



## Michael & Agnes married 42 years ago- Congratulations



[Agnes Thambynavagam](#) is with [Michael Thambynavagam](#).

Michael and Agnes married on April 24, 1976 in Hull England. Celebrated their 42th wedding Anniversary on 24<sup>th</sup> April

Currently, lives in Sugar Land, Texas



FRUIT NINJA of INDIA |  
Amazing Fruits Cutting Skills |

...

[Aamchi Mumbai](#)



## Why Some Strokes Are Now Being Treated One Day Later

Doctors generally try to treat strokes within six hours of symptoms. Now, researchers say treatments within the first 24 hours can be helpful. [Read on](#)



## New Year's Eve

When you have heartburn, every holiday can be hard, depending on the menu. On New Year's Eve, for example, go easy on the champagne. Alcohol and carbonation can trigger that burning sensation in your chest. And champagne has both.

Do you need to lose weight? Make a New Year's resolution to lose the pounds. Research shows heartburn symptoms can improve with weight loss.

## Heartburn? Here's How to Relieve It

All year long, events and celebrations bring on the burn. [Learn how to relieve it -- or avoid it in the first place.](#)



## What happens during a stroke?

*Lesson by Vaibhav Goswami, animation by Artrake Studio*

WEvery two seconds, someone in the world has a stroke. One out of every six people will have a stroke at some point in their lives. Strokes deprive brain cells of oxygen and are one of the most common causes of death, and a leading cause of preventable disability. But what causes strokes in the first place? And what can doctors do to treat them? Vaibhav Goswami takes us into the body to find out.

[View full lesson »](#)

## Tips to Strengthen Your Immune System

When your immune system is strong, you have a better chance of fighting off illness. Learn how to strengthen it. [Read more...](#)

Health & Views' has a vision and a mission, to make Sri Lankans of the world healthier through the power of health information.

We do this by selecting health information from various sources relevant to issues applicable to our people, and we expect reciprocation by reading, for health & longevity

Circulation of this newsletter is global: 60% of our subscribers are from Australia: 30% from US: Remaining 10% from UK, NZ, Canada and others

Readers can promote this newsletter by recommending and sharing with others. If they wish to subscribe please email: [haroldgunatillake1@gmail.com](mailto:haroldgunatillake1@gmail.com) Thank you Health editor



## Is Coconut Oil Good for Your Skin?



Coconut oil is a type of fat that has many health benefits. This article looks at the evidence to determine whether coconut oil is also good for your...



## Why Is Coconut Oil Good for You? A Healthy Oil for Cooking



<https://youtu.be/mij8eDWoN78>



## Butter vs Margarine — Why I Trust Cows More Than Chemists



The butter from grass-fed cows is much healthier than processed margarine, which contains trans fats and other very unhealthy ingredients.

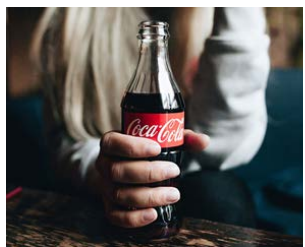


## 7 Impressive Ways Vitamin C Benefits Your Body



## Could UK's New 'Sugar Tax' Work in the US?

Can "sugar" or "soda" taxes help lower sugar consumption and reduce rates of diet-linked diseases? [Read on](#) →



Sunday in Sydney

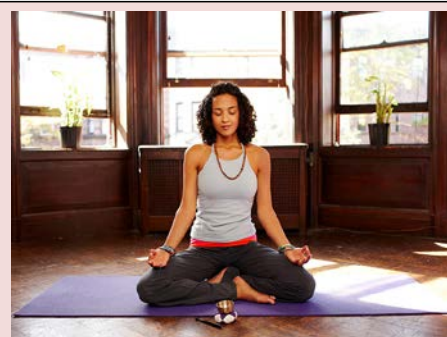


For health & Longevity music is the food of life

## Food feature: oats



Whole grain oats can be part of a nutritious and satisfying breakfast. Learn more about oats and health—including ways to incorporate them into your diet.



## Experienced Meditators Gain a Lot from Meditation... the Rest of Us, Not So Much

A new study showed experienced meditators had heightened attention for years after meditation retreats. That benefit doesn't necessarily carry over to others. [Read on](#) →



## CEO-SLINTEC <CEO@slintec.lk>

Dear Fellow Sri Lankans and Members of the Sri Lankan Diaspora,  
On behalf of TEAM SLINTEC our sincere appreciation to you for sharing your time to join us at the Diaspora event during our short tour of Australia.

I hope the presentations provided a brief insight to the work being done at SLINTEC.

We were extremely excited by the response received during our visit and look forward to working closely with the people we met to try and work out mechanisms to collaborate.

We hope many of you if not all will stay connected with us and the SLINTEC initiative. We have attached a FAQ with regard to the SLINTEC

Endowment Trust Fund which hopefully will clarify some of your immediate questions. Please contact me in case you require further clarification.

Please do share the above information with family and friends who may wish to be a part of this initiative. Please refer them to attached link of our event in Sydney in case they wish to get an idea of the Project.

[https://www.youtube.com/watch?v=3-voygO\\_6rM](https://www.youtube.com/watch?v=3-voygO_6rM)

In case you choose to provide support to the Endowment based on the capital returnable option the documentation required is as follows:

1. Open an **INWARD INVESTMENT ACCOUNT** in Sri Lanka with a Bank of your choice in Aus. \$ or a currency of your choice. A sample form from HNB is attached.

2. A passport copy certified by the Sri Lankan embassy and

3. A reference letter indicating the following :

An Introduction letter from the Embassy or your Bank in Australia either addressed to your personal names OR to the Bank stating the following:

### EMBASSY FORMAT

WE HERE BY CONFIRM THAT MR/MRS .....OF .....(ADDRESS)IS KNOWN TO THE EMBASSY SINCE.....HE/SHE IS SUITABLE ENOUGH TO OPEN A BANK ACCOUNT.

