



Sri Lanka may have political instability, but inter-religious harmony and peace is spreading. This picture was taken at the Feast at the St. Mary's Church Nayakanda, Colombo

## Why a healthy social life might be the key to living longer

It's time to reschedule those catch-up brunches you've been putting off - the secret to living longer could be your social life. [Read more](#)



## **New Blood Test Detects 8 Cancers**

Researchers develop a blood test that can detect eight types of the disease.

[READ MORE](#)

## 'I almost died giving birth': Serena health battle

Serena Williams reveals she "almost died" while giving birth to her daughter Olympia last year, detailing the serious extent of the health problems



## **Bernardi says Barnaby Joyce not only minister having sex with staff**

<https://roar.media/english/life/history/the-great-days-of-bamba-life-in-the-bambalapitiya-of-the-sixties-seventies>

## Subject: Asiri Central bills

Warning for Asiri Central patients - Check all your bills carefully.  
My Father in Law underwent a bypass at Asiri Central and was discharged on 15.02.2018. We had a superb service from the doctors and nursing staff and really commendable. However, we got a fraudulent bill exceeding 51000.00. I kept fighting and staff of Heart Centre were unable to show the detailed expenditure and Director Finance and Director Operations refused to see me. They kept us for 4 hrs and insisted paying the full amount. Though they had given the package (Rs. 690000.00), the bill carries excessive amount, they miserably failed to explain the details of Rs. 51000.00 and staff started hiding. They prepare the bill such a way at a glance you get confused. When I was fighting they try to give me a discount of Rs. 30000.00 but I refused and demanded for the correct amount. When I threatened to go to police they reduced 50000.00 from my bill.

> Pls share this as most of the poor and destitute patients who pawn their properties come for Heart Surgeries face this rip-off. LAL W

Editor:

Sri Lanka boasts of a wonderful free health-care through the public hospitals system, but still even the average family without many means prefer the private health care, even at the expense of selling their properties to pay massive hospital bills.

I am aware, of situations when the oncologists giving false hopes of curing cancer and getting the family to purchase expensive drugs worth lakhs and lakhs of rupees, ultimately when the patient demises, the relations turn abusive to the oncologist.

People are not told of the five year cure rate, as in most other countries and the false hopes given turns into anger, subsequently.

The government must appoint an ombudsman to inquire into such complains by the poor patients, but then, how will the GMOA react?

## 'I might be quadriplegic, but I'm your doctor'

How does a doctor who is quadriplegic work in a busy emergency room? When medical student Dinesh Palipana suffered a severe spinal injury in a car crash, he was told his dream of becoming a doctor was over. Now he's one of the most sought-after interns at Gold Coast University Hospital.



## Exquisite Fashion Show in Kandy, Sri Lanka



### Grand Kandyan Hotel Kandy Sri Lanka event - chulie studio 1

High Tea and Fashion show event at the Sky Lounge at the...  
YOUTUBE.COM

### Dr harold Gunatillake

September 4, 2017 -



### An evening out in Kandy

A memorable awesome experience on a visit to Kandy town and having dinner at the Grand Kandyan Hotel. Please share  
YOUTUBE.COM

Kandy 1750 ft above sea level is considered the healthiest and cleanest city to live in Sri Lanka.



Kandy is no more a dormant city in the Hills, the town is buzzing and dazzling with many fashion shows, carnivals, Saturday night dances in the five star hotels, with crowds of tourists, and night life, especially on Dalada Vidiya (Ward Street), till late hours of the morning. City Centre is most visited for foods and many of the stalls cook Gourmet meals – Italian, Chinese, Japanese, you name it.

The above Fashion Show & High Tea was held at the Grand Kandyan Hotel, perching on Udawattekelle, on 3<sup>rd</sup> February in the Sky Lounge which gives a bird's eye view of Kandy city.

Kandy boys and girls still sing "Kandy Lamissi" most popular song goes well with the rhythmic Baila.

<http://www.sundaytimes.lk/180225/plus/high-tea-and-fashion-with-a-view-at-grand-kandyan-hotel-283175.html>

## Healthy Lifestyles and Longevity

Recommended reading for all age groups

TOUCHED ON COSMETIC SURGERY

By

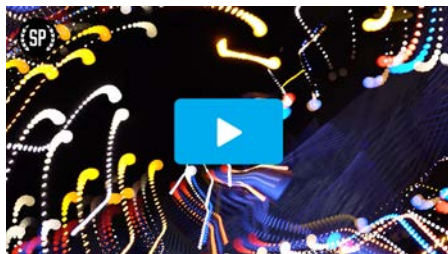
**Dr. Harold Gunatillake**  
MBBS (Ceyl., A.M.Sing.), FRCS, FRCGS, FIACS  
Cosmetic surgeon

"Essential reading material for everyone interested in healthy life styles and extended life"

Easy reading, Easy understanding, easily practiced

Contents compiled from articles published in Newspapers in Sri Lanka and U.K., the Website ([www.ozenka.com](http://www.ozenka.com)), and Talks given on regular Sinhala TV (Liya Sevana, Swarnavahini) Programmes, by the author

Few books are available at Yapa's Book Shops, Colombo



### Resynthesis - Max Cooper

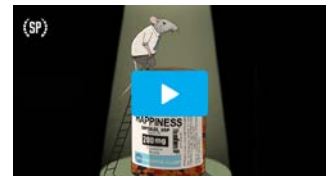
Get your dance on with these surrealist, time-bending vibes.

PLEASE USE YOUR HEAD- PHONES TO ENJOY THESE VIDEOS



### NB# presents Parallax

See German and Italian cityscapes on the tail end of a skateboard.



### Happiness

Well, it appears that rodents struggle to find fulfillment too.



# THIS IS FROM A REGISTERED MEDICAL PRACTITIONER-says the sender Harry de Sayrah

## Water and Aspirin...PLEASE READ!

A cardiologist determined that heart attacks can be triggered by dehydration.  
Good Thing To Know. From The Mayo Clinic. How many people do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

Heart Attack and Water - Drinking one glass of water before going to bed avoids stroke or heart attack. Interesting.....

Something else I didn't know .... I asked my Doctor why people need to urinate so much at night time.

