

New research for Alzheimer's Disease

New research recently published in the *Journal of the American Geriatrics Society* explores the benefits of exercising for delaying Alzheimer's disease.



Aerobic exercise, such as power walking or jogging, may be the best form of exercise for preventing Alzheimer's disease.

Last year, a review by scientists at the University of Southern California in Los Angeles found that as many as [1 in 3](#) cases of [Alzheimer's disease](#) were preventable through lifestyle changes.

The same report also highlighted nine steps that anyone could take to significantly reduce their risk. One such step was increasing physical activity.

In fact, it is so widely accepted that exercise is a good way to prevent [dementia](#) that the World Health Organization (WHO) [recommend](#) that individuals aged 65 and above engage in 150 minutes of moderate-intensity aerobic exercise every week, or 75 weekly minutes of vigorous-intensity aerobic exercise, to keep this form of dementia at bay.

Finally, a third option recommended by the WHO involves both moderate- and vigorous-intensity activity, complemented with muscle-strengthening activities.

More reading:

[Aerobic exercise may be key for Alzheimer's prevention](#)

Working to reverse our childhood obesity crisis

Growing healthy kids starts in the home, and at school. [Read more](#)



What 3 Facial Expressions from Zuckerberg's Congressional Testimony Mean

By Nichole Russell and Patrick A. Stewart, University of Arkansas



Facebook CEO Mark Zuckerberg frowns during a hearing at the Hart Senate Office Building on Tuesday, April 10, 2018, in Washington, D.C.

Credit: Matt McClain/The Washington Post via Getty Images

[Facial expressions](#) and body movements, whether we make them knowingly or not, can [persuade people](#). As experts in political discourse and [facial displays](#) – how scientists often refer to facial expressions – we have analyzed Facebook CEO Mark Zuckerberg's five-hour Senate hearing on April 10. We looked at what kinds of questions senators asked and how Zuckerberg answered them.

What matters most in this kind of analysis is determining whether a person's facial expressions are appropriate [for what is being stated](#) and whether their muscular movements reliably [reflect their intentions](#). While an individual may be smiling, that expression doesn't always mean they are happy. They could be expressing sarcasm or politeness, depending on the context.

[What 3 Facial Expressions from Zuckerberg's Congressional Testimony Mean](#)

See This



Traditional New Year custom to exchange business among the family. In this picture the son is offering a few coins on betel leaves as a token. The father also will reciprocate by offering some coins on a betel leaf.

This is a custom, and in Sinhala it is called, "Ganu-Dhenu" meaning-give and take.

It is done at an auspicious time according to astrological calculations

Eat Bananas To Get Better, More Restful Sleep

Instead of popping a pill or counting sheep, peel a banana! Bananas contain tryptophan, a compound that'll get you nodding off in no time. It converts to serotonin to melatonin, the sleep hormone. Bananas also have magnesium and potassium that calm your muscles and nerves and...hello, la la land! Have a banana or two 1-2 hours before turning in for the night.

[VIEW ARTICLE](#)

My husband suffered in a nursing home. Here's how we stop it happening to other families

By Heather Mansell Brown



My life changed entirely three years ago when I received a call from my husband's aged care facility in Bundaberg. My husband is 78 and has had dementia for 10 years. In May last year I was asked to come to the nursing home to clean him. My husband was on the verandah outside. He was naked from the waist down, covered in his own faecal matter and in full view of other residents. He had been in that state for three hours.

[Are you worried about aged care in Australia?](#)



[We keep hearing horrifying stories about abuse, malnutrition and neglect in nursing homes. Are these isolated cases or is there a widespread problem? Tell us about your experiences.](#)

As no staff members were available, I showered my husband with the help of a cleaner. I was already outraged about my husband's poor treatment. Eight months earlier my husband was bleeding from the scrotum after being left in a soiled pad for too long. I decided to tell my story to the local newspaper which then prompted stories in the national media. The result was an avalanche of phone calls and emails from people all around the country complaining of sub-standard care and complaints unanswered by nursing home owners and the Government. It was a mind-blowing revelation and proved to me this was a systemic problem. Since then, I have 1,500 followers on Facebook who appeal for advice, help or just a virtual shoulder to cry on. Read more:

[My husband suffered in a nursing home. Here's how we stop it happening to other families](#)

[Chanaka Perera](#) 45 minutes ago

Amazing stuff Dr Gunatillake ! Keep up the good work going :)

Reply ·



Voice Print -

[The Acapella Band from Sri Lanka performed at the Blue Elephant Restaurant in Sydney](#)

12 Foods Bursting with Antioxidants

Antioxidants not only help defend your cells and DNA from damage, but pitch in to protect you from heart disease. These 12 foods are loaded with antioxidants.

[Read on](#) →

Eating with High Blood Pressure: Food and Drinks to Avoid

People with hypertension or prehypertension can lower their blood pressure by eating a healthy diet. Learn about nine items to avoid, such as salt and...

[READ MORE](#)



Want to Reduce Your Cholesterol? Try Apple Cider Vinegar

Studies suggest that apple cider vinegar can lower cholesterol levels, along with several other heart disease risk factors. We'll show you how to use it. [Read on](#) →



Left photo - Executive Team (left to right): Mrs. Sunethra Deepthi, Mr. Thushara Serasinghe, Colonel R M Kumarasinghe, Mr. Sunil Fernando, Mrs. Prabha Karunarathne & Mr. Sujeeva Abeynayaka and Board (right photo)

We are delighted to announce two new collaborative partnerships that have been established between VACD and Foundation of Goodness (FoG) and VACD and the Methodist Church of Sri Lanka

Foundation of goodness (FoG) are ready to open their 10th Village Heartbeat Empowerment Centre in Bandarawela. VACD and FoG have agreed to collaborate and support each other so that we can better serve the communities in Bandarawela by combining our strengths and expertise with common visions and goals..

