

Trust Garlic

Garlic (*Allium sativum*) is best known for its heart-protecting and antiviral properties, but thanks to a growing body of studies on its other medicinal properties, we also know it is antibacterial. According to James Duke, botanist and author of *The Green Pharmacy*, garlic contains several antimicrobial compounds, including allicin, a powerful, natural broad-spectrum antibiotic.



Research in the *Journal of Parasitic Diseases* found that in the lab, garlic was effective at inhibiting bacteria involved in urinary tract infections. Other research showed that garlic penetrates the dentin, which forms the bulk of the tooth, where it works as an effective dental antimicrobial.

Most savory dishes benefit from the addition of garlic. Cooking or roasting garlic helps mellow both its flavor and aroma to enhance soups, stews, stir-fries, curries, sauces and pastas. It is a staple in many European and Asian cuisines and continually grows in popularity in North America. The many types of garlic range in size from quite small to the giant cloves of elephant garlic. But when it comes to garlic, it appears good things come in small packages; the smaller Italian or Mexican varieties seem to be the most potent. Choose organic U.S.-grown garlic, grown mostly in California. In recent years, Chinese imported garlic has come to dominate the market, but taste tests show California garlic to be superior for flavor. Some also question the quality and safety of Chinese garlic. Look for garlic that is firm and free of black mildew on the skin. Or grow your own, as garlic is incredibly simple to grow. Store whole garlic heads at room temperature in a well-ventilated spot such as a garlic keeper. Many experts suggest consuming at least one clove a day to reap maximum health benefits.

Studies have shown that beneficial compounds in garlic can be destroyed or decay faster when cooked or processed so it's a good idea to eat some raw garlic on a regular basis. That's fairly easy to do by adding a clove of garlic to your next salad. But, eating cooked garlic is better than none at all, and is still a great way to keep harmful bacteria at bay.

Roasted Garlic

For those worried about offending significant others or friends with garlic breath, try roasting whole garlic by cutting off the stem, exposing the top of each clove and drizzling a bit of olive oil over top of it. Wrap it in foil or place in a garlic roaster and bake at 350 degrees for about an hour. This greatly minimizes its powerful aroma but creates a fabulous-tasting spread that has the consistency of butter.

<https://www.motherearthliving.com/health->



The Connection Between Thyroid & Digestive Health



The Effects of Nature on Mental & Physical Health

'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 readers, and we expect reciprocation by reading, for your health & longevity

Health editor

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10 Natural Remedies for Allergies

Wiser Living: Meal Planning to Shrink Our Ecological Footprint

Natural Health: The Impact Your Diet Has on Your Mental Health

Food Mattes: 4 Tips for Being an Ethical Omnivore

Muscle cramps

The exact cause of muscle cramps -- also called a muscle spasm or "charley horse" -- is not known. They happen when one of your muscles or muscle groups, usually in your calf or thigh, suddenly tightens up. Muscle fatigue, poor conditioning, dehydration, depletion of electrolytes, or muscles that are cold may also play a role.

Using Biologics to Treat RA

Learn how the genetically engineered drugs work -- and what to expect.

VACD Australia Chairman's Annual Report to the VACD Boards

2017/2018- Extract only

OUR ACCOMPLISHMENTS:

Wheelchair Camp

On 16th July 2017 Dr Gopi Kumar Kitnasamy (Chartered Physiotherapist at Durdans Hospital Colombo & Founder of Cerebral Palsy Lanka Foundation) and his team of 9 specialists in physiotherapy, speech therapy, parental care of children with disabilities especially in feeding, sleep and posture, conducted a Wheelchair Camp at the Bandarawela Town Hall.

300 carers and children with disabilities attended, and were provided with training for the carers, while the children were assessed, treated and where suitable given free wheelchairs.



Establishment of VACD USA

VACD USA was established with a team of experienced and dedicated members. The link to the VACD USA webpage is: <https://vacdusa.org/>

Celebration of UN's International Day of Persons with Disabilities

On 3rd December 2017 a crowd of nearly 300 VACD families, friends and supporters, for the first time ever marched through the Bandarawela city centre led by the school band from Seevali Navodya Maha Vidyalaya, Bandarawela to mark the above, and to highlight and raise public awareness of the plight of children with disabilities in the region and the need for local community love, compassion and support.



Felix Stephen

Chairman of the Board of Directors,

***Volunteers to Assist Children with Disabilities Limited. Australia,
& Member of the Advisory Boards of VACD USA & VACD Sri Lanka***

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Cherrybrook, NSW 2126, Australia

Consuming High-Fat Diet Associated With Increased Risk of Certain Types of Breast Cancer

Apr. 9, 2014 — High total and saturated fat intake were associated with greater risk of estrogen receptor- and progesterone receptor-positive breast cancer, and human epidermal growth factor 2 receptor-negative ... [read more](#)



Abdominal Fat Accumulation Prevented by Unsaturated Fat

Feb. 24, 2014 — New research shows that saturated fat builds more fat and less muscle than polyunsaturated fat. This is the first study on humans to show that the fat composition of food not only influences ... [read more](#)

SRI LANKA'S SECRET HIDDEN PARADISE | DELFT ISLAND JAFFNA - YouTube



Your probiotic
may not be
helping



Is there much
point taking
probiotics?
Recent research
says no, but
personalised
cocktails of gut
bacteria might
be the future.

[More](#) >



The blood pressure diet

There's a reason it's been rated the best overall diet eight years running. [Read more](#)



Sweet potato and apple quinoa salad recipe

A fresh salad to brighten up winter. [Read more](#)

Infection / Patient diagnosed with first case of Mers virus in England since 2013



Climate change is putting millions of people at risk for nutritional deficiencies



Rising levels of carbon dioxide from human activity are making staple crops such as rice and wheat less nutritious and could result in 175 million people becoming zinc deficient and 122 million people becoming protein deficient by 2050.



Fight colds with green tea, fruits and veggies

Close out winter sniffle free with these powerful flavonoids. [Read more](#)

Do you have a medical implant? Health advocates warn another scandal 'is inevitable'

More catastrophic failures of medical devices are "almost guaranteed" to happen because there's been no significant reforms to the way Australia regulates such implants, health advocates say.

[More](#) >

How Could a Diabetes Drug Cause Severe Genital Infections?

By Kimberly Hickok, People with type 2 diabetes who take a certain class of drugs have a very troubling side effect to worry about: The drugs may increase the risk of the genitals becoming infected with "flesh-eating" bacteria.

On Wednesday (Aug. 29), the U.S. Food and Drug Administration (FDA) issued [a warning](#) about sodium-glucose cotransporter-2 (SGLT2) inhibitors, which are commonly prescribed medications for treating [type 2 diabetes](#). Over a five-year period, the drugs have been linked to a dozen rare cases of genital infections that cause the skin to die, a condition called necrotizing fasciitis. All 12 patients who developed the infection were hospitalized, and one died, according to the FDA.



How Could a Diabetes Drug Cause Severe Genital Infections?

A particular class of type 2 diabetes medications are linked to a potentially horrible side effect in the genitals.

[Read More](#)

DO monitor your sodium intake

Our bodies do need sodium, but we normally eat in excess of the recommended maximum of 2300 mg per day to prevent high blood pressure and heart disease. Remember that sodium doesn't just come from the salt shaker, but also from processed foods including canned products, condiments and deli meats and in cooking or at restaurants.

The contents of this newsletter are for educational purposes and are not intended to offer personal medical advice. You should seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition

Lose 10 Pounds to Lower Blood Sugar



Shedding even a small amount of weight, if it's done safely, can help ease diabetes and other chronic conditions.

Eye Care for People With Diabetes



Controlling blood sugar levels is just one way you can protect your sight. Here's what else you'll need to do.

Inherited high cholesterol often goes untreated

About four in 1,000 adults in this country are born with a genetic condition marked by abnormally high cholesterol levels, known as familial hypercholesterolemia (FH). Their "bad" LDL cholesterol can be two to three times as high as the common target LDL for healthy people. But only about half of people with FH are getting proper treatment for the disease, according to a recent study.