### BANK FORMAT

WE HERE BY CONFIRM THAT MR/MRS .....OF .....(ADDRESS)IS MAINTAINING A BANK ACCOUNT WITH US SINCE.....HE/SHE IS SUITABLE ENOUGH TO OPEN A BANK ACCOUNT.

(Any format used by your Australian Bank is fine)

A payment gateway is also being enabled for those of you who wish to make a direct contribution to the SLINTEC Endowment Trust Fund. An e-mail link will be provided in due course.

Direct contributions can be made to Endowment to the following Bank Account.

Bank :- Bank of Ceylon

Branch Name/Code:- Torrington Square /453

Current Account No :- 77461901

A/C Holder's Name :- SLINTEC Endowment Trust Fund

Best

**Harin de Silva Wijeyeratne**

Chief Executive Officer

Sri Lanka Institute of Nanotechnology (Pvt) Ltd,

Nanotechnology & Science Park, Mahenwatta,

Pitipana, Homagama.Sri Lanka.

☎+94 716 219 199 | ☎+94 114 650 501 | ☎+ 94 114 741 995

✉ [harinW@slintec.lk](mailto:harinW@slintec.lk) | 🌐 [www.slintec.lk](http://www.slintec.lk)

SLINTEC <CEO@slintec.lk>



Vladimir Putin playing the piano and singing "Blueberry Hill". He is used to taking the stage, but this time it was not for one of his speeches.

Putin made his audience to give a standing ovation, as he sang at a charity fundraiser.

**Please listen to Putin's singing::**

<https://www.youtube.com/embed/IV4IjHz2ylo>



## How to Cut Your Chance of Having a Stroke

What you eat and drink, how often you exercise, and what medications you take can all make a difference.

## Give These Natural Stool Softeners A

### Try

When the going gets tough, the tough will probably go nowhere if we're talking about stools. Make it easier on yourself by eating foods that have enough soluble and insoluble fiber. Ripe papayas, mangoes, bananas, leafy greens (spinach, broccoli, kale), flaxseeds, fenugreek seeds, and even popcorn can be your 911s. Also, keep the fluids coming in.

[VIEW ARTICLE](#)



[Thousands of Android apps potentially violate child protection law](#)



[Finalist - Stroke Foundation 2018 Creative Award](#)



[Disabled and Broke, How Dharamveer Still Became India's Greatest Cricket Fan!](#)



[Meet the Differently Abled Woman Who Trained a UPSC Topper & Secured a Rank Herself Too!](#)



## A New Lung Cancer Drug Is Shaking Up Treatment: How Does It Work?

By Rachael Rettner, Senior Writer

### How the drug works

The drug, called pembrolizumab and sold under the brand name Keytruda, helps the immune system detect and fight cancer cells, [according to Merck](#), the drug's maker. Specifically, the drug makes it harder for cancer cells to "hide" from the immune system.

Usually, immune cells known as T cells detect threats in the body, such as infectious diseases, or even cancer. But cancer cells can hide from the [immune system](#) if they have a protein on their surface called PD-L1. This protein tells T cells to stand down and not attack the cancer cells, according to Merck. The way PD-L1 does this is by binding to another protein on the surface of T cells, called PD-1, which acts as a sort of "off switch," deactivating the T cells.

Pembrolizumab blocks this interaction between PD-1 and PD-L1, and thus "allows our own immune cells to destroy the tumor cell," said Dr. Edwin Yau, an assistant professor of oncology at Roswell Park Comprehensive Cancer Center in Buffalo, New York, who was not involved with the study. "By making these tumor cells sensitive to the immune system, not only do we see tumor shrinkage, but also [we see an] ongoing response due to the immune system's ability to continue to monitor for the presence of these tumor cells." [\[11 Surprising Facts About the Immune System\]](#)

Yau noted, however, that pembrolizumab by itself works only in a minority of patients. But when given in combination with chemotherapy, the drug appears to be more effective. "This is why the results from KEYNOTE-189 [the new study] are exciting, as the addition of [chemotherapy](#) to pembrolizumab appears to increase the number of patients who benefit from the immunotherapy," Yau told Live Science.

Several other questions remain, including whether patients with high levels of PD-L1 expression on their tumor cells who have already been found to benefit from this type of immunotherapy reap any extra benefits from chemotherapy, Yau said. "We eagerly continue to await longer-term follow-up of this study," he said.

The study, which was [published online](#) April 16 in The New England Journal of Medicine, was led by Dr. Leena Gandhi, director of the Thoracic Medical Oncology Program at Perlmutter Cancer Center at NYU Langone Health.

## [Binge drinking vs drinking daily](#)



[Which is more damaging to your health?](#)

## [Cancer Council sounds alarm on low-carb beer 'myth'](#)



If you're planning to reach for a low-carb beer at Friday night drinks this evening with the belief it's better for your waistline — think again.



[People with private health cover born before 1962 need to read this.](#)



## [Living Better with Parkinson's Disease](#)

More than one million people in the United States live with Parkinson's disease. Hear from a few of them about how they manage life with this chronic condition. [Read on](#) →

# Climate change litigation rising with the seas as victims revert to 'Plan B'

ABC Radio Adelaide  
By [Malcolm Sutton](#)



When they first warned more than 30 years ago that human activity could create an enhanced greenhouse effect, scientists hoped it would lead to decisive action to lower fossil fuel emissions.

Instead, levels have continued to rise to a point most scientists agree that climate change accelerated by fossil fuel emissions is changing the weather and intensifying storms.

"Plan A was the hope governments would step up and social movements would be powerful enough to put pressure on governments," University of Adelaide Law School Associate Professor Peter Burdon said.

"But that hasn't happened, so Plan B is to try the courts," he said.