Answer from my Cardiac Doctor: Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

## Correct time to drink water... Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body:

2 glasses of water after waking up helps activate internal organs

.1 glass of water 30 minutes before a meal helps digestion

.1 glass of water before taking a bath helps lower blood pressure

.1 glass of water before going to bed avoids stroke or heart attack

.1 can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charley Horse.

Mayo Clinic on Aspirin - Dr. Virend Somers is a Cardiologist from the Mayo Clinic who is the lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology.

Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night.

The Reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. Aspirin lasts a really long time in your medicine chest – years! (When it gets old, it smells like vinegar).

## Please read on..

Something that we can do to help ourselves - nice to know. Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

Why keep Aspirin by your bedside?

It's about Heart Attacks - There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

## Afterwards: Call 000.

Phone a neighbor or a family member who lives very close by. Say "Heart Attack!" Say that you have taken 2 Aspirins. Take a seat on a chair or sofa near the front door, and wait for their arrival and .....DO NOT LIE

## DOWN!

A Cardiologist has stated that if each person after receiving this e-mail, sends it to 10 people, probably one life could be saved! I have already shared this information. What about you?

Do forward this message. It may save lives!

## Detailed Analysis

This message, which has circulated in various forms since at least 2010, claims to contain advice from prestigious medical institution, the Mayo Clinic about heart attacks and the use of aspirin to prevent them. The message suggests that the information is from a report by Mayo Clinic cardiologist, Dr. Virend Somers.

However the information is not from the Mayo Clinic. And, while Dr Virend Somers is indeed a Mayo Clinic Cardiovascular Diseases specialist, he did not write or in any way endorse the information contained in the above email forward. In February 2010, Lee Aase, one of the leaders of the Mayo Clinic's Social Media Center, posted the following disclaimer on the clinic's news blog:

*We have been informed of a recently circulated email regarding the use of aspirin, which included mention of Dr. Virend Somers and of Mayo Clinic. Neither Dr. Somers nor Mayo Clinic contributed to this email, which contains some information that is inaccurate and potentially harmful. We recommend that you speak with your physician if you have specific questions.*

In a further comment on the same page, Lee Aase adds :

*While the first two paragraphs are for the most part correct the rest of the email should be discussed with your physician*

*In general, we do not recommend obtaining advice on medical treatment from chain mailings, especially when they are of uncertain origin. Aspirin is indeed appropriate for a heart attack but as with any medication, treatment needs to be individualized for each patient. There is no evidence to support potentially harmful recommendations such as not to lie down if you are having a heart attack. We cannot address other specific aspects of the emails since there have been many variations in their content. We recommend you discuss this with your physician.*

And an article about Aspirin therapy published on the Mayo Clinic website explains:

*Daily aspirin therapy may lower your risk of heart attack, but daily aspirin therapy isn't for everyone. Is it right for you?*

*You should a daily aspirin only if your doctor advises you to do so. If you have had a heart attack or stroke, your doctor will likely recommend you take a daily aspirin unless you have a serious allergy or history of bleeding. If you have a high risk of having a first heart attack, your doctor might recommend aspirin after weighing the risks and benefits. You shouldn't start daily aspirin therapy on your own.*

*Although taking an occasional aspirin or two is safe for most adults to use for headaches, body aches or fever, daily use of aspirin can have serious side effects, including internal bleeding.*

Thus, although aspirin may be helpful for preventing heart attacks, the information in the message is misleading and should not be considered as accurate health advice. To reiterate, health experts maintain that it important that people seek the advice of their doctor before beginning to take aspirin for heart attack prevention or before using any other heart attack prevention techniques that they may have read in an email forward.

It is interesting to note that the claim "A Cardiologist has stated that if each person, after receiving this e-mail, sends it to 10 people, probably one life could be saved" is included, almost verbatim, in another bogus health advice message about heart attacks and "cough CPR".

**The message we all learn is that lay people should not circulate such fake bogus health material without checking from some authentic health authority before circulating through the media.**

**Immense damage is done to the readers who may believe this 'mumbo-jumbo' fake material purported to be sent by registered Medical Practitioners. Ed:**

## When you next holiday in 'Paradise'-visit Ramboda



Picture of Oakray tea factory and museum, Ramboda

When you are on your upcountry drive from Colombo, via Peradeniya, you invariably stop in Ramboda at the Oak Ray Tea Bush, where facilities are available for over-night stay in well furnished, air-conditioned rooms with all modern comforts. One attraction from the rare balcony of this resort is the "Kotmale Dam" you view through the misty clouds- would be awesome to bring back happy memories.

There is a model tea factory museum just opened and you have the opportunity of learning how tea is manufactured from the green leaf. Quite educational to your kids, if you are holidaying with your family

Just stroll around in the evening on the main road to Nuwara Eliya, you will be surprised to walk through a long tunnel built through the rock, (longest tunnel in Sri Lanka) and strolling further you will come across the serene Ramboda water fall, where the water goes down a stream to feed the Kotmale Dam.

This resort is one of the best in the island to bring back happy memories with you.



A panoramic view of the Kotmale Dam from the balcony

**"There are two drugs to treat age-related macular degeneration. Which drug is best?"** Recent evidence shows that the cheaper treatment (Avastin) is just as safe and effective as a more expensive option (Lucentis) for this common form of age-related vision loss.



### WORLD'S 7 GREATEST MAGIC TRICKS REVEALED

#Mind Warehouse



8,371,112 views • 5 months ago

## Differentiating Fibromyalgia and Lupus

Fibromyalgia and lupus cause similar symptoms, but have different causes and side effects. We'll describe what sets the two apart from one another. [Read on](#) →

### What is COPD?

COPD, or chronic obstructive pulmonary disease, is a lung disorder that makes it hard to breathe. The first symptoms can be so mild that people mistakenly chalk them up to "getting old." People with COPD may develop chronic bronchitis, emphysema, or both. COPD tends to get worse over time, but catching it early, along with good care, can help many people stay active and may slow the disease.

WebMD

## You Don't Check Your Blood Sugar

People with type 2 diabetes can often keep their blood sugar levels under control with diet, exercise, and medicine. But unless you check your blood sugar level every day with a meter, you won't have the most accurate results. Any person with diabetes can benefit from checking their blood sugar. And when you track your results in a log, your doctor can tell how well you're responding to your treatment plan over time. WebMD

## Why Fish Is So Healthy

There are many types of fish, all with different nutrition profiles. In general, they are divided into two categories: lean and fatty.

