

## What Is Cardiac arrest?

Cardiac arrest, sometimes called sudden cardiac arrest, means that your heart suddenly stops beating. This cuts off blood flow to the brain and other organs. It's an emergency and is deadly if not treated immediately. Call 911 right away!

### Symptoms

Cardiac arrest is quick and drastic: You suddenly collapse, lose consciousness, have no pulse, and aren't breathing. Right before it happens, you could be very tired, dizzy, weak, short of breath, or sick to your stomach. You may pass out or have chest pain. But not always. Cardiac arrest can happen with no warning signs at all.

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### What Happens

Your heart has an electrical system that keeps it beating regularly. Cardiac arrest can strike if the electrical signals go haywire and cause an irregular heartbeat, or arrhythmia. There are different types of arrhythmias, and most aren't dangerous. One called ventricular fibrillation triggers cardiac arrest the most. If this happens, the heart can't pump enough blood to your body. That's life-threatening within minutes.

### Heart Disease Link

Many people who have cardiac arrest also have coronary artery disease. Often, that's where the trouble starts. Having coronary artery disease means less blood flows into your heart. This can lead to a heart attack that damages your heart's electrical system.

### Other Causes

Cardiac arrest can also happen for other reasons, including:

Major blood loss or severe lack of oxygen

Intense exercise, if you have heart problems

Too high levels of potassium or magnesium, which could lead to a deadly heart rhythm

Your genes. You may inherit certain arrhythmias or a tendency to get them.

Changes to your heart's structure. For instance, an enlarged heart or changes caused by an infection.

### Not a Heart Attack

Unlike cardiac arrest, your heart doesn't usually stop during a heart attack. Rather, blood flow is blocked in a heart attack, so your heart doesn't get enough oxygen. That can kill some of the heart muscle. But the two are linked: The scar tissue that grows as you recover from a heart attack can mess with the heart's electrical signals and could put you at risk. And a heart attack itself can sometimes trigger cardiac arrest.

WebMD



## Talking to Your Children About Breast Cancer

There's no easy way to share your diagnosis with your children, but here are few things to keep in mind when you have that conversation. [Read on](#) →



### How to Prepare for Recovery After Knee Replacement Surgery

Your home should be prepared for your recovery period well before you undergo total knee replacement surgery. Here are five tips to help you get it ready.

[Read on](#) →

### 7 Simple Home Remedies For Strep Throat

A sore throat can be a real pain in the neck! While sore throats are mostly caused by viruses, strep throat is different. Here, the offenders are bacteria known as group A Streptococcus. A strep infection is most common among children aged 5–15 years...

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# What Is Kombucha?

'What smells like beer, tastes like carbonated vinegar and looks like something you forgot in the back kombucha tea, of course!

A fermented beverage that you can buy at most grocery stores or brew at home, kombucha is made by adding a symbiotic colony of bacteria and [yeast](#) (SCOBY) to brewed tea sweetened with sugar. This strange-looking tea is popular with health-conscious consumers who drink it for its many alleged health benefits.



Fans of kombucha have attributed several unproven health effects to the tea, including the restoration of hair color and thickening of hair, dissolution of gallstones, reversal of the signs of aging, lowering of cholesterol and blood pressure, increase in blood circulation, relief of menopausal symptoms, strengthening of the immune system, improvement of digestion and liver functions, and even the prevention of cancer.

While many of these claimed health benefits have never been scientifically tested or proven, the beverage does contain important nutrients. Specifically, it has B vitamins and amino acids, which are known to boost the immune system and promote muscle development.

Though the jury is still out on whether this "miracle" tea really lives up to its reputation, many people enjoy kombucha simply for its unique flavor, which is acidic but slightly sweet. The Food and Drug Administration (FDA) has concluded that consumption of the beverage is safe in moderation, results confirmed in studies conducted by the Centers for Disease Control and Prevention (CDC).

According to the CDC, adults without pre-existing health conditions should limit their consumption of kombucha to about 4 ounces a day to avoid potential risks associated with overconsumption. There is a risk that the tea — especially when made at home, where a germ-free environment is difficult to maintain — may become contaminated as its bacteria and yeast ferment.

Those who do have pre-existing health conditions, as well as women who are pregnant or breastfeeding, should consult with their doctors before drinking kombucha.

By Elizabeth Palermo

[Health benefits of walnuts](#)



[Anxiety in children](#)



[What Comes First: Warm-Up or Stretching?](#)



## Can you reverse the impact of a poor diet?



Professor David Cameron-Smith explains why it's never too late to make a change and gives us tips for creating healthy habits. [Read more](#)

[Is There a Special Gout Diet?](#)



[Natural Stress Relievers](#)

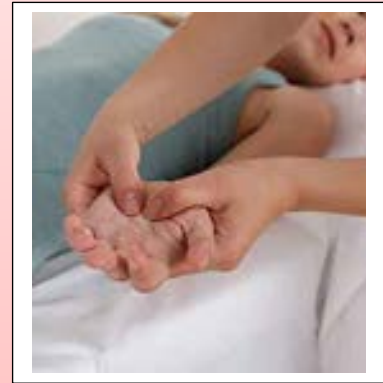


[What is the outlook for chronic lymphocytic leukemia?](#)



Chronic lymphocytic leukemia (CLL) is a type of cancer that affects the blood and bone marrow. Although doctors can very rarely cure CLL, survival rates for this cancer are typically good. A person's life expectancy for CLL depends on how far the cancer has progressed and when they receive treatment. [Learn more here.](#)

[Acupressure vs. Acupuncture](#)



Acupressure treatment is based on acupuncture, but rather than using needles, acupressure applies pressure to an acupoint to smooth imbalances within the body. These treatments use different approaches but both offer amazing benefits.

[Improve your health and quality of life through acupuncture or acupressure.](#)



[The Benefits of St. John's Wort](#)



[Can you have hypoglycemia without diabetes?](#)



Hypoglycemia occurs when a person's blood sugar levels drop too low. It can cause dizziness, confusion, and loss of consciousness, among other symptoms. While diabetes is the most common cause of hypoglycemia, it can result from other medical conditions. [Learn about them here.](#)



## ADDIDAS AND DONATED SAREES TO RETIRED TEA PLUCKERS



AUSLMAT were delighted to meet so many retired tea pluckers when we did a medical clinic at the Holy Rosary Church in Hatton. They are called THE ELDERS by Dr. Shanmugarajah of Wanarajah estate. We had a donation of several sarees that we were happy to give each of them. The bright colours were an added attraction to them in the twilight of their lives. AUSLMAT is proud to extend our activities to people of this age group – all of them had a check of their blood pressure and random sugar level. Nishaji was one of the young ones who assisted us on this medical mission. She commences a nursing degree shortly – having got an A+ in her English exam. She is the only daughter of Nishantha a fisherman from Weligama.

Quintus de Zylva



### Which Foods Improve Eyesight?

Just like every other part of the body, eyes age and do not work as well as we get older.

VIEW  
SLIDESHOW

### How probiotics can give your health a major boost.

The latest research shows that probiotics may offer benefits against a range of health conditions, including allergies, arthritis, asthma, cancer, depression, heart disease, and gastrointestinal (GI) problems. Probiotics may even help with weight loss! The guide covers all of the ways probiotics are linked to good health.

