

[Woolworths to stop selling pesticide linked to global bee decline](#)

[Relieve Constipation With These Foods](#)

[What's up with hiccups?](#)

If you do an Internet search on "hiccups" you'll find lots of supposed cures for this annoying but usually fast-passing condition — one site lists 250 of them! One thing you won't find, though, is a good reason for why we hiccup Harvard Medical School.



One day harvest at Moorabbin, Melbourne.

Sent by Dr. Quintus de Zylva.

These are multi-coloured veggies containing plenty of anthocyanins and phyto nutrients. Like other phytonutrients, your body doesn't need them to work, but they do help protect your cells from damage that can lead to illness and disease. And that's on top of any other health benefits you'll get from eating these foods.

Autoplay



4:26

[How To Open Coconuts Without Any Tools](#)

The King of Random



[Natural Remedies for Nerve Pain in Legs and Feet](#)

Although pain and MS unfortunately go hand in hand, the right treatments can help you find relief. Here are five natural options you can try at home.

[Read on](#)



[Easy to Cheat at the Olympics?](#)

[See This](#)



[Roger Federer becomes oldest world No1 after beating Robin Haase](#)



Si Lanka Malays Resident in Dubai
Performing at Sri Lanka Day 2018 - 70th Sri Lanka Independence Celebrations & 25th Year of Sri Lanka Consulate in Dubai.

[Highly Processed Foods Tied to Higher Cancer Risk](#)

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 reciprocation by reading, for health & longevity
Health editor

[Symptoms of an Enlarged Prostate](#)

[When to Replace Your Toothbrush](#)

[Don't Ignore These Heart Symptoms](#)

Heart disease is the leading cause of death in the U.S. – 1 in every 4 deaths.

[VIEW](#)

[SLIDESHOW](#)



[What is Chinese New Year?](#)

[See This](#)



VACD -Newsflash



VACD is a non-government and non-profit program consisting of volunteers whose objective is to promote and improve the wellbeing of children with disabilities in Sri Lanka.



We are delighted that Dr. Gopi Kitnasamy BSc MCSP(UK) MIMDTP(UK), Chartered Physiotherapist, Certified Paediatric Bobath Therapist, a world-renowned authority on homebased rehabilitation for children with disabilities and Founder/Chairman of Cerebral Palsy Lanka Foundation has joined hands with VACD as a collaborative partner.

Dr. Gopi and his team conducted a wheelchair camp for our VACD children in Bandarawela in July 2017, examined disabled children, guided parents on feeding, sleeping techniques etc. and donated wheelchairs to eligible children. Our sincere thanks to all of you for your continued invaluable support, guidance and assistance and for being part of this incredible, challenging and immensely rewarding journey. Shall stay in close touch. Best wishes and warm regards....
Yasmin

Yasmin Stephen

Administration & Communications Secretary

Volunteers to Assist Children with Disabilities Limited, Australia
& Member of the Advisory Board VACD USA

@ vacd@vacd.org.au/ fstephen@bigpond.net.au/

<http://www.vacd.org.au/>

<https://www.facebook.com/vacdtk/>

<https://www.etsy.com/shop/RipplesGifts/>

More on
page 3

<http://colombogazette.com/2018/01/03/almonds-and-cashew-nuts-similarity-on-health-benefits/>



[Almonds and cashew nuts – similarity on health benefits – Colombo Gazette](#)

colombogazette.com

Written by Dr Harold Gunatillake-Health Writer Almonds are heart shaped nuts while cashew which grows at the end of a fruit, is kidney shaped, and they both have similar health benefits to the heart, kidneys and rest of the body. Both almonds and cashew nuts are highly nutritious and concentrated forms of foods providing a substantial amount [...]

The Future of Blood-Sugar Tracking

Developers of a new patch hope to eliminate painful finger-sticks and injections.

[READ MORE](#)



A new sign post in Parliament House, Canberra. Recommended by the prime minister

Sea salt contaminated with plastics

Sea salt around the world has been contaminated by plastic pollution, adding to experts' fears that microplastics are becoming ubiquitous in the environment and finding their way into the food chain via the salt in our diets.

Following [this week's revelations in the Guardian about levels of plastic contamination in tap water](#), new studies have shown that tiny particles have been found in sea salt in the UK, France and Spain, as well as China and now the US.

[Sea salt around the world is contaminated by plastic, studies show](#)



[Barack and Michelle Obama's official portraits unveiled - BBC News](#)



DISTRICT HOSPITAL BANDARAWELA-Sri Lanka



AUSLMAT will spend the day at the Bandarawela District Hospital on Wednesday 11th July on our next Medical Mission to Sri Lanka. Dr. Andrew Cochrane - cardio-thoracic surgeon at Monash will address the medical staff on Mitral Valve Disease. Preethi de Silva and Dr. Louise Marsh (W.A.) and Dr. Carolyn Barshall form the U.K. will assist with diabetic patients at the Dickoya and Bandarawela hospitals and at Dunkeld estate in Dickoya (on the 10th) and at Weligama on Thursday 12th July. The container with medical donations will be cleared by Anil Wijesiri of the Ministry of Health Uva province. We will also visit St. Gabriel's on Sunday 8th July and will travel up to Hatton/Dickoya by train on Sunday 8th July. Many of the team will climb Adam's Peak on Monday 9th July. AUSLMAT welcomes any one who can assist us on this medical mission for 2018. Our medical missions commenced two days after the tsunami of 2004.- Reported by Dr Quintus de Zylva

[Betty White is 90+ years old.](#)

[Http://WWW.youtube.com/watch_popup?v=b4S7T05zTqY](http://WWW.youtube.com/watch_popup?v=b4S7T05zTqY)

Electrical Pulses May Ease Pain From 'Slipped' Disc

By Maureen Salamon

(HealthDay News) -- A new treatment that aims electrical pulses at irritated nerves around the spinal cord appears effective at relieving chronic [lower back pain](#) and [sciatica](#), a preliminary study suggests.

The minimally invasive procedure, called image-guided pulsed radiofrequency, eased lingering [pain](#) in 80 percent of 10 patients after a single 10-minute treatment. Ninety percent were able to avoid surgery. "Given the very low risk profile of this technique, patients suffering [herniated disc](#) and nerve root compression symptoms may undergo a safe and fast recovery, going back to normal activities within days," said study author Dr. Alessandro Napoli. He's an interventional radiologist at Sapienza



New Treatment for Slipped Disks

Aiming electrical pulses at nerves around the spinal cord appears to help relieve chronic lower back pain.

University, in Rome, Italy.

Extracts from VACD Newsletter- Feb 22201888

Newsflash – Take 1 !!!:

Thanks to the initiative of Mr. James Meighan – Treasurer VACD Australia, we are now live on the Goodcompany donation and fundraising platform. To access, press control + click on the following link:

<https://www.goodcompany.com.au/>

The Goodcompany platform:

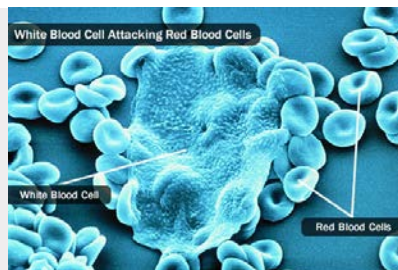
The Goodcompany platform provides VACD with the opportunity to raise funds for our programs and projects that are tax efficient for the donor. The donor can decide to support a given program or project by making a pre-tax salary sacrifice arrangement with his/her employer that could be further enhanced if the employer has a workplace giving/matching grant policy. Or, you could use the receipt issued by the Goodcompany for tax purposes.