Both are considered nutritious and a great source of high-quality protein, but fatty fish are thought to be especially important for health. This is because they contain some important nutrients, including omega-3 fatty acids and vitamin D (6).

Currently, around 40% of people have low levels of vitamin D. This has been linked to a higher risk heart disease, diabetes, cancer, dementia and some autoimmune diseases (7).

The best way to get vitamin D is through sun exposure. However, fatty fish are one of the few [food sources of vitamin D](#) and can contribute a good amount (8, 9).

Your body and brain also need omega-3 fatty acids to function at their best. In fact, getting enough omega-3s has been linked with [a number of health benefits](#), including a decreased risk of heart disease and some cancers (10, 11, 12, 13).

These special fats may also slow down the decline in brain function that people commonly experience as they age (14, 15).

Eating lean fish may also have health benefits. Some studies have linked it to a lower risk of metabolic syndrome and reduced risk factors for heart disease (16, 17, 18, 19).

These are some of the reasons why health experts recommend eating fish at least once or twice a week (20, 21).

**SUMMARY:** Fish is a good source of high-quality protein, vitamin D and omega-3 fatty acids. Health experts recommend eating fish at least once or twice each week.

### What's the Healthiest Way to Cook Fish?

How you cook fish can change its nutritional value, so certain cooking methods are healthier than others. Here's how each method stacks

up against the rest. [Read on](#) →

## 13 Sugary Drinks as Bad for You as Soda



Soda isn't the only beverage to be wary of. (We're looking at you, caramel macchiato.) See which drinks can derail your diet.





## Can Ginger Treat Diarrhea?

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

## Treat Your Liver Right With These Foods

Your liver does the hard, dirty work of filtering toxins. So, it's only fair you treat it to some detoxing anti-inflammatory foods like broccoli and Brussels sprouts. Beets can contribute, too. Fatty fish like salmon and mackerel, strangely enough, actually *prevent* fatty liver disease. The Ayurvedic route recommends eating more Indian gooseberry and turmeric.

[VIEW ARTICLE](#)

## Eat fiber to improve arthritis.

In the latest edition of "gut bacteria and what they do for our health," we learned that as they break down fiber, they produce substances that fight autoimmune diseases like rheumatoid arthritis. They improve joint and bone health, too. Simply put, eat fresh fruit or a bowl of muesli every morning to battle diseases like arthritis and osteoporosis.

[Read More](#)



## Tips for Living With Atrial Fibrillation

Explore these tips to help manage your AFib, the most common type of irregular heartbeat. [Read more...](#)

## Foods to Boost Your Energy and Mood



Discover which foods can help boost your energy level and your mood. Could your favorite food be on the list?

[READ MORE](#)



## What Are the Stages of Alzheimer's Disease?

It's easier to cope with Alzheimer's disease if you know what to expect from each of the 7 stages

[Read on](#) →



## 15 Famous Women Who've Overcome Breast Cancer

Let the stories of prominent women who've experienced breast cancer inspire you. These ladies now actively promote cancer research and education. [Read on](#) →

## The Y chromosome is disappearing — so what will happen to men?

### The Conversation

By Darren Griffin and Peter Ellis, University of Kent

The Y chromosome may be a symbol of masculinity, but it is becoming increasingly clear that it is anything but strong and enduring.

Although it carries the "master switch" gene, *SRY*, that determines whether an embryo will develop as male (XY) or female (XX), it contains very few other genes and is the only chromosome not necessary for life.

Women, after all, manage just fine without one.

What's more, the Y chromosome has degenerated rapidly, leaving females with two perfectly normal X chromosomes, but males with an X and a shrivelled Y.

[Read more:](#)

[Opinion: The Y chromosome is disappearing — so what will happen to men?](#)

## [Opinion: Multigrain, wholegrain, wholemeal: Which bread is best?](#) ↑

Not all breads are created equal. Ideally look for heavy, dense breads with lots of grains and seeds.



## What Is Yohimbe and How Does It Work?

Yohimbe is an herbal supplement. It has a long history of use in West African traditional medicine to [improve sexual performance](#).

More recently, yohimbe has been sold as a dietary supplement with a wide variety of common uses. These range from treating medical conditions like erectile dysfunction to aiding in weight loss.

The supplement is derived from the bark of an evergreen tree found in western and central Africa called the *Pausinystalia johimbe*.

It is often sold in capsule or tablet form and marketed as yohimbe bark extract or yohimbine, the active ingredient in yohimbe bark. Many believe that yohimbine works by blocking receptors in the body called alpha-2 adrenergic receptors (1).

These receptors play an important role in inhibiting erections. Therefore, yohimbine is thought to help alleviate erectile dysfunction by blocking the receptors responsible for preventing erections (2). Yohimbine may also promote the release of nitric oxide. This could lead to the dilation of blood vessels and an increase in blood flow to sexual organs (2). **SUMMARY:** Yohimbe is an herbal supplement that is used to treat erectile dysfunction and promote weight loss. The main way that yohimbe works in the body is through blocking alpha-2 adrenergic receptors.



## Solar Elastosis

Long-term sun damage can turn your skin yellow and cause bumps and deep ridges. It affects people of all skin tones but it's more obvious on light skin. It's worse if you light up: The sun only affects the top layer of your skin, but tobacco smoke causes damage deeper down. If you have this condition, don't smoke. Stay out of the sun -- or do all you can to protect yourself from it.

## Why we should forget losing weight and focus on healthy habits

By [Tegan Taylor](#)

It's hard to powerwalk 10 paces at this time of year without being exhorted to "get lean", "drop two dress sizes" or "lose 30 kilos in 30 days".

For people whose body mass index is above the "normal" range, losing weight is touted by mass media and health professionals alike as the cure for a range of health issues, from diabetes and heart disease to untimely death.

But some experts say focusing on weight loss as the ultimate goal gets it back-to-front, and that promoting a consistent set of healthy behaviours would see the whole population healthier in the long run.

["You don't necessarily need to lose weight to become healthier,"](#) said Professor Gary Wittert.

An endocrinologist at the University of Adelaide, Professor Wittert leads a long-term research program into appetite, diet and other lifestyle factors in men.

"People should not focus on weight, people should focus on health. Then you don't engage in these diets where you restrict your nutrients, and where people get depressed because they regain weight, which is almost an inevitability."