**The different kinds of probiotics and their benefits.** As *The Benefits of Probiotics* explains, there are different strains of probiotics offering different health benefits. For example, *L. acidophilus* has been shown to support healthy digestion and immune function, while *B. longum* blocks unfriendly bacteria and yeast. With the report you'll know which probiotics are right for your health needs.

## How Close Are We, Really, to Curing Cancer with CRISPR?

Followers of science and health news, particularly those with a terminal illness, may get the impression that the dawn of a new, disease-free era is upon us — and nowhere is this idea more evident than in the latest buzzword in the health sciences, CRISPR.

With this tool, a form of genetic engineering, scientists can edit a genome — that is, alter a set of genes among the tens of thousands contained in an organism's DNA. With CRISPR, scientists may have the ability to remove or correct disease-causing genes or insert new ones that could theoretically cure disease, including cancer.

But the technology comes with both potential benefits and risks. [\[10 Amazing Things Scientists Just Did with CRISPR\]](#)

### How Close Are We, Really, to Curing Cancer with CRISPR?

The promise of CRISPR is being realized today in the lab through the creation of special animal models and cell lines. And the technology is finally entering the clinic to treat humans directly.

[Read More](#)

### An overview of foods rich in probiotics. *The Benefits of Probiotics*

includes a helpful list of foods naturally loaded with probiotics — for example, yogurt, kombucha, tempeh, miso, and sauerkraut — with tips on how to serve them. (As you might have noticed, these are all fermented foods — it's the fermentation process that creates probiotics.)

**Easy recipes to boost your probiotic intake.** Adding probiotics to your diet doesn't have to be a struggle. *The Benefits of Probiotics* includes a probiotic-rich breakfast, lunch, and dinner menu with an easy-to-follow recipe for each meal.

**What to consider when choosing probiotic supplements.** If you're not a fan of fermented foods, you can still enjoy the health benefits of probiotics by taking a probiotic supplement (but check with your doctor first to make sure supplements are right for you). The guide explains what to look for in a probiotic supplement, in terms of quality and quantity of the bacteria, as well as the types of strains included. You also get a handy chart listing common probiotic supplement brands and the bacteria they contain, along with the number of bacteria per dose and other key information.

### Tap Into the Health Powers of Garlic

Garlic, an ingredient found in almost every cuisine, has emerged as a superfood.

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### [A soy-based diet could help strengthen bones](#)



According to a recent study, eating a diet that includes more soy protein could strengthen the bones of women, regardless of reproductive status.

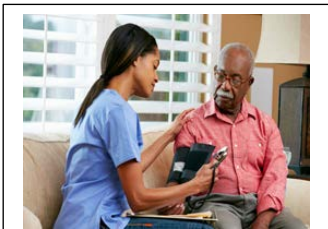
### [Vegetable of the month: Peppers](#)



## CHINESE TAKEAWAY



## Pressure Rules Could Prevent Many 2nd Strokes: Study



(HealthDay News) -- Treating [stroke](#) survivors' [blood pressure](#) more aggressively might prevent a substantial number of deaths, a new study estimates.

Last year, new guidelines from the American College of Cardiology and American Heart Association lowered the threshold for diagnosing [high blood pressure](#). They said people should consider treatment when their numbers reach 130/80 mm Hg or higher -- rather than the long-used threshold of 140/90 mm Hg.

Read more [New Blood Pressure Rules Could Prevent Many 2nd Strokes: Study](#)

## What Is Celiac Sprue?

A digestive disorder that occurs in reaction to gluten, a protein found in rye, barley, wheat.

[VIEW SLIDESHOW](#)

## The Truth About Coconut Water That Hides In The Shell



the internet via celebrities, fitness fanatics, and bloggers stating that coconut water is the next best thing since gluten-free sliced bread when it comes to sports drinks and hydration...

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## [Einstein's Theory of Gravity Passes Toughest Test to Date](#)

[See This](#)



## Sneak Yourself More Vegetables

You know you should eat more veggies. They're full of good-for-you fiber and vitamins. But the average person eats only about half the amount they should. So how can you get more in? Swap out pasta for strands of zucchini that you shred with a julienne peeler. Or pulse cauliflower in the food processor until it looks like rice, and use it in pilafs and stir-fries. You'll cut calories and add major nutrition.

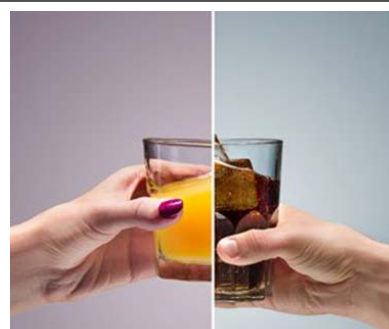


## Surprising Benefits of Maca Root

Maca root boasts a nutty, slightly butterscotch-y taste and has been popping up in health food stores. Can it really improve your love life or boost your energy?

[Higher vitamin D levels linked to lower risk for diabetes](#)

[A bad marriage can seriously damage your health, say scientists](#)



## Which Has More Sugar? Take the Test!

Which has more sugar, soda or apple juice? Food labels list the amount of total sugar, but check to see if sugar was added.

[READ MORE](#)



## Immigration and Refugee Crises. By Noor Rahim –

The World is now faced with a burning issue that is plaguing the so called “Western Countries” of the World today, as the migration of the various peoples of the World from their original habitats to lands that are quite alien to their very own cultures, customs/traditions, religious beliefs and languages goes on continuously and unabated. Some braving the many risks/dangers, even though they may even stand to lose their lives and some with their children that accompany them in many instances. Guess this comes out of sheer desperation, rather than bravado. One is only constrained to ask the question – WHY? Immigration, be it legal or illegal is the mind set of those who come to see if the “grass is greener” in the “land of their dreams” and to seek their fortunes. Some just driven by the desire to find a better life (living) and yet others seeking refuge to escape persecution/prosecution in their own Motherlands. Whatever reason, we find that most use the opportunity to blend with the “most giving and charitable” host Nation; and give of their best to the new found land of their adoption”. Yet others are just fortune seekers/hunters who keep demanding their own “native” ways; using their power of Universal Suffrage to influence and take great advantage in the Political Arena; or should one say “Political Circus”; to circumvent and over-ride the already existent and the well tested and time proven ways of the “Host Nation”. All this after being given refuge, social welfare and finally citizenship to the land of their adoption. What a travesty.

Just imagine you giving refuge/shelter to someone in your home; and they in turn impose their will against that which you have built up through years of sweat & toil. How would you take it? Isn't it like the good old saying of “biting the hand that feeds you”? But we cannot use the same spoon to measure other immigrants. Yes! We do have those who have contributed much to the fabric of the land of their adoption

with flying colours. They are the ones who respect the existing laws and way of life; and lead an exemplary life; living in close cohesion with the other peoples of the Land.

In the wake of this question of immigration comes the much vaunted “Multi-Cultural” concept. Many countries boast of this and show great encouragement and tolerance towards this principle and indeed boast openly in its adherence and promotion of “Multi-Culturalism”.