Across the world a shift towards climate change litigation is gathering steam as low-lying island countries and even United States' cities take aim at governments and big oil companies for failing to act proportionately on emission reductions.

One of the most recent cases involves 21 teenagers in the US state of Oregon, who have been given judiciary permission to sue the federal government for failing to uphold their constitutional rights.

Read more:

[Climate change litigation rising with the seas as victims revert to 'Plan B'](#)

[Early Promise for Eye Implant to Fight Macular Degeneration](#)



## Surprising Health Benefits of Sex



Action between the sheets can help you get a stronger immune system or better sleep.

[VIEW SLIDESHOW](#)

[Ulcerative Colitis and GI Tract Inflammation](#)



[Peris Cardiac Health and Lifestyle Retreat](#)

Angela invited you to like this Page



[Medicines committee gives controversial Diane-35 the green light](#)



The body advising the Therapeutic Goods Administration on new medicines has decided not to restrict the prescription of controversial hormonal drug Diane-35, despite high-profile calls for the drug to be banned altogether.

## HALGOLLA PLANTATION HOME – EVENTS & PLACES OF INTEREST DAILY

Preparation of ingredients and cooking of traditional foods on our open-hearth, in clay utensils. While no "cooking lessons" are provided, guests are welcome to observe and assist in making *pol roti*, *pittu*, *kiributh*, *sambols*, *mallungs*, string-hoppers, and other traditional Sri Lankan foods.

- . Harvesting (wild) leaf and other vegetables
- . Explore the surroundings of HPH – vegetation, birds, animals etc. on a variety of self-guided, well-sign-posted walking trails, none requiring mountaineering skills!

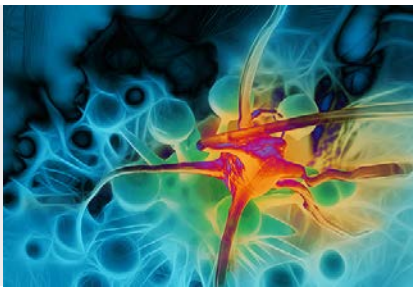
LIVE the HPH history and experience!  
Contact:

Emil van der Poorten <[emilvan@sltnet.lk](mailto:emilvan@sltnet.lk)>



A place to relax when you visit Kandy





## Lower Your Risk of Cancer

It's the world's leading cause of death, but about 1 in 3 cases can be prevented, according to the World Health Organization. There's no magic pill to keep you from getting cancer, but you can do some things to improve your odds.

### Drop the Weight

Nearly 70% of Americans are overweight or obese -- and those extra pounds drive up your chances of several types of cancer, including in your esophagus, pancreas, colon, kidneys, and thyroid gland. With fewer people smoking, obesity may pass tobacco as the top preventable cause of cancer. If every adult in the U.S. cut their body mass index (a measure of your body fat) by 1%, it might cut the number of new cases by as many as 100,000.

### Eat less Red Meat

Along with cured meats like bacon, hot dogs, and lunchmeat, this has been linked to a higher risk of colon and stomach cancers. The American Institute for Cancer Research recommends no more than 18 ounces of these a week, or a little over a pound.

### Eat More Vegetables

Vegetables and fruits can help stave off a range of cancers in your mouth, throat, windpipe, and esophagus. These foods have things that help your cells prevent damage that may lead to cancer later. You should get at least 2 1/2 cups of fruits and vegetables a day. WebMD



## Can Eating Pasta Really Help You Lose Weight?

Is this mainstay of Italian cuisine really good for your waistline?

[Read More](#)



## Despite Court Ruling, There's No Certain Science Linking Coffee to Cancer

Attention coffee drinkers: A judge in California has ruled that coffee companies in the Golden State must label each cup of joe with a cancer warning label.

[Read More](#)

The information contained in this newsletter is informational only and not designed to be a substitute for medical guidance. At all times a practitioner should be consulted.

# Here's What a Single Milkshake Does to Your Blood Vessels

By Rachael Rettner, Senior Writer



*Credit: EyeEm/Getty*

A chocolate milkshake may be bliss for your taste buds, but it's not so good for your blood vessels.

A small new study suggests that consuming just a single, high-fat meal or food item, like a milkshake, may lead to unhealthy changes in your [blood vessels](#) and red blood cells.

In the study, researchers had 10 healthy men drink a milkshake made with whole milk, whipped cream and ice cream; the shake contained 80 grams of fat and 1,000 calories. Four hours later, lab tests revealed evidence that the men's blood vessels were less able to relax (or dilate) and that some of their [red blood cells](#) changed shaped, becoming "spiky" instead of smooth.

"Your red blood cells are normally nice and smooth and beautiful, and the cells, after consumption of a high-fat meal, get these spikes on them," which could affect blood flow, Julia Brittain, a professor of cell biology and anatomy at Augusta University's Medical College of Georgia, [said in a statement](#). But there's no need to panic if you just downed a double cheeseburger or a large milkshake; the researchers said the effects of a single high-fat meal are likely temporary for healthy people. But over time, it could add up. [\[11 Ways Processed Food Is Different from Real Food\]](#)

"The take-home message is that your body can usually handle this if you don't do it again at the next meal and the next and the next," Brittain said. The researchers added that their findings may help explain isolated reports of death or [heart attack](#) in people right after they consumed a super-high-fat meal.

## Here's What a Single Milkshake Does to Your Blood Vessels

[Read More](#)



## 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](#)



## Latest on Alzheimer's Research: Probiotics, Plaque Busters

Researchers in two different studies examine ways to reduce the cognitive decline in people who have Alzheimer's

disease [Read on](#) →



## Unfortunate Python Paid 'Deerly' for a Too-Big Meal

A deer swallowed (and barfed up again) by a snake weighed more than its predator.