Good advice by Dr Harold Eggs do not cause heart disease or stroke

Eggs prevent cardiovascular disease, including stroke
Eat eggs for breakfast everyday with no...
[See More](#)



5 Most-Recommended Dietary Supplements



4 Vitamins & Minerals for Better Bone Health



The Benefits of Yoga: Transform Mind, Body, & Spirit



Naturally Healthy Skin Starts with Digestive Health



How to Ease Gout at Home 🚗



What Vertigo Feels Like 🚗



The Truth About Alternative Cancer Therapies

Therapies like massage, aromatherapy, and guided meditation won't cure you, but they may help you feel better. Here's what you should know.

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Is the Paleo Diet Right for You?

By JANE E. BRODY

In the Paleo era, people ran around all day and rarely lived past 40, so their risk of developing the so-called diseases of civilization is unknown.



ARTICLE

Breast Cancer Treatment Options for Young Women



Know the standard protocol for young women diagnosed with breast cancer, and what to do if you'd like to have children.

Things That Wreck Your Hair



It seems so simple: Wash, dry, style. Yet the way you do those things can damage your tresses.

[Read More >](#)

Best Ways to Treat Low Back Pain



How to Read a Food Label



By SOPHIE EGAN

Whether you are looking to limit your sugar, cut calories or increase your fiber intake, this guide will help you make sense of the numbers, ingredients and nutritional information packed in to that tiny box.

The Best (and Worst) Sushi You Can Order



The potential is there for some real healthy eating -- if you play it right. Learn which types offer the most nutritional bang for the bite and which ones to skip.

[Read More >](#)

Can CBD Oil Ease Arthritis Pain?

Scientists are working to see if cannabidiol helps with arthritis pain and other health problems. Here's what we know.



Lung Cancer Myths and Facts



Asthma is a complex clinical syndrome of chronic airway inflammation.

[TAKE THE QUIZ](#)



Tea Tree

Red, inflamed breakouts happen when bacteria gets trapped inside your pores. Research shows that tea tree oil helps zap that bacteria. In one trial, it beat a placebo gel (which has no active ingredients) at treating acne and calming inflammation. Another study found that it was as effective as benzoyl peroxide, a common ingredient in over-the-counter zit remedies. WebMD



12 Causes of Respiratory Infection

Learn the causes of respiratory infections like whooping cough, swine flu, bird flu, enterovirus.

[VIEW SLIDESHOW](#)



Argan

Sometimes called "liquid gold," argan oil is rich in antioxidants called polyphenols, which can fight the effects of aging. Dermatologists also say its omega-3 fatty acids boost collagen growth and plump up your skin. It doesn't matter if you have a dry, oily, or normal skin type.

It also conditions hair, but doesn't weight it down or make it feel greasy. You can still use your other hair care products, too.



The Most Troubling Lung Conditions

Lung cancer is the number one cause of cancer deaths in both men and women worldwide.

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Shortness of Breath and Emphysema



COPD (Chronic Obstructive Pulmonary Disease)



Chamomile and Peppermint

You probably think of chamomile as a relaxing tea, but the oil from this daisy-like plant can also calm your skin. Skin specialists call it an anti-inflammatory and an antiseptic, which cuts down on redness, irritation, and the chance of infection. Peppermint oil has the same soothing properties.



Coconut

Dry, cracked skin is more likely to get infected, irritated, and have allergic reactions. Coconut oil protects and moisturizes it, and soothes the scaly, rough patches that go along with common conditions like eczema, too. WebMD

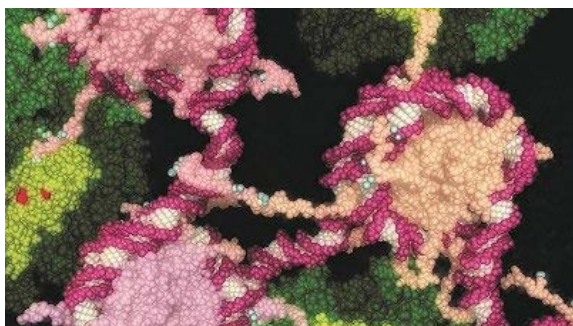


Rosehip and Carrot

You'll find vitamin A in lots of skin care products. It's a "retinoid," a chemical that helps replace old skin cells with new ones and make collagen, which can ease color changes from scarring and stretch marks. Two oils that are particularly rich in vitamin A: rosehip seed and carrot. Some dermatologists say they're also good as acne and anti-aging treatments. You would use only a tiny dab at nighttime

Cancer cells 'stopped in their tracks' by new Australian drug

It's been nearly a decade in the making. Now, researchers say they're excited about the drug's potential as "an entirely new weapon for fighting cancer".



How to Minimize Pancreatic Cancer Risk

Obesity, Type 2 diabetes and metabolic syndrome, all of which have risen to epidemic levels in recent years, are linked to pancreatic cancer.

As an avid reader of obituaries, I've been struck by how many people these days are succumbing to pancreatic cancer, a cancer long considered rare.

And relatively speaking, it is still rare, accounting for just 3 percent of all cancers. But it is also one of the deadliest because symptoms almost never develop until the disease is advanced and incurable. Although 55,440 cases, affecting 29,200 men and 26,240 women, are expected to be diagnosed this year in the United States, 44,330 people will die of it, often within months of diagnosis, making it the fourth leading cause of cancer deaths in this country (after lung, colorectal and breast cancer).

Furthermore, it is on track to become the [second most deadly cancer by 2030](#).

At the same time, cases of pancreatic cancer are rising, even though the leading known risk factor — cigarette smoking — has been declining for decades. That fact alone has prompted researchers to seek explanations for other causes and, it is hoped, find ways, in addition to quitting smoking, to prevent it and detect it while still curable.

In most of the approximately 6 percent of five-year survivors, pancreatic cancer is discovered early quite by accident, usually during a scan or surgery for some other reason. For example, in 2009, Ruth Bader Ginsburg, the associate justice of the Supreme Court, had part of her pancreas removed after a routine CT scan revealed a one-centimeter lesion. While that lesion was benign, a smaller tumor the surgeon found was malignant and had not yet spread beyond the pancreas.

The pancreas is a small two-part glandular organ — about 7 inches long and 1.5 inches wide — lying in the upper abdomen behind the stomach. It performs two vital functions. One part of the gland is a source of digestive enzymes and the other part produces the hormones insulin and glucagon that control blood levels of glucose and fatty acids.

Some known risk factors for pancreatic cancer are beyond an individual's control: older age, being an African-American or Ashkenazi Jew and having two or more first-degree relatives (parents or siblings) who have had the cancer.

But it is the modifiable risk factors that are currently of greatest concern. Aside from tobacco smoking, which accounts for 20 percent to 25 percent of pancreatic cancers even as this risk factor continues to decline, the main risks for pancreatic cancer cases and deaths are obesity, Type 2 diabetes and metabolic syndrome, all of which have risen to epidemic levels in recent years.

Data gathered in many studies "clearly show a relationship to obesity," said Donghui Li, a molecular epidemiologist at the M.D. Anderson Cancer Center in Houston. "The higher the B.M.I., the greater the risk of pancreatic cancer," she said in an interview. "Obesity contributes to both onset and progression of this cancer."

Dr. Li added, "The distribution of fat also plays a role — the higher the waist to hip ratio, the greater the risk." She found that cancer risk was greater the earlier in life a person becomes obese, and survival time was shorter among those who were still obese when the cancer was diagnosed.

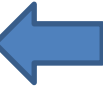
Obesity is also the leading risk factor for the development of Type 2 diabetes, in which the body resists the action of insulin, prompting the pancreas to produce more and more of this hormone. Insulin promotes cell growth, providing a link between diabetes and the development of pancreatic cancer.