Although these are wonderful concepts and undoubtedly brings a lot of “colour” into a Host Community; does it augur well for the existing Cultures, Traditions; Language and Religious Practices that have existed among the indigenous peoples of the Land, from the days of yore ? Though it appears a “loaded” question; I do implore you to take a moment and take a deeper look at this question. Does “multi-culturalism” lead to “togetherness” or does it lead to further “polarisation” of the many ethnic groups? Do we only integrate the principles that will be beneficial to the existing Community; or by doing so destroy the already existing fabric of the land? Or do we just get together and enjoy “multi-culturalism” as another event to be savoured and enjoyed until it's continuance at the “next show”? It's yours to ponder. In hindsight one has to look at the causes of emigration; especially related to Illegal Immigration and secondly and most due to Refugee Emigration. The latter being very daunting (heart wrenching at times) and very pressing these days – creating such a furore in the International Community.

On the South Eastern Regions of the Hemisphere we have droves of refugees fleeing, due to Racial & Religious persecution; and in the Middle East In the Middle East we have a huge outflow of Refugees that are forced to flee their Home-Lands due to direct invasion of their lands and some situations created by covert operations of so called “Democracies” interfering with the legally constituted regimes – despotic or otherwise. What once seen as “controlled” lands are now in a very chaotic state; with the innocents caught in between – with nowhere else to go but to seek asylum/refuge in countries that may have contributed to the chaos and mayhem created in their countries of domicile; thereby effecting their very lives & life-style. This has created a big burden to the countries that grant them asylum and refuge; which is indeed humanitarian and laudable. But how this influx will affect the others in the land is a question that needs deep thought and consideration; and what the future augurs is another issue that has to be thought out very carefully and diligently. On the brighter side one would in reality should look for, is the contribution to the Land of Refuge by the Refugees/Asylum Seekers. Like that great U.S. President the Late J.F.K stated – “It is not what the country can do for you; it is what you can do for the country”. We can only assume the best. Another great saying that comes to mind is that of the Great Bard William Shakespeare who said – “The World is a stage; and the people mere players”. No matter which way we look; it appears the whole world is in the throes of becoming ONE large International Community. Whether it be good or bad – only time will tell.

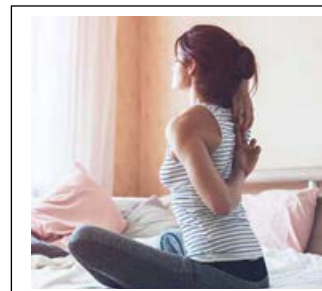
In conclusion one has to mention the case of “Dual Citizenship”. In order to become a citizen of a country one is required to swear allegiance to the country; however how can one swear allegiance to more than ONE country. This is a mind boggling question that one needs to know and understand. Is it just to get the “Best of both Worlds”? or is it for other “material gains”? In the case of conflict which side would the holder of these “Dual Citizenship” take?

The take on these highlights above are on your shoulders. But the final decisions lay squarely on the Governments “that rule the roost”. One can only hope that saner counsel will prevail, with decisions taken on a just and humane way; for the betterment of humanity.

## [Guide to Mindful Mornings](#)

A healthy morning routine can include yoga, running, meditating, journaling, or reading — anything that wakes you up and readies you for the day.

[Use your morning hours wisely!](#) ←



[Day-Glow Antioxidant Fusion Smoothie](#) ↑



[8 Sleep Remedies to Fight Insomnia](#) ←



## ['Lost' NASA Tapes Show Humans Sort of Caused Global Warming on the Moon Too](#)

See This



## What Is the Purpose of Fat?

Are you carrying too much body fat? What is a healthy body fat percentage? Learn all about fatty foods. [Read more...](#)

## How Diabetes Can Affect Your Feet

Two conditions called diabetic neuropathy and peripheral vascular disease can damage the feet (and other areas of the body) in people who have diabetes.

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**There is no special “diabetes diet.” But it is important to follow a healthy diet that emphasizes weight control and keeping blood sugar, blood pressure, and cholesterol values to close as normal as possible.**

## Problems with your thyroid can cause you to gain weight.

Your thyroid makes hormones that help control your metabolism -- how fast your body turns food into nutrients and energy. When the gland doesn't make enough of these hormones, that's called hypothyroidism. A symptom of it is unexplained weight gain. You'll need to see a doctor for treatment.

## Kindness at its best

We who are parents of normal children simply do not understand how lucky we are. Recently I stopped at a traffic light. A father and son walked on the pedestrian crossing. The father was holding the autistic boy's hand, guiding him to the opposite pavement. Probably, that is what he is doing from the time the child was born to the day the father dies. Such is the perpetual responsibility of a parent who raises an autistic child.

Dinesh Perera is 31 years old and does not even have a bicycle to call his own. He is the founder of Mother Charity, a 'day care' for autistic children. They have two homes, Pathum Uyana in Aluthgama and Niduk Piyasa in Puhulwella, Kirinda. Both places are housed in two temples. Dinesh is a catholic, what has autism got to do with religion?

When I first met Dinesh, I thought he is a fool. He was making attempts to run a 'day care center' for autistic children when he himself was barely managing to make ends meet. That was Pathum Uyana. An 3 years later he started Niduk Piyasa still struggling to make ends meet. I was convinced he was a champion fool. It is awhile since all this happened. Now I must admit that I am the fool. Dinesh plodded and pleaded and prayed and today he has more than 50 autistic children who attend his two centers. I really do not know how he does it. But I know for sure he and his support team are doing a wonderful job of label-less charity, service of the purest kind.

I salute you Dinesh, I salute all those who are associated with you to pull off this magnificent service to humanity. I saw the autistic boy crossing the road with his father, and I drove off. Dinesh didn't.

Blue skies  
Capt Elmo Jayawardena  
Founder/President  
CandleAid Lanka.

## Can mangoes protect heart and gut health?

By [Tim Newman](#)  
[Fact checked](#) by Jasmin Collier

Could mangoes benefit our intestinal flora and blood pressure in one delicious blow? The latest evidence suggests that they may...for certain people, but more evidence is needed.



new study inspects the benefits of mangoes.

[Mangoes](#) have been cultivated in South Asia for thousands of years, and they now find homes across many of the warmer regions of Earth.

They are the national fruit of India, Pakistan, and the Philippines, and for good reason: they're delicious.

As far as [nutrition](#) goes, the mango contains a range of [vitamins](#) and minerals, though not in particularly high concentrations.

That is, with the notable exceptions of vitamin C and [folate](#).

Mangoes also contain a range of polyphenols such as flavonoids, a group of compounds that has gained popularity in health food circles over recent years.

Read more

[Can mangoes protect heart and gut health?](#)



Broccoli has a wide variety of health benefits, including its ability to prevent [cancer](#), [improve digestion](#), lower [cholesterol levels](#), detoxify the body, and maximize [vitamin](#) and mineral uptake. It also prevents allergic reactions, boosts the immune system, protects the [skin](#), prevents birth defects, lowers blood pressure, eliminates inflammation, and improves vision and ocular health.

# When You Need More Than 1 Med for Type 2 Diabetes

After you were diagnosed with type 2 diabetes, along with diet and exercise, your doctor probably started you on medication. If you're on just one medicine, it's probably metformin, a pill or liquid that cuts down how much glucose your liver makes. Even if you change your lifestyle and take your medicine as directed, your blood sugar may still get worse over time. That doesn't mean you've done something wrong. Diabetes is progressive, and many people eventually need more than one drug.