We have listed the following programs/projects on the platform under Directed Funds /Gifts option:

1. Help us Feed a child with disabilities;
2. Help a child with disabilities to learn;
3. Help maintain a centre for children with disabilities;
4. Help a family of a child with disabilities;
5. Help us furnish and equip a new centre for children with disabilities;
6. Help us to organise workshops to train parents in homebased rehabilitation;
7. Help us to employ a special education teacher;
8. Help us to purchase exercise equipment for our disabled children;

How to donate towards the above programs/projects:

1. Control + Click on the following link:
<https://www.goodcompany.com.au/charity/Volunteers-to-Assist-Children-with-Disabilities>
2. Click on the donate tab for the specific program of your choice;
3. Complete your personal details and register yourself as a donor;
4. Make your donation;
5. Note: The registration process is designed to comply with privacy and governance laws and ensure that donations are recorded and kept in a secure environment.



AUTO-IMMUNE DISEASE

What Are They?

Your immune system fights off harmful germs and other things that shouldn't be in your body. Sometimes, though, something goes wrong and it attacks healthy tissue like it's a threat. That can lead to inflammation and damage to joints, nerves, muscles, skin, and other parts of your body.

Why Do They Happen?

Researchers think two things have to happen for you to have an autoimmune disorder. First, you get genes from your parents that make you more likely to have one. Then it's triggered by something in your environment, like a virus. Because more women are affected than men, doctors think certain hormones may play a role

Type 1 Diabetes

This used to be known as the "juvenile" type of diabetes because it usually starts in children or teens. It happens when your immune system kills the cells in your pancreas that make a hormone called insulin that your body needs to change food to energy. If you have type 1, you'll always have it, but you can manage it by watching your blood sugar levels and giving yourself insulin when you need it.

Multiple Sclerosis (MS)

When you have MS, your body's defenses misfire and cause inflammation that damages your central nervous system. Scar tissue builds up along the network that carries nerve signals from your brain to other parts of your body. This causes pain, problems with movement and balance, and weakness. Medicines can help with your symptoms and may slow down the illness.

Inflammatory Bowel Disease (IBD)

Crohn's disease and ulcerative colitis (UC) are kinds of IBD. Your body's defenses attack your intestines and cause inflammation, belly pain, and bleeding. Crohn's disease usually happens in the last part of your small intestine and your colon, while UC is in the lining of your colon. Treatment includes anti-inflammatory drugs, antibiotics, and medicine to slow your immune system. Surgery is another possibility. It can often get rid of UC, but Crohn's disease is likely to come back.
WebMD



Yohimbe May Help Erectile Dysfunction

Yohimbe is most well known for its claimed abilities to alleviate erectile dysfunction, but many wonder if there is any evidence behind this claim. A review of seven controlled studies indicates there may be truth to the claim. In this study, yohimbine was clearly more effective than a placebo in treating erectile dysfunction (3). One of the studies in the review examined the effects of yohimbine on 82 male veterans with erectile dysfunction (4).

After a month of treatment, 34% of patients taking yohimbine experienced at least a partial improvement in symptoms, while 20% of patients reported full and sustained erections. Only 7% of veterans taking a placebo reported any improvements.

However, organizations like the American Urology Association do not recommend yohimbine for the treatment of erectile dysfunction due to insufficient evidence and the potential for adverse side effects (5).

SUMMARY: Studies show that taking yohimbine is more effective at treating erectile dysfunction than taking a placebo. However, medical organizations are hesitant to recommend the supplement due to insufficient evidence and potential side effects.

Relieve Hip Flexor Pain With These Tips

Got a little enthusiastic at your last spin class? You're likely to experience pain, spasms, and tenderness at the front of your hip (footballers, cyclists, and dancers are vulnerable, too). The best advice we can give you is to take it easy. Relax and soak in an Epsom salt bath to ease the strain. Meanwhile, sip on some ginger, cinnamon, or turmeric tea to fight inflammation.

[VIEW ARTICLE](#)

[12 Reasons to Love the Mediterranean Diet](#)



Good advice by Dr Harold

Keep your blood triglycerides low

The fats and starchy carbs you eat are stored in your fat cells as triglycerides, a form of fat that needs to be controlled; though its main function is to supply energy. If the level is high, you are more likely to develop a condition called metabolic syndrome- includes high blood pressure, high blood sugar (diabetes), belly fat, and high bad cholesterol level in your blood. High triglycerides in your blood also prevent...

[Continue Reading](#)

Could our body clock help to prevent cancer?

By David Raiton

Fact checked by Jasmin Collier

A new study published in the journal *PLOS Biology* suggests that the way that experts approach optimizing cancer treatment may need to be rethought to include factors relating to the biological, or "circadian," clock.

We all have a biological clock, which is tasked with helping us to maintain our daily cycles of rest and activity by running in sync with the cycles of light and dark in our environment. Another natural cycle in our body is "the cell cycle," which controls the multiplication of our body's cells. Both the cell cycle and biological clock can be disrupted by [cancer](#). In fact, in many cancers, a dysfunctional cell cycle enables the [tumor](#) to multiply uncontrollably. Experts know that the biological clock plays a role in regulating time-dependent processes within the body, including metabolism, DNA repair, and the cell cycle. And in the [new study](#), researchers from Charité-Medical University in Berlin, Germany, explored whether or not the biological clock may also be able to suppress tumors.

Read more

[Could our body clock help to prevent cancer?](#)

If you're a fan of sodas, fruit juices and sugary sports drinks, you're probably not doing your heart any favors.

(HealthDay News) -- If you're a fan of sodas, fruit juices and sugary sports drinks, you're probably not doing your heart any favors.

A new review suggests that regularly quenching your thirst with sugar-sweetened beverages not only contributes to your risk of gaining weight, it also ups your chances of developing type 2 diabetes and metabolic syndrome, a cluster of conditions that raises your risk of heart disease.

"Some studies found that consuming as few as two servings of sugar-sweetened beverages a week was linked to [an increased risk of metabolic syndrome, diabetes and heart disease and stroke]," said study senior author Faadiel Essop, a professor at Stellenbosch University in South Africa.

"Others found that drinking at least one sugar-sweetened beverage per day was associated with elevated blood pressure," he said, and added that even more alarmingly, some studies found that sugary drinks could raise blood pressure in teenagers.

Metabolic syndrome occurs when you have three or more of the following risk factors for heart disease: abdominal obesity, high levels of triglycerides (a type of blood fat), reduced levels of HDL (the good) cholesterol, elevated blood sugar, and higher than normal fasting blood sugar levels (but not yet high enough to be considered diabetes), according to the American Heart Association.

The review included 36 studies that looked at the effects of sugary drinks on heart and metabolic health. The studies were done within the past 10 years.

The studies had varied findings, according to the researchers. But most suggested an association between drinks containing sugar and the development of metabolic syndrome. The majority of the studies also looked at people who had more than five sugary drinks a week.

It's not clear exactly how these drinks increase the odds of metabolic syndrome, Essop said. But certainly excess consumption of sugary drinks is linked to a higher waist circumference -- a factor in metabolic syndrome -- and weight gain. Such drinks have also been tied to decreased insulin sensitivity (a risk for diabetes), inflammation, abnormal cholesterol and high blood pressure, he said.

"Those consuming sugary drinks do not feel as full as those who ate solid foods, even though they had the same amount of calories," Essop noted, and that lack of satiety may then cause people to eat or drink more. Dr. Joel Zonszein, director of the clinical diabetes center at Montefiore Medical Center in New York City, said that fruit offers a good example.

"If you eat an apple, you get full much easier. In addition to sugar, an apple has a lot of fiber and the satiety is much better. But when you have a glass of apple juice, you're getting the sugar from three to four apples and no fiber. That's a much more concentrated dose of sugar that will spike the blood sugar level," he explained. Dr. William Cefalu, chief scientific, medical and mission officer from the American Diabetes Association, said the studies included in this review were observational studies, which are a good starting point when looking at medical problems, but they cannot prove a cause-and-effect relationship.

"What we can be sure of, however, is that sugar-sweetened beverages provide a substantial amount of excess calories with no nutritional benefit, and excess calories beyond what is normally needed by the body to maintain normal activities, in turn, does lead to weight gain," Cefalu said. And excess weight is a significant risk factor for type 2 diabetes, as well as many heart disease risk factors.