However, the relationship is complicated, to say the least. In a [2011 report in Molecular Carcinogenesis](#), Dr. Li noted that "diabetes or impaired glucose tolerance is present in 50 to 80 percent of patients with pancreatic cancer." She said, "Diabetes is both a cause and consequence of cancer," although which comes first — diabetes or cancer in the organ that controls blood glucose — is not crystal clear.

A European study of more than 800,000 people with Type 2 diabetes found this disease is sometimes [an early sign of an otherwise hidden pancreatic cancer](#).

In studies at the Mayo Clinic, elevated glucose levels, a condition called pre-diabetes, were detected in some patients two years before pancreatic cancer was diagnosed. In these patients, Dr. Li explained, diabetes is actually a symptom of the hidden cancer. It is a type of diabetes called 3C, caused by a diseased or damaged pancreas, and medical researchers are now looking for ways for doctors to readily distinguish between Type 3C and Type 2 diabetes.

Separating health from hype for a diet that's kind on your heart



It's common wisdom that a healthy diet is key to having a healthy heart, but exactly what that diet looks like still has some people scratching their heads. A research paper out this week aims to answer the common nutrition questions people ask their heart health specialists.

[More >](#)



Sleep Cycle: What Happens When You Sleep

All night long, your body and brain do quite a bit of work that's key for your health. There are two main types of sleep that we cycle in and out of when we rest.

[READ MORE](#)

[How to Minimize Pancreatic Cancer Risk - The New York Times](#)



When walking makes your legs hurt



Fitness experts used to stress the benefits of heavy-duty aerobic exercise — the kind that makes you breathe hard and gets your heart going. But the message changed to moderation after a number of studies showed that physical activity that's far less taxing is associated with lower rates of heart disease, some cancers, and several other illnesses — if it's done regularly. Plain old walking usually tops the moderate-intensity exercise list because it's easy, convenient, and free, and it requires minimal equipment — a comfortable pair of shoes. The trouble is that walking isn't so easy for everyone. Indeed, it's agony for many. And forget the "brisk" pace of three to four miles per hour advised for health and fitness. With age — and occasionally without it — a number of conditions can result in leg pain after walking and make walking difficult. Some are very familiar, such as arthritis that makes knees and hips creaky; others, such as peripheral artery disease, aren't. Here are four nonarthritic conditions that cause leg pain and may affect walking, and some ways to treat and manage them — no need to limp and bear it.



Do Spicy Snacks Really Cause Gallbladder Problems?

A Tennessee teen needed gallbladder surgery after consuming large amounts of spicy snacks.

[Read More](#)

Ketamine for Parkinson's? Clinical trial in the works

By [Maria Cohut](#)

[Fact checked](#) by Jasmin Collier

The drug used to manage some of the most salient symptoms of Parkinson's disease is known to expose patients to more motor issues, as part of its side effects. Researchers suggest that ketamine could be used to neutralize those side effects.

[Parkinson's disease](#), a motor system disorder, is [characterized](#) by tremor, limb stiffness, impaired balance, and slowness of movement, as well as impaired movement coordination.

There is currently no known cure for this disorder, so treatments focus largely on managing the symptoms.

This helps people maintain autonomy and quality of life, as much as possible.

One of the main drugs used to treat Parkinson's disease is levodopa, which can help with limb stiffness and slowness of movement. But there is a caveat: patients for whom levodopa does work begin to experience potentially debilitating side effects after a few years on the drug.

"The problem is levodopa works great for a few years — we call that the 'honeymoon' period — but then you start getting these side effects," notes Dr. Scott Sherman, a neurologist at the University of Arizona College of Medicine in Tucson.

So what happens to many patients who take levodopa? They develop dyskinesia, or involuntary and uncontrollable movements that can affect the limbs, the head, or even the entire body, to various degrees of severity. Once an individual develops levodopa-related dyskinesia, it does not go away unless treatment with this drug is discontinued altogether — though this may mean that their symptoms will no longer be managed.

[Read more](#)

Ketamine for Parkinson's? Clinical trial in the works

Bowel cancer: Low-calorie soft drinks could reduce recurrence

A new study suggests that higher consumption of artificially sweetened soft drinks is tied to less chance of recurrence and death in stage 3 bowel cancer.

Diabetes: Switching to common drugs raises risk of complications

By [Ana Sandoiu](#)

[Fact checked](#) by Jasmin Collier

A new study, published in the journal *BMJ*, finds that switching to a class of drugs called sulfonylureas could raise the risk of complications for people living with type 2 diabetes. [Read more](#)

[Diabetes: Switching to common drugs raises risk of complications](#)



This Man Says a 'Rare Gene' Cured His Type 1 Diabetes. Experts Are Skeptical.

Did a man in England really get cured from an incurable disease?

[Read More](#)

What is osteosarcoma?

Osteosarcoma is a type of bone cancer that often affects the shinbone, thighbone, or upper arm. Doctors are currently unsure of the causes, but genetics may play a role. Treatment includes chemotherapy and surgery. The outlook depends on if and how far cancerous cells have spread. [Learn more about osteosarcoma here.](#)

How does diet impact breast cancer risk?

A new study analyzing health- and diet-related data collected over 30 years looks at how fruit and vegetable consumption impacts the risk of breast cancer.



SLIDESHOW

14 Reasons to Eat More Pasta



Welcome back, farfalle, linguine, and pappardelle. Pasta is off the naughty list and being appreciated again -- particularly for these perks.



Lentils

Serving size: ½ cup cooked

Cost per serving: Around 20 cents

Calories: 115

They're little, but they pack in protein -- 9 grams per serving. They're also low in fat, so they can be a healthy, less expensive sub for meat. Plus, they're a good source of folate, iron, and potassium. And they have plenty of fiber, so they'll keep you feeling full longer. Try brown, green, or red lentils as a side dish, in a salad, in stews, or over rice. WebMD



Eggs

Serving size: 1 egg

Cost per serving: About 25 cents

Calories: 72

With 6 grams of protein each, eggs are another cheap sub for meat. They're full of nutrients, like vitamins D and A, and choline -- essential for pregnant and breastfeeding women. Experts say one egg per day won't throw off your cholesterol numbers. So crack one for breakfast, try one hard-boiled on grain bowls and salads, or scramble some as a base for veggies or in tacos.



Oats

Serving size: ½ cup (dry)

Cost per serving: About 22 cents

Calories: 140

A hot bowl of oatmeal makes a great breakfast. Or use oats as a healthy filler in meatloaf, burgers, casseroles, and fruit cobblers. Their fiber will keep your stomach satisfied and can lower cholesterol and boost your immune system. They also have antioxidants that may help protect your cells from damage.

'Potentially harmful and old-fashioned' chronic fatigue treatments under review

A government review into crippling fatigue, which has no definitive cause but one often-recommended treatment, is set to bring new thinking to symptoms that can be misunderstood.



Hidden Signs of Dehydration

Could you be dehydrated and not even know it? Learn the causes, symptoms, treatments, and prevention tips to avoid dehydration.

READ MORE

Which foods make you bloated?

People experience different effects when they consume specific types of food. One such effect is bloating. Foods that often cause bloating include wheat, dairy, beans, and beer. If people know which foods cause them to bloat, they can remove them from their diet to prevent discomfort after eating. Learn more here.

Diet soda may keep colon cancer from recurring: Researchers



Those who drank one or more 12-ounce artificially-sweetened drink a day saw a 46 per cent improvement in risk of cancer recurrence or death compared to those who didn't drink such beverages, said the study published in the journal PLOS ONE.

Good and bad acidic foods

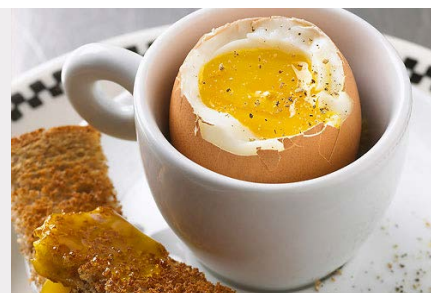


Some food and drink can trigger unwanted symptoms, but are acidic consumables among them? The scientific community has long queried the link between acidic food and drink and the body's pH, as well as conditions such as osteoporosis. Find out here more about what some of the science says about acidic foods.