When you take more than one drug to control your type 2 diabetes, that's called combination therapy.

## Types of Drugs

Diabetes medicines are divided into two types: insulin, and non-insulin. Most people with type 2 start with non-insulin ones.

Non-insulin meds are split into six categories, based on how they work. They are:

- Metformin, which works in your liver
- Thiazolidinediones (or glitazones), which improve sugar removal from your blood
- Secretagogues, which help your pancreas make more insulin
- Starch blockers, which slow down how your body absorbs sugar from food
- Incretin-based therapies, which help your liver make less sugar and also slow how you absorb food. They can be pills or shots.
- Amylin analogs, injectable drugs that work much like incretin-based therapies.
- Some pills include two types of medication. These are called combination oral medicines.

## How to Choose

- If one medicine isn't enough to control your type 2 diabetes, you and your doctor should work together to find the best mix for you. Usually, you'll keep taking metformin and add something else.
- What that is may depend on your situation. Some drugs control blood sugar spikes (your doctor may call this hyperglycemia) that come right after meals, for instance. Others are more effective at stopping drops in blood sugar (hypoglycemia) between meals. Some may help with weight loss or cholesterol, as well as your diabetes.
- The decision may also rest on whether you take medicine for something else.
- You and your doctor may also want to consider possible side effects. Cost may be an issue as well.
- WebMD

# When Your Treatment Changes

You'll need to see your doctor more often when you start taking a new combination of drugs.

You might find that adding a second drug doesn't bring your blood sugar under control. Or the combination of two drugs might work only for a short time. If that happens, your doctor might consider a third non-insulin drug, or you may start insulin therapy.

## Insulin Therapy

You can't take insulin by mouth, because your stomach juices keep it from working properly. You might inject it using a syringe or a pen. Some people use an insulin pump.

Insulin can be long-lasting or fast-release. Your doctor will decide what kind works best for you.

WebMD

## Can carrots cause allergies?

By Jenna Fletcher

A person can be allergic to almost any food. While carrots are nutritious and packed with beta carotene, these root vegetables can also cause dangerous allergic reactions. An allergic reaction to carrots can be one element of oral allergy syndrome, which is also known as pollen-food allergy syndrome. A person with this syndrome is allergic to pollens in certain raw fruits, vegetables, and nuts. After eating a trigger food, they experience an itchy throat, mouth, or ears.

If a person has a severe allergy to carrots, their reaction may be serious, especially if they have come into contact with the raw vegetable.

Anyone with a [food allergy](#) should consult a doctor to determine the best course of action.

In this article, we examine the signs, symptoms, and diagnosis of a carrot allergy. We also look at the types of foods to avoid.

Read more

[Can carrots cause allergies?](#)

## Heart health: Supplements don't work, with one exception

By [Ana Sandoiu](#)

[Fact checked](#) by Jasmin Collier

A new review finds that the most widely used supplements do not protect the heart against cardiovascular disease. However, folic acid may prevent stroke.

Most supplements do not keep your heart healthy, suggests a new review. The National Institutes of Health (NIH) estimate that [one third](#) of the entire population of the United States are taking some form of supplement.

Supplements are meant to raise our nutritional intake when food alone is not enough to provide the daily recommended dose.

However, some claim that supplements may prevent chronic disease such as [cancer](#) or cardiovascular disease.

[Vitamins](#) A, E, and C, for example, have been [suggested](#) to keep cancer at bay, while some [studies](#) have proposed that [folic acid](#), vitamin E, and [vitamin D](#) might be helpful for preventing cardiovascular disease. However, the scientific evidence available is conflicting.

The official [message](#) that government authorities and nonprofit organizations have been putting forth to the public is that, even though supplements may help, food should always come first.

Read more

[Heart health: Supplements don't work, with one exception](#)

[BREAKING: Your Next X-Ray Could Be in 3D and in Color!](#) 



# How Smart Phones Are Causing Kids to Experience ‘Altered Childhoods’

Even if most teens aren't suffering from a true addiction to their phones, they may be experiencing altered childhoods because of the technology.

Read on →

## Ways to cook at home



### Braise

The first step: Brown your food in a pan for a few minutes to seal in juices. You might also hear this called searing. Then add water or broth to the pan, and finish off the cooking process by simmering in a wet heat. You can use the leftover liquid to make a sauce that's full of flavor and nutrients. Most people cook meat this way, but it works on veggies, too.



### Poach

It's likely you've heard of poached eggs, but you can cook other foods this way, too, like chicken or fish. Heat the liquid you're using to a temperature just below boiling. Cook your food gently, either directly in the liquid or in a special spoon or cup meant for poaching.



### Stew

Cover uncooked food in broth, wine, water, juice, or stock, put a tight lid on the pot, and cook over low heat. Veggies, meats, or a mix of both are great in stews. WebMD



### Boil

When you boil food, you cook it in water that's hot enough for lots of bubbles to rise to the top and break. It's common to cook pasta this way, but you can boil almost anything, from eggs to veggies to meats.



### Bake

Hot air inside your oven does the job here. Baking is good for more than just cakes, pies, and cookies. It's also an option for preparing seafood, poultry, lean meat, vegetables, and fruits. WebMD

## True or False health quiz for a healthier heart...

Taking blood pressure in *both* arms may reveal a higher heart attack risk.

**TRUE:** You should measure blood pressure in both arms. A difference of 10 points or more means a 38% greater chance of having a heart attack — something you should talk to your doctor about.

Coated aspirin is *better* if you are taking it daily for your heart.

**FALSE:** If you're taking daily aspirin for your heart, don't use coated aspirin. It won't protect your stomach AND not all the aspirin will get into your blood stream. You're better off with chewable "baby aspirin."

New study estimates the carbon footprints of 13,000 cities

NORWEGIAN UNIVERSITY OF SCIENCE AND TECHNOLOGY



## Broccoli and weight loss

Not only low in calories, broccoli is also packed with essential nutrients and fibre, which gives you a feeling of fullness. Micronutrients present in it support weight loss by breaking down fats.



One cup of this green veggie provides you with 100 per cent Vitamin C and Vitamin K you need on a daily basis. According to an article published in The Journal of Nutrition in 2017, less fat is burned in people who have low levels of vitamin C and people who consume a higher amount of vitamin C usually weigh less than those who don't. It is also a good source of folate, vitamin A, vitamin B-6 and potassium.

Low energy density foods are an important part of a weight loss programme and broccoli is one of them. These foods have few calories per gram of food and thus, you can consume their large portions and still restrict calories. It is full of water and fibre, of which 90 per cent is water. Fibre absorbs water and expands and thus, keeps you fuller for longer and stops you from bingeing. This green veggie is also a good source of phytochemicals, sulforaphane and indole-3-carbinol, which are said to lower body weight. Weight loss supporting nutrients like vitamin C, chromium and calcium are also present in broccoli. TOI



# 'Generations of doctors' lack training

Persistent pelvic pain is characterised by pain in the region below the navel, but above the hip, and is estimated to affect 15-25 per cent of women.