Web:

<http://www.unconditionalcompassion.org/>



Melbourne's biggest Sinhala New Year Festival 2018 : "Melbourne Bakmaha Ulela"

President Mr. Lalith Pthirana and the ground event organiser Mr. Hasitha Fonseka from the German Technical Training OBA – Melbourne spoke to the SBS Sinhalese about the preparations of this year's "Melbourne Bakmaha Ulela" - The biggest Sinhala New Year festival in Melbourne. H.E.Skandakumar -the high commissioner was the chief guest



Anusha Koduwakku wins a Bronze for Sri Lanka in boxing, at the Commonwealth Games in Gold Coast, Australia



High-Commissioner with Julian Hill Federal MP for Bruce and Gabrielle Williams-labour MP Victorian State Parliament at Sri Lanka German Technical Training Institute Old Boys Association of Australia Sinhala Tamil New Year Celebration at Dandenong Grounds in Melbourne.
Attended by over 5000 Sri Lankan's,

All three officials addressed the audience after a message from H E The President was read out in all three languages in which H. E commended the organizers on their focus on multi-cultural harmony.



"Good morning" greeted the sweet voices of a chorus of 4 - 5-year olds at the 25-year-old Church of Ascension Day Care Centre in the township of Bandarawela that was founded by Ms. Pene Gordon who is 'giving back' to Sri Lanka in a truly humane and magnanimous manner. These disadvantaged kids are truly blessed to be clothed, nourished and taught in all 3 languages by loving, caring and trained teachers.

For more information contact Felix Stephens, or Yasmin on Felix Stephen felixswstephen@gmail.com

Finally, a plausible explanation for the origin of Lamprais.....

With so much confusion or lack of information out there these days, almost anything wrapped up in a banana leaf is being passed off as a "Lamprais". So instead of repeatedly explaining this, I decided to do a permanent post about it in the interest of correcting any misconceptions that exist! Lamprais are quintessentially a Dutch Burgher delicacy, but these words by Arun Dias Bandaranaike, although not a Dutch Burgher, explained it brilliantly.

In his words, " In as much as it may not be ideal to have the so called Mona Lisa dressed up to be modernly chic, and have her wear headphones (so that we can figure she may have heard something to smile about!!) the tangential bits to the Lamprais may, in fact, allow many to imagine that a " rice packet" wrapped in a jolly banana leaf "qualifies" to have the term Lamprais attached there with . The Dutch Burgher families of yore had it down to a fine art. Some people knew the subtleties and delights to be found in the 'authentic' version **inspired by the Dutch.**"

Firstly, Lamprais are NOT a Dutch creation! It was **INSPIRED** by the Dutch, who brought **some of the recipes with them from Indonesia where the VOC had their headquarters.** Eg, **Blachan**....a typical Indonesian speciality, made of dried shrimp.

The name "Lamprais " (**or Lomprijst in Dutch**) probably was derived from the Indonesian dish **Lempur which consists of cooked rice and meat wrapped and steamed in banana leaves.**

Frikkadels, or deep fried meat balls are probably the only typically Dutch influenced dish.

The Dutch Burgher community, to which I belong, painstakingly cut up every ingredient into tiny cubes so that the Lamprais could be eaten easily with a spoon and fork. No bones of any kind should ever be included!!

The traditional meat curry consisted of beef, mutton, chicken, pork and Ox liver, cooked in a special recipe. In my opinion, it is possible to make allowances for people who cannot eat all these meats and use eg only chicken, without altering the taste too much.

The other condiments/curries in a typical Lamprais are Brinjal Pahi, Seeni Sambol, and of course the Frikkadels and Blachan. Ash plantains cubed, fried and cooked in a white curry are a later addition, and not compulsory.

And then the rice itself! It has to be the finest smallest grain rice, which is cooked in a good rich home made stock, with spices etc.

Everything is then packed (in small portions) in a **SINGLE PIECE** of banana leaf, folded neatly, and baked until the aroma and flavour of the leaf permeates right throughout the parcel.

THAT is a LAMPRAIS!

The biggest insult to a Lamprais is adding a hard boiled egg or fish of any kind!!!

Change any of the above, and you have a "rice packet" as Arun DB said, NOT A LAMPRAIS.

-Anne-Marie Scharenguivel Kellar

World at the Brink ?????

As one looks around the World; one, no doubt, cannot but avoid seeing the Natural catastrophes that abound the World today, in continuance and without any let – Be it Natural or Man-Made (induced or attributed). Sure makes for headline news and sensational visual and television news doesn't it? Yet how much attention do we give such news of tragedies; except, perhaps, to shrug our shoulders with an emphatic/empathetic expression of – “Poor folks”. Doesn't it remind one of the extremely old saying which has been bantered about since the very early 1940s – “Mankind will kill Nature and Nature will kill Mankind”. Yet all we do is sweep these catastrophes under the carpet with another shrug and lament – “Que Sera Sera or What will be will be”; or further utter – “Thank God it is has not happened to us”. Yes! Selfishness has been the bane of humanity. How much are we responsible for such tragic happenings? This does bring into one's mind the saying from the prayers of a Great Faith – “Do not do unto others; that you wouldn't want others to do unto you”. But this is Spirituality and when you look around you; do you see this wonderful prayer being enacted or have you followed this Noble aspect of a Great Faith. No doubt the other Faiths too express these very same aspects in their own interpretation of the same concept. Well the decline of Spirituality too is a burning question in the equation of catastrophes; including Morality, that appears to be declining and plaguing/ravaging humanity in the World today.