"At the end of the day, drinking water is the best form of hydration for all people -- with or without diabetes," he said.

One important exception, Cefalu noted, is anyone with diabetes -- particularly those treated with insulin -- whose blood sugar is low. In that case, it's crucial to quickly raise blood sugar levels to prevent serious complications. A sugar-sweetened beverage such as juice or soda can do that quite well.

"Avoiding sugar filled drinks is obviously just better for your overall health. It's funny we have to have studies to always point out the obvious. Don't get bit by a cobra as well. I'm waiting for the "don't get bit by a poisonous snake" study to come out next," added Dr. Ronald Klatz, President of the A4M.

The study was published Nov. 2 in the *Journal of the Endocrine Society*.

By Serena Gordon
HealthDay Reporter

Hambantota Sea (table) Salt verses Pink Himalayan mined Salt

There are many varieties of salts in the supermarkets, but can the body recognise them other than as sodium and chloride elements. Salt plays a vital role in the regulation of many metabolic processes in the body including fluid balance, maintaining extra-cellular and intracellular fluid balance, conduction of nerve impulses, for functi...

[See More](#)

[Chronic pain sufferers struggle to find ways to replace codeine](#)



Blueberry vinegar preserves memory.

Blueberry vinegar is not the most popular ingredient in the pantry, but perhaps we should give it more attention. Compounds in this fermented vinegar have helped prevent memory decline in mice. It's way too early to tell, but just *maybe* this violet liquid could hold the key to preventing diseases like Alzheimer's and dementia.

[Read More](#)

What is the best predictor of a heart attack?

Written by Dr Harold Gunatillake-health writer

There are many health nuts, who seems to eliminate risk factors to prevent a heart event, by eating the right foods (low carbs, low saturated and low trans-fat containing foods, low salt, etc.), exercising daily, keeping their weights within BMI calculations, controlling their lipid levels in the blood (LD...[See More](#)



What Are the Symptoms of RA?

Joint inflammation from RA comes with pain, warmth, and swelling. The inflammation is typically symmetrical, occurring on both sides of the body at the same time (such as the wrists, knees, or hands). Other symptoms of RA include joint stiffness, particularly in the morning or after periods of inactivity; ongoing fatigue, and low-grade fever. Symptoms typically develop gradually over years, but they can come on rapidly for some people.

WebMD

Overflow Incontinence: What Is It and How Is It Treated?

Overflow incontinence occurs when your bladder doesn't completely empty when you urinate. Learn why this happens and how it's managed. [Read on](#) →

Find Out Why Quinoa Scores Better Than Rice

Quinoa is the queen of the hipster food scene and for good reason. When compared to white rice, it packs in more protein and fiber with fewer calories and carbs. And it's gluten-free! It even contains amino acids that you'd otherwise find only in animal proteins (vegans rejoice!). The increasing demand for quinoa isn't healthy for the environment, so switch it out for brown rice occasionally.

[VIEW ARTICLE](#)



And she yells at me for sucking my thumb!!



Blood Thinners Can Come With Dangerous Side Effects

Newer class of drugs can interact with multiple medications, researchers report

[Read the full story](#)

Among susceptible individuals, statins — which are a common cholesterol-lowering medication — could increase the risk of type 2 diabetes by 30 percent.

[A flash back of Bonny Fernando at a presentation in Colombo](#)

youtu.be

Enjoy a better opportunity during the "Golden Oldies Sing Along" with Bonny on Saturday the 24th February 2018 at the Marayong Community Centre. Merayoung NSW

Benefits of fish oil for arthritis

By Lana Burgess

Reviewed by [Debra Rose Wilson, PhD, MSN, RN, IBCLC, AHN-BC, CHT](#)

Cod liver oil is traditionally believed to be healthful for people's bones. But could cod liver oil and other fish oils play a role in the treatment of arthritis? [Arthritis](#) is a common condition that affects [1 in every 5 adults](#) in the United States and is a leading cause of disability. Arthritis affects people's joints, either through [inflammation](#) or through cartilage degeneration.

This article explores whether [fish oil](#) could be beneficial in the treatment of arthritis and how to use it.

Read more:

[Benefits of fish oil for arthritis](#)



Marigold

Mosquito repellent

If you thought this is merely a decorative flower, then you need to think again! The marigold has many properties that make it a wonderful flower for the home. The distinct fragrance that emanates from the pollen and petals of these flowers ensure that mosquitoes are repelled each time they come too close to the area. Planting a few of these in your garden or in pots that can be placed in your balcony or terrace area will reduce the mosquito menace, while giving your surroundings a more attractive appearance. TOI



How Onion Peels Landed One Farmer in the Hospital

[See This](#)

Leafy greens keep the brain young.

One serving of leafy greens a day. Make it happen for the sake of your aging brain. Older adults who had a serving of leafy greens every day for years slowed the aging of their brain by up to 11 years. Of course, they were probably health-conscious and did a bunch of other things right as well. So, a daily serving of kale alongside a cheeseburger won't have the same effect.

[Read More](#)

How Does Caffeine Affect ADHD?

Caffeine can disrupt sleep and reduce blood flow to the brain in most people. However, it has a different effect on people with ADHD. [Read on](#) →

This Is What Living with Advanced Breast Cancer Looks Like

Advanced breast cancer looks different on everyone. Hear the stories of eight people living with the condition and how they're moving forward with their lives. [Read on](#) →



"Hair" on Your Tongue

If your tongue has a coating that looks like black, brown, or white fur, you might have hairy tongue. Those "hairs" are proteins that turn normal, small bumps into longer strands, where food and bacteria get caught. It should go away when you brush or scrape your tongue. If you have hairy, white patches that you can't scrape off, it might be oral hairy leukoplakia. It can happen to people infected with viruses like Epstein-Barr or HIV.

WebMD



Black Tongue

Hairy tongue can be black in color. But your tongue can also go dark after you take an antacid with an ingredient called bismuth. For some people, it stains the tongue black when it mixes with saliva. It's harmless and goes away once you stop taking the medicine.



Renal Cell Carcinoma and Your Bones

It's difficult to treat this cancer when it spreads to your bones, but it's not impossible. Here's what you need to know.

Brings back pleasant memories of Sri Lanka.
[DIYATALAWATA Yana Gamane \(When Going To DIYATALAWA\)](#)

The relationship between statins and diabetes is investigated in a new study.

Statins lower [cholesterol](#) by reducing its production in the liver. They do this by blocking an enzyme called hydroxy-methyl-glutaryl-coenzyme A reductase, which is involved in its manufacture. **Statins are one of the most widely prescribed types of drug in the United States.**

Between 2011 and 2012, [over a quarter](#) of U.S. adults over the age of 40 were taking cholesterol-lowering medication. The vast majority of these drugs were statins.

Alongside their cholesterol-lowering ability, statins also have positive effects on [inflammation](#) and oxidative stress. Taken together, it would be unsurprising if statins helped to reduce the risk of developing [diabetes](#).

But the reverse may well be true. Evidence is mounting that long-term statin use could increase the risk of [type 2 diabetes](#). The first study to mention this potential effect was [published in 2008](#). Between then and now, many [meta-analyses](#) have been carried out. Some have added evidence supporting a link between statin use and type 2 diabetes, while [others](#) have brought such a link into question. Therefore, a definitive answer is yet to be found.

Read more:

[Statins increase the risk of developing diabetes in at-risk people](#)



What Is Rheumatoid Arthritis (RA)?

Rheumatoid arthritis is an immune system condition, or "autoimmune disorder," that causes inflammation of the lining of the joints. It may also affect the skin, eyes, lungs, heart, blood, and nerves. Although RA symptoms can come and go, the disease can worsen over time and may never go away. Early, aggressive treatment is key to slowing or stopping it.

