, or by administering new medical treatments that target the gut microbial community.**

So although it could be true that the gut microbiota is at the “intersection of everything”, we can’t let ourselves get ahead of the data. We must give these complex interactions time to unfold so we can arrive at a deeper understanding of the gut microbiota in health and disease.

If you start early with vit. D supplements, you'd lower your risk for type 1 diabetes by 90% and type A influenza by 40%. You'd also be half as likely to get a heart attack as those with a D deficiency. Vit. D boosts your bone and muscle mass and strength by helping in calcium absorption and can reduce the risk of falls by 19%. It can also protect against colon, prostate, and breast cancer. Make sure you get at least 600 IU of it daily.

Improve Your Health With Vitamin D

[Fortify Bones And Muscles](#)

[Prevent Type 1 Diabetes](#)

[Protect Your Heart](#)

[Lower Your Risk Of Cancer](#)

[Increase Testosterone Levels](#)

[Stave Off The Flu](#)

[CureJoy](#)



Yoga In The Park

@TheDanielBrea



Salicylic Acid- good skin cleanser

Salicylic acid has been around for a long time. It's well-known for its ability to exfoliate the skin and keep pores clear, which helps [reduce acne](#). You'll find it in serums and cleansers at concentrations between 0.5 and 2 percent, as well as in spot treatments for breakouts. Salicylic acid is also used in higher concentrations as a peeling agent for treating acne, acne scars, [melasma](#), sun damage, and age spots in dermatology clinics. It's so effective that it's used in [wart and corn removal solutions](#), although it's still safe to use in pigmentation-prone dark skin. Since it's related to aspirin (acetylsalicylic acid), it also has anti-inflammatory properties.

Face Acids Are Your Secret Weapon for Happy Skin

“Acids” don’t sound like something you want on your face (cue mad scientists cackling over bubbling test tubes). But they really are miracle skin tools. Our guide tells you which to use, and for what. [Get the power](#) →

If you help someone when they're in trouble - they will remember you when they're in trouble again

How Much Green Tea Should You Drink Per Day?

Green tea is packed with health-promoting compounds, but many wonder how many cups you have to drink to reap their benefits. This article determines how much green tea you should drink. [Read on](#) →



- [Different Meditation Practices Reshape Brain in Different Ways](#)

Different types of meditation change the brain in different ways, a new study finds.

[Read More](#)

- [These Microbes May Hitch a Ride with Humans to Mars: Why That Matters](#)



Examining how bacteria grow in confined conditions on board spacecraft will help keep astronauts healthy during long-term space missions, such as a trip to Mars.

[Read More](#)

Over 10,000 subscribers read this newsletter. Please share with close friends

Boost Your Immune System

When your immune system is strong, you have a better chance of fighting off colds and other infections. Discover tips to strengthen your immunity.

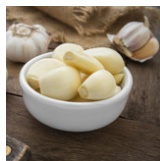
[READ MORE](#)

Is Stress Bad for You?

Chronic stress depresses the immune system and increases the risk of several types of illnesses. It raises the level of hormones called catecholamines. Being stressed out leads to increased levels of suppressor T cells, which suppress the immune system. When this branch of the immune system is impaired, you are more susceptible to viral illnesses including respiratory conditions like colds and flu. Stress leads to the release of histamine, a molecule involved in allergies. Combat stress with strategies like deep breathing, meditation, exercise, and relaxation.

The Health Benefits of Probiotics

What exactly do probiotics do? Learn about probiotic types, uses, health benefits, foods, and more. [Read more...](#)



Immune Boosting Foods

See which foods may help build your immune system to help you stay healthy and fight illness. [Read more...](#)



What Can You Expect After Total Knee Replacement Surgery?

Knowing how to prepare for your hospital stay and rehabilitation from total knee replacement surgery will help ensure a successful recovery. Here's an overview.

[Read on](#) →

How to Boost Your Metabolic Rate

What is metabolism? Discover how your metabolism is regulated and see ways to boost your metabolic rate. [Read more...](#)

Celiac Disease and the Immune System



With celiac disease, the body's immune system reacts to gluten and damages the intestine. Explore signs and treatments. [Read more...](#)

15 Top Causes of Leg Pain



Is it something minor, like shin splints -- or something more serious, like a blood clot? Here's how to tell the difference.