No doubt one has heard of Sir Isaac Newton's Law of Motion. Especially the Law on – “Every action has an equal and opposite reaction”. Just think of how this applies to you. How often have you indulged in an action that is detrimental to environment, man and/or beast. What you will dismiss as trivial and think – “Heck! It will make no difference”; and come what may, your action will contribute towards detriment and destruction, on the long run. Imagine if everyone thought the same way? Surely it will collectively bring in destruction in its wake. As the saying goes – “It's the tiny drops of water that make a mighty ocean”.

The human race is known to do their “dumping” of garbage and other undesirable “flotsam and jetsam” wherever and whenever it is most convenient to them. These end up invariably in lands fill sites; which end up as an environmental & health hazard, in addition to killing birds and other animal lives that imbibe and prey on these sites. Furthermore there are materials that are of a corrosive and poisonous nature and some that are not compostable – adding to the ecological debacle of the

areas in which they have been dumped. It is also a known fact that some of these end up in the waterways and oceans that affects the living creatures dwelling in these abodes. In other words we are all guilty of “killing” the Good Earth which is our life blood of existence. These are some of our life style traits that we require to change if Mother Earth is to be preserved for our generations to come.

Which brings to mind a story I read some 60 years ago. A little military outpost was based near a small village. The members were all invited to the village annual festival; and the requirement was for the attendees to bring along a bottle of wine – which was filled into a large cask (barrel) at the centre of the village. When all guests arrived the cask was opened for all attendees to partake of the wine. Weren't they all surprised when they filled their glasses and mugs there was nothing but water in the flask. It appeared that everyone thought the other would bring the wine and so thought a bottle of water will go unnoticed. The moral of the story is that don't depend on others to do what you are supposed to do. So be kind and conscientious and do right by our Mother Earth. Stop the pollution and think of the future – yours and that of the future generations to come.

This is all and good for us as individuals and children of the earth. But we come to some of the bigger fishes that do and keep carrying on doing irreversible damage to the ecology of the land in myriad ways – be it mining for oil, coal, minerals or valuable metals or even de-forestation. Unfortunately they are the Corporate and Governmental sectors that do so; for what they call economic development and fiscal/capital gains for themselves and that of the inhabitants of land and that of foreign lands; where they have vested interests. They even go a bit further in such exploitations outside their realm and pounce on the under-developed countries with benefits for their own domestic needs. A virtual rape of their natural resources mainly for their personal gain or is it greed? A policy of Cut; Dig; Burn and Move-On is what appears to be the order in such ventures. Who profits from these exploitation of these foreign lands is of course another story.

Results of such doings are now seen by us human beings in feeling the catastrophic changes in weather patterns; the increase in number of calamities be it earthquakes, volcano eruptions, rampant sinkholes, tsunamis, floods; and extremely strong gales/winds

One area of pollution – that of air pollution created especially by high flying jets appears to be lost in their after-burners. These jets emit over 1000 degrees of heat as they fly in and around the Stratosphere of the Earth. Areas that abound these heights and is Nature's way of preventing injurious ultra-violet rays of the Sun from effecting the Earth and its inhabitants. We often hear of; and now is commonly big news, that the ice cap at the Poles are melting; and perhaps this is causing the shift in the weather pattern. One of the commonly heard attributes is that there are “holes” in the ozone layer. I keep wondering if the thousands of daily flights that are criss-crossing over the Poles, day in and day out, night & day; have anything to do with this phenomena. I would leave this to the better judgement of the learned reader. All in all a question I would raise is – Have you ever heard of this aspect of Air Pollution in the media or otherwise? Of course you have heard of the once in two year requirements for your motor vehicle emission tests – no doubt.

Well! Dear Readers in all this “gloom & doom” situations all one can say is let's do our part (individually & collectively) in doing whatever is possible in preserving our ecology and our Mother Earth for ourselves and for our future

Noor Rahim

What's the Link Between Marijuana and COPD?

Marijuana smoke contains many of the same chemicals as tobacco, but the link between marijuana and COPD is not as clear. We'll show you what the research says. [Read on](#) →

[Our love of solar power could soon become a serious problem](#)



Australia is a world leader in the use of rooftop solar power, but some experts believe that with so much power coming online it may soon be worthless — and governments will have little choice but to cut subsidies.



[Prawns vs Shrimp: What's the Difference?](#)

Prawns and shrimp are closely related and often confused. This article explores the key differences between shrimp and prawns.

[READ ON](#)

[Diabetes and Skin Problems](#)

Poorly controlled blood sugar may cause unpleasant, and even dangerous, skin problems. Learn how to protect yourself.



[Analysis: White, brown, raw, honey: which type of sugar is best?](#)

Amid the myriad online articles addressing the link between sugar and diseases, and whether it's better to substitute sugar with fruit, and about whether we should quit sugar altogether, it's worth examining which type of sugar — if any — is best, writes Sze-Yen Tan.