[Read More](#)



### DASH

Nutrition experts recommend this eating plan, designed to help lower blood pressure, to lots of people because it emphasizes fruits, vegetables, low-fat dairy, whole grains, lean meats, fish, nuts, and beans. (It does allow for some sweets, too. You should eat those in moderation.) A 2011 study found that it can improve insulin sensitivity when it's part of an overall weight loss program with exercise.

## The Zone Diet

Its goal is to keep blood sugar levels stable. Meals are 40% carbs, 30% protein, and 30% fat. Carbs are ranked as good or bad based on the glycemic index. You'll have foods like chicken and barley, but not potatoes and egg yolks. A 2015 study found it had a positive effect on glycemic control and waist size, so it may be a good choice. Ask your doctor about it.

## Adipose tissue may affect cancer development in multiple ways

AMERICAN ASSOCIATION FOR CANCER RESEARCH

Review indicates need to further explore relationship between fat and cancer  
AMERICAN ASSOCIATION FOR CANCER RESEARCH

Bottom Line: Adipose tissue, or fat, may influence the development of cancer in diverse ways, depending on the type of fat and the location in the body.

Journal in Which the Study was Published: *Cancer Prevention Research*, a journal of the American Association for Cancer Research.

Author: Cornelia M. Ulrich, PhD, Senior Director of Population Sciences at the Huntsman Cancer Institute at the University of Utah in Salt Lake City.

Background: "Obesity is increasing dramatically worldwide, and is now also recognized as one of the major risk factors for cancer, with 16 different types of cancer linked to obesity," Ulrich said. "We urgently need to identify the specific mechanisms that link obesity to cancer."

Ulrich explained that previous research has shown several ways that fat contributes to carcinogenesis. For example, obesity increases the risk of inflammation, which has long been associated with cancer. Also, obesity is believed to affect cancer cell metabolism and immune clearance, all of which can contribute to the growth and spread of tumors, she said. The relationship between fat and carcinogenesis also depends upon "crosstalk," or the ways cells react when the same signal is shared by more than one signaling pathway in two different cell types, Ulrich explained. Identifying ways to interrupt the crosstalk could help researchers identify new cancer prevention strategies.

How the Study Was Conducted and Results: In this study, Ulrich and colleagues, including researchers from the University of North Carolina, conducted a literature review of PubMed/Medline, covering publications from January 1946 to March 2017, seeking studies that explored crosstalk between adipose tissues and carcinomas. They ultimately found 20 primary research publications that specifically addressed the topic, illustrating the novelty of this work.

AMERICAN ASSOCIATION FOR CANCER RESEARCH

[Adipose tissue may affect cancer development in multiple ways](#)  
[American Association for Cancer Research](#)

SRI LANKA Land Of My Dreams By Gary Ellis

<https://youtu.be/8M-1MYyhR-0>

Why it's so hard to skip that burger or beer — even though you know it's bad for you



## Low-Carb for diabetes

You don't have to give up carbohydrates because you have diabetes. If you want to try a diet that limits them, like Atkins or South Beach, talk to your doctor about it. Research on the benefits of low-carb diets for type 2 diabetes is still mixed. But a review written by 25 leading experts says this style of eating should be the first step in managing the disease, since it can "reliably reduce high blood glucose." WebMD



## Mediterranean Diet for diabetes

This heart-healthy diet uses lots of fruits and veggies as well as fish, chicken, nuts, olive oil, legumes, and whole grains. What you *won't* eat often: Red meat, butter, and salt. Studies have shown the diet can help keep blood sugar levels under control. You can have wine with meals, but the American Diabetes Association recommends no more than one drink per day if you're a woman, two if you're a man.



## Who Really Needs to Go Gluten-Free?



Is the gluten-free bandwagon one you should be jumping on, even if you don't have celiac disease?

### Don't let back pain be a pain.

A chronic backache can be a real pain in the derriere. Try to get to the bottom of what's causing it. Does a new routine have you exercising less? Are you sitting longer? Find ways to work around it. Ease the pain with heat, stretching, and yoga. Physical therapy can help, too, but only when it is done consistently.

[Read More](#)



### Where Does the Power Come From?

In fruits and vegetables, purple is often a sign of nutrients called anthocyanins. Like other phytonutrients, your body doesn't need them to work, but they do help protect your cells from damage that can lead to illness and disease. And that's on top of any other health benefits you'll get from eating these foods.

WebMD



### Plums

They're one of the first purple foods people think of. And the more color in the fruit, the more of those anthocyanins. Riper fruits will also have more usable nutrients. The peel could have as much as 20 times the antioxidants as the flesh inside.

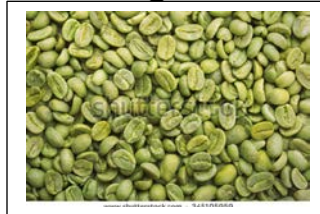
WebMD

## Be Wary Of Ginger's Side Effects

Ginger is quite the Ayurvedic panacea, but too much can cause nausea, gas, and heartburn. Stick to under 4 grams a day and you should be fine. It's not suitable for people with ulcers and IBS, particularly when unchewed. Ginger helps prevent clotting of blood, a boon when you think of heart disease, but a problem when you're already on blood-thinning meds or when you're going for surgery.

[VIEW ARTICLE](#)

## Green coffee is the new drink to lose weight and we couldn't agree more!



Green coffee is the newest addition to weight loss fads. It aids rapid fat loss, helps in boosting metabolism and is also beneficial in reducing bad cholesterol levels. Not only it is beneficial for losing weight, drinking [green coffee](#) is also good for your skin and hair. So, if you're on a weight loss journey, you must check the following benefits of green coffee. Let's see if this fad is here to stay.