Treatments for Osteoarthritis of the Knee: What Works?

Several treatment options are available for OA of the knee. Learn more about your options and how to develop the best treatment plan for you. [Read on](#) →

New Biomimetic Gel May Help Repair Cartilage Damage Caused by Arthritis

A new bio gel has been discovered, and scientists are hopeful it can mechanically reinforce worn-out cartilage in rheumatoid and osteoarthritis patients. [Read on](#) →



A New Food Label Is Coming Soon and It Goes 'Beyond Organic'



Climate Change Is Making Fish Smaller



When Is It Time to Move up Your Rheumatologist Appointment?

Regular check-ups are a given when you live with RA — but sometimes you need more. Here are seven signs that you should see your rheumatologist before your next scheduled appointment. [Read on](#) →

Early Signs of Rheumatoid Arthritis

Rheumatoid arthritis often begins slowly with minor symptoms that come and go, usually on both sides of the body, and progress over a period of weeks or months. [Read on](#) →

Thyroid Problems Explained

The thyroid gland regulates many processes within the body, and women are particularly likely to have disorders. [Read more...](#)

Top Sources of Omega

Fish isn't the only way to get omega acids. From walnuts to leafy green foods are also brimming with heart-healthy fats. [View Slideshow >](#)



Overview of hemorrhoids



Symptoms of external hemorrhoids may include difficulty sitting down, blood on the toilet tissue after wiping, and an irritated or painful anus.

Hemorrhoids are swollen and irritated veins around the anus or in the lower rectum of the body, which is the last segment of the large intestine leading to the anus.

They are caused by straining during bowel movements, sitting for long periods of time, and may also be a secondary symptom of other disorders, such as chronic [constipation](#), [obesity](#), and a high-stress lifestyle.

Internal hemorrhoids occur within the rectum or the inside of the anus. They are one of the most common causes of bloody stools. Blood may be the only sign that a person has an internal hemorrhoid. This is because there are very few nerves and pain receptors in the rectum.

External hemorrhoids are located under the skin around the anus. There are many more nerve endings here, and external hemorrhoids cause clearer symptoms than internal hemorrhoids.

External hemorrhoids are much more common, and usually create the typical hemorrhoid symptoms such as: irritation and pain around the anus extremely itchy or burning sensation around the anus difficulty sitting down a painful or irritated lump or swollen area near the anus painful bowel movements blood appearing on toilet tissue after wiping leaking stool when not trying to have a bowel movements

[Six home remedies for hemorrhoids](#)



[What are the Benefits of a Sitz Bath?](#) Learn about the benefits of a sitz bath. This form of bathing can help with hemorrhoids, Bartholin's cysts, and other medical issues in the genital area. [Read now](#)

Beans. Beans are especially rich in soluble fiber. They also take a while for the body to digest, meaning you feel full for longer after a meal. That's one reason beans are a useful food for folks trying to lose weight. With so many choices — from navy and kidney beans to lentils, garbanzos, black-eyed peas, and beyond — and so many ways to prepare them, beans are a very versatile food.

Aloe vera may increase insulin sensitivity



Studies suggest an antidiabetic potential for aloe that may lower blood sugar levels.

Aloe vera is a common plant with many different uses. Most people are aware of the plant being used to coat the skin and protect it from damage caused by too much sun exposure.

However, the plant has many lesser-known benefits as well. These range from helping digestive issues to possibly even relieving type 2 diabetes symptoms.

[One review](#) analyzed many studies using aloe vera to treat symptoms of diabetes. Their results strongly suggested an antidiabetic potential for aloe. Subjects given aloe showed lower blood sugar levels and higher insulin levels.

Further tests showed that aloe helps to increase how much insulin is produced by the pancreas. This could mean that aloe helps to restore bodies with type 2 diabetes or protect them from further damage. The researchers called for more studies to be done on aloe and its extracts to be certain of these effects.

There are many ways to take aloe. Juiced pulp is sold in many markets and added to drinks, and extracts are put into capsules to be taken as supplements.