'Bad' Foods Can Help You Lose Fat

Seductive foods seem to lurk at every turn, especially when you're trying to lose weight. But many foods that have gotten a bad rap aren't so terrible after all. Learn which tempting treats can actually help you lose weight and keep it off. WebMD



Eggs

When it comes to healthy eating, few foods have sparked as much debate as eggs. The latest research suggests an egg a day is safe and nutritious for most adults -- and if you eat that egg for breakfast, you'll boost your odds of losing weight. The reason: Eggs are packed with protein, which takes time to digest. Eating protein in the morning keeps your stomach full, so you eat less during the rest of the day.



Steak

For years, health experts have been admonishing us to eat less red meat. But steak is not always bad for the waistline. In fact, a lean cut of beef has barely more saturated fat than a similar-sized skinless chicken breast. Like eggs, steak is loaded with protein and can keep you feeling full longer. To get plenty of protein with less fat, choose tenderloin, sirloin, or other extra-lean cuts -- and limit portions to the size of your palm. WebMD



Pork

Talk about a bad reputation -- the term "pork" is used to describe all kinds of excess, so it's no wonder dieters often steer clear. Here's a case where the meat itself is not what it used to be. Today's cuts of pork tenderloin are 31% leaner than 20 years ago. That makes this white meat a lean source of protein with benefits similar to those of lean beef.



Pasta

Rather than avoiding pasta when you're dieting, make the switch to whole grain and keep your portions small. Research suggests people who eat several servings of whole-grain foods per day are more likely to slim down and maintain healthy weights. According to one study, eating whole grains rather than refined grains can also help burn belly fat.



Nuts

Nuts may be high in fat, but it's the good kind. And they are also rich in nutrients, protein, and fiber, which can help stabilize blood sugar. Sure, you'll get a few extra grams of fat from munching on a handful of nuts, but it's worth it if it helps you avoid reaching for cookies or other sweets. Even peanut butter can be a dieter's friend. In one study people who ate a handful of nuts a day were slimmer and even lived longer.

Cheese

Dieters often try to cut calories by nixing calcium-rich dairy foods, but some studies suggest this is a mistake. One theory is that the body burns more fat when it gets enough calcium, so eating low-fat cheese, yogurt, and milk may actually contribute to weight loss. Calcium supplements don't seem to yield the same benefits, so a diet rich in dairy may have other factors at work as well. Dairy foods are also rich in protein, which helps keep you feeling full.



Coffee

Coffee only falls in the "bad" category when you drink too much of it (more than 4 cups a day) or mix in cream, sugar, or flavored syrups. Drink it black without added fat and calories. Drink it skinny: Stir in skim milk for added calcium and vitamin D, and artificial sweetener or one teaspoon of sugar.



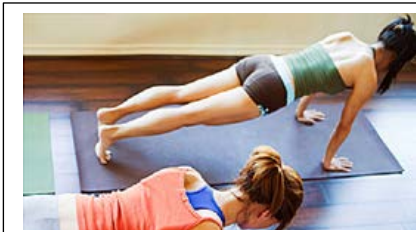
Why Are Suicide Rates Rising?

June 09, 2018 | Article

Rates of death by suicide have increased in the United States.

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Exercises for Better Sex



Certain types of exercise can pay off in the bedroom. See what you can do to increase your blood flow, boost endurance, and improve flexibility.

First major study comparing robotic to open surgery published in The Lancet



The first comprehensive study comparing the outcomes of robotic surgery to those of traditional open surgery in any organ has found that the surgeries are equally effective in treating bladder cancer. The seven-year study, conducted at 15 institutions, including Sylvester Comprehensive Cancer Center, and directed by Dipen J. Parekh, M.D., chair of urology and director of robotic surgery at the University of Miami Miller School of Medicine, is published in the June 23 issue of *The Lancet*. [First major study comparing robotic to open surgery published in The Lancet](#)



FEATURED

The Most Disabling Mental Illness

Causes, signs, and treatments for schizophrenia. Learn about types such as paranoid schizophrenia, catatonic schizophrenia, and disorganized schizophrenia.

[READ MORE](#)

New epigenetic drug against Mantle Cell Lymphoma

IDIBELL-BELLVITGE BIOMEDICAL RESEARCH INSTITUTE

A new study by doctor Manel Esteller, Director of the Epigenetics and Cancer Biology Program (PEBC) of the Bellvitge Biomedical Research Institute (IDIBELL), ICREA Researcher and Professor of Genetics at the University of Barcelona, presents an epigenetic drug capable of slowing down cell growth in Mantle Cell Lymphoma (MCL), a type of cancer characterized by its aggressive behavior, its delayed diagnosis with affectation of different organs and its origin from the lymphocytes B. The research results, published in *Haematologica*, the European Hematology Society (EHA) scientific journal, may be an answer to current medical need for new treatments that increase long-term survival in this disease.

[Read more](#)

New epigenetic drug against Mantle Cell Lymphoma

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Valuing gluten-free foods relates to health behaviors in young adults

New study published in the Journal of the Academy of Nutrition and Dietetics finds that individuals who value gluten-free foods are more likely to engage in healthier eating habits but are also more likely to have unhealthy weight control behaviors

ELSEVIER

Philadelphia, June 18, 2018 - In a new [study](#) featured in the *Journal of the Academy of Nutrition and Dietetics*, researchers found that among young adults valuing gluten-free foods could be indicative of an overall interest in health or nutrition. These young adults were more likely to engage in healthier behaviors including better dietary intake and also valued food production practices (e.g., organic, non-GMO, locally sourced). Of concern, they were also more likely to engage in unhealthy weight control behaviors and over-concern about weight.

Gluten-free food offerings have become more ubiquitous in the past decade, with proponents claiming they can help with everything from weight loss, to treating autoimmune disease, to improving your skin. Despite all the attention, little is known about the effect these beliefs have on the dietary habits of the general public.

[Read more](#)

Valuing gluten-free foods relates to health behaviors in young adults



Is cinnamon good for diabetes?

It's fine to sprinkle [cinnamon](#) on your oatmeal or use it in baking. Go ahead and enjoy it if you like its taste. But if you hope that it will help you manage your [diabetes](#), you might want to pause before you head to your spice rack.

It's not yet clear if cinnamon is good for [diabetes](#). Research findings have been mixed, and the American Diabetes Association dismisses cinnamon's use in [diabetes treatment](#).

Several small studies have linked cinnamon to better [blood sugar levels](#). Some of this work shows it may curb blood sugar by lowering [insulin](#) resistance.

In one study, volunteers ate from 1 to 6 grams of cinnamon for 40 days. (One gram of ground cinnamon is about half a teaspoon.) The researchers found that cinnamon cut [cholesterol](#) by about 18% and [blood sugar levels](#) by 24%. But in other studies, the spice did not lower blood sugar or [cholesterol levels](#).

Is Cinnamon Safe for People With Diabetes?

Unless you have [liver](#) damage, it should be OK for you to enjoy it in food. If you do have [liver](#) problems, be careful, because large amounts of cinnamon may make them worse.

If you are considering cinnamon [supplements](#), talk with your doctor first, especially if you take any [medication](#). Also, look for brands labeled with a quality seal. These include the NSF International, US Pharmacopeia, or Consumerlab seal. This helps assure that the supplement actually has the ingredients stated on the label and doesn't have any contaminants or potentially harmful ingredients.

Unlike [medications](#), supplement makers don't have to prove their products are safe or effective. But the FDA can order a supplement off the market if it proves it's unsafe.

WebMD

Australians 'too busy' for bowel cancer tests. Here's why you should make time



ABC Health & Wellbeing

Understanding Irritable Bowel Syndrome

Irritable bowel syndrome (IBS) is a chronic disorder in which the intestines do not work normally.