[Why we should forget losing weight and focus on healthy habits](#)



Too Quick To Judge (Touching



## Natural Dietary Supplements for diabetes

The benefit of taking [chromium](#) has been studied and debated for several years. You need the mineral to make glucose tolerance factor, which helps [insulin](#) work better. Several studies suggest that chromium [supplements](#) may improve diabetes control, but we don't have enough information to recommend it to treat diabetes yet.

Several types of plants are referred to as [ginseng](#), but most studies have used American ginseng. They've shown some sugar-lowering effects in [fasting](#) and after-meal [blood sugar levels](#), as well as in A1c results (average [blood sugar levels](#) over a 3-month period). But we need larger and more long-term studies. Researchers also found that the amount of sugar-lowering compound in ginseng plants varies widely.

**Magnesium:** Although the relationship between magnesium and diabetes has been studied for decades, we still don't fully understand it. Low magnesium may worsen blood sugar control in type 2 diabetes. Scientists say that it interrupts insulin secretion in the pancreas and builds insulin resistance in the body's tissues. And evidence suggests that a magnesium deficiency may contribute to some diabetes complications. People who get more magnesium in their diet (by eating whole grains, nuts, and green leafy vegetables) have a lower risk of type 2 diabetes

**Vanadium:** Vanadium is a compound found in tiny amounts in plants and animals. Early studies showed that vanadium normalized blood sugar levels in animals with type 1 and type 2 diabetes. When people with diabetes were given vanadium, they had a modest increase in insulin sensitivity and were able to lower their need for insulin. Researchers want to understand how vanadium works in the body, find potential side effects, and set safe dosages.

Read more:

## Natural Remedies for Diabetes



### VIDEO

#### How to Make an Awesome Omelet



Did you know that adding a splash of water can make this breakfast favorite fluffier?

## 'Face yoga' just might reduce signs of ageing. Here's how it works



Facial exercises may reduce some of the signs of ageing, according to a recent study. But just how do "face workouts" yield firmer skin and fuller cheeks?



## [Does vinegar really kill household germs?](#)



Plenty of people use vinegar as an inexpensive and biodegradable cleaner. But how well does it work when it comes to killing household germs?

[More](#)

## Increase Your Hemoglobin With Iron And Vitamin C

Iron is a crucial building block of hemoglobin. That's your starting point. Fill up on iron-rich foods like spinach, oatmeal, beans, and cooked liver. Then help your body absorb all that iron by eating vitamin C-rich foods like grapefruit and oranges. To support the increase in hemoglobin, you also need enough red blood cells to carry them. The Indian gooseberry comes handy here.

[VIEW ARTICLE](#)





## **The Stages of Dementia**

Dementia refers to a category of diseases that causes loss of memory and other mental functions. Read more about its stages. [Read on](#) →



## **Dementia and Alzheimer's: What Are the Differences?**

Dementia is a group of symptoms, while Alzheimer's is a disease. Learn how they're connected and what the causes, symptoms, and treatments are for each.

[Read on](#) →



## **Knee Replacement: Your Surgical Options**

When your knee doesn't respond to medications and treatments, knee replacement surgery is an option. There are two types of replacement surgeries: total knee replacement and partial knee replacement. [Read on](#) →



## **Understanding Your Artificial Knee**

Having an artificial knee comes with new sensations, and behaviors that take some getting used to. Learn what to expect from your new knee.

[Read on](#) →



## **Why Is Keto Ranked Low and DASH Ranked High on New Diet List?**

A new list puts the Keto and Whole30 diets at the bottom while placing the DASH and Mediterranean diets at the top. What experts think about the discrepancy. [Read on](#) →

## **Lose Water Weight And Feel A Whole Lot Lighter**

Bloating, unexplained weight gain, swelling, and tighter clothes? Blame water retention. The first step to losing water weight is to cut down on sodium and carbs. Ruling out processed foods and filling up on proteins should take care of that. Ayurveda recommends eating Indian gooseberry, pepper, and ginger for longer lasting results. Plain old exercise and acupuncture helps, too.

[VIEW ARTICLE](#)



## **6 Essential Nutrients and Why Your Body Needs Them**

Essential nutrients are compounds that the body can't make on its own, or in enough quantity. Learn what the six main groups of essential micro and macronutrients are

[Read on](#) →



## **How to Identify Adult ADHD**

Over 50 percent of children diagnosed with ADHD carry symptoms into adulthood. Here's a look at how the condition presents itself in adults.

[Read on](#) →

## **How to Stop Antibiotic Drug Abuse**

A common abuse of antibiotics comes from patients who pressure their doctors for antibiotics. This is really unwarranted, and doctors are quick to prescribe the medications. The big problem is that in many of the cases, people who are sick are infected with a virus to which antibiotics have no effect (only on bacterial infections).

Patients need to be aware of the risks of infection while staying in hospitals. In a recent report from the CDC, an estimated 722,000 infections were acquired in acute care hospitals in the U.S. and of these 75,000 died of their infections. People must be vigilant and start playing an active role in reducing the risk of infections. Here are few recommendations for people who want to take an active role in combating antibiotic-resistant superbugs:

- If sick, ask a doctor to diagnose an infection before any antibiotic prescription
  - When eating out at restaurants, ask for the availability of antibiotic-free meat
  - If admitted to a hospital, ask health care workers if they have washed their hands before serving you needs
- WHN

**New Gene Therapy** Produces Hope for a New Era in Cancer Treatment Gene-altering therapy on the cusp of FDA approval may soon be treating children with advanced leukemia.