[Seven herbs and supplements for type 2 diabetes](#)

MNT



[Standing too much at work can double your risk of heart disease](#)



Nuts. A bushel of studies shows that eating almonds, walnuts, peanuts, and other nuts is good for the heart. Eating 2 ounces of nuts a day can slightly lower LDL, on the order of 5%. Nuts have additional nutrients that protect the heart in other ways.

Essential oils and diabetes

By Jon Johnson



Essential oils have been used for many years and compounds of plants have been used in many western medications.

Essential oils are concentrated versions of certain compounds that are found in plant matter.

A simple example of essential oils can be found in the peel of citrus fruits. Peeling an orange releases the essential oil from the peel, causing the fresh orange scent to spread into the air.

Some of the oldest known civilizations used essential oils in one form or another. Compounds isolated from essential oils have been used to make many western medications. Many of the compounds in essential oils can be readily used by the body.

By pairing these effects with the symptoms people are looking to help treat, essential oils can be used to help with many diabetes symptoms.

Coriander seed

Coriander or cilantro seed is grown all over the world, and has been used by many cultures for treating digestive issues, such as [indigestion](#), [diarrhea](#), and [flatulence](#).

A [recent study](#) on rats shows that coriander seed essential oil may help in the fight against diabetes as well. An extract from coriander seed was found to reduce the blood sugar levels in test subjects. Researchers noted that the beta cells in the pancreas were more active. This helps to increase [insulin](#) levels while reducing blood sugar.

In many cases, coriander essential oil may help the body increase insulin levels naturally

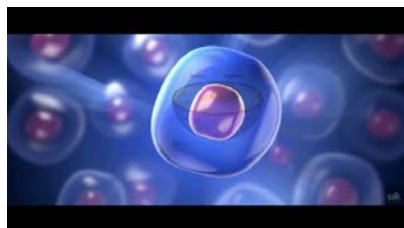
[Nine essential oils for diabetes](#)



Breast Cancer by the Numbers: Survival Rates by Stage, Age, and Country

Breast cancer is the most common form of cancer to affect women, and incidence is growing, with about 1.7 million new cases worldwide every year. But the survival rates five years after diagnosis remain promising. [Read](#)

on



Protein turnover could be clue to living longer



What Causes Heart Disease?

Heart disease causes the deaths of over half a million people annually. Discover how to prevent this fatal disease. [Read more...](#)

Bipolar Disorder and Anger: What's the Connection?

Many people with BP, as well as their family and friends, report frequent bouts with the emotion. Here's more on why it happens and how you can move forward.

[Read on](#) →



ADHD and Schizophrenia: How Much Do They Converge?

ADHD and schizophrenia are both mental disorders and share certain characteristics. Find out where the similarities end and differences

begin. [Read on](#) →

Everything You Need to Know About ADHD

If you live with ADHD, you know that it's a complex condition. Here's a top-to-bottom look at it, from causes and testing to natural remedies and tips for coping.

[Read on](#) →

Alcohol's heart advantages under scrutiny



Conventional wisdom holds that a drink or two a day protects against heart disease. But this assumption may be wishful thinking, a new analysis suggests. For the paper, researchers scrutinized findings from 45 studies that involved a total of nearly three million people.

Current moderate drinkers (up to two drinks a day) were less likely than non-drinkers to die of heart disease.



6 Ways to #BreakUp with Loneliness

Repeated exposure to images of "happy" couples on social media can have a negative influence on your mental health — and lead to loneliness. Here are tips for avoiding the trap.

[Read on](#) →

Man flu, headaches and heart attacks: Health issues affect men and women differently

We need to talk about sex... differences. They can affect your health in ways that are only just being unmasked. For instance, did you know men can tolerate more pain, but women have a stronger immune system?



Home Remedies for Psoriasis and Skin Rash

Looking for a way to ditch the itch? A heavy cream can be the answer. It locks water into your skin to help it heal and reduce the redness.

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Preventing a Vitamin D Deficiency

Learn how to help prevent vitamin D deficiency. Learn about vitamin D deficiency causes, signs, treatments, and risks. [Read more...](#)

Finding Relief for Your Cough



How to Get Rid of Bad Breath



Scientists identify genetic risk factors for asthma, hay fever and eczema



[ABC Health & Wellbeing](#)



Has the Modern Western Diet Permanently Damaged Our Health?