[8 Signs and Symptoms of Potassium Deficiency \(Hypokalemia\)](#)

Potassium deficiency occurs when your body suddenly loses a lot of fluid. Here are 8 signs and symptoms of a potassium deficiency. [Read on](#) →

The [eye conditions](#) associated with diabetes include:

- Diabetic retinopathy: In the early states, this causes the blood vessels to weaken, leak or bleed into the retina. Later, bleeding blood vessels can cause serious vision problems.
- Diabetic macular edema: This occurs when fluid or cholesterol leaks out of the blood vessels, causing the part of the retina essential for fine vision to swell.
- Glaucoma: This affects the [optic nerve](#) and can lead to permanent blindness without early detection and treatment.
- Cataracts: People with diabetes are at much greater risk for [cataracts](#), which occur when the [lens](#) becomes cloudy.

[READ MORE](#)

[Sweet Drinks You Can Still Enjoy When You Have Diabetes](#)

Tired of sipping plain old water? Try our recipes for lightened-up chocolate milk, lemonade, and more.



[5 Worst Foods for Type 2 Diabetes](#)

You may not have to cut them from your diet completely, but even small portions can wreak havoc with blood sugar.



[But is adrenal fatigue a real disease?](#)

The adrenals are two small glands that sit on top of the kidneys and produce several hormones, among them, cortisol. When under stress, we produce and release short bursts of cortisol into the bloodstream. The adrenal fatigue theory suggests that prolonged exposure to stress could drain the adrenals leading to a low cortisol state. The adrenal depletion would cause brain fog, low energy, depressive mood, salt and sweet cravings, lightheadedness, and other vague symptoms.

Numerous websites mention how to diagnose and treat adrenal fatigue. However, the Endocrinology Society and all the other medical specialties do not recognize this condition. The Endocrinologists are categorical: "no scientific proof exists to support adrenal fatigue as a true medical condition." This disconnect between conventional and complementary medicine adds to the frustration.

A [recent review](#) of 58 studies concluded that there is no scientific basis to associate adrenal impairment as a cause of fatigue. The authors report the studies had some limitations. The research included used many different biological markers and questionnaires to detect adrenal fatigue. For example, salivary cortisol is one of the most common ordered tests used to make a diagnosis. The cortisol level, when checked four times in a 24-hour period, was no different between fatigued and healthy patients in 61.5% of the studies. The review raises questions around what should get tested (blood, urine, and/or saliva), the best time, how often, what ranges are considered normal, and how reliable the tests are, to name a few. In summary, there is no formal criteria to define and diagnose adrenal fatigue.

Harvard Medical School

[Red and Processed Meats Linked to Liver Woes](#)



The symptoms of sudden cardiac arrest

None of the diseases comes unannounced. Every problem in the body gives us signs, however subtle they may be. However, when it comes to a sudden cardiac arrest, doctors often say that the attack may come completely out of the blue and not give any warning signs at all. But, much to our relief, a recent study established that even a sudden cardiac arrest has its warning indicators. Some common early symptoms include the following:

- A dizziness that doesn't go away easily
- A general sense of fatigue
- Shortness of breath
- Heart palpitations
- Chest pain that may happen as early as four weeks before the cardiac arrest

Heart attack and [cardiac arrest symptoms](#) in women

Heart attack and cardiac arrest symptoms are different in women and men, say studies. Though there are many symptoms that run common, there are various differences also that doctors have pointed out. They include:

- Symptoms may be more subtle and more ambiguous
- Chest pain may not be the primary pain and may be accompanied by nausea, fatigue, pain in back, neck and shoulders as well.
- Tight artery blockages are not very common in women but they are in men
- The reason behind these differences could be that women may develop preeclampsia, a problem of high blood pressure during pregnancy, in their lives. Also, menopause puts women at a higher risk of suffering from heart disease during that phase of their lives.

Risk factors

There are many lifestyle risk factors that up your chances of a cardiac arrest. These include the following :

- A problem of high blood pressure or hypertension
 - Diabetes
 - Smoking
 - High cholesterol levels
 - No or very less physical activity
- Obesity
TOI

What's to know about the Mediterranean diet?

A Mediterranean diet is often low in carbohydrates, and can help people to control their insulin levels.

Learn more about what this diet entails [here](#).

READ NOW

Why is my ankle itchy?

Last reviewed Wed 21 February 2018

By Jenna Fletcher

Reviewed by [Cynthia Cobb, APRN](#)

The medical community refers to an itching feeling anywhere on the body as pruritus. Itchy ankles are often the sign of an underlying skin condition, though the feeling may signal other, more severe issues.

Irritation may be made worse by excessive scratching. In these cases, treating the cause of the itch may resolve accompanying symptoms.

Itchy ankles may cause rashes or lesions. Or, itchiness may be a result of these issues.

When itchy ankles are not associated with rashes or lesions, the condition is called essential pruritus. These cases are often characterized by rapid onset of symptoms and interference with daily activities.

It is important to discover the cause of itchy ankles. When in doubt, or when the itch lasts longer than a few days, a person should seek medical attention.

Read more:

[Why is my ankle itchy?](#)

Resistant starch

This type of fibre has been front and centre in the media lately. Resistant starch promotes the development of the good bacteria in your gut. This type of bacteria is supported by research to help improve your immunity, boost your mood and keep a healthy metabolism, which ultimately helps you to maintain a healthy weight. Resistant starch can be found in foods like: Unripened bananas
Onions; Green and black tea;
Cooked and cooled wholegrain pasta, rice and potatoes
Written by Ashleigh Feltham

Eating foods that keep blood sugar levels low

Often, the foods that keep blood sugar levels low are also foods that will help keep insulin levels low.