Although Ms Mokrzecki's adenomyosis was able to be picked up through a laparoscopy, many of the causes of persistent pelvic pain lack visible symptoms, making them mysterious for doctors trying to diagnose them. Community understanding around conditions like endometriosis is improving, with celebrities like [actress and author Lena Dunham](#) and [yellow Wiggle Emma Watkins](#) speaking openly about their experiences. What is persistent pelvic pain?

- Persistent pelvic pain is pain in the abdominal region below the navel, which has been present and ongoing for more than six months
- The pain doesn't need to occur every day of the six months and definitions can vary
- Some of the common causes are:

**Endometriosis:** where tissue like the lining of the uterus is found outside the uterus

**Adenomyosis:** a condition that causes cells that usually grow into the lining of the uterus to grow into the muscle walls

**Pudendal Neuralgia:** pain felt in the distribution of the pudendal nerve. It is felt around the area which would touch a saddle if one were riding a horse

**Painful Bladder Syndrome:** inflammation of the bladder that causes pain and frequent urination

**Vulvodynia:** pain, burning and discomfort of the vulva

**Recurrent Dysmenorrhoea:** severe and recurrent painful periods

**Pelvic Floor Dysfunction:** a condition characterised by abnormal functioning of the pelvic muscles

**Irritable Bowel Syndrome:** a widespread condition involving recurrent abdominal pain and diarrhoea or constipation

Specialist pelvic floor physiotherapist Trish Neumann said although the recognition of endometriosis by the medical community and the public had been life-changing for many, other types of pelvic pain were largely still going undiagnosed.

*"One of my concerns is that every pelvic pain we put down to endometriosis," she said.*

"We're at this crossroads where it's good to understand more about endometriosis, and have the public and have GPs knowing what to do with endometriosis, but we need for the education to extend beyond that."

The pelvic cavity is a complex area of the body, home to many different systems and organs, so there are multiple possible causes of pain. Combined with the complexity of the illnesses is a lack of training for medical professionals when it comes to diagnosis.

"There has been poor education in the medical profession. GPs haven't necessarily been known to look for it or understand that there is something you can do about it," Dr Neumann said.

She said medical professionals were only just beginning to better understand the problem.

"This change in understanding of pain is only just really hitting the medical schools, so there's generations of doctors out there who may not have an understanding of chronic pain and how to manage it," she said.

Read more

[It's not always endo: The mysteries of pelvic pain affecting thousands of women](#)



## How the Keto Diet Helps Prevent Seizures: Gut Bacteria May Be Key

Long before the "keto diet" became trendy, it was used to treat seizures in people with epilepsy. Now, a new study finds gut bacteria may play a role in the diet's anti-seizure effects.

[Read More](#)



## Celebrities Are Obsessed with the Keto Diet. Why You Shouldn't Be.

The fad diet, which promises weight loss without sacrificing bacon, is not all it's cracked up to be.

[Read More](#)



## What Is Stevia?

Stevia is a sugar substitute that comes from a plant, and has no calories. But is it good for health? Here's a look at what the research says about stevia.

[Read More](#)

**“Is it safe to sit in a hot tub if I have a heart condition?”** Despite warning signs to the contrary, there is no convincing evidence that soaking in hot water harms men with heart disease.

**“What’s the best treatment for narrowed neck arteries (carotid stenosis)?”** According to a study of 1,700 men and women, surgery to remove artery-clogging plaque and angioplasty with placement of a stent prevented disabling strokes equally well.

**“What’s the best drug for erectile dysfunction?”** Viagra has been on the market the longest, but the latest entry in the field may have fewer side effects than the other drugs.

## About Belly Fat

Belly fat, or visceral fat, lies deeper in the abdomen. Unlike subcutaneous (just under the skin) fat, visceral fat has been linked to health problems such as in increased risk for heart disease, diabetes, some cancers, and a higher need for gallbladder surgery.

## Avoid fast food

A study by the National Heart, Lung, and Blood Institute (NHLBI) found that young adults who eat at fast-food restaurants more than twice weekly gain more weight and have a greater increase in insulin resistance in early middle age. After 15 years this translated to an extra 10 pounds, and twice the risk for developing type 2 diabetes, which is a risk factor for heart disease.

Many fast food meals contain an entire day's worth of calories in just one meal.

## Air-popped popcorn

:

With just over a gram of fiber, 1 gram of protein, and 6 carbohydrates, one cup of air-popped popcorn is the better belly fat fighter. It is cholesterol-free, virtually fat-free, and a filling five popped cups is just 100-150 calories.

One serving of popcorn contains about 70% of the recommended daily intake of whole grain. It also contains folate, niacin, riboflavin, thiamin, pantothenic acid, and vitamins B6, A, E and K. A serving of popcorn contains about 8 percent of the daily value of iron, with lesser amounts of calcium, copper, magnesium, manganese, phosphorus, potassium and zinc.

Choose popcorn that is air-popped. Adding salt, oil, or butter adds excess sodium, fat, and calories.

## Restrict alcohol to reduce belly fat

Alcoholic beverages may contribute to weight gain, including belly fat. Alcoholic drinks contain calories but usually no nutrients, and drinking can impair judgment that can lead to poor food choices, among other things. Drinking in excess causes many health problems. Reduce or eliminate alcoholic beverages for a smaller belly and better health overall.

## Body Fat

One pound of body fat is equal to about 3,500 calories. In order to lose a pound in a week, you need to consume about 500 fewer calories per day, or burn off that many calories through exercise.

Visceral fat, the type that is located in the abdominal cavity, has been found to be biologically active. Excess abdominal fat seems to disturb the normal balance and function of hormones and other substances in the body. Visceral fat produces hormones such as adiponectin, which may influence cell responses to insulin. Visceral fat also produces a chemical called a cytokine, which can increase the risk for heart disease. Other chemicals are thought to effect cell sensitivity to insulin, blood pressure, and blood clotting.

## Visceral fat- biologically active

Visceral fat, the type that is located in the abdominal cavity, has been found to be biologically active. Excess abdominal fat seems to disturb the normal balance and function of hormones and other substances in the body. Visceral fat produces hormones such as adiponectin, which may influence cell responses to insulin. Visceral fat also produces a chemical called a cytokine, which can increase the risk for heart disease. Other chemicals are thought to effect cell sensitivity to insulin, blood pressure, and blood clotting

A body mass index (BMI) of 30.0 or higher is considered obese. BMI measures body fat based on height and weight for adults.

- A BMI less than 18.5 is considered underweight
- A BMI of 18.5 to 24.9 is in the healthy weight range
- A BMI of 25.0 to 29.9 is considered overweight
- A BMI of 30.0 or higher is considered obese
- A BMI of 40.0 or more, or a person who is 100 pounds over the idea body weight for their gender, age, and height, is considered morbidly obese.



# Refined Sugar



Refined Sugar can cause cancer  
It is also termed ironically as “Poison” or “Leach” by most. It has earned its not-so- sweet nickname “Poison” as it is absent of any nutritional value. The nickname “Leach” is created because of the vitamins and nutrients it deprives the body so it can be digested. Refined sugar, the sweetener you put in your coffee, the ingredient of your favorite sweets and candies, or the tomato sauce that flavors your spaghetti, has been credited with cancer cells. Not so sweet after all.

