



What foods are high in protein?

By Jenna Fletcher

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

1. [High protein foods
for weight loss](#)

2. [Takeaway](#)

Eating foods high in protein has many benefits, including muscle building, weight loss, and feeling fuller after eating. Though eating lots of protein may be beneficial, eating a balanced diet is an essential part of staying healthy. Eating a protein-rich diet can help people lose weight because it can help them avoid overeating. A high protein diet can help build lean muscle when combined with exercise. Lean muscle helps to burn more [calories](#) throughout the day, which can also help with weight loss.

Read more

[What foods are high in protein?](#)



Cancer Risk From Blood Pressure Drug

People taking ACE inhibitors for more than five years, up their lung cancer risk.

[READ MORE](#)

Sri Lanka Festival - 2018
Organised by the Sri Lanka High Commission - Canberra
from 11.00 am to 6.00 pm
On Sat. 10th November 2018
Venue : No. 61, Hampton Circuit, Yarralumla, ACT 2600

FREE ADMISSION

Sri Lankan
Food, Handicraft, Batik, Beer,
Ayurvedic & Astrology services,
Dance & Music, Tourism, Tea
& Children's activities
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Srilankan
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[Pumpkin Coconut Chai
Latte](#)



[Digestive enzyme supplements
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[Tips on Reversing Prediabetes](#)



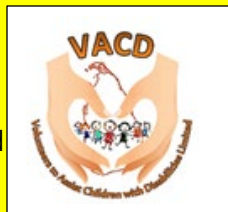
[Yoga for people with back pain](#)



VACD News from Bandarawela

Celebrating World Children's Day:

On Sunday, 30th September, the VACD leadership in Sri Lanka led by our specialist teacher Ms. Manjula and her friends organized a surprise party for our children at the VACD centre in Bandarawela to commemorate World Children's Day using gifts, balloons and decorations donated to VACD by our recent overseas visitors Ms. Yolanda from Spain, Ms. Susana from Belgium and a group of their overseas friends.



How can you be part of our mission and help our children and their families?

There are three specific areas that need your sponsorship and support:

1. A significant number of VACD families (single parent and single income) find it extremely difficult and challenging to cope with their daily basic household expenses, medication and special requirements for their disabled children. Please consider making a monthly donation of A\$20 or its equivalent to sponsor a family, all of which will go directly to that family's bank account via the VACD bank account under our **Family Assistance Program (FAP)**;
2. We identify and give children with disabilities (or their siblings who show academic potential) the opportunity to achieve their future aspirations and goals by funding their studies to the amount of A\$ 20 or its equivalent a month under our **Educational Assistance Program (EAP)**, thus ensuring that their education is not disrupted due to financial struggles. These funds go directly to the bank account of the child via the VACD bank account;

We provide children who attend our centre in Bandarawela with nutritious high protein/high fibre meals such as green gram, chickpeas, sweet potatoes and cassava

More details from:

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

ACN: 605 017 016 / ABN: 80 605 017 016 & ACNC Registered

Cherrybrook, NSW 2126, Australia

[Tips on Reversing Prediabetes](#)



Add Asthma to List of Possible Causes of Childhood Obesity



Children with asthma are at increased risk for childhood obesity, a new study suggests. Obesity is widely regarded as a risk factor for asthma, but these new findings suggest...

[Read more ...](#)

12 Heart Attack Warning Signs

Heart attack symptoms vary for men and women. Learn about the warning signs of a heart attack and know which symptoms to look out for.

[READ MORE](#)

Why Cancer Risk Is Higher in Taller Folk



Can You Screen for Early Pancreatic Cancer?



By RONI CARYN RABIN

Pancreatic cancer is best treated at the earliest stages, but it is hard to detect.

Huge reduction in meat-eating 'essential' to avoid climate breakdown



What Is the 80/20 Diet?

The idea is that you get to splurge a bit if you eat healthy most of the time. Can it really help you lose weight?

[Read More >](#)

Surprising Reasons Your Hair Is Falling Out

If you're seeing clumps of hair in your brush every time you groom, one of these unexpected culprits may be to blame.

[Read More >](#)



Treating Muscle Cramps

Explore tips and treatments that can help relieve your muscle spasms and cramps. [Read more...](#)



The Not-So-Lowly Spud

Yes, it's true. Potatoes have lots of carbs. But they also have loads of nutrients, like potassium and magnesium. And they're much lower in calories than other staples (we're looking at you, rice and pasta). That is as long as you leave off the butter, sour cream, cheese, and bacon bits. (Sigh.)



Hot Potato, Cold Potato

The starch in potatoes can be hard to digest -- it's called resistant starch. So your body changes some of it into short-chain fatty acids that help keep your gut healthy and may help prevent obesity, colon cancer, and diabetes. Cooking does away with some, but it comes back when the potatoes cool. Potato salad, anyone?