Some foods are known to maintain a slower, steady need for insulin instead of causing sudden spikes. These are known as low glycemic index foods and are preferred sources of [carbohydrates](#).

The [Diabetes Council](#) recommend eating the following foods to keep insulin and blood sugar levels low:

Avocado; [banana](#); blueberry; [cinnamon](#)

Garlic; honey; peanut butter; slow-cooked oatmeal; vinegar; yogurt without added sugars

2. Avoiding foods that cause insulin spikes

Just as there are foods that are beneficial to lowering insulin levels, there are some that cause spikes. These include high-sugar foods, such as candies and chocolates.

Dried fruits and energy drinks can also be sources of sugar that lead to insulin spikes. Avoiding these foods can help keep insulin levels down.

Read more:

[How can I lower my insulin levels?](#)

What to do about a sinus headache

Last reviewed Fri 23 February 2018

By Claire Sissons

Reviewed by [Elaine K. Luo, MD](#)

Sinus headaches affect the area around the nose. They usually follow an infection and cause pain across the bridge of the nose and the cheeks. They can also be the result of allergies.

Sinuses are spaces in the bones of the face. There are four pairs across the cheeks, bridge of the nose, and above the eyes. Scientists are not entirely sure what role the sinuses play in the body. It is possible that they make the skull lighter, prevent heat from escaping the head, or help make the voice louder.

Treatment for a sinus [headache](#) depends on the underlying cause. A mild sinus headache can often be treated at home.

Read more

[What to do about a sinus headache](#)

Soluble fibre

This type of fibre acts like a bulking agent to make your poo comfortable to pass (the other two options are diarrhoea or constipation). It works by slowing down the breakdown of the carbohydrates you eat, which not only keeps you feeling fuller for longer but also prevents the unwanted spike of your blood sugar. This is important, because blood sugar spikes lead to a quick crash of energy, which often has us reaching for that muffin or chocolate bar we've been trying to resist.

Soluble fibre can also lower your LDL cholesterol (the 'bad' cholesterol) through a compound known as beta glucan, which is found in oats. Beta glucan attaches to your LDL cholesterol and ultimately is removed when you visit the bathroom.

Soluble fibre can be found in foods like:

Oats: Legumes (kidney beans, chickpeas, soy beans etc): Fruit and vegetables (especially in the flesh) Written by Ashleigh Feltham



One Of The Funniest Comedy Sketches Of All Time

[2pacalypsePast](#)

10,446,640 views • over a year ago



Chocolate Facts, Effects & History

Chocolate, the most popular sweet treat in the world, makes you feel good and it may be good for you, too.

[Read More](#)



No, Drinking Alcohol Won't Make You Live Past 90

[See This](#)



Respiratory System: Facts, Function and Diseases

Good air in, bad air out.

[Read More](#)

Acupuncture: Alternative Treatments for Pain

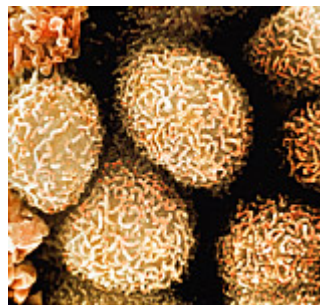
This ancient Chinese practice may ease back pain and cancer treatments. Find out the truth about acupuncture.

[READ MORE](#)

Treat Hair Loss And Dandruff With Kalonji Oil

Voluminous, strong hair with no dandruff and no premature graying. The dream, isn't it? Make it a reality with kalonji oil, the oil derived from Nigella sativa seeds. We're not making this stuff up, science backs all of these claims. You may apply the oil topically as a pre- or post-wash conditioner or have a teaspoon of it every day to strengthen your hair from the inside out.

[VIEW ARTICLE](#)



SLIDESHOW

Symptoms of Colon Cancer

It has the second highest rate of cancer deaths in the U.S. But when doctors find colon cancer early, it's highly curable.



How Your Dog Can Help You Lose Weight



Research suggests people who exercise with their dogs are more likely to stick to a fitness program. Here's how to find one you both enjoy.

How Many Calories Should You Eat Daily to Lose Weight?

There's a certain amount of science behind losing weight. Use our simple calculator to determine how many calories you should eat to lose (or maintain)

... - . ➔

Natural remedies for constipation

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

1. [Natural remedies](#)
2. [Constipation](#)
3. [Diet tips](#)
4. [When to see a doctor](#)
5. [Outlook](#)



Sometimes it can be difficult to have a bowel movement. We discover some of the natural remedies that can help a person poop, and lifestyle changes to help them stay healthy and regular. Bowel movements are different for everyone. The [healthy range](#) is usually considered to be from three times per week up to three times per day.

Many things can affect the ability to poop, from diet or illness to a change in routine.

A laxative is a medication that encourages a bowel movement. There are also some natural remedies that can be used as alternatives. In this article, we take a look at seven of these options.

[Read more](#)

[Natural remedies for constipation](#)

Aging: The Surprises of Getting Older

There's a bit of good news and a bit of bad news for aging adults when it comes to mental work. Let's start with the bad.

[READ MORE](#)

15 Easy Ways to Reduce Chronic Pain

If you suffer from chronic pain, it is necessary to make time for relaxation and to set limits on your activities. [Read more...](#)



Is There a Cure for Asthma?