READ MORE



Fill Your Empty Nest

If your kids have moved out and your home feels empty, think about adopting a pet. People with cats and dogs seem to have lower cholesterol and less risk of heart disease. They also need fewer doctors' visits. We don't know why exactly pets seem to help. But at the very least, having a dog that needs walks is a great way to build in daily exercise.

10 Causes Of Arrhythmia (Irregular Heartbeat) You Must Know



ANALYSIS Multigrain, wholegrain, wholemeal: Which bread is best?



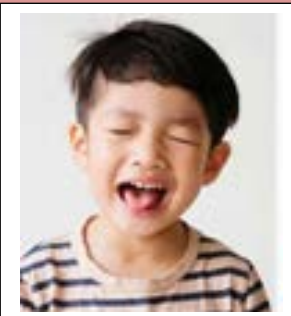
The Conversation



Eat Healthy Fats

You already know that saturated fats are bad for your arteries and heart health. But they can also harm your concentration and memory. So cut down on the red meat, butter, and other such foods. Instead, add more fatty fish and fats from plants, like flaxseed and nuts. These healthy fats may have extra benefits for your heart and your brain.

Is laughter really the best medicine?



There's some truth to the saying – laughter really is good for you. [Read more](#)

Treat A Lower Urinary Tract Infection At Home

First off, we're only talking about lower UTIs, upper UTIs require medical help. Give it 2 days. If it doesn't get better, try this: lots of fluids, herbal teas (uva ursi, buchu, corn silk), and citrus fruits for support. You will essentially be making the lives of uninvited bladder bacteria a living hell. For the burning sensation, drink baking soda solution; for abdominal pain, go old school with a heating pad.

[VIEW ARTICLE](#)

Learn from Women Who Have Gone Through Chemo

We gathered insights and wisdom from 37 women who chose to undergo chemotherapy, in hopes of providing clarity to others who are just beginning treatment.

[Read on](#) →

Natural Ways to Reduce Your Symptoms of migraine

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](#) →

Cinnamon, Strawberries, and Other Foods to Help You Manage Diabetes

The foods you eat can have a major impact on diabetes and blood sugar levels. Here are 16 foods to help get you on your way to controlling the condition. [Read on](#) →

Common Early Symptoms Dementia

Dementia is a collection of symptoms that can occur due to a variety of possible conditions. We'll take you through ten of

the most common early signs. [Read on](#) →

Here's What You Need to Know About Trying a New Insulin Therapy

Here's everything to keep in mind if you're planning on switching to a different type of insulin to treat type 2 diabetes.

[READ MORE](#)

Research team discovers drug compound that stops cancer cells from spreading

OREGON HEALTH & SCIENCE UNIVERSITY



Knee Replacement and Your State of Mind

Learn why insomnia, depression, or anxiety may occur after knee replacement surgery and what you can do about it. [Read on](#) →



Symptoms of Parkinson's

Parkinson's is a progressive disease of brain cells that affect loss of muscle control.

[READ MORE](#)

It's not all in your mind: Meditation affects the brain to help you stress less



What Is Schizophrenia?

Learn the definition of schizophrenia and other types. Get facts on medication, treatment, symptoms, and signs. [Read more...](#)

Topamax for Migraine Prevention

Topamax is one drug used for migraines. We'll tell you how it works to prevent migraines, what its side effects are, and more. [Read on](#) →

How Does Too Much Sugar Affect Your Body?

By Locke Hughes



Chances are you already know that eating too much sugar isn't good for you. Yet you're probably still overdoing it: Americans average about 20 teaspoons of added sugars per day, compared to the recommended 6 teaspoons for women and 9 teaspoons for men. (That doesn't include sugar found naturally in foods like fruits and milk.)

Sugary drinks, candy, baked goods, and sweetened dairy are the main sources of added sugar. But even savory foods, like breads, tomato sauce, and protein bars, can have sugar, making it all too easy to end up with a surplus of the sweet stuff. To complicate it further, added sugars can be hard to spot on nutrition labels since they can be listed under a number of names, such as corn syrup, agave nectar, palm sugar, cane juice, or sucrose. (See more names for sugar on the graphic below.)

No matter what it's called, sugar is sugar, and it can negatively affect your body in many ways. Here's a closer look at how sugar can mess with your health, from head to toe.

Your Brain

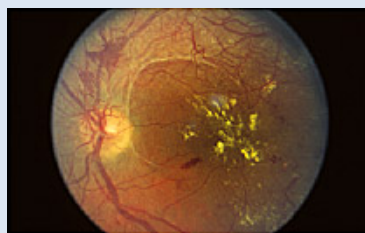
Eating sugar gives your brain a huge surge of a feel-good chemical called dopamine, which explains why you're more likely to crave a candy bar at 3 p.m. than an apple or a carrot. Because whole foods like fruits and veggies don't cause the brain to release as much dopamine, your brain starts to need more and more sugar to get that same feeling of pleasure. This causes those "gotta-have-it" feelings for your after-dinner ice cream that are so hard to tame.

Your Mood

The occasional candy or cookie can give you a quick burst of energy (or "sugar high") by raising your blood sugar levels fast. When your levels drop as your cells absorb the sugar, you may feel jittery and anxious (a.k.a. the dreaded "sugar crash"). But if you're reaching into the candy jar too often, sugar starts to have an effect on your mood beyond that 3 p.m. slump: Studies have linked a high sugar intake to a greater risk of depression in adults.

Read more:

11 Ways Sugar Can Mess With Your Health



Having Vision Problems?



Early signs of diabetic retinopathy include blurriness and dark spots which can lead to blindness if left untreated.



13 Foods for Focus



The LCHF Diet Plan: A Detailed Beginner's Guide

This article reviews all you need to know about the LCHF diet, including its potential health benefits and drawbacks, foods to eat and avoid and a sample meal plan.

Read on

Growing Your Focus

If you or someone in your household struggles with focus or memory, learn which herbs to grow for a brain boost, and how to use them.

Incorporate these herbs into your life.



After Death, Your Microbiome Could Still Help the Living



Dementia, Alzheimer's, and Aging Brains

Alzheimer's is characterized by odd behavior, memory problems, paranoia, disorientation, agitation, and delusions. [Read more...](#)

Epilepsy Facts

Epilepsy is a brain disorder in which clusters of nerve cells in the brain signal abnormally causing strange sensations. [Read more...](#)

Thyme



Thyme is not only a welcome addition to meat, poultry and vegetable dishes — it is a welcome antibacterial remedy for anybody looking for a powerful herb in the fight against a variety of infections. Its effectiveness is largely due to the compound known as thymol, which is found in the miniature leaves of this plant. But don't underestimate these tiny leaves. Thyme has been found to be one of the most antibacterial herbs available.

In one lab study assessing the antibacterial action of essential oils from seven herbs against *E. coli* bacteria, researchers found that thyme oil was among the most effective. *E. coli* bacteria are responsible for many cases of food poisoning every year.

Another lab study published in the *Journal of Oleo Science* found that the essential oil of the species of thyme known as *Thymus vulgaris* was highly effective against harmful bacteria that are found in contaminated food. The researchers concluded that "thyme oil exhibited broad-spectra activity against food-borne bacteria, including: *S. aureus*, [and] *E. coli*..."

While the researchers used the oil extracts of the plants, it is likely that similar antibacterial properties can be found in the fresh or dried herb or an alcohol-based tincture of thyme. Keep in mind that dried herbs tend to lose their potency within six months to a year. To make a thyme herbal tea, simply add 1 teaspoon of dried thyme (or 2 teaspoons fresh) to one cup of boiled water and let steep for 10 to 15 minutes. Strain and drink one cup three times daily.