WebMD



[Walking, Even a Little, May Help Older Adults Live Longer](#)

See This



Picture Courtesy: Pexels

Along with being an herb that adds wonderful flavor to food, the basil plant is also quite effective when it comes to repelling mosquitoes. This is because basil emits a pungent smell, which keeps away both - mosquitoes and flies. It can be grown in gardens or containers, and placed around the home. But remember, basil needs abundant sunshine, proper drainage and water.



How Does RA Affect the Joints?

Inflammation of the lining of the joints can destroy cartilage and bone, deforming the affected joints. As the condition progresses, joints can become painful and not work as well.



[Not all doctors agree my patient deserved his kidney transplant. They're wrong](#)

As an Aboriginal Australian, my patient was one of only six over the age of 65 to receive a kidney transplant in 20 years. Yet some of my colleagues would rather he hadn't.

More >

Find Out Why You're Bloating

Bloating is a sign and symptom of gas in the stomach or GI tract. Certain foods or health problems like constipation may cause it.

[READ MORE](#)

The Types of Inflammatory Bowel Disease (IBD)

IBD can include Crohn's disease and ulcerative colitis. Learn more about testing, treatments, and home care. [Read more...](#)

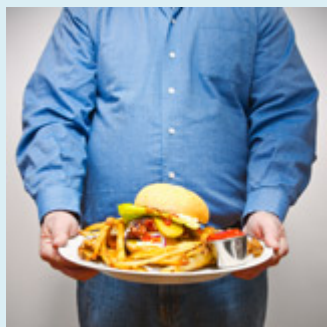
Intestinal Gas (Belching, Bloating, Flatulence)

The most common normal cause of belching is excessive gas in the stomach that comes from swallowed air. [Read more...](#)



What Is a Gluten-Free Diet?

A gluten-free diet is essential for most people with gluten allergies or celiac disease. [Read more...](#)



Heartburn Triggers and Relief

The volume of food intake is one of the problems that increase the risk of heartburn. [Read more...](#)

Most Important Meal? Heart Risks Linked to Skipping Breakfast

Skipping breakfast on a regular basis may be harmful to your heart, a new study from Spain suggests. [Read More](#)

Magnesium Levels Predict Alzheimer's



Having magnesium levels that are too high or too low may put you at risk for dementia.

[READ MORE](#)

[This Japanese trick using towel will help you lose weight](#)



Why Most of Us Lean to the Right When We Kiss

Turns out, hormone levels and brain hemispheres may explain the right-leaning kiss bias. [Read More](#)



What's the Difference Between COPD and Emphysema?

COPD is an umbrella term that includes emphysema and other conditions. Learn about primary differences, as well as causes and treatments. [Read on](#)

[Read on](#)

What's Your Target Heart Rate?

[Uptick in U.S. Stroke Deaths Sets Off Alarms](#)

[Are Protein Powders Worth It?](#)



A recent study found that black tea, like green tea, may help in weight loss. Both these beverages contain chemicals called polyphenols. Through different mechanisms, the polyphenols in these teas favor bacteria that support a lean body frame while deterring bacteria linked with obesity. Though this study was done on mice, the conclusions seem encouraging enough for black tea drinkers to indulge their habit. [Read More.](#)

[What's the ultimate way to defy depression, disease and early death? Exercise](#)



Prostate Cancer: Symptoms, Tests, and Treatment

Prostate cancer is the second-most common cause of cancer-related deaths among American men. Learn the signs and how to get tested. [More >](#)



Does Having Dense Breasts Increase Your Risk?

Your breasts won't necessarily feel or look different if the tissues that make them up are dense. Learn how dense breasts are diagnosed, and how having them may relate to your risk for breast cancer. [Read on](#)



Laugh And The World Laughs With You, Snore And You sleep Alone

Why is white rice so much more widespread than brown rice?



Jim Gordon, , I've eaten for over 65 years. Have lived/visited and eaten in 37 countries sin

[Why is white rice so much more widespread than brown rice?](#)

[White rice is more widely available \(it's not really ever spread out\) than brown rice because it's:](#)

- cheaper than br...

[Read More >](#)



You're Not Crazy... Nuts Are Good for Your Heart

Researchers say peanuts, walnuts, and tree nuts can reduce your risk of stroke and heart attack. The more you eat, the better. [Read on](#)



Hair loss causes



Hair loss and hair thinning is a common problem, and many seek natural treatments to encourage hair growth. Onion juice is one possible treatment.

The [most common cause](#) of hair thinning or loss is a hereditary condition called androgenetic alopecia.

Others reasons hair loss can develop include certain medical conditions, as a side effect of some medications, and hormonal changes.

Regardless of the cause, many people want to do what they can to regrow their hair and prevent further loss, and there are some medications that can be used to treat hair loss.

One home remedy many people may not have heard of is onion juice.

Does onion juice work for hair regrowth?

The use of onion juice for hair regrowth has not been extensively researched.

One small study published in the [Journal of Dermatology](#) indicated that applying onion juice to the scalp might help hair regrow in some people.

The study involved participants who had [alopecia areata](#), which is a non-scarring, patchy form of hair loss.

Researchers found that hair growth started after 2 weeks of using onion juice, which was applied to the scalp twice daily.

Almost 74 percent of participants had some hair regrowth after 4 weeks, and at 6 weeks about 87 percent experienced hair regrowth. Both males and females participated in the study and the hair regrowth was higher among males.

Although the study did indicate positive results, it was small with only 38 participants.

[Onion juice for hair growth: Does it work?](#)



This is What Happens to Your Body When You Drink Water



By Christina Stiehl

It's one of the best things you can do for your health, and it's totally free. The solution to most of your health problems could be solved with a simple trip to the water fountain. Seriously. Feeling groggy? Have a headache? Want to lose weight? Drink more water. Since your body is made up of about 60 percent H₂O, it's essential that we drink enough to keep our organs functioning properly and keep our body in tip-top shape.

Sure, drinking water is in just about every article about health and weight loss, but that's because it's so important. And people are starting to catch on; in 2016, Americans drank more bottled water than soda.

Whether you prefer pricey bottled brands, filtered from the faucet, or plain old tap water, sipping on agua is essential for overall health. Make sure you're drinking at least 64 ounces a day to reap all of the health benefits—and read on to discover what happens to your body when you drink water, from the editors of Eat This, Not That!.



Bright Red Tongue

A strawberry-red tongue could be an early sign of Kawasaki disease, a rare, serious illness that inflames blood vessels all over the body, most often in children. It's also a symptom of scarlet fever. If your red tongue is also smooth and you have pain in your mouth, it might be a sign that your body doesn't have enough vitamin B₃.

WebMD

The Real Reason Some People Become Addicted to Drugs

Why do they do it?

This is a question that friends and families often ask of those who are addicted.

[Read More](#)

Coconut-Aids Weight Loss

Can oil help you stay in shape? Wait a minute.

Can SATURATED fat be good for your waistline?

Well, coconut oil certainly can. The fatty acid chains in coconut oil vary greatly from other saturated fats and animal fat. Though saturated fat is demonized, coconut oil has small and medium chain triglycerides (MCTs) rather than long ones, which is uncommon. What does that mean for you? These MCTs metabolize easily and are readily converted to energy. It doesn't deposit as fat in the body unlike most other oils (yay!). Studies show that an intake of an MCT-rich diet 30 minutes before meals leads to a significant drop in the number of calories consumed. However, since they are not metabolized by the intestinal walls like most other fats, the job of doing so goes to the liver. It is all very well, but for some individuals, it may lead to adverse reactions like vomiting, diarrhea, and anorexia.³ So if you're new to coconut oil, incorporate it gradually in your diet.

CureJoy

Advertisement In A Long Island Shop:

Guitar, for sale.....

Cheap.....no strings attached.