About 26 million adults and children in the U.S. suffer from this common condition.

[TAKE THE QUIZ](#)



Sit Hunched
Do it too much, and it can flatten the natural curve of your spine and damage the cushioned disks between the bones. This can lead to early arthritis and other problems. Gently stretch and move your head and neck in all 4 directions every half hour. To ease any pain or spasm, try applying an ice pack or heating pad to the area. Be sure to cover the skin with a light towel or cloth first. See your doctor if the pain won't go away.
WebMD



Too Many "Treats"
Choosing the wrong foods too often can lead to inflammation and leave out nutrients you need to be strong. Your body needs lean protein, whole grains, fruits and veggies, and healthy fats like those from avocado and salmon to build strong muscles, bones, and soft tissue in your back. Be sure to get nutrients like calcium, phosphorus, and vitamin D. too.



Sleep on Your Back ...
For some people, this position can cause low back pain or make it worse. But it can be hard to change how you sleep, since it's a habit you've probably had for a long time. It may help to put a rolled towel or pillow under your knees to keep the natural curve of your back. You also can try different pillow heights for your neck to find what's comfortable.



Ease the itch of mozzie bites with these handy hints

[Read more](#)



KFC Chicken Popcorn | Easy and Crispy chicken popcorn by our grandm...
[Desi Kitchen](#)
2,512 views • 12 hours ago



[New research adds to evidence that exercise can change gut microbial composition independent of diet](#)

[Indoor trampoline centres land almost 500 kids in hospital over five years](#)



[Why you still need to eat healthy foods — even if you aren't overweight](#)



[Lighten Freckles With Ingredients At Home](#)

Freckles are nothing but hyperpigmentation. Slowing down the skin's pigment-making process is, thus, a smart way to lighten them. That's where raw radish juice, lemon juice, aloe vera gel, and avocado pulp step in. Dabs of buttermilk and unpasteurized soy milk help as well. If you're feeling a little extravagant, try a paste of bitter orange peel, yogurt, and honey.

[VIEW ARTICLE](#)



The Many Health Benefits of M
Mint is a delicious ingredient in several foods and beverages, and it boasts a number of benefits. Learn about the world of good it could potentially do for you.

[Read on](#) →

Diabetes doubles the risk of cataract.
Diabetes tags along a whole list of complications, and now adding to this list is cataract. If you're diabetic, you are twice as likely to develop cataract than someone who is not diabetic – more so if you're in the age group 45–54. If you have diabetic maculopathy, a retinal disease, your risks increase further.
[Read More](#)

Why does my pee smell?

From asparagus to diabetes, the smell of our pee can tell us lots of things about our health. [Read more](#)

Does living alone impact your health?

Living alone could make you more susceptible to certain health conditions. [Read more](#)

Skip These Foods To Prevent Migraines

Migraines can have all sorts of triggers but for 1 in 10 people, it's food. Unfortunately, the first three items on the list are aged cheese, chocolate, and alcohol. They may make you feel good in the moment but can later prove torturous for your head. The pepperoni on your pizza? That's got to go, too, because processed meats make it to this list. So do caffeine, ice-cream, and foods with MSG.

[VIEW ARTICLE](#)

Does asparagus cause breast cancer?

If this headline made you hop on the let's-never-eat-asparagus bandwagon, we're talking to you. The amino acid asparagine was seen to help a form of breast cancer spread (not cause it) in a study in mice. Asparagine is found in almost all foods like whole grains, dairy, nuts, and yes, asparagus. If you cut them all from your diet, what will you eat? Also, we're hoping you caught on to the *study in mice* part.
[Read More](#)

Exercise in a Pill? Scientists Move One Step Closer

What if you could reap the benefits of exercise without moving a muscle?

[Read More](#)

What if you could reap the [benefits of exercise](#) without moving a muscle? A new study from England has taken an important step toward understanding how the human body senses when it's exercising and developing a potential way to flip this "switch" without breaking a sweat.

But don't cancel your gym membership just yet: The new study was done in mice, and much more research is needed to explore the effects in humans. During exercise, a person's heart rate increases, pumping more [blood throughout the body](#). But this increased blood flow doesn't reach all parts of a person's body equally; more blood goes to a person's skeletal muscles and brain, and less goes to internal organs such as the stomach and intestines. [[The 4 Types of Exercise You Need to Be Healthy](#)]

What wasn't clear, however, was how the body knew to divert blood from one part of the body to another during exercise, said senior study author David Beech, a professor of cardiovascular science at the University of Leeds in England.

In the new study, the researchers identified a protein in mice that appears to do just that: detect when exercise is happening and divert blood flow accordingly, Beech told Live Science. The protein, called Piezo1, acts as an "exercise sensor," Beech said. It's found in the cells that line the inner parts of the [blood vessels](#) near the stomach and intestines. During exercise, the blood flows faster, and Piezo1 can sense this change in speed. In turn, the protein triggers the blood vessels near the digestive organs to constrict, so that less blood flows to this part of the body and more goes to the skeletal muscles and the brain, according to the study.



Our 9 Favorite Non-Dairy Substitutes for Milk

Dairy milk is still widely consumed, but it's not the best choice for everyone. Browse our picks for the top non-dairy milks out there, from soy to



Coping with Vertigo and Nausea

About 40 percent of people with migraines have experienced some kind of dizziness during an attack. Known as vertigo, it also causes motion

sickness. Here's how to handle it. [Read on](#)



Exercises That Widen Your Shoulders

Wide shoulders are a desirable physical trait for many men because they're typically associated with athleticism. Here's how to work toward getting them. [Read on](#)



But coffee companies argue that although coffee does contain a possible carcinogen — a chemical called acrylamide — it isn't present in the drink in levels that are high enough to increase the risk of cancer in people.