Read more: [Green coffee is the new drink to lose weight and we couldn't agree more!](#)

## Fitness over 50: Rebooting your workout



Blame it on a job change, a chronic health issue, or simply a loss of motivation: whatever took you away from your regular exercise routine has led to a sedentary lifestyle. But don't assume you can jump back into the same exercise regimen you followed when you were younger. "Your body has aged, and things have changed," says Dr. Clare Safran-Norton, clinical supervisor of rehabilitation services at Harvard-affiliated Brigham and Women's Hospital.

## Diabetes: Look after your teeth to look after your blood glucose

By [Honor Whiteman](#)

[Fact checked](#) by Jasmin Collier

A new study highlights the importance of oral hygiene for people with type 2 diabetes, after finding that those with the condition may have better blood glucose levels if they look after their teeth.

Researchers say that people with type 2 diabetes may improve their blood glucose levels by looking after their teeth. It is estimated that around [30.3 million people](#) in the United States are living with [diabetes](#). [Type 2 diabetes](#) is the most common form, and it accounts for 90–95 percent of all cases. Type 2 diabetes develops when the body's cells stop responding to the hormone [insulin](#). This is a process known as [insulin resistance](#). Blood glucose levels become too high as a result.

Without effective management of blood glucose levels, a number of serious complications may arise, [including](#) nerve damage, or [neuropathy](#), eye problems such as [glaucoma](#) and [cataracts](#), and skin conditions.

Previous research has also shown that there is a two-way link between type 2 diabetes and [gum disease](#), or periodontitis; individuals with type 2 diabetes are at greater risk of developing gum disease, and gum disease may increase the risk of type 2 diabetes.

The [new study](#) — recently published in *The Journal of Clinical Periodontology* — suggests that for people who already have type 2 diabetes, good dental hygiene could be key for managing blood glucose levels.

Read more:

[Diabetes: Look after your teeth to look after your blood glucose](#)



## Grow your own and forage: eat better without costing the earth



Sitting down to lunch or dinner may not feel like an act of environmental destruction, yet all that eating isn't doing the planet many favours. Vast quantities of water, chemicals, fuel and other resources are splurged on food production and transport, and then we devour only a fraction of that output.

Each year, Aussie consumers turf around **3.1m tonnes** of edible food, which ends up rotting in landfill, giving off methane gases that further harm the environment.

The solution to this is simple: eat locally produced, chemical-free food and use it all up, just like our grandparents did. Across the country, grassroots initiatives exist to help Australians do just that – and fairly cheaply. So be inspired by our guide on how to eat better without costing the earth.

Read more:

[Grow your own and forage: eat better without costing the earth](#)



### [Hot Tea May Lower Risk Of Glaucoma](#)

A study published in the British Journal of Ophthalmology that suggest drinking a cup of hot tea daily could be linked with decreasing the risk of developing glaucoma. Drinking coffee, soft drinks, ice tea, and decaffeinated tea does not appear to make any difference to the risk of developing glaucoma according to the researchers.

[Read the full story](#)

## What are the best foods to fight aging?

By [Maria Cohut](#)

Eat well for a long and healthy life – that's a mantra that we're all familiar with, but what are the best foods to help us achieve that goal? In this article, we give you an overview of some of the most healthful and nutritious foods.



What are the best foods for a healthful diet? We investigate.

[Official figures](#) indicate that, currently, the top three countries in the world with the highest life expectancy are the Principality of Monaco, Japan, and Singapore. These are places where the inhabitants experience a high quality of life, and an important element of that is eating healthful meals.

Often, we find praise for "superfoods" in the media – foods so high in nutritional value that they are seen as dietary superheroes.

Nutritionists [reject the term](#) "superfoods" as a buzzword that can influence people to place too high an expectation on a limited range of foods when, in reality, a balanced diet and healthful lifestyle require more effort than eating your five-a-day.

Still, there are certain foods that are more nutritious than others, and many that, as research has shown, have a protective effect against a range of diseases. Here, we give you an overview of some of the best foods that you may want to consider including in your diet in your quest for a happy, healthy life.

Reass more:

[What are the best foods to fight aging?](#)

## Hot Tea Linked to Esophageal Cancer

Tea lovers who take their cup scalding hot are raising risk of esophageal cancer.

[READ MORE](#)



### [Essential Vitamins For Anti-Aging](#)

For the last 60-70 years Americans have been taught to eat right to get plenty of vitamins and minerals. The problem is that since the advent of farming chemicals from around the world, soil has become more and more depleted of the essential vitamins and minerals. As we age, we lose the ability to get enough of them and/or to convert them to what we need to stay healthier longer.

[Read the full story](#)



### [AGE-RELATED HGH DECLINE:](#)

Human Growth Hormone (HGH) declines with age in every animal species. In humans, after the age of 20-30 HGH levels decline 14-15% every 10 years; by the age of 60 HGH is usually less than half what it was at 25. At 20 our pituitary produces about 500mg a day, at 40 only 200 mg/day, and at 60 it's down to 25mg/day. IGF-1 (insulin like growth factor) mirrors that same decline. While HGH is released in tiny spurts (more at night) it is only viable in the blood for a few minutes. It stimulates IGF-1 to be released by the liver and has a much longer half-life. Therefore, it is easier to measure the IGF-1 levels in the blood as an indicator of how much HGH is released, than it is to try to catch the tiny amounts of HGH when they are rereleased sporadically.

[Read the full story](#)



**Smartphone Addiction May Cause Brain Imbalance**

Researchers have found that there is an imbalance in the brain chemistry of young people who are addicted to use of their smartphones, devices, and the internet. The team presented the study findings at the Radiological Society of North America.

[Read the full story](#)

**Sugary drink consumption appears to be down, but is it low enough?**



**Berries**

Though anthocyanins are linked to the color purple, the pigments can range from red to blue. Blueberries, blackberries, strawberries, bilberries, black currants, and mulberries all have similar properties. They may boost your brainpower and your mood, according to studies of kids and adults using blueberries. Scientists think the anthocyanins help your brain cells talk to each other.