[Natural Health: 5 Ayurvedic Summer Practices & Fruits](#)

[Food Matters: Everything's Coming Up Strawberries](#)

[In the Garden: The Real Scoop on Vermicomposting](#)

Some foods can increase resting energy expenditure (REE), making fat burn at rest. One example is tomato juice, which has esculeoside A that boosts REE. Whole grains need more energy to break down, so they use up more calories. Foods high in omega-9, like almonds and sunflower oil, also increase REE. Almonds, eggs, tamarind, coconut oil are some of the foods that help burn fat.



## Can Coffee Increase Your Metabolism and Help You Burn Fat?

Coffee contains caffeine, a stimulant substance that is proven to increase the release of fats from the fat tissues and boost the resting metabolic rate. [Read on](#)



## 6 Science-Based Health Benefits of Moringa Oleifera

This is a detailed review of Moringa oleifera and its health benefits. Moringa is a plant that is very high in beneficial nutrients. [Read on](#)



Tomato juice is jam-packed with a plant chemical called esculeoside A. It has the power to increase energy metabolism, helping you burn calories at rest. Esculeoside A can even stop cholesterol from building up! You'll also get a healthy dose of vitamin A.<sup>2</sup>

This juice tastes best when cold. If you're not keen on the taste, blend it with veggies like cucumber or carrots. Other tomato-based products can also double as fat burners.

Cure Joy

## Mystery of Premature Gray Hair

Scientists probe mystery of how hair prematurely goes gray. New research may help.

[READ MORE](#)



## Bladder Cancer Signs and Treatment

The growth of abnormal or cancerous cells on the inner lining of the bladder wall.

[VIEW SLIDESHOW](#)

# This is how a single high-fat meal can lead to heart disease

By [Ana Sandoiu](#)

[Fact checked](#) by Honor Whiteman

New research, published in the journal *Laboratory Investigation*, finds dramatic and almost immediate changes in the blood vessels of healthy men after they have consumed a single high-fat meal.



A single meal high in fat — such as those typical of fast food — may immediately wreak havoc on your arteries, shows a new study.

It is well known that a diet high in saturated fat is a contributing factor to the risk of [heart disease](#). The Centers for Disease Control and Prevention (CDC) [warn](#) that a diet high in fat and [cholesterol](#) may raise the risk of heart disease and cardiovascular illnesses, such as [atherosclerosis](#) — a disorder in which arteries can lose their elasticity.

Most of us understand that such a diet predisposes consumers to heart disease over time, but could it be the case that the effects of a single high-fat diet are immediately noticeable and damaging?

[New research](#) — carried out by scientists at the Medical College of Georgia (MCG) in Augusta — suggests that they are.

Tyler W. Benson, a doctoral student in The Graduate School at Augusta University, is the study's first author.

Read more:

[This is how a single high-fat meal can lead to heart disease](#)



## Living With Atrial Fibrillation (AFib)

Atrial fibrillation (AFib) is a heart rhythm abnormality caused by a problem with the heart's electrical system.

[READ MORE](#)

## Coronary Artery Disease

What is heart disease (coronary artery disease)? Explore heart disease diagnosis, treatment, and preventing heart failure. [Read more...](#)

## How to Lower Triglycerides

Triglycerides are crucial to your body, but too many of them can hurt your heart and lead to other health problems.

[Read more...](#)



## Congestive Heart Failure (CHF)

Learn about congestive heart failure symptoms (shortness of breath, fatigue, swelling of the legs) and different stages. [Read more...](#)

## Deep Vein Thrombosis Treatments, Prevention

More than 100,000 people die because of it every year. The danger is when the clot travels through your bloodstream.

[Read more...](#)



## Bananas: A Time-Tested Treatment for cramps

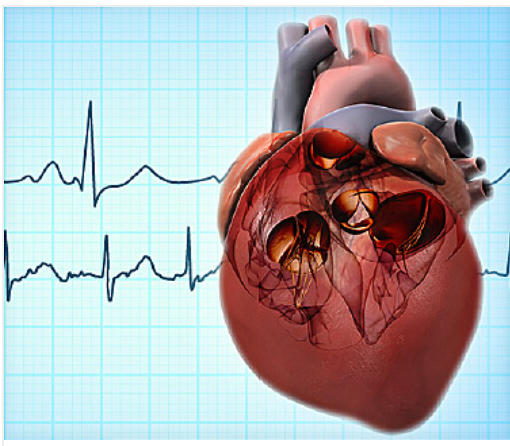
You probably know that bananas are a good source of potassium. But they'll also give you magnesium and calcium. That's three out of four nutrients you need to ease muscle cramps tucked under that yellow peel. No wonder bananas are a popular, quick choice for cramp relief.

### HARD TO BELIEVE

A recent survey indicates that the smartphone is now the number one handheld device.







SLIDESHOW

## Warning Signs of Atrial Fibrillation

This type of irregular heartbeat can raise your risk for stroke and heart failure. Here are the symptoms to watch for.



How to Cope with the Embarrassment of Crohn's

Fear over potentially embarrassing situations is real — and constant — when you have Crohn's. Here's how to deal with it. [Read on](#) →



## What Is Allergic Asthma?

Do you have trouble breathing during this time of year, when allergies start? You could have allergic asthma. Learn more about what causes it and how it's diagnosed. [Read on](#) →

## The Risks of Untreated UC

If you're struggling with whether or not to treat, or continue to treat, your ulcerative colitis, it's important to know the effects that rejecting treatment can have. [Read on](#) →

## Do gut bacteria stress out?

Let's put the disclaimer out there: this study was done in hamsters, but it has caught the attention of scientists nonetheless. There seems to be some crosstalk between gut bacteria and stress hormones. It's as if certain bacteria can tell your brain how to respond to stress, while how stressed you are in a social setting can determine the mix of bacteria in your gut. Gut feeling, eh? [Read More](#)

## Recognize The Symptoms Of Irregular Heartbeat

Arrhythmia is the term used for heart rhythm gone wrong – too fast (more than 100 beats/min), too slow (less than 60 beats/min), or irregular. If you feel your heart racing or you're struggling to breathe without reason or feel a tightness in your chest, it's a good idea to get a checkup. Lightheadedness, fainting or nearly fainting, fatigue, excessive sweating, and anxiety are other red flags.

[VIEW ARTICLE](#)

19 Best Foods That Help Burn Fat Even When You Rest



## Pledge “No kidney stones!”

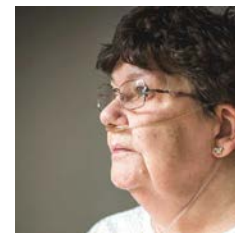
Avoiding kidney stones is pretty simple: lots of water; less oxalate, sodium (processed and packaged foods), and animal protein; and half a cup of lemon juice every day – that's what you do when life gives you lemons! In case you were wondering, high-oxalate foods include spinach, beets, and almonds. [Read More](#)



5 Yoga Poses For Slim Hips And Thighs

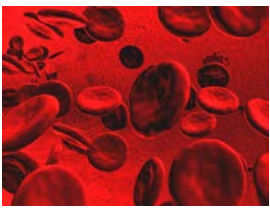


Treat Skin Allergies At Home With These 10 Easy Remedies



## Living with End-Stage COPD

End-stage COPD is the most severe stage in the condition's progression. Find out how you can manage its symptoms and enhance your quality of life. [Read on](#) →



## How to Determine Your Ideal Daily Cholesterol Intake

Paying close attention to the food you eat will help keep your body's cholesterol levels in a healthy range. Here's what to eat — and not eat. [Read on](#) →



## What Are the Stages of Alzheimer's Disease?

It's easier to cope with Alzheimer's disease if you know what to expect from each of the 7 stages. [Read on](#) →



## What's the Pull of Magnetic Bracelets for Osteoarthritis?

Popular even in Cleopatra's time, but still a hotly debated topic today, magnetic bracelets are used by many to treat arthritis pain. Do they really work? [Read on](#) →

## 7 Health and Nutrition Benefits of Potatoes

Potatoes are a versatile root vegetable and a staple food in many households. They also offer these 7 health and nutrition benefits.