Healthier Versions of 7 Popular Coffee Drinks

Your daily latte and mocha is often loaded with sugar, but you can easily whip up your own far healthier concoctions at home. We'll show you how. [Read on](#)



How to Treat Erectile Dysfunction Through Exercise

Treating ED with medications such as Viagra isn't your only option. Try these Kegel (pelvic) exercise and aerobic workout ideas to get back into a sexy groove. [Read on](#)



Desmond Kelly

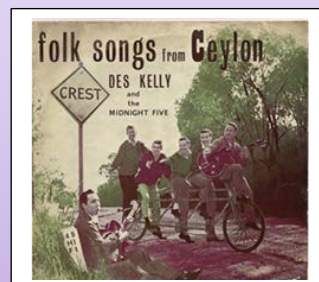
<https://www.youtube.com/watch?v=zEddlApYsT4Manage>



My Lovely Island Home - Des Kelly
YOUTUBE.COM



Desmond Kelly



Could human poo treat the incurable?

Are faecal transplants the answer to inflammatory bowel disease? We sniff out the latest research.

New research into treating inflammatory bowel disease shows the drug under the microscope is human poo. This novel treatment is called a faecal microbiota transplant (FMT) and it aims to manipulate gut bacteria through the transfer of healthy gut bacteria from donor to recipient. The idea is the transfer of faecal matter can help restore the balance of good bacteria in a recipient's gut. Previously, the treatment was limited to patients with severe bacterial infections, like [Clostridium difficile](#), however, it is now being trialled on those with gastrointestinal disorders such as inflammatory bowel disease.

Could human poo treat the incurable?

Take a look at the latest research trialing human poo as a treatment for inflammatory bowel disease. [Read more](#)

Onions are bacteria's new enemy.

Antibiotic resistance is a growing concern, but strangely enough, the solution may be lying in our kitchens! Extracts from the Persian shallot, an onion species commonly used in Iranian cooking, can inhibit the growth of tuberculosis bacteria by about 99.9%...wait for it...where antibiotics fail to do their job. Take that, bacteria!

[Read More](#)

Binge Eating Disorder

Definition

Medical Author: [Melissa Conrad Stöppler, MD](#)

Medical Editor: [Dennis Lee, MD](#)

Who is affected by binge eating disorder?

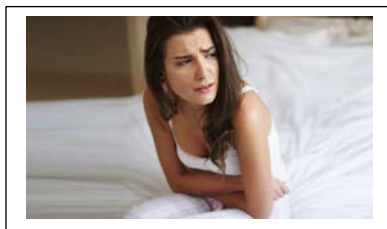
The eating disorder known as [binge eating disorder](#) affects approximately 1% to 5% of the U.S. population, according to the National [Eating Disorders Association \(NEDA\)](#). The most recently described eating disorder, [binge eating disorder](#) is also likely the most common eating disorder. As the name implies, people suffering from this condition have recurrent episodes of binge eating.

Binge eating is more than having a healthy appetite or enjoying a lavish meal. True binge eating involves loss of control, and consumption of unusually large amounts of food even when the person does not feel hunger or take pleasure in the food. Other characteristics of binge eating include eating rapidly, eating alone, attempting to hide or "cover up" the eating episodes, and feelings of intense guilt and shame after an eating episode.

Most people with [binge eating disorder](#) are [overweight](#) or [obese](#), but the condition also occurs in individuals of normal weight. Children and [teens](#) may develop binge eating disorder. Whites and African Americans are affected in roughly equal proportions, and the condition is slightly more common in women than in men (three women are affected for every two men). Unlike the eating disorder known as [bulimia nervosa](#), the binge eating episodes in binge eating disorder are not followed by so-called "purging" behaviors such as induced [vomiting](#), fasting, strenuous [exercise](#), or [laxative](#) and diuretic abuse.

Read more:

[What Is Binge Eating Disorder?](#)



[4 Sneaky Signs Of Bladder Cancer That Most Women Ignore](#)



Extroverted

Researchers can't explain why exactly, but people who socialize more often appear to have stronger immune systems. In one study, people who said they spent more time around others were shown to be less likely to catch a cold

Narcissistic

Men who feel they deserve special treatment and tend to take advantage of other people may be more likely to have certain health conditions, including heart problems. This may be because researchers have found that they have unusually high levels of the stress-related chemical cortisol in their systems, even when they're not in stressful situations. This isn't the case for narcissistic women.

Optimistic

A positive outlook may boost your overall physical health. And if you do become ill, that attitude may help you deal with it and have a better quality of life. Research shows that optimists may be more likely to accept their illnesses and try to find the humor in difficult situations.

WebMD

18 Reasons Why You Should Always Have Salt at Home

[Show Content](#)

Foods and Drinks That Make You Gotta Go

Find out which foods and drinks may be triggers for people with an overactive bladder.



[READ MORE](#)

Treating an Overactive Bladder

Overactive bladder is thought to be due to sudden contractions of the muscle in the bladder wall. Find out how it is treated.

[Read more...](#)

Soluble fibre can also lower your LDL cholesterol (the 'bad' cholesterol) through a compound known as beta glucan, which is found in oats. Beta glucan attaches to your LDL cholesterol and ultimately is removed when you visit the bathroom.