**Potatoes**

Try the ones with purple skin *and* flesh. Besides anthocyanins, they have 2-3 times the total antioxidants of a typical white potato, which is loaded with potassium, magnesium, vitamin C, and fiber.



SLIDESHOW

**Type 2 Diabetes Symptoms**

Learn about type 2 diabetes warning signs, symptoms, risk factors, and treatments. [Read more...](#)

**Why you feel tired all the time**

By [Hannah Nichols](#)

[Fact checked](#) by Jasmin Collier

Do you often ask yourself, "Why am I so tired all the time?" If so, this article may be the perfect read for you; we have compiled a list of some of the most common reasons for tiredness and what you can do to bounce back into action.

There are many reasons for tiredness, including a lack of sleep, poor diet, a sedentary lifestyle, stress, and medical conditions.

According to the Centers for Disease Control and Prevention (CDC), around [15.3 percent](#) of women and 10.1 percent of men regularly feel very tired or exhausted in the United States.

[Tiredness](#) can cause an array of problems. For example, around [1 in 25 adult drivers](#) report falling asleep at the wheel each month.

About 72,000 crashes and 44,000 injuries each year are a result of drowsy driving, and that's not to mention the estimated 6,000 fatal crashes caused by drowsy drivers.

Everyone feels tired at some point in their lives — whether it's due to a late night out, staying up to watch your favorite TV show, or putting in some extra hours at work.

Often, you can put your finger on the reason you're not feeling your best, but what about those times when you can't pinpoint the cause of your tiredness? What makes you feel tired then?

*Medical News Today* have researched the possible explanations for why you could be feeling so drained and the steps that you can take to feel re-energized.

**Read more:**

[Why you feel tired all the time](#)



**Bipolar Disorder in Women: How Is it Different?**

Bipolar disorder can affect women differently from men.

Learn about why it doesn't present the same and how to handle the differences. [Read](#)

[on](#) →



SLIDESHOW

**Energy-Boosting Foods**

Dietary changes can help improve your mood and energy level. Find out which foods are best. [Read more...](#)

**Practice These Exercises To Control Your Bladder**

The best way to work around urinary incontinence is to strengthen the muscles supporting your bladder, the pelvic floor muscles. Kegels, inner thigh squeezes, and glute bridges are a great place to start. Work your way into mastering the garland pose (malasana), chair pose (utkatasana), and reclining bound angle pose. But stay away from high-intensity exercises.

[VIEW ARTICLE](#)



## Black Coffee

0

Black coffee boosts your metabolism. It helps in reducing fat at a faster rate and increases your energy levels. Black coffee contains caffeine which helps in burning more calories even when you're resting. But having it on an empty stomach and more than twice a day may actually impact your metabolism negatively.

TOI

## Throw Bath Salts Into Your Bath

A bath in mineral-rich warm water sounds relaxing, doesn't it? Bath salts – Epsom salt, Dead Sea salt, or Himalayan pink salt – are powdered minerals, mostly magnesium and sulfur, that have healing properties. They get your blood pumping, draw out toxins through your skin, and keep your enzymes on top of their game. Dead sea salt is particularly good for soothing skin conditions like psoriasis and eczema.

Take the right kinda

bath



## Lemon water 101: What are the benefits of drinking it?

By Joe Leech

Lemon water is claimed to have powerful health and weight loss benefits.

In fact, many celebrities swear by it and there are even diets based entirely on lemons.

But does it live up to the hype?

This article uses scientific evidence to explore the benefits and myths of lemon water.

[Lemon water 101: What are the benefits of drinking it?](#)



## Dark Chocolate

The darker chocolate is, often the less fat and sugar it has.

Plus, dark chocolate usually is least processed -- that means it has the most antioxidant-like flavonoids, which may help lower blood pressure and cholesterol. The higher the percentage of cocoa, typically the more flavonoids the chocolate has.

But don't eat lots of chocolate in hopes of better health. A serving size is about the same as a package of dental floss.

Chocolate has a long reputation as an aphrodisiac. Aztec ruler Montezuma supposedly drank a chocolaty concoction before visiting the women in his harem.

It's also believed that nuns were forbidden to eat it at one time because it was thought to be so romantically potent. And French doctors supposedly used it to treat broken hearts

Chocolate does have caffeine. But if you're looking to get a caffeine boost, chocolate isn't your best bet.

You'd need to eat 14 regular-sized (1.5-ounce) bars of milk chocolate to get the same caffeine as you'd find in an 8-ounce cup of coffee! That would have about 3,000 calories and more than 300 grams of sugar -- compared to only about two calories in black coffee.

Dark chocolate does have more caffeine than milk chocolate. Even then, it would take four bars to give you the same buzz as one cup of regular Joe.

White chocolate has cocoa butter, so technically it's called chocolate. But it doesn't have cocoa solids -- the ingredient that gives chocolate its dark, rich color.

WebMD



## Pizza for Breakfast? Not So Fast

A new study proclaimed that pizza was better for breakfast than cereal. Our experts said that isn't necessarily so. Here's a breakdown of some breakfast foods. [Read on](#) →

# Impressive Benefits Of Laughter

The health benefits of laughter include the reduction of [stress](#) hormones and blood pressure, as well as increased blood flow and oxygenation to the cells and organs. Laughing provides a natural workout for a number of muscle groups, can defend against illness, and even increase the response of beneficial tumor and disease-killing cells throughout the body. Laughter has also been shown to increase memory, intelligence, and creativity.