[Read on](#) →



VIDEO



## 7 Tasty Ways to Use Shrimp

Shrimp ceviche makes a great party dish, while shrimp burgers put a fun twist on a dinner favorite. We share other great ideas in this 45-second clip.



## 5 Signs and Symptoms of Lactose


### Intolerance

Lactose intolerance is common and can cause a wide range of symptoms. Here are 5 signs and symptoms of lactose intolerance.

[READ ON](#)

## Foods That Can Help Keep Your Mind Sharp



Follow these 5 eating tips to help your brain remain at its best as you age. 



## The Many Complications of Migraines

Thankfully, migraines generally don't get worse over time, but they can lead to more serious complications. Find out what to watch out for. [Read on](#) →

## How to Control Your Blood Sugar More Effectively

Need a few solid recommendations that'll help you get better control over your blood sugar levels? We've got it covered for you. [Read on](#) →

## 10 DIY Remedies

If you're like us, when a migraine strikes, you'll do almost anything to make it go away. These safe, at-home treatments may help get you back on your feet. [Read on](#) →



## Coffee May Have Bigger Effect on Your Body Than Thought: Study



By Amy Norton  
*HealthDay Reporter*

-- Coffee has been tied to many health benefits. Now, a small study suggests a daily java habit may affect the body's metabolism more extensively than thought. The study, of 47 adults, found that heavy coffee consumption -- four to eight cups a day -- altered blood levels of more than 100 metabolites. That refers to a broad range of chemicals that change after eating or drinking. Many of the effects were expected, researchers said, but a few were surprising. For example, coffee cut levels of certain metabolites related to the endocannabinoid system -- the same system affected by marijuana. This reduction is the opposite of what happens when you take pot, the researchers said. What does it all mean? That's not clear. But many studies have found that coffee drinkers typically have lower risks of various diseases than nondrinkers do, explained Marilyn Cornelis, the lead researcher on the new work. The possible benefits include lower risks of [Parkinson's disease](#), [diabetes](#), [multiple sclerosis](#) and certain [cancers](#).

A daily java habit may affect the body's metabolism more extensively than thought.

READ MORE



FEATURED SLIDESHOW

## Crohn's Disease: Causes and Signs

A chronic disease affecting portions of the gastrointestinal tract from mouth to anus.

VIEW SLIDESHOW



### Vitamin D: The Wonder Supplement

Unlike other letters of the vitamin alphabet, vitamin D defies easy classification. But the "sunshine vitamin" is potentially more beneficial than you may know.

[Read on](#) →

## Why Are Whites at Greatest Risk for AFib?

According to a four-year study, atrial fibrillation afflicts whites much more often than people of other races. Learn why this is the case.

[Read on](#) →



## 'Senior Moments' Study Reveals How Aging Impacts the Brain

Study finds that memory lapses can happen in both the young and old. [Read on](#) →

- **"There are two drugs to treat age-related macular degeneration. Which drug is best?"** Recent evidence shows that the cheaper treatment (Avastin) is just as safe and effective as a more expensive option (Lucentis) for this common form of age-related vision loss.



How Sucking on a Lemon Can Help Fight Leukemia

The "Lemons for Leukemia" campaign has become a social media hit. It's the latest viral video effort to raise money for disease research. [Read on](#) →

## Bladder Cancer Symptoms, Stages, Treatments

Most bladder cancers are detected at early stages when the tumor has not spread outside the bladder and treatments are successful.

[READ MORE](#)

## Perform Yoga For Better Bone Health

Instead of waiting for things to spiral downward, take charge of your bone health now. Try yoga. Backbends, spinal twists, and asanas that test your balance and core strength can boost bone density and ward off osteopenia and osteoporosis. Make the tree, warrior II, bridge, locust, chair, twisted triangle, and triangle poses part of your exercise vocab!

[VIEW ARTICLE](#)

## Can I avoid macular degeneration?



*Q. I have a family history of macular degeneration. Is there any way I can prevent it?*

**A.** Macular degeneration is a common eye condition that typically manifests in people over age 50. It damages the macula of the eye, which is located near the center of the retina, and can lead to vision loss. The macula is the part of the eye that helps you see objects that are right in front of you. When this area is damaged, you may see spots or your vision may get blurry or dark. These changes might make it more difficult for you to drive or perform other everyday activities.

[Read more »](#)

## Best diets for Hashimoto's thyroiditis



The Paleo diet may be recommended to treat Hashimoto's thyroiditis.

There is no specific diet proven to treat everyone with Hashimoto's. An individualized approach to [nutrition](#) is necessary.

Some [clinical evidence](#) has shown that the following diets have helped some people with Hashimoto's:

- gluten-free diet
- sugar-free diet
- Paleo diet
- grain-free diet
- dairy-free diet
- autoimmune modified paleo diet
- low glycemic index diet

We take a closer look at some of these diets below.

Read more:

[The best diets for Hashimoto's thyroiditis](#)

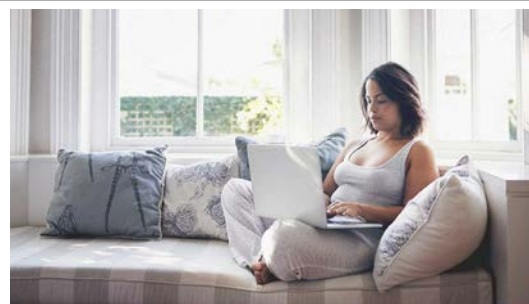
## Minted Peas & Rice With Feta



The flavors of fresh mint and feta enliven this instant brown rice. Toss any leftovers with some cooked shrimp for a satisfying, easy lunch.

Recipe From [EatingWell.com](#)

[View Recipe](#)



## Tips for Dry Eyes from Computer Strain

The amount of time you spend staring at a computer screen can worsen dry eye symptoms. These healthy habits can help you reduce the effects. [Read on](#) →

[3-Pronged Approach to Cancer Prevention](#)





# Prevention: What to avoid for cancer of the colon

Numerous studies have indicated that a diet too rich in red meat is associated with a heightened risk of colorectal cancer. "Red meat" is [defined](#) by the World Health Organization (WHO) as "all mammalian muscle meat, including beef, veal, pork, lamb, mutton, horse, and goat."



Eating a lot of red meat is known to significantly increase the risk of colorectal cancer.