By studying the microbiome of existing hunter-gatherer tribes, researchers draw a link between poor quality diets and a host of health issues. [Read on](#) →

Oats. An easy way to start lowering cholesterol is to choose oatmeal or a cold oat-based cereal like Cheerios for breakfast. It gives you 1 to 2 grams of soluble fiber. Add a banana or some strawberries for another half-gram.

What Is Ankylosing Spondylitis?



Learn about symptoms, treatment, prognosis, and tests for ankylosing spondylitis.

[TAKE THE QUIZ](#)

Do Vitamins Raise Lung Cancer Risk?

Taking high doses of vitamins B6 and B12 may not be so good for you after all.

[READ MORE](#)

Gut bacteria-produced compound may stave off aging

By [Ana Sandoiu](#)

Researchers examined a class of chemical compounds called indoles and found that they have potential for extending vitality in our fellow mammals, mice. The findings could pave the way for a drug that could one day help humans to "live better for longer."

"Indoles" is the parent name given to a range of chemicals found in nature. The compound occurs in some flowers, such as jasmine and orange blossom, but it can also be found in fecal matter.

Some of indole's chemical versions, such as [Indole-3-carbinol](#), can be found in broccoli, Brussels sprouts, cabbage, [kale](#), and other cruciferous vegetables.

Indoles are also produced in [our gut](#) by many kinds of bacteria that break down tryptophan, which is an essential amino acid.

New research - led by Daniel Kalman, Ph.D., a professor of pathology and laboratory medicine at Emory University School of Medicine in Atlanta, GA - examines the effect of indoles on improving the "healthspan" of various organisms, ranging from fruit flies to mice.

The term healthspan is used by the authors to mean the "proportion of time that an animal remains healthy and free of age-related infirmities."

"We need a better understanding of healthspan," says Prof. Kalman. "With medical advances, people are living longer; but you might not really want to live longer if it means spending those extra years frail and infirm."

Given our rapidly aging world population, the researcher adds, the health and economic burden that age-related diseases will put on the healthcare system is predicted to skyrocket in the next few decades.

The [findings](#) were published in the journal *Proceedings of the National Academy of Sciences*. [Gut bacteria-produced compound may stave off aging](#) 

Knowing your heart rate

Written by Dr. Harold Gunatillake-health writer

A baby in the womb (intrauterine) develops its heart surprisingly quit early. Foetal heart rate varies from about 50bpm and by the 12th week in the womb raises approximately to 140-150bpm (beats per minute). Grown-ups have an average persistent heart rate between 70- 90 bpm depending on the physical fitness of the individual. If you are in the athletic range your heart rate can further drop depending on t...

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[Why Is Hydrogen the Most Common Element in the Universe?](#)

[See This](#)

Avocado seed husk may help to treat heart disease, cancer

By Honor Whiteman

From lowering cholesterol to aiding weight loss, the potential benefits of avocado consumption have been well documented. A new study, however, suggests that further rewards could be reaped from a part of the fruit that we normally discard: the husk of the seed.



Researchers found that avocado seed husks contain a variety of chemical compounds that could help to kill viruses, combat heart problems, and even treat [cancer](#).

Study co-author Debasish Bandyopadhyay, Ph.D., of the Department of Chemistry at the University of Texas Rio Grande Valley in Edinburg, and colleagues recently reported their [findings](#) at the [254th National Meeting & Exposition of the American Chemical Society](#), held in Washington, D.C.

Avocados are fast becoming one of the United States' favorite fruits. According to the U.S. Department of Agriculture, avocado consumption in the country has [more than doubled](#) over the past decade, and we are now eating almost four times as many avocados than we were in the mid-1990s.

[Avocado seed husk may help to treat heart disease, cancer](#) 

A metabolic treatment for pancreatic cancer?

[Pancreatic cancer](#) is now the third leading cause of [cancer](#) mortality. Its incidence is increasing in parallel with the population increase in [obesity](#), and its five-year survival rate still hovers at just 8 to 9 percent. Research led by Nada Kalaany, PhD, at Boston Children's Hospital and the Broad Institute of MIT and Harvard, now suggests a novel approach to treating this deadly cancer: targeting an enzyme that tumors use to get rid of nitrogen.

