

The hidden power of daffodils in the fight against cancer

By [Ana Sandoiu](#)

[Fact checked](#) by Jasmin Collier

New research published in the journal *Structure* has found that a natural extract from daffodils has cancer-killing properties. It lays out the molecular mechanism by which the extract could trigger cancer cell death.



You may not be able to tell by looking at them, but daffodils could have the power to destroy cancer, according to new research. The new research, led by Denis Lafontaine, of the Faculty of Sciences at the Université Libre de Bruxelles (ULB) in Belgium, tested the anti-cancer properties of a natural daffodil extract called hemanthamine. Hemanthamine (HAE) is a natural [alkaloid](#) — that is, a naturally occurring chemical found in plants that has a strong physiological effect in humans. As Lafontaine and his team explain, the daffodil extract has been suggested to be helpful in the fight against cancer; former in vitro studies — which were carried out both by Lafontaine's team as well as other researchers — have shown that HAE has anti-cancer effects that overcome the cells' resistance to apoptosis, or cell death. In this [new study](#), the researchers — from the RNA Molecular Biology Laboratory at the Faculty of Sciences and ULB-Cancer Research Center — have revealed that HAE activates an "antitumoral surveillance pathway." The results serve to illuminate the mechanism by which the plants in the family known as [Amaryllidaceae alkaloids](#) can combat [cancer](#).

Amaryllidaceae plants are among the 20 "most widely considered medicinal plant families" due to their pharmacologically active compound

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Don't Fly if You Can Avoid It- if you suffer from sinusitis.

If you do it when you've got sinusitis, you raise your chances of ear pain and other complications. But if you really need to take a flight, yawn and swallow when the plane is on the way up after takeoff or heads back down before landing. That will help keep the tubes from your throat to your ears clear. You can also try this: pinch your nostrils, close your mouth, and gently blow your nose.

Do: Choose OTC Drugs Carefully

Do your head and face hurt?

Acetaminophen or ibuprofen can make it better. Decongestant nasal sprays can open up your stuffy nose, but don't use them for more than a few days. Over time they could make your symptoms worse.



Do: Stay Hydrated

Drink plenty of fluids during a bout of sinusitis. Something warm like herbal tea can hit the spot. Studies show a steaming mug isn't just a psychological comfort. Hot liquids can help break up that stuffiness in your nose.

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[Don't Let Sinusitis Keep You Down](#)

[Sinus pain and pressure can make life miserable. These dos and don'ts will get you through it.](#)

Everything you need to know about honey The health benefits of honey include healing wounds and fighting off infections - research is constantly finding new medical uses of this sweet sticky food. [READ NOW](#)

High cholesterol in late life may mean better brain health

By [Catharine Paddock PhD](#)

[Fact checked](#) by Jasmin Collier

A study of older people has found that having a total cholesterol level higher than it was in midlife is tied to a lower risk of marked cognitive decline in those aged 85–94. This was in stark contrast to the results found for the age group that was 10 years younger.

Having high cholesterol isn't always bad, a new study suggests.

The findings showed that among study subjects aged 75–84, those whose total [cholesterol](#) was higher than it was in midlife had a 50 percent higher risk of marked cognitive decline.

However, among those aged 85–94 whose total cholesterol was higher than it was in midlife, risk for marked cognitive decline happened to be 32 percent lower.

"Our results," notes first study author Jeremy Silverman, who is a professor of psychiatry at the Icahn School of Medicine at Mount Sinai in New York City, NY, "have important implications for researching genetic and other factors associated with successful cognitive aging."

He and his co-author James Schmeidler, also of the Icahn School of Medicine at Mount Sinai, report their findings in the journal *Alzheimer's & Dementia*.

Read more

[High cholesterol in late life may mean better brain health](#)



SLIDESHOW

Fatty Foods You Should Be Eating

Some foods -- like nuts, olive oil, and eggs -- are rich in fats that help your heart, skin, brain, and mood.