A [review](#) of the evidence supporting this link notes that "consumption of red meat might be related directly to the incidence of [colorectal cancer] or indirectly because a diet high in meat tends to be low in vegetables, fruit, and fiber." A [study](#) of North Italian populations showed that individuals who eat red meat alongside eggs, cheese, and other fatty foods — as well as refined starches — on a frequent basis had an almost twice higher risk of developing rectal or colon cancer than their peers who favored a plant-based diet.

More [recent research](#) also revealed that "a daily increase of 100 [grams] of all meat or red meat is associated with a significant 12–17 percent increased risk of colorectal cancer."

In 2015, a [report](#) published by the International Agency for Research on Cancer made the news by pointing out that every 50-gram portion of processed meat, such as bacon or salami, eaten every day increases a person's risk of developing colorectal cancer by 18 percent.

**This evidence led the WHO to classify processed meats as "carcinogenic to humans."**

The damage caused by unwholesome diets made the headlines again in early 2018, when a study published in *The BMJ* reported that "[ultra-processed foods](#)" might increase the risk of developing various types of cancer.

# Prevention: What to eat

So, if a high intake of red meat and processed foods contributes to the risk of colorectal cancer, what should be eaten to protect our bodies from this outcome?



In order to reduce the risk of colorectal cancer, eat a healthful diet that favors fruit and veg.

According to the ACS, a diet high in fruits, vegetables, and fibers could help to [minimize the risk](#), and many existing studies seem to support this advice.

A study from the Loma Linda University in California found that [vegetarian-style diets](#) are linked to a decreased risk of colorectal cancer. The researchers studied four types of plant-based diet. These were:

- vegan, or strictly no products of animal origin
- lacto-ovo vegetarian, which includes dairy and eggs but no meat
- pescovegetarian, which includes fish but no meat
- semivegetarian, which includes meat and fish infrequently

All four of these plant-based diets were deemed to be less likely to lead to cancer than non-vegetarian diets.

One [study from last year](#) also suggests that **the more colorful your meal the better, and that individuals should focus on integrating a rainbow of fruit and vegetables into their diets.**

More specifically, their experiments on the pig model — which provides the [closest resemblance](#) to the human body in terms of metabolic processes — indicated that purple potatoes might protect against colon cancer.

That may be because these root vegetables contain compounds that reduce levels of certain pro-inflammatory proteins in the body, and [inflammation](#) is [known to contribute](#) to colon cancer risk.

Read more:

[Colorectal cancer: The importance of diet](#)

# What to eat during and after treatment

According to [guidelines](#) from the Dana-Farber Cancer Institute in Boston, MA, people undergoing treatment for colorectal cancer should also favor the "rainbow plate" meals and eat a varied array of fruits and vegetables to support their immune system.

A diet rich in tree nuts could improve the outcomes of cancer treatment.

Eating small but frequent portions is another approach that specialists at the Dana-Farber Institute suggest that people following treatment may find useful.

They advise patients to stay hydrated and avoid alcohol and caffeine, explaining that some types of medication may clash with these beverages.

But a [previous study](#) conducted by researchers at the Institute — which we [covered](#) on *Medical News Today* — indicated that those undergoing treatment for colorectal cancer had an almost halved risk of cancer recurrence if they drank four cups of [coffee](#), or 460 milligrams of caffeine, per day.

**As lead study author Charles Fuchs explains, "We found that coffee drinkers had a lower risk of the cancer coming back and a significantly greater survival and chance of a cure."**

Research published last year in *JAMA Oncology* suggests that a diet high in [sources of fiber](#) may improve survival rates for patients with stage one colorectal cancer. Eating whole grains was also linked to a better treatment outcome, the researchers noted.

Another study from last year notes that eating a minimum of 2 ounces (approximately 57 grams) of [tree nuts](#) — such as cashews, hazelnuts, walnuts, and pistachios — almost halved the risk of colon cancer recurrence for individuals following stage three cancer treatment. Tree nut consumption also reduced the risk of death following treatment by 53 percent.

As for the [risk of developing a second cancer](#) following treatment, the ACS say that it can be reduced by making the same healthful diet choices advised for the prevention of a first cancer. These include maintaining a healthy weight, placing "an emphasis on plant foods" in daily meals, and avoiding alcohol intake. In fact, Dr. Victor Moreno — from the University of Barcelona in Spain — and colleagues found that [lifestyle factors](#) are [more important](#) than genetic risk factors when it comes to the development of colorectal cancer.



## Bake Your Catch-good for your heart

How you cook your fish makes a big difference to your heart. Bake it or grill it instead of frying to cut down on artery-clogging saturated fat. Bake delicate cod, spiced tilapia, or lemony grouper. Throw a firm fish on the grill: snapper, sea bass, or halibut. Compared with fried fish, you'll save about 70 calories and half the saturated fat per serving. **WebMD**



## Go Greek (Yogurt), Instead of Mayo for your heart

Replace all or some fatty mayo with nonfat Greek yogurt in your tuna or chicken salad, says dietitian and chef Katie Cavuto Boyle. Or spread one tablespoon of this thick, tangy yogurt on a lean turkey sandwich piled high with veggies. You'll swap out fat calories -- and take in a little extra protein and calcium.



## Slim the Cheese in a Casserole

Lasagna and other cheesy bakes often call for ricotta -- and your nana's recipe probably calls for the full-fat kind! Switch to low fat and you'll cut out 9 grams of saturated fat per serving. That's a big help when you're trying to stay under 16-grams per day for heart health. Ricotta or cottage cheese is OK, as long as it's reduced fat. Low-fat ground turkey breast is a heart-wise switch for fatty ground beef.

## Learn The Difference: Black Pepper Vs. White Pepper

It's the difference between a fruit and its seed, the fruit (berry) here being black peppercorns and the seeds being white ones. Black pepper has a stronger flavor, lots of heat with a strong aroma. This makes it apt for times you need a real flavor punch. White pepper, on the other hand, is a lot milder and does well in earthy, lighter dishes like white soups and sauces.

[VIEW ARTICLE](#)

## Too much TV causes blood clots.

All those long hours in front of the idiot box have worse consequences than we realize. New evidence suggests that long hours of sitting can increase the likelihood of developing potentially fatal blood clots. And the risk doesn't go down even if you counterbalance the hours of sitting with an equal amount of physical activity. The solution? Get moving more! Sit less.

[Read More](#)

## Red wine polyphenols prevent tooth decay.

Certain compounds found in red wine, polyphenols, can keep your pearly whites in tip-top condition. These compounds are capable of fending off decay-causing bacteria pretty effectively, more so when combined with a probiotic. Bear in mind these are extracts from wine, and using your Pinot Noir straight up as mouthwash may only stain your teeth.

[Read More](#)



## Is Tanning a Smart Way to Treat Psoriasis?

When it comes to treating psoriasis, one alternative to traditional light therapy is tanning. How safe and beneficial is this method? [Read on](#) →

## How to Recognize Depression

Some symptoms of depression are relatively obvious, but others can be harder to spot. Learn what to look for and what to do about it.

## More Blogs from Harvard Health

[What patients — and doctors — need to know about vitamins and supplements](#)

[Eating well to help manage anxiety: Your questions answered](#)

[In children and teens, depression doesn't always look like sadness](#)



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