<https://www.motherearthliving.com/health->

Achilles Tendon behind the ankle joint

The Achilles tendon is the largest tendon in your body -- and it's prone to injury. Each one connects your calf muscles to your heel bone. Repeated stress from running or jumping can inflame the tendon, known as Achilles tendinitis. If the condition lasts a long time, tiny tears develop in the tendon. That's called Achilles tendonosis.

Diabetics, eat cashews.

High blood pressure and cholesterol almost always tail diabetes and threaten heart disease, but the humble cashew nut can change that. Diabetics who have a daily serving (30 gm) of the nuts have lower blood pressure and more good cholesterol, without any effects on body weight or blood sugar. Remember that raw and unsalted is the way to go.

[Read More](#)

Blood Clot in the Lung
(Pulmonary Embolism)



Is sugar really as addictive as cocaine? Scientists row over effect on body and brain

Heated debate has greeted an article in a medical journal suggesting sugar should be considered an addictive drug, as experts deride the claims as 'absurd'

An article suggesting that sugar should be considered an addictive substance, and could even be on a par with abusive drugs such as cocaine, has sparked a furious backlash with experts describing the claims as "absurd".

In a narrative review published in the [British Journal of Sports Medicine](#) the authors write that sugar could act as a gateway to alcohol and other addictive substances, adding that like sugar, like cocaine and opium, is refined from plants to yield pure white crystals – a process they say "significantly adds to its addictive properties."

The article was co-authored by cardiovascular research scientist James J DiNicolantonio and cardiologist James H O'Keefe, both from Saint Luke's Mid America Heart Institute in Kansas, together with William Wilson – a physician with the nonprofit US group practice Lahey [Health](#).

"Consuming sugar produces effects similar to that of cocaine, altering mood, possibly through its ability to induce reward and pleasure, leading to the seeking out of sugar," they write, citing rodent studies which show that sweetness is preferred even over cocaine, and that mice can experience sugar withdrawal.

Speaking to the Guardian, DiNicolantonio said that the consumption of sugar was a grave concern. "In animals, it is actually more addictive than even cocaine, so sugar is pretty much probably the most consumed addictive substance around the world and it is wreaking havoc on our health."

The trio are not the first to explore whether sugar should [be considered addictive](#), but the article has come under fire from some in the field, who say while sugar consumption can lead to problematic health issues, it is not addictive or a drug of abuse.

Hisham Ziauddeen, a psychiatrist at the University of Cambridge, said that the rodent studies had been misunderstood by the authors, and added that a [review of the matter](#) he co-authored last year did not support the idea that sugar was addictive to humans.

"The rodent studies show that you only get addiction-like behaviours if you restrict the animals to having [sugar] for two hours every day. If you allow them to have it whenever they want it – which is really how we consume it – they don't show these addiction-like behaviours," he said.

"What this means is that it is the combination of that particular kind of intermittent access and sugar that produces those behaviours. Further you get the same kind of effect if you use saccharin ... so it seems to be about sweet taste rather than sugar."

The Guardian-27/08/17

Eat less for a longer life?

Racheal Rettner

For decades, researchers have observed that [calorie restriction tends to prolong life](#) in a number of animal species, but whether it also leads to longer life spans in humans has been unclear.

In the new study, the researchers examined the effects of calorie restriction on 53 healthy, nonobese men and women ages 21 to 50. The participants were randomly assigned to either a calorie-restriction group or a control group that ate what they wanted. After two years, those in the calorie-restriction group lost nearly 20 lbs. (9 kilograms) on average, while those in the control group maintained their weight. To look at changes in the participants' metabolism, the researchers used a "metabolic chamber," which is a sealed room that lets researchers precisely measure the number of calories people are burning. They found that the people in the calorie-restriction group were burning about 80 to 120 fewer calories per day than would be expected based on their weight alone. This was mostly due to slowed metabolism during sleep. The participants in this group also saw a reduction in markers of oxidative stress.

Those in the calorie-restriction group didn't experience harmful effects from their diet — they didn't develop anemia, excessive [bone loss](#) or, among the women, menstrual disorders. What's more, they actually had improvements in their mood and quality of life, the researchers said.

Dr. Luigi Fontana, a research professor of medicine at Washington University in St. Louis, called the work a "very nice study," and said the findings confirm that calorie restriction lowers metabolic rate in humans. However, Fontana disagreed with the idea that a lower metabolic rate and reduced oxidative stress are responsible for the longer life spans tied to calorie restriction. Instead, he said some studies show that changes in the way organisms' cells sense nutrients may be responsible.

But regardless of the reason for the link between calorie restriction and longer life, Fontana said many people in the U.S. could benefit from cutting their calories.

"In this country, 70 percent of people are [overweight or obese](#)," and obesity is tied to a number of diseases, including heart disease and Type 2 diabetes, Fontana told Live Science. And the only way to lower rates of obesity is with calorie restriction and exercise, he said.

The researchers of the new study say that future research could look at the effects of calorie restriction along with the consumption of certain substances, such as foods with antioxidants, or [resveratrol](#) (a compound found in red wine and other foods), which may mimic the effects of calorie restriction.

Original article on [Live Science](#).

Amazing Benefits Of Parsley Essential Oil

The health benefits of [Parsley Essential Oil](#) can be attributed to its properties as an antimicrobial, anti-rheumatic, anti-arthritic, antiseptic, astringent, carminative, circulatory, detoxifier, digestive, diuretic, depurative, emmenagogue, febrifuge, hypotensive, laxative, stimulant, stomachic and uterine substance.

Has anyone read the world famous comic book "Adventures of Asterix and Obelix" by Uderzo and Gossinni? If not, here is a quick summary. It presents a scenario of Rome and some Gallic villages during the reign of Julius Caesar. In that book, every now and then, you will find Obelix gobbling down those roasted wholesome wild boars garnished and decorated with parsley leaves (its a different part of the story than when he uses those parsley branches for cleaning his ears).

I'm not kidding when I saw that this comic book proves that parsley was in use since those ancient times! Okay, you caught me. The comic may not be 100% historical fact, but it is true that parsley is one of the oldest [spices](#) known to man. It has been, and still is, in use both as [seeds](#) and fresh leaves, particularly for garnishing [meat](#), and other [foods](#) as well. It is also used for decorating them. It has a refreshing and appetizing herbaceous flavor which comes from its essential oils. This essential oil is derived from its dried seeds by steam distillation and contains apiole, myristicin, pinene and tetramethoxyallyl benzene as its chief components. By the way, the botanical name of Parsley is *Petroselinum Sativum*. This herb, apart from being so widely used as a spice and condiment, has a lot of medicinal properties to offer, which are also mainly due to the properties of its essential oil.

www.organicfacts.net/parsley

Costochondritis and Tietze's Syndrome

Costochondritis is a common form of inflammation of the cartilage where ribs attach to the breastbone (the sternum) . [Read more...](#)

5 Best Antibiotic Herbs



Today, antibiotic overuse and misuse is common. Interestingly, many herbs have proven antibacterial properties, and researchers are turning to them as they work to discover new ways to counter resistant illnesses.

[Learn how herbs fight bacteria and combat infections naturally.](#)

Stroke: Before, During, and After

When the brain's blood supply is inadequate, a stroke results. Without treatment, brain cells damage or die, resulting in brain injury, serious disability, or death.

[READ MORE](#)

A sprain happens when you stretch or tear one of your ligaments. Ligaments are bands of tissue that connect bones to each other. Sprains typically happen to ankles, knees, or wrists that are twisted or turned the wrong way. Signs of a sprain include pain, bruising, swelling, instability, and joint stiffness.

A strain is different. Strains happen to your muscles or tendons -- the tissue that connects muscles to bones. Strains happen when the tissue is overstretched or over-tightened. Symptoms include pain, muscle spasm, and weakness.

Whole Grains and Type 2 Diabetes

4 Ways to Eat More Whole Grains
Read Labels Carefully
How Much Is Too Much?

Why Whole Grains?

Having [diabetes](#) doesn't mean you need to give up every piece of bread or dish of pasta. You can still enjoy foods made with grains, as long as you make them whole grains.