### Table of Contents

[Nature of Laughter](#)

[Health Benefits of Laughter](#)

- [Reduces Stress Hormones](#)
- [Increases Health-enhancing Hormones](#)
- [Boosts Immune System](#)
- [Natural Exercise](#)
- [Prevents Cancer](#)
- [Regulates Blood Pressure](#)
- [Increases Blood Oxygenation](#)
- [Improves Memory](#)
- [Enhances Mood](#)
- [Promotes Creativity](#)

[Side Effects of Laughter](#)



## Breakfast Is the Most Important Meal. But Why?

Researchers say making breakfast your biggest meal of the day is a good way to lose weight... if you don't overdo it at lunch and dinner.



## Diseases of the Heart

Featured content:

- The healthy heart
- What causes heart disease?
- Coronary artery disease
- SPECIAL SECTION: Lifestyle habits that help your heart
- Heart failure
- ... and more!

[Click here to read more »](#)

# Honeymoon phase in diabetes: What you need to know

Last reviewed Wed 7 February 2018

By Jenna Fletcher

Reviewed by [Maria Prelipcean, MD](#)

When someone is first diagnosed with type 1 diabetes and insulin treatment starts, their blood sugar can stay at near-normal levels, and their diabetes symptoms vanish.

This near-normal blood sugar condition is achieved with decreasing amounts of [insulin](#), and some people manage to come off insulin temporarily. This status quo is known as the honeymoon phase.

In this article, we take a look at the honeymoon phase in [diabetes](#), and how long it might last. We also examine how it affects blood sugar levels and diabetes management.

## What is the honeymoon phase in type 1 diabetes?



After an initial diagnosis of diabetes type 1, a honeymoon phase may occur.

The honeymoon period occurs in some people with [type 1 diabetes](#) right after their initial diagnosis and once insulin treatment is started. During this time, a person's diabetes may seem to go into remission or disappear.

Type 1 diabetes is the result of an immune attack against the pancreas, which is the organ that produces insulin.

When a person is first diagnosed with type 1 diabetes, some of their insulin-producing cells still function. With these cells continuing to do their job, the body retains some ability to produce insulin.

Read more

[Honeymoon phase in diabetes: What you need to know](#)

# Going vegan could prevent type 2 diabetes

By [Honor Whiteman](#)

**Fact checked** by Jasmin Collier

Excess weight is a major risk factor for type 2 diabetes. Recent research, however, suggests one strategy that could help to prevent the condition in people who are overweight, and it involves giving up meat and dairy.



Researchers say that a vegan diet could prevent diabetes in people who are overweight.

Researchers found that overweight people who switched to a vegan diet for 16 weeks showed improvements in [insulin](#) sensitivity plus the functioning of beta cells compared with a control group.

Beta cells reside in the pancreas and produce and release insulin.

The vegan diet also led to improvements in blood sugar levels, both during fasting and during meals. Lead study author Dr. Hana Kahleova, of the Physicians Committee for Responsible Medicine in Washington, D.C., says that the findings have "important implications for [diabetes](#) prevention." Dr. Kahleova and colleagues recently reported their [results](#) in the journal *Nutrients*.


[Type 2 diabetes](#) arises when the body is no longer able to respond to insulin effectively — which is a condition known as [insulin resistance](#) — or the pancreatic beta cells do not produce enough insulin. Insulin is the hormone that regulates blood sugar levels.

As a result of this, blood sugar levels can become too high. This can lead to serious complications, [including](#) cardiovascular disease, kidney disease, diabetic eye disease, and nerve damage.

It is estimated that more than [30 million people](#) in the United States are living with diabetes, and type 2 diabetes accounts for around 90–95 percent of all cases.

Read more

[Going vegan could prevent type 2 diabetes](#)

[Death penalty approved for child rapists after public outrage over violence in India](#) 




## How Much Sleep Do You Need?

Learn about the different types of sleep disorders such as insomnia and sleep apnea. Explore symptoms, causes, and treatments.

[READ MORE](#)



## Reducing OA Knee Pain with Viscosupplement Injections

More advanced cases of OA of the knee may benefit from viscosupplement injections. Find out what this procedure entails and if it could be right for you. [Read on](#) 

## Don't Let Arthritis Stop You

Learn ways to stay active and keep moving with arthritis while enjoying time with the kids and grandkids in your life.

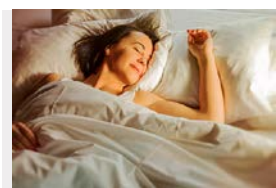
[READ MORE](#)





### **Probiotics May Be Able to Help People with MS**

Researchers say certain probiotics can improve the gut bacteria in people with multiple sclerosis. [Read on](#) →



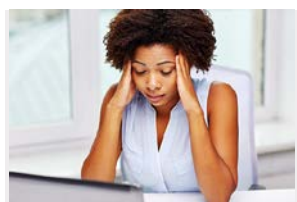
### **Lack of Sleep**

You'll feel grumpy and tired if you don't get enough sleep on a regular basis, but it can raise your risk of a heart attack, too. In one study, researchers found that people who usually slept fewer than 6 hours a night were twice as likely to have a heart attack as those who slept 6 to 8. Doctors aren't sure exactly why this is, but they do know that losing sleep can raise your blood pressure and lead to inflammation. Neither of those is good for your heart.

### **Protecting your eyes while studying**

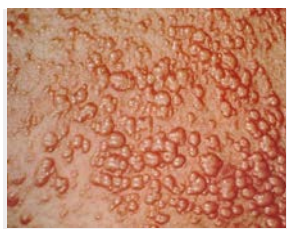
Do you suffer from Computer Vision Syndrome? [Read more](#)

### **Exercises to Ease Diabetes Nerve Pain**



### **Migraine Headaches**

People who get these are more likely to have a heart attack later in life than those who don't. And ones that include auras -- strange sights, sounds, or feelings that start before the headache hits -- seem to have a stronger link to heart problems.



### **Yellow-Orange Bumpy Rash**

Extremely high triglyceride levels can make your skin break out around the knuckles of your fingers and toes and on your bottom. A lot of these fats in your blood may play a role in hardening your arteries, and high numbers are often related to other conditions that put you at risk for heart disease and strokes, too.