WebMD

A good rule of thumb is to drink 10-12 glasses of water per day

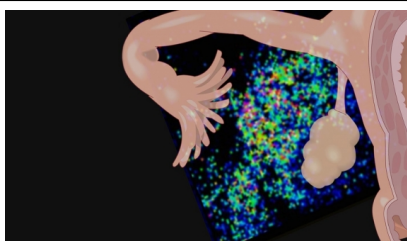
Explanation:

There is no evidence to show that drinking 10-12 glasses of water is necessary. Generally, nutritionists recommend we follow the "8x8" rule, which is to drink eight 8-ounce glasses of water per day.

Drinking more water does indeed boost metabolism - especially if your glass is icy cold. Your body must work to warm the water up, burning a few extra calories in the process.

As for other benefits of water, 85% of your brain tissue is water, which means that if you're dehydrated, both your body and your mind will be stressed. Medicine.net

Skipping breakfast — which 20 to 30 percent of American adults do regularly — is linked to a higher risk of obesity and impaired glucose metabolism or diabetes.



Crosstalk between fallopian tube, ovary may drive the spread of ovarian cancer

University of Illinois at Chicago

Carbs

Carbohydrates are called "simple" or "complex," depending on how fast your body digests and absorbs the sugar. You get simple carbohydrates from fruits, milk products, and table sugar. Complex carbohydrates include whole grain breads and cereals, starchy vegetables, and legumes. Complex carbohydrates and some simple carbohydrates provide vitamins, minerals, and fiber. Products made with refined sugar provide little nutrition. It is wise to limit these products.



Looks Like Climate Change Will Ruin Beer for Us, Too

Terrific, now climate change is ruining beer for us, too.

[Read More](#)

Cataract Surgery, Hearing Aid May Boost the Aging Brain

Symptoms of Multiple Sclerosis

MS is a chronic disease that damages the nerves in the spinal cord and brain, as well as the optic nerves. Here's what to watch for.

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The Climate Outlook Is Dire. So, What's Next?

By [Somini Sengupta](#)

Want climate news in your inbox? [Sign up here for Climate Fwd.](#), our email newsletter.

Now that the bad news has dropped, what is the world going to do?

A [report issued Sunday by 91 scientists](#) painted a stark portrait of how quickly the planet is heating up and how serious the consequences are. In response, the United Nations secretary general, António Guterres, warned world leaders, "Do what science demands before it is too late."

The latest figures from the International Energy Agency don't suggest that many are listening: Carbon dioxide emissions from the energy sector continued to grow through 2017, with a [projected rise for 2018](#), according to the agency.

The next two months will be crucial. In December, experts and officials from around the world will gather in Katowice, Poland, for a new round of international climate negotiations.

[The Climate Outlook Is Dire. So, What's Next?](#)



Since the start of the century, global average sea-level has risen by about 0.2 feet. Under moderate emissions, central estimates of global average sea-level from different analyses range from 1.4 to 2.8 more feet by 2100, 2.8 to 5.4 more feet by 2150 and 6 to 14 feet by 2300, according to [the study, published in Annual Review of Environment and Resources](#).



Global sea level could rise 50 feet by 2300, study says

Rutgers University



Breakdown of alcohol

The breakdown of alcohol after ingestion is a complex process that involves a number of different enzymes. Most of the alcohol that is ingested is broken down in the gut and liver.

This study focused on the enzyme ADH4 because it is abundant in the gut and plays a major role in preventing from entering the blood stream. ADH4 from human relatives as distant as the tree shrew were tested for their ability to digest alcohol. The form of ADH4 found in humans, gorillas and chimpanzees was found to be 40 fold more efficient at clearing alcohol than the form found in more primitive species. ADH4 also digests chemicals that plants produce in order to deter animals from feeding upon them. However, with the increase in ability to digest alcohol came a reduced ability to digest many of these other chemicals. This suggests that the food containing alcohol was more important. While ADH4 is among the most important enzymes for the digestion of alcohol, it is not the only one. Another related enzyme, ADH3, also contributes to the breakdown of alcohol. Women typically have lower activity levels of this enzyme, leading them to have higher blood levels of alcohol than men after taking a high dose of alcohol. And ADH4 is not the only enzyme that may have helped humans adapt to the consumption of alcohol: a variant of a liver enzyme (ADH1B) with high activity in the breakdown of alcohol emerged among East Asian populations during the advent of rice cultivation, perhaps as an adaptation to rice fermentation. (Interestingly, other animals have adopted their own strategies: Using a different enzyme, a member of the tree shrew family is able to consume fermented nectar from palm tree flowers — the equivalent of 10 -12 glasses of wine every day without obvious signs of intoxication.) Because humans rely upon ADH4 as their primary means to digest alcohol, they are also susceptible to hangovers. ADH4 and similar enzymes digest alcohol by converting it into another chemical, acetaldehyde, which causes the skin flushing, headache and other symptoms of overindulgence. The modern consumption of alcohol has been characterized as an "evolutionary hangover," an adaptation to modest levels of alcohol in food sources which left humans prone to alcohol abuse once we learned how to manufacture it in highly concentrated forms. And, in fact, genetic variants of ADH4 have been linked to alcohol and drug dependence, although there are many other genes that may influence susceptibility to alcohol dependency. Regardless of the role ADH4 plays in alcohol addiction, it's clear that our complex relationship with alcohol dates back millions of year, and began, in fact, before we were even human.