Whole grains are packed with fiber, which can help lower your [cholesterol](#) and reduce your [heart disease risk](#). Fiber slows digestion and the absorption of carbohydrates and may not raise your [blood sugar](#) as quickly as refined grains. And because whole grains help you feel fuller for longer, they can help you manage your [weight](#).

Although it's best to get fiber from food sources such as whole grains, fiber supplements can also help you increase your fiber intake. Examples include psyllium and methylcellulose.

Be sure to increase your fiber intake slowly to help prevent gas and cramping. It's also important to also increase the amount of liquids that you drink.

4 Ways to Eat More Whole Grains

The easiest way to eat more whole grains is to make a few switches in your diet, such as swapping out white bread and rice for whole wheat bread and brown rice. Also, try these tips:

Add grains like barley and bulgur wheat to soups, stews, salads, and casseroles to add texture.

When you bake breads or muffins, instead of white flour use half whole wheat flour and half oat, amaranth, or buckwheat flour. You can also use these whole-grain flours in pancakes and waffles.

Instead of having crackers for a snack, eat popcorn, which is a whole grain. Just skip the butter and salt. Unsweetened whole-grain cereal makes another good snack option.

Make quinoa your side dish instead of rice. You can also use quinoa as a coating for shrimp and chicken instead of flour or breadcrumbs.

Read Labels Carefully

Finding whole-grain foods in your supermarket can be tricky. Some foods that appear to contain whole grains really don't. You need to look carefully at food labels. Don't be fooled by:

- Terms like "enriched." Enriched wheat contains only part of the grain.
- Foods labeled "containing whole grain," "made from whole grain," or "multigrain." They may not be 100% whole grains. Look for "whole grain" as the first ingredient listed.
- The food's color. For example, bread may be brown only because it contains added ingredients, like molasses.

WebMD



Tangerines vs Oranges: How Are They Different?

While tangerines and oranges are closely related, they are actually two separate fruits with notable differences. Here's a detailed look at tangerines versus oranges.

[READ ON](#)



7 Science-Based Benefits of Milk Thistle

Milk thistle is an herbal remedy with many potential uses. Here are 7 benefits of milk thistle that are backed by science.

[READ ON](#)

Who Is at Risk for Heart Failure?



Can a Diabetes Drug Help Obese People Lose Weight?

Researchers say the drug Ozempic, initially approved to treat type 2 diabetes, can regulate insulin and suppress appetite. [Read on](#)



Antidepressants and Bipolar Disorder

While antidepressants treat depression, with bipolar, you also experience bouts of mania. Discover the role of antidepressants in treating BP. [Read on](#)



7 Foods That Will Dwindle Your Energy

Certain foods often give you a boost, while others have a strong tendency to drain your energy. Here are seven foods to avoid if you want to remain alert and active. [Read on](#)



Can beets tackle Alzheimer's at its root?

By [Maria Cohut](#)

[Fact checked](#) by Jasmin Collier

Alzheimer's disease is characterized by beta-amyloid plaques in the brain that disrupt the normal functioning of neurons. Could a common vegetal pigment provide the fix?



A pigment found in beets may lead the way to better Alzheimer's drugs, new research suggests.

The most prominent physiological characteristic of [Alzheimer's disease](#) is the over-accumulation of clusters of amino acids called amyloid beta in the brain.

These clusters may sometimes come together into even larger formations, known as beta-amyloid plaques.

When too many groupings of beta-amyloid are able to "pile up" in the brain, it disrupts the normal signaling between neurons. Beta-amyloid groupings also trigger the nervous system's [inflammatory response](#), which has been linked with the [progression](#) of this condition.

But what if some of these physiological processes could be slowed down thanks to a common substance found in a widely available root vegetable?

Researchers from the University of South Florida in Tampa have experimented with a compound called [betanin](#), which is the pigment that gives beets their dark red color.

Li-June Ming, Darrell Cole Cerrato, and their colleagues explain that this vegetal pigment interacts with amyloid beta, preventing some of the processes that may have harmful effects on the brain.

The results of the team's research were presented this week at the [255th National Meeting & Exposition of the American Chemical Society](#), held in New Orleans, LA.

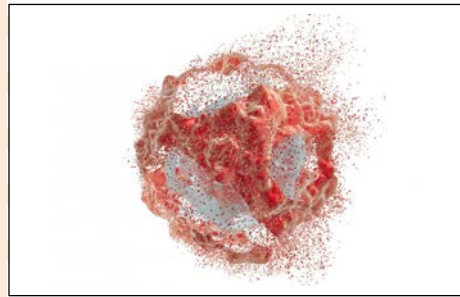
Read more:
[Can beets tackle Alzheimer's at its root?](#)

Cancer: How a novel gel could halt its return

By [Honor Whiteman](#)

[Fact checked](#) by Jasmin Collier

Groundbreaking research has revealed a promising strategy to stop the recurrence of cancer, and it comes in the form of a biodegradable gel.



Researchers have developed a gel that could help to stop cancer recurrence and metastasis.

Created by scientists at the Dana-Farber Cancer Institute in Boston, MA, the gel was designed to deliver immunotherapy directly to the area from which a cancerous [tumor](#) has been surgically removed.

Upon testing the gel on mice during the surgical removal of [breast cancer](#) tumors, the scientists found that it not only helped to prevent tumor recurrence at the primary site, but that it also eliminated secondary tumors in the lungs.

Senior study author Michael Goldberg, Ph.D. — of the Department of Cancer Immunology and Virology at the Dana-Farber Cancer Institute — and colleagues recently reported their [results](#) in the journal *Science Translational Medicine*.

According to the American Cancer Society (ACS), more than [1.7 million new cancer cases](#) will be diagnosed in the United States in 2018, and over 600,000 people will die from the disease.

For [cancer](#) that forms as solid tumors — such as breast cancer and [lung cancer](#) — [surgical removal of the tumor](#) is often the primary treatment option.

Read more
[Cancer: How a novel gel could halt its return](#)

Viagra may cut colorectal cancer risk by half

By [Ana Sandoiu](#)
[Fact checked](#) by Jasmin Collier

New research, now published in the journal *Cancer Prevention Research*, suggests that a small dose of the popular male impotence drug Viagra, when administered daily, may significantly reduce the risk of colorectal cancer.

A small daily dose of the erectile dysfunction drug may prove invaluable for treating and preventing colorectal cancer. The American Cancer Society (ACS) write that [colorectal cancer](#) is the [third leading cause of cancer death](#) among men and women in the United States.

It is the third most commonly diagnosed form of [cancer](#) overall; around 1 in 22 men and 1 in 24 women are likely to develop it at some point.

A significant risk factor for developing the illness is a mutation in a gene called the [adenomatous polyposis coli](#) (APC), a [tumor](#) suppressor. People with an APC genetic mutation might develop hundreds of colorectal polyps, which may eventually result in [cancer](#).

[New research](#) uses a mouse model of this genetic mutation to test the effect of sildenafil — which is marketed as the popular [erectile dysfunction](#) drug Viagra — on colorectal cancer risk.

The study — led by Dr. Darren D. Browning, a cancer researcher at the Georgia Cancer Center and the Department of Biochemistry and Molecular Biology at Augusta University in Georgia — claims that a small daily intake of the drug could cut the number of colorectal tumors by half.

The researchers added sildenafil to the drinking water of mice that had been genetically modified to develop hundreds of polyps — which, in humans, almost always lead to colorectal cancer.

Read more:

[Viagra may cut colorectal cancer risk by half](#)

Vaginal Birth vs. C-Section: Pros & Cons

By Cari Nierenberg, Live Science Contributor | March 26, 2018

Expectant parents should talk to their healthcare professional about a birthing plan that takes all risks and benefits into account.