We may have underestimated the sunshine vitamin. Vitamin D not only gives you stronger bones but a stronger immunity as well. Because of the latter effect, a new review suggests that asthma patients who take vitamin D supplements in addition to regular asthma medications may have a less severe version of the condition. This holds true particularly for asthma symptoms triggered by respiratory infections (the whole immunity link).

[Read More.](#)

Supports Thyroid Gland And Brain

An interesting clinical experiment where pregnant mice were fed coconut oil-enriched diets showed that brain development was superior in the offsprings. Coconut oil [supports the thyroid function](#), which in turn governs brain development. The thyroid gland is also in charge of myelination, the process by which nerve cells are protected and insulated. It is essential for the proper functioning of the nervous system.⁴

CureJoy

What Your Teeth and Gums Say About Your Health

Some studies show that people with gum disease are more likely to have heart disease than those with healthy gums.

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Why Monounsaturated Fats Are Incredibly Healthy

Monounsaturated fats are healthy fats found in olive oil, avocados and some nuts. This article discusses the potential health benefits of these fats. [Read on](#) →

16 Ways to Increase Your Appetite

A lack of appetite can be frustrating, especially when you're trying to gain weight. This article examines 16 simple ways to increase your appetite. [Read on](#) 

The Dangers of 'Home Remedies' for Serious Illnesses

Many people turn to home remedies to treat their cancer, colds, and autoimmune disorders, but some of these can cause more harm than good. [Read on](#) →



Karsten Moran
for *The New York Times*

How to Use an Instant Pot



By **MELISSA CLARK**

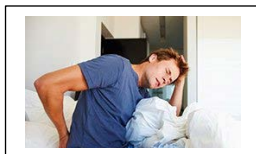
We show you ways to conquer your multicooker with valuable techniques to get the most from the machine.

10 Common Health Myths Debunked

Does deodorant cause breast cancer? Can touching a toilet seat make you sick? See 10 common health myths and the truth behind each one.

[READ MORE](#)

Learn the Facts Behind Back Pain



Learn how to relieve back pain with exercises, stretches, and treatments.

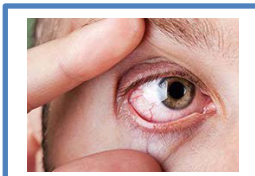
[TAKE THE QUIZ](#)

Sleep Deprivation a Major Health Threat

A 'catastrophic sleep-loss epidemic' causes harm to human biology.

[READ MORE](#)

Treat and Prevent Pink Eye



Pink eye (conjunctivitis) is a condition that causes inflammation and redness.

[VIEW SLIDESHOW](#)

Stopping Aspirin Tied to Quick Rise in Heart Attack, Stroke Risk

By **Amy Norton**
HealthDay Reporter
Latest Heart News

- [Will an E-Cigarette Harm Your Heart?](#)
- [Death Risk From Triathlons May Be Higher](#)
- [This Can Cost Athletes' Lives in Cardiac Arrest](#)
- ['Healthy' Obese Still Face Higher Heart Risks](#)

(HealthDay News) -- People who stop following their doctor's advice to take a daily [aspirin](#) may see their risk of [heart attack](#) and [stroke](#) quickly rise, a new study suggests. Low-dose aspirin is a standard therapy for people at increased risk of a heart attack or [stroke](#). But many eventually stop taking it, or at least consider quitting, said Dr. Johan

[Stopping Aspirin Tied to Quick Rise in Heart Attack, Stroke Risk](#)



Researchers Now Focusing on Diet as a Major MS Treatment

Several clinical trials are getting underway to look at the effects that healthy eating has on MS symptoms. [Read on](#) →

5 Steps to Take If Your Current Blood Thinner Isn't Working

Are you happy with your blood thinner medication and how it's working? If the answer is no, it's probably time to try another approach. Here's how to get started on a better path.

[Read on](#) →

Every health article in this newsletter is selected to focus on your health. Please read & share

Thanks



Asthma Myths Debunked

Most researchers believe that the different patterns of asthma are all related to one condition. [Read more...](#)

How AFib and Stroke Are Linked

Get a better understanding of why having atrial fibrillation can increase your risk of a stroke, and learn ways to prevent this cardiac event from happening in the first place. [Read on](#) →

[Sugar makes cancer tumours more aggressive: Study](#) ↑

Artificial Pancreas: The Future of Diabetes Treatment



Blood pressure and your brain

When you think of the effects of high blood pressure, you probably think of heart attack and stroke. And for good reason—many patients with high blood pressure develop coronary artery disease or heart failure, and many die as a result. But all parts of the body depend on the circulation, and many organs suffer from the impact of untreated high blood pressure. One of the organs at greatest risk is the brain.

High pressure, short memory

A variety of illnesses and medications can contribute to memory loss—and as research continues to come in, it's increasingly clear that high blood pressure takes a toll on the aging brain.

Mild cognitive impairment can be a problem, but it's usually quite manageable. But severe memory loss is a disaster; it causes severe disturbances of memory, reasoning, and judgment.

The details vary from study to study, but the weight of evidence now suggests that high blood pressure increases the risk of mild cognitive impairment, a type of dementia called vascular dementia, and even Alzheimer's disease. Both high systolic (the top number of a blood pressure reading) pressure and high diastolic (the bottom number) pressure take a toll. In general, the higher the pressure and the longer it persists without treatment, the greater the risk.

Most investigations focus on older adults. For example, a study of 2,505 men between the ages of 71 and 93 found that men with systolic pressures of 140 mm Hg or higher were 77% more likely to develop dementia than men with systolic pressures below 120 mm Hg. And a study that evaluated blood pressure and cognitive function in people between 18 and 46 and between 47 and 83 found that in both age groups high systolic and diastolic pressures were linked to cognitive decline over time.

Treat blood pressure, prevent dementia?

The damage and disability done by dementia cannot be reversed. That makes prevention doubly important. Can treating high blood pressure help prevent dementia?

Harvard Medical School

Oatmeal as breakfast for diabetics

Oatmeal is rich in fiber, which means it can slow blood sugar absorption, ease digestion, and fight hunger. It also contains [almost 5.5 grams](#) (g) of protein per cup of cooked oatmeal, making it a nutrient-dense breakfast option.

Sprinkle on [cinnamon](#) for flavor, but avoid loading oatmeal with honey or brown sugar. Instead, sweeten the oatmeal with raspberries, blueberries, or cherries. Fresh fruit is best.

Walnuts can add [omega-3](#) heart healthful fats, protein and texture for an even more nourishing breakfast. MNT

Eggs for diabetics

A large-sized boiled egg contains [about 6 to 7 g of protein](#). Eggs may also help fight diabetes. According to [a 2015 study](#), middle-aged and older men who ate the most eggs were 38 percent less likely to develop diabetes than those who ate the least eggs. Another study found that people with diabetes who ate eggs daily could reduce their body fat and [BMI](#), without increasing hemoglobin A1c levels.

A hard-boiled egg seasoned with black or cayenne pepper is an ideal on-the-go breakfast snack. To increase fiber intake, people with diabetes can try a spinach or kale omelet.

Poached eggs are also a good option, and can be layered on sweet potato "toast." People with diabetes who crave toast can use sprouted grain bread.

Instead of seasoning omelets and other egg breakfasts with salt, people should try peppers, such as cayenne or diced jalapeños instead.

MNT

Fruit for diabetics

Fruit can be a good option for breakfast, but large quantities of fruit can cause blood sugar spikes. On its own, most fruit isn't very filling either.

Avocados are a major exception, offering about [about 10 g of fiber](#) per cup. Rich in heart-healthful fats, these hearty fruits offer a filling breakfast. People with diabetes can try filling an avocado with low-salt cottage cheese or an egg.

MNT

Opioids Have Cut Into Life Expectancy

Rising death rates from opioid abuse are chipping away at Americans' life expectancy.