How alcohol affects your brain

A look at the immediate, next day and long-term effects of alcohol on the brain. [Read more](#)

Eye Health: Food and Nutrients to Improve Eyesight

Poor diet, excess sun exposure, toxins, infections, and physical and emotional stressors cause wear and tear on the body, including our eyes.

[READ MORE](#)

Metformin

Metformin is a drug that doctors use to treat people with type 2 diabetes. It works alongside other medication and insulin to lower blood sugar in people with the condition. Doctors do not usually prescribe metformin for [type 1 diabetes](#). They can sometimes prescribe it for women with polycystic ovarian syndrome, although this use is not approved by the United States Food and Drug Administration (FDA).

Similarly, the FDA has not sanctioned metformin to help those wanting to shed the pounds when they are overweight or obese. In this article, we take a look at the impact metformin has on weight, as well as how the drug is used. [Read more:](#)

[Does metformin help you lose weight?](#)

Recognize These Symptoms Of Hemorrhoids (Piles)

Everyone has hemorrhoids. They're anal structures that help in stool control. It's when they swell abnormally that you have trouble sitting and all sorts of other issues. Bleeding is the most common symptom, so if there's blood on your toilet paper or in the toilet bowl, don't ignore it! You may even experience severe pain in the area (by itself a warning!).

[VIEW ARTICLE](#)



The Dangers of Caffeine and Alcohol for AFib

Alcohol, caffeine, or any stimulant can have profound consequences for anyone living with AFib. Learn about the risks, as well as questions to ask your doctor.

[Read on](#) →

Early Signs of Ulcerative Colitis



Ulcerative colitis is an inflammation of the large intestine. Explore the most common signs and symptoms.

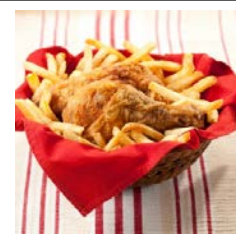
[Read more...](#)



9 Healthy Foods That Are Rich in Iodine

[READ ON](#)

Worst Foods for Digestion



Which foods can trigger diarrhea and other digestive problems? See which foods to eat and which ones to avoid.

[READ MORE](#)

Blood sugar management

Blood sugar levels are a primary concern for people with diabetes. High blood sugar, known as hyperglycemia, occurs when a person's blood sugar is over 180 milligrams per deciliter (mg/dL).

High blood sugar levels can be dangerous if not promptly managed and lead to both short-term and long-term problems.

In this article, we look at some different ways to help people lower their blood sugar levels. These steps include lifestyle changes, diet tips, and natural remedies. [Read more:](#)

[How can you lower your blood sugar levels?](#)

Consume few saturated fats like butter, full-fat dairy, beef and pork fat, and, palm and palm kernel oils and replace them with natural vegetable oils high in polyunsaturates — corn, soybean, safflower, sunflower, peanut, walnut and grapeseed oils.” Also healthful are canola and olive oil, rich in both monounsaturates and polyunsaturates.



This is your brain -- this is your brain outdoors



University of Alberta



Acupuncture is a safe, non-drug option.

Many studies confirm that acupuncture is an effective, safe way to treat chronic pain, without addictive opiates. Despite this, skeptics still question its authenticity – mostly due to the terms acupuncture researchers often use that are alien to modern science. While our knowledge of this ancient practice grows, our lack of understanding it shouldn't stand in the way of believing it really works.

[Read More](#)



What's So Great About Them?

Tomatoes are loaded with a substance called lycopene. It gives them their bright red color and helps protect them from the ultraviolet rays of the sun. In much the same way, it can help protect your cells from damage. Tomatoes also have potassium, vitamins B and E, and other nutrients

7 Juicy Reasons to Eat Tomatoes

They offer lycopene, potassium, vitamins B and E, and other nutrients. See how tomatoes can protect your health.



I Tried Medical Marijuana for My MS, and Here's What Happened

Meg tried everything to help with her MS pain, but it wasn't until she tried medical marijuana that she started seeing long-term results.

[READ MORE](#)



Vitamin D: Wonder Pill or Overkill?

Wouldn't it be great if one vitamin could build stronger bones and protect against diabetes, multiple sclerosis, cancer, heart disease, and depression? Or even help you lose weight? Researchers have high hopes for vitamin D -- which comes from our skin's reaction to sunlight, a few foods, and supplements. Learn the facts in the slides ahead ... and see who's at risk for a "D" deficiency.

The Truth About Vitamin D

You need it to keep your weight healthy and your heart working. But be careful -- too much can be dangerous.



Benny Hill - Benny's Quickies (1976)



[The Benny Hill Fan Consortium](#)

What Nobody Tells You About Type 2 Diabetes

"It takes more than just not eating dessert to actually manage diabetes," is one thing those who've lived with type 2 diabetes have likely learned the hard way. Here are some more things others living with the condition wish everybody knew about it. [Read on](#) →

Drink white wine cold and reds warm? You're doing it wrong

When it comes to wine varieties and drinking temperature, we're not getting the most out of our drop.



Is New BRCA Breast Cancer Drug Worth the Price?

The first drug approved to treat BRCA-related breast cancer has limits, but it's important for women with metastatic disease and BRCA mutation carriers. [Read on](#) →

Compiled, edited & published by

Dr Harold Gunatillake

To unsubscribe

email:haroldgunatillake1@gmail.com

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