The study, published online in *Nature Communications*, provides evidence that targeting the enzyme arginase 2 (ARG2) can curb the growth of pancreatic tumors, especially in people who are obese. The researchers began by introducing human pancreatic tumors into obese and lean mice. They then analyzed what genes the tumors turned on and what metabolic products they were producing. They found that tumors in obese mice had enhanced expression of many genes involved in metabolizing nitrogen, a natural byproduct of cells when proteins are broken down.

Until now, how nitrogen excess affects [tumor](#) growth has been largely unknown.

"We found that highly malignant pancreatic tumors are very dependent on the nitrogen metabolism pathway," says Kalaany, a researcher in Boston Children's Division of Endocrinology and an assistant professor at Harvard Medical School.

[A metabolic treatment for pancreatic cancer?](#) 



Tips to Lower Cholesterol

When you have high cholesterol, it can be very helpful to change your diet and lifestyle. [Read more...](#)



Tips to Save Your Heart

Discover simple ways to help lower your cholesterol and decrease your risk of heart disease. [Read more...](#)



Protect Your DNA

As you age, the ends of your chromosomes -- called telomeres -- become shorter. This makes you more likely to get sick. But lifestyle changes can boost an enzyme that increases their length. Plus, studies show diet and exercise can protect them. The bottom line: Healthy habits may slow aging at the cellular level.

18 Secrets for a Longer Life

Learn the secrets of longevity to help live a longer, happier life. Explore tips about aging, life, health, and more.

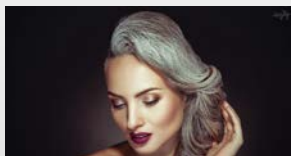
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Plant Sterols

Plant sterols that have a structure similar to that of cholesterol reduce cardiovascular disease risk and mortality, have anti-inflammatory effects, and positively affect coagulation, platelet function and endothelial function, which helps reduce blood clots, increases blood flow, and stabilizes glycemic control in patients with type 2 diabetes.

Plant-Based Rx: Consume a high intake of antioxidants and micronutrients, including plant sterols, from whole plant foods, like vegetables, fruits, grains, nuts, beans, and seeds. A plant-based diet supports cardio-metabolic benefits through several independent mechanisms. The synergistic effect of whole plant foods may be greater than a mere additional effect of eating isolated nutrients. "To make significant health changes, we have to make significant diet changes," concludes Dr. Kahleova. "A colorful plant-based diet works well for anyone, whether you're an athlete looking to boost energy, performance, and recovery by enabling a higher efficiency of blood flow, which equates to oxygen conversion, or if you're a physician who wants to help patients lose extra weight, lower blood pressure, and improve their cholesterol." Dr. Kahleova and the study authors recommend using a plant-based diet as an effective tool to treat and prevent cardiometabolic disease, which they would like to see promoted through future dietary guidelines and nutrition policy recommendations.

Article: [Cardio-Metabolic Benefits of Plant-Based Diets](#), Hana Kahleova, Susan Levin and Neal Barnard, *Nutrients*, doi: 10.3390/nu9080848,



What Gray Hair Says About Your Health?

Unightly strands of gray hair on your head are always unwelcome. They often indicate that you are getting older. But, what if they arrive prematurely in your 20s or early 30s? Premature graying of hair indicates more than just your biological age...

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Fiber

Fiber contributes to bulk in the diet without adding digestible calories, thus leading to satiety and weight loss. Additionally, soluble fiber binds with bile acids in the small intestines, which helps reduce cholesterol and stabilize blood sugar. Plant-Based Rx: Aim to eat at least 35 grams of dietary fiber a day



Breathing Exercises for Anxiety

Taking a few deep breaths when you find your stressful situation can lower anxiety levels. Here are some breathing routines you can try. [Read on](#) →

How office plants can fight stress and other workplace nasties ←

Antibiotic Eye Drops Often Unhelpful for Pinkeye

By NICHOLAS BAKALAR
Conjunctivitis, or pinkeye, often goes away without treatment.