[READ MORE](#)

Cereal for diabetics

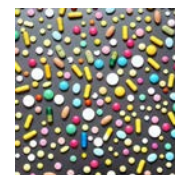
Many popular cereals are incredibly high in sugar, including those that are marketed as "healthful." Muesli with unsweetened almond milk, however, offers a fiber-rich, low sugar alternative. Use the 5-5 rule when navigating the cereal aisle: aim for at least 5 g of fiber and less than 5 g of sugar per serving.

Yogurt



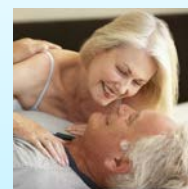
People who like sweet foods can try adding berries to their greek yogurt.

Unsweetened yogurt is a perfectly healthful breakfast for people with diabetes. Greek yogurt, which contains about [about 10 g of protein](#) per 100 g, is even better. For those people who prefer sweet foods, sprinkle on some raspberries or blueberries and some [pumpkin](#) seeds. This is a protein-rich breakfast that also offers some fiber and some good fats.



Common Heartburn Meds Show Ties to Kidney Trouble

If you're one of the millions of Americans who takes one of a class of anti-reflux meds such as Nexium, Prilosec and Prevacid, take heed: These drugs have been linked to higher odds of kidney trouble.



Pot Smokers May Have Better Sex Lives

The old image of the "pothead" who's too blissed out to make it in the bedroom may need revising. New research contends that folks who frequently indulge in marijuana actually have better sex lives.

[Read the full story](#)

Bread

Not all bread is bad for people with diabetes. The problem is that white bread is low in nutrients, and can elevate blood sugar. Sprouted grain and sourdough breads are the best bread choices for fiber, probiotic content and digestibility. However, some people with diabetes may find that any type of bread spikes their blood sugar levels



Almond butter will increase the nutritional value of having toast for breakfast.

To increase the nutritional value of bread, people can consider one of the following breakfasts:

Avocado sweet potato toast: Slice a sweet potato long-wise into one-quarter inch thick slices. Fully toast the slices and spread the avocado, adding a poached egg on top if desired. Increase the flavor by adding jalapeño slices or cayenne pepper.

Bagel substitute: Try toasted sprouted grain bread with peanut or almond butter. Raspberries or walnuts taste great on top.

Pastry alternatives

People with diabetes who love pastries can find a number of sugar-free alternative recipes online. With these, it is important to check the ingredients carefully and keep portions small. When diabetes is otherwise well-controlled, it's fine to enjoy small pastries as an occasional breakfast treat. People should balance a sweet breakfast with foods that are high in fiber and, or protein, such as avocado or almonds. This will help control blood sugar.

Simple breakfast rules

A healthful breakfast for people with diabetes does not have to be limited to a small number of recipes. A few guidelines can help people to eat well no matter what their taste preferences are:

Maximize protein intake. Protein can help people feel full. It also enables the development of healthy tissue and muscles. Nuts, legumes, and animal products, such as dairy and meat are excellent sources of protein.

Fiber can combat blood sugar spikes, support feelings of fullness, and encourage digestive health. Most vegetables, many fruits, nuts, seeds, wheat bran, and oat bran are rich in fiber.

Sugar isn't just found in food, be careful of beverages too. Water is a more healthful choice than juice and other sweetened drinks. Sodas and sweetened coffees and teas can cause blood sugar to surge, so limit sweeteners.

Eating two smaller morning meals 2-3 hours apart can reduce blood sugar level changes, while supporting a healthy weight. Many people with diabetes thrive on a diet that includes five to seven small meals a day.

High-sodium diets can undermine heart health and elevate [blood pressure](#). People with diabetes should be especially cautious about salt intake. Most salt comes from packaged foods, so it is better to stick to fresh and home-cooked foods instead. Potassium-rich foods, such as dark leafy greens, beets, sweet potatoes, broccoli, asparagus, avocado and bananas will help to offset sodium's effects on health.

Watch portion size. A healthful breakfast can cause unhealthy weight gain when consumed in large quantities. People with diabetes should read the package or label to determine appropriate serving size.

Sip On Herbal Tea To Ease Your Headache

A cuppa can provide a lot more than comforting warmth. Ginger, chamomile, peppermint, lemon balm, and tulsi teas can help you chase a headache away. The part of the herb you use to make the tea will decide how you make it. For leaves and flowers, steep in just-boiled water for 5–20 min. For roots, stems, and barks, boil in water for 5–30 min. Masala chai, anyone?

[Read More](#)

[Experts say you shouldn't drink rainwater](#)



Rainwater can often be home to gastro-causing bacteria and toxic metals. Here's how to protect yourself if you're one of the many Australians who rely on it for your drinking water.

[More](#) ➔

Hair growth after chemo: When does hair grow back?

By Zawn Villines

Reviewed by Christina Chun, MPH
For some people who have undergone treatment for cancer, the regrowth of their hair after chemotherapy is a visible and a heartening sign.

[Chemotherapy](#) can destroy [cancer](#) cells, but it kills healthy cells, too. That is why most people will lose at least some of their hair after undergoing chemotherapy.

The hair regrowth process is slow but steady, and [hair loss](#) is rarely permanent.

[Hair growth after chemo: When does hair grow back?](#)



10 Reasons to Cook with Coconut Oil

Coconut oil is a natural oil that boasts many health benefits. Here are 10 ways that eating it can improve your own health. [Read on](#) ➔



[Should You Eat New Raw Chicken Dish?](#)

Torishashi is now available in some U.S. restaurants. However, experts tell Healthline eating raw chicken can lead to serious food poisoning. [Read on](#) ➔

Tummy Bloats



Maintain a food diary to figure out your personal food triggers and avoid them in future. Slash gas-producing foods like cruciferous veggies, beans, fruits like apples, pears, and carbonated drinks; instead cook with digestive spices like cumin, turmeric, peppercorn.

There is nothing more uncomfortable than that bloated, puffy feeling in the belly. Of course, sometimes it is caused by indigestion – especially during the holiday season when we can not help but indulge in food! However, bloating can also be caused by celiac disease, a condition characterized by an intolerance to gluten found in foods like rye, wheat, and barley. It can also be a result of irritable bowel syndrome, a disorder of the digestive system marked by diarrhea and constipation. Other times, bloating can also be a product of a food intolerance.¹ Women suffering from premenstrual syndrome may also feel unpleasantly bloated. Tired of feeling puffy and uncomfortable? CureJoy

Probiotics may help to prevent and treat colon cancer

By Maria Cohut

A new study looks at the potential of probiotics in the prevention and treatment of colorectal cancer associated with inflammatory bowel disease. So far, the results - following tests in mice - are promising, but further investigation is required.

[Probiotics may help to prevent and treat colon cancer](#)



Potassium

Potassium is essential in keeping the heart healthy and the bones strong. It also helps maintain normal muscular function and blood pressure. A deficiency of the nutrient could lead to fatigue, muscular spasms, cramps, or even palpitations (when it feels like your heart is skipping a beat). These are just a few reasons to make sure you get your recommended daily level of potassium

Are you getting enough potassium every day?

While this electrolyte is present in a variety of foods, many people are not getting enough of it, especially if they're skipping on fresh produce (which often contains adequate amounts of the nutrient) to consume high amounts of processed foods. Since potassium is essential to cardiac health, fluid regulation, and cell function, a deficiency of the mineral is cause for concern

To Keep The Heart Muscles Work Best Perhaps the most vital role potassium plays is in keeping the heart working properly. It helps muscles function at an optimal level, including the vital ones that power the heart. It also lowers blood pressure. This is why many believe potassium can help reduce mortality from cardiovascular disease. Having a deficiency raises the risk of heart failure and left ventricular hypertrophy, where the muscle walls of the left ventricle become too thick or large, causing it to lose elasticity and pumping strength over time. Another potentially fatal risky effect is ventricular arrhythmias or irregular heartbeats in those with ischemic heart disease

CureJoy

Is shellfish as healthy as regular fish?