[READ MORE](#)



## **Actinic Keratosis**

Ultraviolet light from the sun or from a manmade source like a tanning bed causes these raised, crusty growths. You'll probably have more than one. Most turn red, but some can be tan or pinkish. See your doctor if you spot them: They can turn into cancer if not treated. The doctor may prescribe a cream, remove them with surgery, or freeze or burn them off. WebMD

High salt diet could also be bad for brain health, researchers find





## CROHN'S DISEASE

### What Is It?

This type of inflammatory bowel disease (IBD) causes swelling or irritation in the lining of your digestive tract. That's a series of hollow organs that form a tube from your mouth to your anus. Crohn's mostly affects the small intestine and the beginning of the large intestine. But it also can show up in any part of the digestive tract. This sets it apart from other IBDs. WebMD

#### What Are the Symptoms?

Because this disease is chronic, meaning it affects you for a long time, symptoms can come and go. They might strike without warning. You'll notice:

- Frequent bouts of diarrhea that over-the-counter drugs don't help
- Blood in your poop or in the toilet
- Feeling like you need to go but can't
- Intense cramps or stomach pain with nausea and vomiting
- Ongoing fever or weight loss you can't explain

### Can It Affect Other Body Parts?

Yes. Symptoms might appear outside your intestines, such as:

- Painful mouth ulcers like canker sores
- Swelling in your eyes or under your skin
- Arthritis-like stiffness in your joints or spine
- Fissures -- small tears -- in the anus

#### Who Gets It?

Crohn's tends to run in families. It's most common in people of Eastern European Jewish descent. The number of cases that African-Americans say they're getting has gone up in recent years. Some people are diagnosed early, between the ages of 15-35. But the disease can hit someone of any age or ethnic background, and it affects both men and women.

#### What Causes It?

Other than family history, scientists aren't sure exactly why people get Crohn's. Things that can boost your chances include:

- Faulty immune system
- Living in an urban or industrial area
- Smoking
- Medications like nonsteroidal anti-inflammatory drugs (NSAIDs)

Some doctors think that while a super clean, germ-free childhood keeps illness away when you're young, it could make you likely to get immune system disorders like Crohn's later on. WebMD

## Men with low testosterone less likely to have prostate cancer

By Ana Sandoiu

Fact checked by Jasmin Collier

New research suggests that men with abnormally low levels of testosterone are less likely to develop prostate cancer in their lifetime.

The new study was carried out by scientists at the University of Oxford in the United Kingdom, and the findings were presented at the [National Cancer Research Institute \(NCRI\) Cancer Conference](#), held in Liverpool, U.K.

To the authors' knowledge, this is the first time that scientists have examined how low levels of [testosterone](#) affect the risk of [prostate cancer](#). Their research is also the largest study of the link between hormones and prostate cancer to have ever been conducted.

Prostate cancer affects more than [170,000](#) men each year in the United States, of whom almost 30,000 die from the disease.

While it is not yet known what causes the condition, researchers have identified a number of [risk factors](#), such as age, ethnicity, and genetic mutations.

Male hormones, or androgens, such as testosterone are [known](#) to promote [tumor](#) cell growth in men with prostate cancer. Lowering or blocking testosterone levels in the body is the standard [treatment](#) for prostate cancer because androgens help the prostate cancer cells to grow.

Read more:

[Men with low testosterone less likely to](#)

## Colorectal cancer: Increasing fiber intake may lower death risk

By Honor Whiteman

Fact checked by Jasmin Collier



Increasing fiber intake may help to improve survival for patients in the early stages of colorectal cancer. This is the conclusion of a new study recently published in *JAMA Oncology*.

[Colorectal cancer](#) is a [cancer](#) that begins in the colon or rectum, and it is one of the leading causes of cancer-related death in the United States.

According to the American Cancer Society (ACS), around [95,520 new cases](#) of [colon cancer](#) and 39,910 cases of rectal cancer will be diagnosed in the U.S. this year, and more than 50,000 people are expected to die from the disease.

A wealth of [research](#) has suggested that a diet rich in fiber and whole grains may protect against the development of colorectal cancer, but how does high fiber consumption affect those who have already been diagnosed with the disease?

This is what Dr. Andrew Chan — of Massachusetts General Hospital and Harvard Medical School in Boston, MA — and colleagues sought to find out with their new research.

Read more: [Colorectal cancer: Increasing fiber intake may lower death risk](#)

## What are hand cramps?

By Lori Smith BSN MSN CRNP

Reviewed by William Morrison, MD

Hand cramping can occur for many reasons and cause significant discomfort in some people.

Often, hand cramps are caused by muscle spasms, which are described as an uncontrollable or involuntary muscle contraction. These spasms or contractions do not allow the muscle to become relaxed and can become excruciating in some cases.

Under usual circumstances, muscle contraction is the result of normal processes within the body including communication between the brain, spinal cord, and the muscles. Certain chemicals and proteins are also involved in normal muscle contraction and are responsible for the shortening and relaxation of muscle fibers.

The brain is responsible for signaling the muscle to contract through a process of electrical signals and chemical releases.

During the process of muscle contraction, brain signals are sent through the spinal cord and directly to the muscle. Chemicals and proteins interact within the muscle causing muscle shortening and relaxation. When there is an abnormal interruption in this process of muscle contraction, muscle spasms and cramping can occur. Often, this pain self-resolves within minutes.

Muscle twitching may also accompany muscle spasms or cramps and can be present during periods of resting or in the time following a muscle contraction.

Read more: [What are hand cramps?](#)



Muscle cramps may be caused by dehydration, electrolyte imbalances, and overuse injuries



## Good advice by Dr Harold Sodas have health side effects

Though it is free of calories, it has health side effects:

1. **Kidney Damage-** this was revealed in the 2009 Nurse's Health Study of 3,256 women found a 30% drop in level of kidney function for participants who drank 2 or more servings of diet pop daily.
2. **Weight Gain-** 2005 University of Texas Health Science Centre study have tied diet soda consumption to an increased risk of obesity.
3. **Tooth Enamel Damage-** Soda is hard on tooth enamel, with the sugar and acid the main barrier our teeth have against decay. Phosphoric acid and citric acid are found in many diet sodas, and their purpose is to promote carbonation. They damages your enamel on your teeth.
4. **Bone Loss-** Phosphoric acid in the soda causes serum calcium to be excreted more quickly than normal urine

## If Given A Choice, Choose Wild Rice Over White Rice

Technically a grass and not a grain, wild rice wins hands down when compared to white rice. It is less processed, gluten-free, rich in protein and fiber, lower in calories, and has less of an impact on blood sugar. That's a lot of ticks in the right boxes! It also has folate which is important for women planning to conceive. Remember that wild rice is still a carb, so go easy.

[VIEW ARTICLE](#)

## Red onions

contain a powerful flavonoid called



quercetin which promotes cancer cell death. It can inhibit the growth of cancer cells in prostate, breast, colon, pancreatic, and ovarian cancer.

