



SRI LANKA MET DEPARTMENT -
WEATHER FORECASTING
STONE



Kava: The Ancient Anxiety Remedy That's Today's 'It' Drink

Kava's ceremonial use in Pacific Island culture dates back centuries, and today it's pitched as a relaxing drink. Here's a close look at its benefits and risks.

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Australian men eating twice as much salt they should, study finds

Women aren't doing much better, analysis says, and health warnings are going unheeded

Australian men are still eating almost twice the amount of salt they should every day – and Australian women aren't too far behind. A new study suggests health warnings about the link between high-salt diets and cardiovascular disease simply have not worked. Sydney's George Institute for Global Health has analysed data from more than 30 salt-intake studies carried out between 1989 and 2015 and involving almost 17,000 people. They found that despite public warnings about the risks of salt-laden diets there was no evidence that intake had dropped. The analysis indicates Australian men are still consuming 10.1 grams a day – more than double the five grams the World Health Organization recommends. Women aren't doing much better, at 7.34 grams a day. [Read more:](#)

[Australian men eating twice as much salt they should, study finds](#)



[Stephen Hawking Says He Knows What Happened Before the Big Bang](#)

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As the Years Roll By.....

Nothing can stop the years roll by
You watch it and experience it with a sigh
Wondering how the year slipped away
Reminiscing of the past and how it did sway
Some good & some not so good will emerge anyway
The "not so good" will be soon forgotten as a bad memory
The good to be savoured and relished to forever stay
But in real life these experiences can never be swept away
For some the mending of their ways is a far off cry
We humans have the habit of giving excuses to justify
Shrugging off the bad experiences most nonchalantly
And the good experiences to boost our egos most blatantly
The years will definitely roll by and so quickly
And what lays ahead must be done so wisely
With much care, love and compassion to the needy
And implicit faith in the Almighty being a reality
Noor Rahim

Propylene Glycol in Food: Is This Additive Safe

Propylene glycol is commonly used as a food additive and ingredient in cosmetic products. Is propylene glycol safe? [Read on](#) →

What Are the Long-Term Effects of Melatonin?

Melatonin has a strong safety profile, but its growing popularity has raised concerns about its long-term effects. We'll explore what the current research says. [Read on](#) →



15 Incredibly Heart-Healthy Foods

Diet plays a major role in heart health. Eat these 15 heart-healthy foods to keep your heart in top condition.

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7 Science-Backed Health Benefits of Rhodiola Rosea

Rhodiola rosea has been used for centuries to treat anxiety, fatigue and depression. Here are 7 health benefits of rhodiola. [Read on](#) →

[All About Adaptogens](#)

Nature has provided us with a category of herbs called "adaptogens" that can help calm us and heal the root of our energy crisis. [Battle stress with these nourishing herbs.](#)

Obesity impacts liver health in kids as young as 8 years old