Fats

Plant-based diets are lower in saturated fat and dietary cholesterol. Replacing saturated fats with polyunsaturated and monounsaturated fats can increase insulin sensitivity, a risk factor for metabolic syndrome and type 2 diabetes. Plant-Based Rx: Swap meat and dairy products, oils, and high-fat processed foods for smaller portions of plant staples, like a few avocado slices or a small handful of nuts and seeds, which are rich in polyunsaturated and monounsaturated fats.

Plant Protein

Vegetable proteins reduce the concentrations of blood lipids, reduce the risk of obesity and cardiovascular disease, and may have anti-inflammatory and anti-cancer effects. Plant-Based Rx: Legumes, or lentils, beans, and peas, are naturally rich in protein and fiber. Try topping leafy green salads with lentils, black beans, edamame, or chickpeas.



A Nutritional Guide to Managing Depression

Although there's no one diet that will ease all MDD symptoms, research has shown that eating certain foods can help you feel better. Find out about these mood-boosters.

[Read on](#) →

WELL



For Better Vision, Let the Sunshine In

By GRETCHEN REYNOLDS
Exposing young eyes to sunlight may be the best way to counter the worldwide increase in nearsightedness.

[Science Weighs in On How Fat Raises Cancer Risk](#) ←

[Symptoms Of Balance Disorder You Shouldn't Ignore](#) ↑



Dry Eyes Deserve Attention



By JANE E. BRODY

Evolving knowledge of the nature of tears helps experts understand and treat dry eye disease.



Use blue plates.

Believe it or not, the color of your dishes might make a difference in how much food you serve yourself. The more the food blends in with the plate color, the more chow you're likely to take, research shows. So consider using plates in a different hue.



Use smaller bowls and plates.

The size of your dishes and utensils gives your brain cues about how much you're "supposed" to eat -- and a bigger dish means more food. In one study, people at a Chinese buffet who got a large plate served themselves 52% more food, and ate 45% more, than those with smaller plates WebMD



Can the Effects of Too Much Caffeine Be Fatal?

In moderation, caffeine can have beneficial effects. In larger doses, however, it can put your health at risk. At what point does it put your life in jeopardy? [Read on](#) →

What type of rice is used in typical Japanese households?

Sed Chapman . Lives in Japan.
Teacher1981-present
Studied at University of California, Berkeley
Lives in Japan

Typically, Japanese households eat one of several types of Japonica rice. Japonica rice, also called sinica rice, is one of the two major varieties of rice found in Asia. Japonica rice is most common in Japan, Korea, and northern China. In most other regions of Asia, Indica rice is the more common. Japonica rice grains are rounder, fatter, and slightly harder, compared to longer, thinner, and less hard Indica rice grains. The rice typically eaten in Japanese households is one of two varieties: Koshihikari or Sasanishiki . Of course there are other types of rice available, but Koshihikari or Sasanishiki are, by far, the most consumed rice in Japan. Shops may sell it under various names, but if you look at the package, it is likely to say that the contents are Koshihikari or Sasanishiki.

Households will differ in the degree of polish they prefer. You should know that the degree of white or brown in rice is the result of how much polishing is done.



See also, [My answer to How is white rice made?](#) ←



Do You Really Need to Eat Breakfast?

When you were growing up, Mom might have told you that breakfast is the most important meal of the day. But when you're an adult trying to lose weight, you may not need to eat breakfast if you're just not hungry first thing in the morning.

[Read the full story](#)

Atrial Fibrillation: Prognosis, Treatments, and More

What are the main complications associated with AFib? How is the condition treated? We'll address these and other questions in this overview.

[Read on](#) →



What Is Agitated Depression?

Learn more about agitated depression, including its symptoms, causes, diagnosis, and more. [Read on](#) →



Everything You Should Know About Allergy Shots

Allergen immunotherapy aims to provide long-term relief from severe allergies. Learn what to expect from allergy shots and whether you're a good candidate. [Read on](#) →

Top Cancer-Fighting Foods

No single food can prevent cancer, but the right combination of foods may help make a difference. Discover ways to help reduce your risk of developing cancer.