Babies can enter this world in one of two ways: Pregnant women can have either a vaginal birth or a surgical delivery by Caesarean section, but the ultimate goal of both delivery methods is to safely give birth to a healthy baby. In some cases, C-sections are planned for medical reasons that make a vaginal birth too risky. A woman may know in advance that she will need a C-section and schedule it because she is expecting twins or other multiples, or because she may have a medical condition, such as diabetes or high blood pressure. A C-section may also be scheduled ahead of time because a woman has an infection that she could pass along to her baby during birth, such as HIV or genital herpes, or if she experiences problems with the placenta during her pregnancy. A [C-section](#) may also be necessary in certain situations, such as delivering a very large baby in a mother with a small pelvis, or if the baby is not in a heads-down position and efforts to turn the baby into this position before birth have been unsuccessful.

Pros and cons of vaginal birth for the baby

Some advantages for a baby who is delivered vaginally is that a mother will have more early contact with her newborn than a woman who has undergone surgery, and she can initiate breastfeeding sooner, Bryant said.

During a vaginal delivery, muscles involved in the process are more likely to squeeze out fluid found in a newborn's lungs, Bryant said, which is beneficial because it makes babies less likely to suffer breathing problems at birth. Babies born vaginally also receive an early dose of good bacteria as they travel through their mother's birth canal, which may boost their immune systems and protect their intestinal tracts.

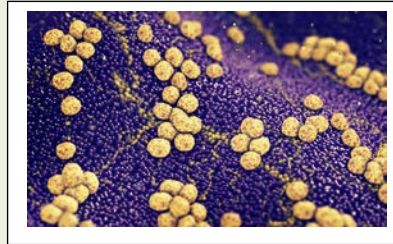
If a woman has had a long labor or if the baby is large and delivered vaginally, one of the risks is that the baby may get injured during the birth process itself, resulting in a bruised scalp or a fractured collarbone, according to the Stanford School of Medicine.

**[Which Is Better:
Vaginal Birth or C-](#)**



Discovery of MRSA-busting antibiotic gives hope against resistant superbugs

New drug tested on mice could be used to treat human infections that no longer respond to routine antibiotics, say scientists



The discovery of a new class of antibiotics that can wipe out persistent infections of the hospital superbug MRSA has raised fresh hopes for progress in the fight against [antimicrobial resistance](#).

Health officials around the world have seen a steady rise in bacterial infections that no longer respond to routine antibiotics. With resistance emerging faster than new drugs can be developed, the World Health Organisation (WHO) has called for [urgent action](#) to combat the problem.

Last year, England's chief medical officer, Dame Sally Davies, warned that antibiotic resistance could spell "[the end of modern medicine](#)", with routine operations becoming impossible because doctors run out of antibiotics to keep common infections at bay.

In the latest research, US scientists focused on a small but important group of recurrent infections, which are driven by bacteria that evade antibiotics by lying dormant in the body. The infections tend to affect people with medical implants, or with particular conditions such as cystic fibrosis.

Read more:

[Discovery of MRSA-busting antibiotic gives hope against](#)

Vitamin B12 deficiency

Fatigue is the most common symptom of people who have low levels of vitamin B12. But fatigue by itself can be a sign of almost any health condition — or just that you haven't been sleeping enough! Other signs of B12 deficiency include confusion, cognitive impairment, unsteady gait, numbness, tingling and fatigue.

Vitamin B12 deficiencies may happen when you aren't getting the right nutrients in your diet, when your body can't absorb nutrients properly, and when you have various other problems of the digestive system.

Since most B12 in our diets comes from animal products, vegans are at risk for B12 deficiency. Crohn's and celiac disease, weight loss surgery, and chronic alcoholism can all interfere with a person's ability to absorb enough of the nutrients they need. Seniors have more problems with nutrient absorption and malnutrition as well.

Vitamin B12 is a critical nutrient that helps your body make healthy red blood cells. If you have a chronic lack of B12, your body can't make the amount of red blood cells that it needs, which can lead to anemia. Vitamin B12 deficiencies may happen when you aren't getting the right nutrients in your diet, when your body can't absorb nutrients properly, and when you have various other problems of the digestive system.

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WebMD

Resting heart rate and health



A relatively low resting heart rate is considered healthy, while a high resting heart rate may increase the risk of various conditions.

A lower heart rate allows the heart to maintain a healthful rhythm and respond to routine stressors efficiently. These may include exercise, illness, and day-to-day activities.

Having a relatively low heart rate is a significant contribution to overall health. An abnormally high heart rate can lead to a variety of health risks and conditions. Complications associated with a high heart rate include:

low energy levels

low physical fitness

[obesity](#)

chest pain or discomfort

difficulty or discomfort breathing

reduced blood circulation, especially to the hands and feet

low [blood pressure](#)

weakness

lightheadedness, dizziness, and fainting

blood clots

[heart failure](#), heart attack, or [stroke](#)

Read more

[:How do you lower your resting heart rate?](#)

[What's the Best Way to Track Your Blood Pressure?](#)



[Does Pot Really Dull a Teen's Brain?](#)



How much fiber is too much?

By Danielle Dresden

Reviewed by [Natalie Olsen, RD, LD, ACSM EP-C](#)

1. [How much is too much?](#)

2. [Symptoms](#)

3. [Treatment](#)

4. [Best sources](#)

5. [Benefits](#)

6. [Outlook](#)

Too much fiber in the diet can cause bloating, gas, and constipation. A person can relieve this discomfort by increasing their fluid intake, exercising, and making dietary changes.

These uncomfortable side effects of excessive fiber can occur when someone eats more than [70 grams \(g\)](#) of fiber a day. This is not uncommon, and it may be more likely in a person following a vegan, whole food, or raw diet.

In this article, we look at how much fiber is too much and how to tell when you have eaten it in excess. Plus, we look at treatments, and the good sources of fiber to introduce into your diet.

How much is too much?

Although fiber is an important part of a healthy diet, eating too much fiber may cause problems.

Fiber is the indigestible part of plants and carbohydrates. Foods like lentils, vegetables, and cereals are high in fiber.

In general, eating too much fiber is a less common problem than eating too little. Only an estimated 5 percent of Americans meet their daily recommended fiber intake.

The optimal amount of fiber varies based on an individual's gender, age, and pregnancy status.

The Academy of Nutrition and Dietetics recommend the following for dietary fiber intake:

25 g per day for adult women

38 g per day for adult men

less fiber after aged 50 years old (21 g for women, 30 g for men)

more fiber when pregnant or lactating (at least 28 g per day)

A diet rich in fiber is essential for keeping the digestive system healthy. It is also related to lower blood pressure and a reduced risk of heart problems, diabetes, and obesity.

However, eating more than 70 g of fiber a day can cause uncomfortable side effects, and some people may experience these after just 40 g. When eating foods, such as high-fiber nutrition bars and fiber-added bread, eating 70 g of fiber in a day is not difficult.

A healthy diet of oatmeal for breakfast, a sandwich and fruit or vegetables for lunch, and a whole-grain dinner with lentils can easily reach that threshold.

Read more: [How much fiber is too much?](#)

Could these food supplements help treat psychosis?

By [Catharine Paddock PhD](#)

[Fact checked](#) by Jasmin Collier

When added to standard early-stage treatment, certain food supplements may help to alleviate symptoms of psychotic illnesses such as schizophrenia.

Some food supplements, such as taurine, might help in the treatment of first-episode psychosis.

This was the conclusion of a systematic review of data from eight trials involving hundreds of young people who received treatment during the early stages of [psychosis](#).

The review was led by Dr. Joseph Firth, who is a research fellow with the NICM Health Research Institute at the University of Western Sydney in Australia and an honorary research fellow at the University of Manchester in the United Kingdom.

He and his colleagues suggest that supplementing standard treatment with certain nutrients may be more effective than standard treatment alone in alleviating the symptoms of "first-episode psychosis."

They report their analysis, thought to be the first to evaluate trials of nutrient supplementation in first-episode psychosis, [in a paper](#) now published in the journal *Early Intervention in Psychiatry*

Read more: [Could these food supplements help treat psychosis?](#)

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