In general, fish (such as baked salmon) is a very healthy food choice. All that protein. Those omega-3 fats. Sure, you don't want to go overboard with the swordfish and other species known to contain mercury, but otherwise, eat up. But is the same true for shellfish such as lobster, shrimp, or clams?

To answer that question, we turned to the Department of Agriculture's nutrient database. The nutrient database is easy to use, and free, but you are limited to the foods and the nutrients that the agriculture department has decided to include. Also, for ease of comparison, we chose to standardize all the amounts to 3 ounces (85 grams), which is smaller than a realistic serving size for many seafoods.

Omega-3s and shellfish

So what did we find? If you're eating cold-water fish like salmon because of the omega-3s, then shellfish may not be a great substitute. Lobster contains very few omega-3s, and shrimp and clams are pretty modest contributors. Calamari, blue crab, and oysters have about a fourth of the omega-3 content of salmon, or about as much as a fish like flounder. A medium-size, 6-ounce serving would give you a gram of omega-3s, which isn't bad at all.

What about protein?

If you're looking for protein, then you'll do all right at the clam shack or lobster bake. Ounce for ounce, they're pretty much in the same neighborhood as salmon (clams are a bit on the low side). But if you are really serious about protein, eat some octopus. It has more protein than the 10 species of fish we checked out in the nutrient database.

Cholesterol

Saturated fat has a bigger effect on our blood cholesterol levels than the cholesterol we eat. Still, some people are "cholesterol responders"—meaning the amount of cholesterol they eat greatly impacts their blood cholesterol levels. For them, a steady diet of shrimp (which has 166 mg of cholesterol per 3 ounces) and fried calamari (221 mg) might be a problem.

But clams, crab, mussels, and oysters—they may lower cholesterol levels a little bit, partly because they contain compounds called sterols that interfere with the absorption of cholesterol.

Calorie counting

Naturally, the calorie count goes up for anything that's breaded and fried. Aside from that, though, most shellfish are low in calories.

Nutritional curiosities

There are some nutritional curiosities among the shellfish. Oysters are perhaps the best food source of zinc you can find. Clams contain a lot of iron and vitamin B₁₂. And crustaceans are champion suppliers of choline, an obscure nutrient that accelerates the synthesis of acetylcholine, a neurotransmitter important in memory and muscle control.

As for jellyfish, they may be plentiful, but nutritionally they have little to offer. The only nutrient the dried, salted jellyfish listed in the nutrient database contains in any great amount is sodium, and there's far too much of it.

Toxins

There are other issues with shellfish besides nutritional pros and cons. Toxins can be a problem. The reddish-brown organisms called dinoflagellates that are responsible for "red tides" make a toxin that collects in many different species, including clams, crabs, mussels, and scallops. In 2008, the FDA put out an advisory telling people not to eat tomalley, the soft green substance in lobster, because of red-tide conditions.

If you eat shellfish containing high concentrations of the red-tide toxin, you'll come down with a case of paralytic shellfish poisoning. This scary-sounding disease can be deadly, but the symptoms of paralytic shellfish poisoning are usually mild. They include numbness and tingling sensations that may be followed by a headache, dizziness, or a strange floating sensation.

Another type of dinoflagellate produces a different toxin that causes a condition called neurotoxic shellfish poisoning. And a species of microscopic algae called Pseudo-nitzschia produces a toxin that causes a third condition, amnesic shellfish poisoning.

About 30 cases of poisoning by marine toxins (shellfish and finfish combined) are reported each year in the United States, and it's possible that many minor cases go unreported. A death occurs, on average, every four years. Still, getting sick from toxin-laden shellfish is a rare event. You should, though, keep an eye out for health advisories about red tides and other toxin-generating "blooms" and eat accordingly.

Allergies

People also get sick from eating shellfish because of allergies. About 2% of adult Americans are believed to have food allergies, and allergies to shellfish are among the most common. The reactions vary, but they tend to be on the severe side. There are case reports in the medical journals of shellfish causing anaphylactic shock and even a small number of deaths.

Some people are allergic to lobster, shrimp, and other crustaceans, but not to the molluscan shellfish, and the other way around. But there's also considerable overlap. As a practical matter, people who are allergic to one type of shellfish are usually told to avoid them all.

For ways to keep your heart healthy and conquer high cholesterol, buy [What to do about High Cholesterol](#) from Harvard Medical School.



Breast Cancer and Remission: A Never-Ending Journey

Being in remission can drastically change your perspective on life. Here's the story of Kelsey Crowe, author and social worker, and her experience. [Read on](#) →



Shrimp, Cholesterol, and Heart Health: What's the Connection?

Shrimp has traditionally been considered bad for heart health and cholesterol numbers. But is this still the case? [Read on](#) →

Burning Feeling

If your tongue feels like you scalded it with hot coffee and tastes metallic or bitter, you may have burning mouth syndrome. It might mean a problem with the nerves in your tongue. Some health problems, like dry mouth, infections, acid reflux, and diabetes may cause it, too. For some people, acidic foods like pineapple as well as toothpaste, mouthwash, candy, or gum also make their mouth burn.

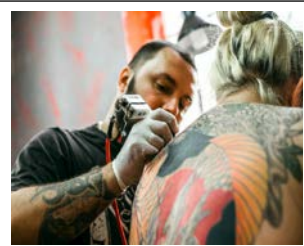
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Tramadol: Dosage & Side Effects

Tramadol is a prescription medication used to treat pain.

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Traces of Tattoo May Reach the Lymph Nodes ←



Relieve Constipation With These Foods

Prevent constipation by adding fiber to your diet. See more natural remedies.

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CAR-T Treatments Show Promise to Be a Real Cancer Cure

[As Novartis drug Kymriah makes its debut, other companies are pushing ahead with trials of this new type of immunology therapy to beat cancer.](#) [Read on](#) →

Is manuka honey really a 'superfood' for treating colds and infections? ↑

Manuka honey isn't a panacea or a superfood. But it is grossly underutilised as a topical treatment for wounds, ulcers and burns, particularly in the face of the looming global superbug crisis.



Does the Ketogenic Diet Work for Type 2 Diabetes?

In an effort to control blood sugar and weight, some people are turning to the ketogenic diet for managing type 2 diabetes. We'll show you how effective it is.

[Read on](#) →

Common Thyroid Problems

You may feel tired, gain weight, or experience hair loss. Others may feel anxious or hyper. Learn how to recognize common thyroid disorder symptoms.

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What Does the Thyroid Regulate?



Discover what body functions the thyroid gland regulates and learn about the effects of thyroid imbalances. [Read more...](#)

Can Hypothyroidism Cause Constipation?

Too little thyroid hormone (hypothyroidism) and too much parathyroid hormone can cause constipation. [Read more...](#)

Thyroid Problems and Hair Loss

Untreated thyroid problems may cause hair loss, although hair grows back once the cause is addressed. [Read more...](#)

Psoriatic arthritis: Tests and diagnosis

By Goretti Cowley

Reviewed by Suzanne Falck, MD, FACP

Psoriatic arthritis is a chronic inflammatory joint disease associated with psoriasis. Psoriasis can affect the joints, skin and nails, skull, spine, fingers, and toes, causing them to become inflamed and painful.

Psoriatic arthritis (PsA) is thought to result from an overactive immune system, which mistakenly attacks healthy tissue. However, it is not yet clear why some people with psoriasis develop PsA while others do not.

[Psoriatic arthritis: Tests and diagnosis](#)

Here Are the Top Causes of Death Worldwide

While overall deaths from infectious diseases and preterm birth are decreasing, deaths from heart disease, conflict and terrorism are on the rise.

[Read More](#)

Can tomatoes protect us from alcohol's effects?

By Yella Hewings-Martin, PhD

Scientific studies show that tomatoes can protect both the liver and brain from damage caused by alcohol consumption.

