



#### SLIDESHOW

### Don't Ignore Heart Signs

Learn about heart warning signs such as chest discomfort, rapid pulse, and shortness of breath. [Read more...](#)

### Top Foods for Probiotics

See which foods contain good bacteria that can help boost your digestive health. Learn how to include them in your diet. [Read more...](#)



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### Cold Sore Medications

Find out how to easily prevent and treat cold sores using these creams and medications. [Read more](#)



## It's Part of a Good Diet

Pasta is made from grain, one of the basic food groups in a healthy diet that also can include vegetables, fruits, fish, and poultry. It's a good source of energy and can give you fiber, too, if it's made from whole grain. That can help with stomach problems and may help lower cholesterol. Try some tagliatelle with wild mushrooms and truffle oil. Web MD

[Mediterranean Diet May Help Protect Bones in Postmenopausal Women](#)



## Doubtful 'Science of hypertension-according to Dr Hegde

Dr Hegde states that, as a researcher in the field for the past half a century, I fail to understand any scientific basis for blood pressure (BP) guidelines. But the drug companies keep coming out with expensive new BP-lowering drugs without any long-term experiential wisdom.

This is not true in everyday practice of doctors. Doctors do not prescribe any new drug that they are not familiar with. If medical reps do supply ...

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## Why do our ears pop

What causes the pop and how to do it safely. [Read more](#)

Good advice by Dr Harold. You need to eat fish twice a week

"Cooking fish as a curry- the Sri Lankan traditional way destroys most of the nutrients including omega-3 fatty acids. Steaming fish retains nutrients, omega-3 fatty acids, flavour and taste. Japanese are right"

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## Tasmanian sparkling wines running rings around champagnes



The "sky's the limit" for Tasmania's growing wine industry, as winemakers celebrate international successes unimaginable five years ago.



## Good advice by Dr Harold Beet Juice may be the answer

If you are down, not very energetic lately and has high blood pressure, you may do well with a glass of beet juice every morning. Check your blood pressure, delay taking the morning dose of anti-hypertensive tablets by a few hours, drink a glass of beet juice. Re check your blood pressure two hours later and you'll be surprised to notice that your BP has dropped by about 5 mmHg on the BP monitor. How can this happen?

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