## **Study of big pharma's education events for doctors raises concerns about overtreatment**



Big drug companies are spending thousands of dollars educating doctors about expensive medications that are not necessarily considered the preferred treatment, a new report finds.

### **Glass milk bottles make a comeback**



Glass milk bottles make a comeback as consumers rush for reusable and sustainable food packaging, amid recycling uncertainty.



### **Can Salt Water Gargles Help?**

Salt water gargles are touted as an effective and easy home remedy. They're most often used for sore throats, but can offer allergy relief, too. Find out how to make and use them.

[Read on](#) →

### **Sleep Apnea**

When your snoring is broken up by pauses in your breathing, your brain may not be getting enough oxygen. It will send signals to your blood vessels and heart to work harder to keep blood flow going. This raises your risk for high blood pressure, abnormal heart rhythms, strokes, and heart failure. Fortunately, sleep apnea is treatable

### **Can Omega-3 Supplements Help Depression?**

Omega-3 fatty acids are important for many functions within the body, including mental health. Here's what studies have shown on their benefits and potential side effects. [Read on](#) →

Good advice from Dr. Harold

### **Recurrent nonspecific backaches**



This applies to situations, quit commonly found among active people, getting neck aches and lower backaches with no specific condition affecting the spine, confirmed by CT scans and other tests.

These aches are due to muscle sprains and ligament strains found on either side of the spine, and most days you experience a sudden crooked spine with aches on one side of your back. You could use the term 'Lumbago' for this ...

[Continue Reading](#)



### **Stem Cell Treatment for COPD**

Promising research suggests that stem cells could eventually help people with COPD avoid going through risky, painful lung transplant surgeries. [Read on](#) →

# Beer compounds may help to treat metabolic syndrome

By [Honor Whiteman](#)

[Fact checked](#) by Ana Sandoiu

When it comes to healthful beverages, beer is unlikely to be top of the list. A new study, however, suggests that some compounds in the popular drink could offer significant health benefits for people with metabolic syndrome.



Researchers suggest that certain compounds found in beer could help people with metabolic syndrome.

Researchers reveal how a form of xanthohumol (XN) — a flavonoid found in hops, an essential ingredient in beer — and two hydrogenated derivatives of the compound may help to improve [insulin resistance](#) in people with metabolic syndrome, as well as reverse learning and memory impairments induced by the condition.

Study co-author Fred Stevens, of the College of Pharmacy at Oregon State University (OSU) in Corvallis, and colleagues recently reported their [findings](#) in the journal *Scientific Reports*.

Metabolic syndrome is a condition whereby a person has at least two of five metabolic disorders.

These [include high blood pressure](#), abdominal [obesity](#), high triglyceride levels, low levels of high-density lipoprotein (HDL) [cholesterol](#), or "good" cholesterol, and high fasting blood sugar.

It is estimated that around [23 percent](#) of adults in the United States have metabolic syndrome.

Not only does the condition put these individuals at risk of other health conditions — such as [diabetes](#), [heart disease](#), and [stroke](#) — but [previous research](#) has found that people with metabolic syndrome may be at greater risk of cognitive impairment.

The new study, however, suggests that beer compounds could help to combat the latter, by reducing the effects of one the biggest causes of metabolic syndrome: a high-fat diet.

Read more:

[Beer compounds may help to treat metabolic syndrome](#)

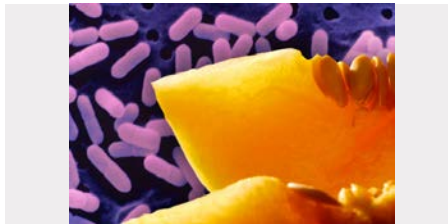
## Can you really get chlamydia from a toilet seat? Debunking STI myths

Can you actually get chlamydia from a toilet seat? 6 truths [Read more](#)



## Red Cherries

The anthocyanins that give them their dark rich color may help lower your blood pressure and keep your blood vessels healthy and soft. They also seem to help with joint problems like osteoarthritis and gout, a painful condition where crystals gather in your feet or ankles. And cherries are bursting with nutrients that together may help prevent cancer, heart disease, and diabetes. WebMD



## Listeria: Raw Fruits and Vegetables

Listeria bacteria can contaminate fresh produce, like cantaloupes, as well as some processed foods, like cheeses. Symptoms of infection include fever, muscle aches, upset stomach, or diarrhea -- occurring 2 days to 2 months after exposure.

**Safety:** Scrub raw produce and dry before cutting. Store in fridge below 40 F. Clean everything in contact with a whole melon.



## Does Castor Oil Make Eyelashes Grow?

Many people report that with regular application, castor oil has helped them to grow thicker, longer eyelashes. Does it really work?

## Blood Pressure Readings Explained

What do the numbers mean? What's a normal reading? Here are answers to these questions and others about blood pressure readings. [Read on](#) →



## Listeria: Deli Meats and Hot Dogs

Sometimes listeria finds its way into a food processing factory, where it can live for years. Heat kills listeria, but contamination may happen after cooking, but before packaging -- for example, if a food is placed back on a counter that had raw meat on it.

**Safety:** Never keep pre-cooked or ready-to-eat foods past their use-by date. Heat hot dogs and lunch meats until steaming (165 F) before eating.

## Salmonella: Poultry and Eggs

Salmonella bacteria can taint any food, although there's a greater risk from animal products because of contact with animal feces. In chickens, it can infect eggs before the shell forms, so even clean, fresh eggs may harbor salmonella. Symptoms include stomach cramps, fever, and diarrhea 12 to 72 hours after exposure. Illness usually lasts 4 to 7 days.

Compiled, edited & published by

**Dr Harold Gunatillake**

To unsubscribe

[email:haroldgunatillake1@gmail.com](mailto: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)