The effects of an evening with a few alcoholic beverages are familiar to many of us. While moderate alcohol consumption may be [beneficial](#) to long-term health, excessive drinking certainly is not. Tomatoes may not save you from the [headache](#), dizziness, and bloodshot eyes that are the telltale signs of the morning after the big night out, but research shows that tomatoes can shield your brain and liver from the havoc that alcohol wreaks on these organs.

Tomatoes reduce damage in the liver

On standard [drink](#) in the United States contains 14 grams of alcohol. This is equivalent to 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of distilled spirit, such as vodka containing 40 percent alcohol.

Enzymes in the liver break down the alcohol that we drink. This causes oxidative damage to liver cells and widespread [inflammation](#).

Dr. Xiang-Dong Wang - director of the [nutrition](#) and [cancer](#) biology laboratory at the Friedman School of Nutrition Science and Policy at Tufts University in Boston, MA - and his team [tested](#) the effect of tomatoes on rats exposed to alcohol.

The experiments used the equivalent of 100 grams of alcohol consumption, which is approximately 7 standard alcoholic drinks, daily for 4 weeks. This mimics chronic, excessive alcohol intake in humans.

Three different tomato products were tested:

1. tomato powder, which is nutritionally equivalent to whole tomato
2. tomato extract, which contains only fat-soluble components
3. purified [lycopene](#), which is the red pigment that gives tomatoes their color and a known [antioxidant](#)

Tomato powder, but not extract or purified lycopene, reduced the effects of alcohol damage in over 90 percent of the rats.

These results are in line with the team's earlier [findings](#) that lycopene on its own does not prevent liver damage but points to whole tomatoes being the key.

However, the liver is not the only organ affected by the alcohol that we drink.

Lycopene can prevent moderate damage

Whether alcohol is good for long-term health or not, even modest intake causes damage to brain cells. Oxidative damage and inflammation are once again thought to be the culprits. Could tomatoes come to the rescue?

Ross Grant, a clinical associate professor of medicine at the University of Sydney in Australia, and his research team [showed](#) that the equivalent of two standard alcoholic drinks caused DNA damage to brain cells within 15 minutes.

But treating such cells with lycopene for 3.5 hours before exposing them to alcohol significantly reduced the damage.

Interestingly, purified lycopene was protective to brain cells, while whole tomatoes were needed to see similar effects in the liver.

[Can tomatoes protect us from alcohol's effects?](#)

Let's talk about the mental load



You're cooking dinner, answering work emails, calling the tradie, and getting the kids bathed. All at the same time. No wonder you feel like an octopus juggling tasks.

[More](#) ➔

The Science of Jet Lag: 5 Surprising Findings



Fast facts about IBD

Due to lack of standard diagnostic criteria, it is [difficult to estimate](#) how many people have IBD.

Crohn's disease is more common in people who smoke.

Ulcerative colitis is more common in ex-smokers and never-smokers.

[Learn more about IBD](#)



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[Kroger Culinary 411](#)

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[Elly's Everyday Sourdough](#)

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Artificial Sweeteners May Change the Balance of Your Gut Bacteria

Most artificial sweeteners travel through your digestive system undigested and pass out of your body unchanged ([10](#)).

Because of this, scientists have long thought they have no effects on the body.

However, recent research has revealed that artificial sweeteners may influence your health by changing the balance of bacteria in your gut.

Scientists have found that animals fed artificial sweeteners experience changes to their gut bacteria. The researchers tested sweeteners including [Splenda](#), acesulfame

potassium, [aspartame](#) and [saccharin](#) ([11](#), [12](#), [13](#), [14](#)).

In one study, scientists found that when mice ate the sweetener saccharin, the numbers and types of bacteria in their guts changed, including a reduction in some beneficial bacteria ([14](#)).

Interestingly, in the same experiment, these changes weren't seen in the mice fed sugar water.

The researchers also noted that people who eat artificial sweeteners have different profiles of bacteria in their guts than those who don't. However, it's still not clear if or how artificial sweeteners might cause these changes ([10](#), [15](#)).

However, the effects of artificial sweeteners on gut bacteria may vary widely from person to person.

Initial human studies have indicated that only some people may experience changes to their gut bacteria and health when they consume these sweeteners ([10](#), [16](#)).

SUMMARY: In mice, artificial sweeteners have been shown to change the balance of bacteria in the gut. However, more human studies are needed to determine their effects in people.

Healthline



What Are the Treatment Options for Triple Negative Breast Cancer?

Triple-negative breast cancer (TNBC) tends to be more aggressive than other types, meaning it spreads faster. Fortunately, TNBC can be effectively treated. Here's how. [Read on](#) ➔

Cancer 'Vaccine' Rids Body of Multiple Cancer Types -- in Mice

Makarasana (Crocodile Pose)

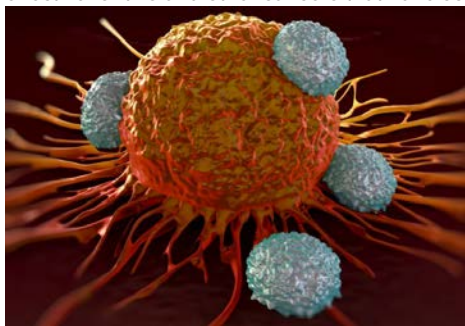
This is one of the best and easiest asanas to treat back and knee problems. It's similar to Shavasana that de-stresses and relaxes the whole body.



Ovarian cancer: Effective immunotherapy steps closer with new T cell study

By **Catharine Paddock PhD**

At a scientific meeting this week, researchers report some progress in developing an immunotherapy for ovarian cancer. However, they also outline the considerable challenges that remain before the treatment can be made effective for this and other cancers that have solid tumors.



The new research reports some success in engineering immune system T cells to attack ovarian cancer cells, but the researchers caution that there are still some major challenges to overcome before the immunotherapy is ready for clinical trials in patients with ovarian cancer.

The researchers - from the Fred Hutchinson Cancer Research Center (Fred Hutch) in Seattle, WA - presented the findings at the annual meeting of the American Association of Cancer Research in Washington, D.C. Estimates from the American Cancer Society [suggest that](#), in the United States, around 22,440 women will be diagnosed with [ovarian cancer](#) and approximately 14,000 will die from the disease during 2017.

The [cancer](#) begins in cells of the ovaries - reproductive glands found only in women. Each woman normally has two ovaries, situated on each side of the uterus inside the pelvis. The ovaries produce eggs that travel to the uterus through the fallopian tubes. If an egg is fertilized by male sperm, it develops into a fetus.

Dr. Kristin Anderson, an immunotherapy researcher at Fred Hutch who presented the findings at the meeting, says that while ovarian cancer is not as common in the U.S. as other cancers with solid tumors, it has a low rate of survival and a high rate of relapse. The main reason is that the cancer does not cause obvious symptoms and is often advanced by the time it is diagnosed. Immunotherapy is a relatively new area of medicine that is showing promising results in the treatment of cancer. The approach uses the patient's own immune system to fight disease.



A research team from Australia has recently investigated some chemicals commonly found in plastics. They demonstrated a link between higher levels of these chemicals in urine and increases in cardiovascular disease, type 2 diabetes, and hypertension in men.

Plastics are all around us. They are used in everything from tents to trains and are often part of the packaging that surrounds our food and drink products.

Produced from a range of chemicals and in a variety of ways, plastics have become intertwined with modern life, often replacing wood, metal, and other more expensive and less hardy materials.

One group of chemicals often found in plastics are phthalates. These increase the flexibility, transparency, durability, and longevity of plastics. Phthalates are commonly used in food packaging, medications, toys, and even medical devices.

Over recent years, there have been discussions around the [safety of phthalates](#), and, as a result, they are gradually being replaced in many products in Canada, Europe, and the United States. However, there is [no definitive evidence](#) that they cause serious illness, and [millions of tons](#) of phthalates are still used globally each year.

[Common chemicals in plastic linked to chronic disease](#)



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