[Read more:](#)

## 5 Health Benefits Of Eating Red Onions

## Side effects of Statin

If you're taking medicine to lower your cholesterol, there may be times when it makes you feel less than your best. Like all medications, these drugs can cause side effects. But most of the time, the problems are mild. In many cases, they go away after you take the drug for a while. Some problems, though, can be severe. Tell your doctor how your medicine makes you feel. Often, there are ways you can handle these side effects and still get the help you need for your cholesterol.

### How Medicine Can Make You Feel

Common side effects of cholesterol drugs include:

- Diarrhea
- Constipation
- Nausea
- Stomach cramps
- Muscle soreness, pain, or weakness
- Vomiting
- Headache
- Dizziness
- Drowsiness
- Fatigue
- Problems sleeping
- Rash or flushed skin

ARTICLE

## Side Effects of Statins

They can cause problems such as headaches and nausea. When should you call the doctor?



## What Alzheimer's Does to Your Body

Most people know the disease affects your memory, but it can also change the way your body works. See what physical changes you may expect.

## D-Aspartic Acid: Does It Boost Testosterone?

This article explains what D-aspartic acid is, and whether it can increase your testosterone, muscle mass and libido.

[READ ON](#)



## Breaking Open the Health Benefits of Coconut Water

Coconut water can be beneficial in a number of ways. We'll show you eight health advantages of drinking this popular beverage. [Read on](#) →

## Bank On Different Fruit Masks For Better Skin

If you're a fan of fruit, your skin has reason to rejoice. Depending on what your skin problems are, choose your fruits and turn them into face masks. If your complexion looks dull, go for papaya. To lighten hyperpigmentation, strawberries make sense. For acne and wrinkles, use bananas. If you're generally outdoorsy, regularly apply amla to minimize sunburn.

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## Opinion: Drink G&T to stop mozzies? Here's what science says

Gin and tonics, bananas and vegemite — can changing your diet help ward off those pesky blood-suckers this Summer?



## Stages of Osteoarthritis of the Knee

Osteoarthritis (OA) is divided into five stages, spanning a normal and healthy knee to one that's severely damaged. Learn more about these stages.

[Read on](#) →

## How Many Carbs Should You Eat Per Day to Lose Weight?

Reducing carbohydrates is a popular way to lose weight. We'll explain exactly which level of carb intake you should aim for every day. [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](#) →



• **The case for a [big breakfast and a tiny dinner](#):** New research strongly suggests that watching the clock, not just the calories, can help control weight.

## **Mammograms: When Should You Start?**

Thousands of lives could be saved if mammograms were done every year.

[READ MORE](#)

## **Cumin Benefits**



Learn about the potential health benefits of cumin. [READ MORE](#)

## **MYTH: Hangovers Are Gender-Blind**

**FACT:** Don't go crazy with free drinks on Ladies' Night. If a man and woman drink the same amount, the woman is more likely to feel the effects. That's because men have a higher percentage of water in their bodies, which helps dilute the alcohol they drink. When women drink the same amount, more alcohol builds up in the bloodstream.

## Compiled, edited & published by Dr Harold Gunatillake

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## **Prevent Gout Flare-Ups By Avoiding These Foods**

If your big toe is swollen, red, and painful, you may be having gout, a form of arthritis. You're going to have to tweak your diet to control it. If you're a fan of organ meats like kidney and liver, red meats like beef and pork, or seafood like sardines and tuna, we hate to break it to you, but you're going to have to cut them out. We're sorry, but beer and white breads and pastas are on this list, too.

[VIEW ARTICLE](#)

## **Botox**



The notion of injecting deadly bacteria in your face with hopes of paralyzing muscles might sound appealing, but oddly enough, Botox anti-wrinkle treatments carry some risk. Botox, short for botulinum toxin, one of the deadliest natural substances known, is used medicinally to treat muscle disorders. Treatments can cause respiratory failure and death; the FDA now is reviewing the risks and benefits. LiveScience

## **Reach for More Walnuts. Here's Why**

You know they're fun to munch on, but did you know these tree nuts may boost your thinking ability? We'll show you what else they can do.

## **Liposuction**

A lame weight-loss option, liposuction removes only about 10 pounds of fat after four hours of dangerous surgery. You'll have weeks of smelly ooze dripping from your wounds and months of swelling, as capillaries are destroyed and neighboring tissue dies from lack of fresh blood. At least the death rate is down to 1-in-5,000 procedures. LiveScience



## **Woman Dies After Eating Raw Oysters: What Are Vibrio Bacteria?**

A Texas woman developed a fatal infection with flesh eating bacteria after eating raw oysters, according to news reports.

[Read More](#)



[World's Biggest Floating Solar Farm Goes Live on Top of a Former Coal Mine](#)



## Metformin can cause nausea

Metformin (Glucophage) is one of the more common medications used to treat diabetes. Nausea is a potential side effect for people taking this medication. Taking metformin on an empty stomach may make nausea worse.

Injectable medications used to treat diabetes, such as exenatide (Byetta), liraglutide (Victoza), and pramlintide (Symlin), may also cause nausea. The nausea may go away after extended use. Your doctor may also start you on a lower dosage to try to reduce or eliminate nausea.

### 5 Ways Diabetes Causes Nausea

If you live with diabetes, you're likely to experience nausea. Here are five possible causes — and what you can do to prevent them. [Read on](#) →

## 4 Easy Superfood Recipes to Fight Type 2 Diabetes

Check out these super easy superfood recipes for diabetes that you can make for any meal throughout the day! [Read on](#)

## All you need to know about egg yolk

By Jennifer Huizen

Reviewed by [Natalie Olsen, RD, LD, ACSM EP-C](#)

Egg yolks used to have a bad reputation because of their high-cholesterol content. Doctors and health authorities once recommended that people limit egg yolk consumption, especially individuals with high cholesterol, blood pressure, or heart conditions.

But more focused research indicates that high blood levels of [cholesterol](#) are less influenced by cholesterol-containing foods, such as eggs, than individual factors, such as ethnicity, gender, hormonal functioning, and overall [nutrition](#).

Read more:

[All you need to know about egg yolk](#)

## A better way to check your diabetes

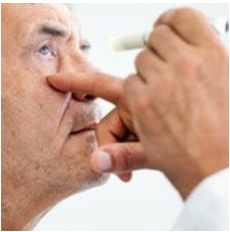
Written by Dr Harold Gunatillake  
FRCS-Health writer

Most Sri Lankans do ignore a simple test to check for diabetes when required after the age of 40, as they do not realise the serious issues of the disease and the ability to control better when detected early. Those who have a family history of diabetes do check to find out whether they have got high blood sugar levels.