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10 Facts About Breast Cancer

Breast cancer is the most common cancer, and second most common cause of cancer deaths in U.S. women. [Read more...](#)



Understanding Cancer

Learn signs, symptoms, stages, and treatment options for the most common types of cancers. [Read more...](#)

Can Probiotics Help My Psoriasis?

Recent research suggests that taking probiotics may help calm your psoriasis outbreaks and keep your skin clearer...

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Treatments for Bladder Control



Urinary incontinence refers to a loss or leaking of urine due to faulty bladder control.

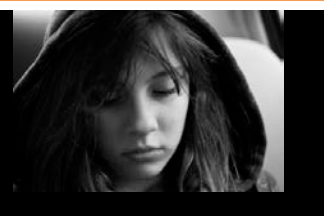
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Why You Should Use the Probiotic Lactobacillus Casei



Unlike the harmful bacteria that make you sick, probiotics like Lactobacillus casei are beneficial to your...[READ MORE](#)

Alcohol does not solve any problems - but then, neither does milk.



Depression: Causes, Symptoms and Treatments



Gentle Yoga, and Three Other Ways to Stop an AFib Episode

While atrial fibrillation episodes can stop without any intervention, this isn't always the case. Here are four ways you can actively try to curtail an episode on your own

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Surprising Benefits of Probiotics

You might not take much stock in natural remedies, but some, such as probiotics, are supported by scientific...

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What's your t-score? Bone density scans for osteoporosis

Several technologies can assess bone density, but the most common is known as dual energy x-ray absorptiometry (DEXA).

For this procedure, a machine sends x-rays through bones in order to calculate bone density. The process is quick, taking only five minutes. And it's simple: you lie on a table while a scanner passes over your body. While this technology can measure bone density at any spot in the body, it is usually used to measure it at the lumbar spine (in the lower back), total hip (a specific site in the hip near the hip joint), and femoral neck (the top of the thighbone, or femur). DEXA accomplishes this with only one-tenth of the radiation exposure of a standard chest x-ray and is considered the gold standard for osteoporosis screening—though ultrasound, which uses sound waves to measure bone mineral density at the heel, shin, or finger, is also used at health fairs and in some medical offices.



The DEXA scan or ultrasound will give you a number called a T-score, which represents how close you are to average peak bone density. The World Health Organization has established the following classification system for bone density:

- If your T-score is -1 or greater: your bone density is considered normal.
- If your T-score is between -1 and -2.5: you have low bone density, known as osteopenia, but not osteoporosis.
- If your T-score is -2.5 or less: you have osteoporosis, even if you haven't yet broken a bone.

For more information on your bone health, purchase [Osteoporosis](#), a special health report from Harvard Medical School.

If you like reading this Health newsletter please recommend to your colleagues.

What are prebiotics and postbiotics?

Recently, nutrition experts have started to recommend that people eat a class of foods known as "prebiotics" to get more benefit from probiotics. Prebiotics don't contain microorganisms. Instead they create a good environment and provide fuel for probiotics.

Many vegetables are [excellent sources](#) of prebiotic compounds. Such vegetables include asparagus, garlic, leek, onion, and artichoke. Though information is limited on the cooking effects of prebiotic-rich foods, low-heat cooking or steaming are likely the best cooking methods for retaining prebiotics. Other traditional dietary sources of prebiotics include soybeans, raw oats, unrefined wheat, and unrefined barley.

Researchers have been looking more closely at the impact of postbiotics. These are the byproducts of probiotic activity. At one time it was thought that postbiotics were merely waste products. They are increasingly considered important in maintaining good digestive health. In farm animals, [for example](#), isolated postbiotics teamed up with prebiotics are able to attack harmful bacteria. It's hoped that postbiotics can reduce the need for antibiotics in both humans and animals.

healthline

Kefir

Kefir is a fermented drink like yogurt. It has a concentration of probiotics that is higher than yogurt. It is made with fermented animal milk and kefir grain.

Sauerkraut and kimchi

Sauerkraut is fermented cabbage. Kimchi is also made with fermented vegetables, but there are many different recipes. Kimchi can be made with mustard leaf, broccoli, and olives.

IBS-C: New Treatments Deliver Promising Management

Are you curious about what's ahead as far as IBS-C treatment is concerned? Find out what researchers are working on...[READ MORE](#)

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