To check for fasting blood sugar finger prick test would do. If you h...

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[Vitamin D Supplements May Make Arteries Healthier](#) ←



SLIDESHOW

### How to Treat Cataracts

Cataracts are a painless clouding of the internal lens of the eye. Know the early symptoms. [Read more...](#)



SLIDESHOW

### Who's at Risk for IBS?

What is irritable bowel syndrome? Explore symptoms, food triggers, and treatments. [Read more...](#)

## Can becoming a vegetarian protect you against major diseases?



People become vegetarians for many reasons, including health, religious convictions, concerns about animal welfare or the use of antibiotics and hormones in livestock, or a desire to eat in a way that avoids excessive use of environmental resources. Some people follow a largely vegetarian diet because they can't afford to eat meat. Becoming a vegetarian has become more appealing and accessible, thanks to the year-round availability of fresh produce, more vegetarian dining options, and the growing culinary influence of cultures with largely plant-based diets.

Compared with meat eaters, vegetarians tend to consume less saturated fat and cholesterol and more vitamins C and E, dietary fiber, folic acid, potassium, magnesium, and phytochemicals (plant chemicals), such as carotenoids and flavonoids. As a result, they're likely to have lower total and LDL (bad) cholesterol, lower blood pressure, and lower body mass index (BMI), all of which are associated with longevity and a reduced risk for many chronic diseases.

[Read more »](#)

Why do our veins look blue when our blood is red? ←

## Manage Degenerative Disc Disease Naturally

Spinal discs are not ever youthful. In fact, they're so delicate that the finest tweak to supporting muscles, nerves, or cartilage can put them off balance. It helps to know what to do beyond pain meds. Befriend cold packs and warm compresses and be mindful of your posture 24x7. Being overweight doesn't help, so get that fixed with exercise and yoga. Consume fatty fish and boswellia extracts.

[VIEW ARTICLE](#)

# What Is Krill Oil?

Most people are familiar with [fish oil](#), but fewer people know about krill oil supplements.

Krill oil is derived from tiny crustaceans called Antarctic krill. These sea creatures are a dietary staple for many animals, including whales, seals, penguins and other birds.

Like fish oil, krill oil is rich in EPA and [DHA](#), the two types of omega-3 fatty acids that provide most of its health benefits. However, the fatty acids in krill oil are structurally different than those in fish oil, and this may impact the way the body uses them ([1](#), [2](#)).

Krill oil also looks different than fish oil. While fish oil is typically a shade of yellow, a naturally occurring antioxidant called astaxanthin gives krill oil a reddish color.

## Your Body May Absorb Krill Oil Better

While fish oil and krill oil are both excellent sources of EPA and DHA, some studies suggest that the body may absorb and use the fatty acids in krill oil better than those in fish oil.

The fatty acids in fish oil are found in the form of triglycerides. On the other hand, much of the fatty acids in krill oil are found in the form of phospholipids, which many experts believe helps increase their absorption and effectiveness.

One study gave participants either fish or krill oil and measured the levels of fatty acids in their blood over the next several days.

Over 72 hours, blood concentrations of EPA and DHA were higher in those who took krill oil.

These results suggest that participants absorbed the krill oil better than the fish oil ([3](#)).

Another study gave participants either fish oil or about two thirds the same amount of krill oil. Both treatments increased blood levels of EPA and DHA by the same amount, even though the dose of krill oil was lower ([4](#)).

However, several experts have reviewed the literature and concluded that there is not sufficient evidence to prove that krill oil is absorbed or used any better than fish oil ([5](#), [6](#)).

More studies are needed before any definitive conclusions can be made.

**SUMMARY** Some studies suggest that krill oil may be absorbed better than fish oil. However, further research is needed before any definitive conclusions can be made.

## Krill Oil Contains More Antioxidants

Antioxidants help protect the body from oxidative stress, a type of cell damage caused by molecules called free radicals.

Krill oil contains an antioxidant called astaxanthin, which is not found in most fish oils.

Many people claim that the astaxanthin in krill oil protects it from oxidation and keeps it from going rancid on the shelf. However, no definitive research has confirmed this claim.

However, research has demonstrated that astaxanthin's antioxidant and anti-inflammatory properties may provide some heart health benefits ([7](#)).

For example, one study showed that isolated astaxanthin lowered triglycerides and increased "good" HDL cholesterol in people with mildly elevated blood lipids ([8](#)).

Nevertheless, this study provided astaxanthin in much larger doses than those you would typically get from krill oil supplements. It is unclear if smaller amounts would provide the same benefits.

## Summary

Krill oil contains a powerful antioxidant called astaxanthin, which may protect it from oxidation and provide some heart health benefits.

Healthline

# Kombucha

[Kombucha](#) is a fermented tea that is fizzy, tart and flavorful. It is made from either black or green tea and contains their potent health-promoting properties.

Animal studies show that drinking kombucha could help prevent liver toxicity and damage caused by exposure to harmful chemicals ([15](#), [16](#), [17](#)).

Test-tube studies have also found that kombucha could help induce cancer cell death and block the spread of cancer cells ([18](#), [19](#)).

One animal study even found that kombucha helped reduce blood sugar, triglycerides and LDL cholesterol ([20](#)).

Although most of the current research is limited to test-tube and animal studies, the benefits of kombucha and its components are promising. Nevertheless, further studies are needed to determine how kombucha may affect humans.

Thanks to its rising popularity, kombucha can be found at most major grocery stores. It can also be made at home, though it should be prepared carefully to prevent contamination or over-fermentation.

**SUMMARY:** Kombucha is a fermented tea. Although more research is needed, animal and test-tube studies have found that it could help protect the liver, decrease blood sugar and reduce levels of cholesterol and triglycerides.

Healthline

# Obesity surgery 'halves risk of death' compared with lifestyle changes

**Latest study lends support to experts who say more operations should be carried out in UK**

Obese patients undergoing stomach-shrinking surgery have half the risk of death in the years that follow compared with those tackling their weight through diet and behaviour alone, new research suggests.

Experts say obesity surgery is cost-effective, leads to substantial weight loss and can help tackle [type 2 diabetes](#). But surgeons say not enough of the [stomach-shrinking surgeries are carried out in the UK](#), with figures currently lagging behind other European countries, including France and Belgium – despite the latter having a smaller population.

"We don't think this [new study] alone is sufficient to conclude that obese patients should push for bariatric surgery, but this additional information certainly seems to provide additional support," said Philip Greenland, co-author of the latest study from Northwestern University.

Read more:

[Obesity surgery 'halves risk of death' compared with lifestyle changes](#)



## Age Spots

Also called liver spots, these small dark patches often show up in places that get lots of sun, like your face, hands, shoulders, and arms. They're more common if you're over 50, but you can get them if you're younger and you spend a lot of time outside. They don't require treatment, but your doctor may take a sample to make sure it isn't cancer. He can lighten them with bleaching products or remove them if you want. To prevent them, use sunscreen and avoid the sun



**Clevver's Erin Robinson and Joslyn Davis Share Their Favorite Beaut...**

DoctorOz  
434 views • 14 hours ago





# Fermented Foods to Boost Digestion and Health

Written by [Rachael Link, MS, RD](#)

Fermentation is a process that involves the breakdown of sugars by bacteria and yeast. Not only does this help enhance the preservation of foods, but eating fermented foods can also boost the number of beneficial bacteria, or probiotics, found in your gut.

[Probiotics](#) have been associated with a variety of health benefits, including improved digestion, better immunity and even increased weight loss (1, 2, 3).

## Kefir



Kefir is a type of cultured dairy product. It is made by adding kefir grains, which are made up of a combination of yeast and bacteria, to milk. This results in a thick and tangy beverage with a taste that is often compared to yogurt.

Studies have shown that kefir may come with [many benefits](#), affecting everything from digestion to inflammation to bone health. In one small study, kefir was shown to improve the digestion of lactose in 15 people with lactose intolerance. Those who are [lactose intolerant](#) are unable to digest the sugars in dairy products, resulting in symptoms like cramps, bloating and diarrhea (4).

Another study found that consuming 6.7 ounces (200 ml) of kefir daily for six weeks decreased markers of inflammation, a known contributor to the development of chronic diseases like heart disease and cancer (5, 6).

Kefir may also help enhance bone health. One study looked at the effects of kefir on 40 people with osteoporosis, a condition characterized by weak, porous bones. After six months, the group consuming kefir was found to have improved bone mineral density, compared to a control group (7). Enjoy kefir on its own or use it to give your smoothies and blended drinks a boost.

**SUMMARY:** Kefir is a fermented dairy product that may improve lactose digestion, decrease inflammation and boost bone health.

## Tempeh

[Tempeh](#) is made from fermented soybeans that have been pressed into a compact cake. This high-protein meat substitute is firm but chewy and can be baked, steamed or sautéed before being added to dishes.

In addition to its impressive probiotic content, tempeh is rich in many nutrients that may better your health. For example, soy protein has been shown to reduce certain risk factors for heart disease.

One study in 42 people with high cholesterol looked at the effects of eating either [soy protein](#) or [animal protein](#). Those eating soy protein had a 5.7% decrease in “bad” LDL cholesterol, a 4.4% reduction in total cholesterol and a 13.3% reduction in blood triglycerides (8).

Additionally, a test-tube study found that certain plant compounds in tempeh could act as antioxidants, helping reduce the buildup of free radicals, which are harmful compounds that can contribute to chronic disease (9).

Tempeh is perfect for vegetarians and meat-eaters alike. Use it for anything from sandwiches to stir-fries to take advantage of its many health benefits.

**SUMMARY:** Tempeh is made from fermented soybeans. It is high in probiotics and contains compounds that may act as antioxidants and improve heart health.

### Natto

[Natto](#) is a staple probiotic food in traditional Japanese cuisine and, like tempeh, made from fermented soybeans.

It contains a good amount of fiber, providing 5 grams per 3.5-ounce (100-gram) serving (10). Fiber may help support digestive health. It moves through the body undigested, adding bulk to stool to help promote regularity and alleviate constipation (11).

Natto is also high in vitamin K, an important nutrient that’s involved in the metabolism of calcium and plays a major role in [bone health](#). In one study of 944 women, natto intake was associated with reduced bone loss in those who were postmenopausal (12).

The fermentation of natto also produces an enzyme called nattokinase. One study in 12 people showed that supplementing with nattokinase helped prevent and dissolve blood clots (13).

Another study also found that supplementing with this enzyme helped reduce systolic and diastolic blood pressure by 5.5 and 2.84 mmHg, respectively (14).

Natto has a very strong flavor and slippery texture. It is often paired with rice and served as part of a digestion-boosting breakfast.

**SUMMARY:** Natto is a fermented soybean product. Its high fiber content may promote regularity and help prevent bone loss. It also produces an enzyme that can reduce blood pressure and help dissolve blood clots.

## Kimchi

Kimchi is a popular Korean side dish that is usually made from fermented cabbage, although it can also be made from other fermented vegetables like radishes.

It boasts an extensive array of health benefits and may be especially effective when it comes to lowering cholesterol and reducing insulin resistance.

[Insulin](#) is responsible for transporting glucose from the blood to the tissues. When you sustain high levels of insulin for long periods, your body stops responding to it normally, resulting in high blood sugar and insulin resistance.

In one study, 21 people with prediabetes consumed either fresh or fermented kimchi for eight weeks. By the end of the study, those consuming fermented kimchi had decreased insulin resistance, blood pressure and body weight (24).

In another study, people were given a diet with either a high or low amount of kimchi for seven days. Interestingly, a higher intake of kimchi led to greater decreases in blood sugar, blood cholesterol and “bad” LDL cholesterol (25). Kimchi is easy to make and can be added to everything from noodle bowls to sandwiches.

**SUMMARY:** Kimchi is made from fermented vegetables such as cabbage or radishes. Studies have found that it may help reduce insulin resistance and blood cholesterol.

### The dark side of probiotics.

Most people swear by probiotic supplements for their health benefits. But the microbes that make them so great may pose temporary problems in some people. The most common are gas, bloating, thirst, constipation, and headaches. They may also contain ingredients that you are allergic to like dairy, egg, or soy. So, always check the labels first.

[Read More](#)

## Nutritionally speaking, soy milk is best plant-based milk

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