Author: Robert Martone is a researcher working on neuro-oncology biomarker discovery and development. He lives and works in Memphis TN.



The FDA Found Hundreds of Supplement Brands Tainted with Rx Drugs. Most Weren't Recalled.

Over the last decade, more than 750 supplement brands have been found to be tainted with drugs, but less than half were recalled.

[Read More](#)

Climate Change

A mere half a degree could spell the difference between the Arctic being ice-free once a decade and once a century; between coral reefs being almost entirely wiped out and up to 30 percent hanging on; and between a third of the world's population being exposed to extreme heat waves and a tenth.

These alternate futures were laid out last week in a new report from the Intergovernmental Panel on Climate Change (IPCC) that explores the possibility of limiting global temperature rise to 1.5 degrees Celsius above preindustrial times by 2100, instead of the 2-degree C upper limit agreed to in the landmark Paris agreement three years ago. The report exposes the closing window humanity has to choose which future it wants.

What's in a Half a Degree? 2 Very Different Future Climates



Stephen Hawking Said 'Superhumans' Will Replace Us. Was He Right?

Today's Health Topic

Recharge your sexual energy

Your sexual drive can stay high late in life, but often your energy for sex can diminish.

Low energy not only affects your sex life, but can carry over to other parts of your life, too. You can become apathetic, no longer find pleasure in favorite activities, and become more sedentary. However, many of these issues related to lost sexual energy can be addressed. "Never think lack of energy means an end to your sex life, and there is nothing you can do about it," says Dr. Sharon Bober, director of the Harvard-affiliated Dana-Farber Sexual Health Program. "There are many strategies you can adopt to get back in the game."

[Read more »](#)



Could You Have Diabetes?

About 1 out of 3 people with type 2 diabetes don't know they have it.

[Read More >](#)



Osteoarthritis: how health cover could help

[Find out more](#)

MEDICAL & BIOTECH
Giant Leap for Gene-Based Testing Estimates Risk of Heart Disease, Breast Cancer and Others



CLIMATE New Climate Report Was Too Cautious, Some Scientists Say



The good mood diet

[Read more](#)

[More than half of women believe pap smears detect this cancer. They're wrong](#)



Ovarian cancer is a deadly disease that is on the rise, but there is no screening program for it and the majority of women are unaware of its symptoms.

[More >](#)

[Why are my feet swollen?](#)



There are many explanations for why a person may have swollen feet. Some causes, such as a twisted or sprained ankle, are obvious. Others might be less apparent but need urgent medical attention. These include a blood clot in the leg, heart failure, and preeclampsia. Find out when to see a doctor for swollen feet here.



[Recipe: Spring pad thai salad](#)

The classic Thai noodle stir-fry is the inspiration for this salad, loaded with seasonal spring-time treats and dressed in a perfectly balanced sweet-sour-savoury sauce that leaves no question that this is a pad thai in salad form.

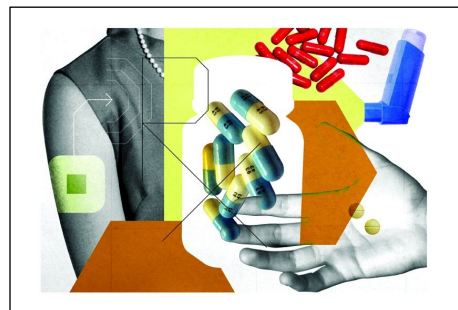
[Find the recipe here >](#)

Does Coenzyme Q10 Reduce Statin-Related Muscle Aches? Does Coenzyme Q10 Reduce Statin-Related Muscle Aches?

Studies have provided mixed results.

By Richard Klasco, M.D.

Q. Does coenzyme Q10 help to reduce muscular issues and other negative side effects associated with statins? And if so, should doctors give this information to patients when statins are prescribed?



A. Coenzyme Q10, a popular dietary supplement marketed as CoQ10 "to promote heart health," probably does not reduce statin-induced muscle problems.

In 1957, researchers at the University of Wisconsin [discovered a molecule](#) that helps muscle cells generate energy. Today, that molecule is [commonly known as coenzyme Q10](#).

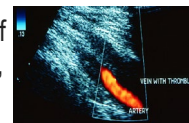
In 1978, investigators, including Dr. Michael Brown and Dr. Joseph Goldstein, who would go on to win the Nobel Prize, noted that cholesterol and coenzyme Q10 are synthesized by the [same biochemical pathway](#). As a result, statins not only lower cholesterol levels, they also deplete the body's stores of coenzyme Q10.

This finding renewed interest in coenzyme Q10. Was its depletion the cause of statin-induced muscle aches? If so, could restoring coenzyme Q10 to normal levels with supplements counteract these problems? This theory attracted many proponents, including Dr. Brown, who in 1989 [filed a patent on coenzyme Q10](#) as a treatment for statin-induced muscle problems.

DVT Warning Signs

As many as 900,000 Americans a year get deep vein thrombosis, and up to 100,000 die because of it. Here's what you need to know about symptoms, treatment, and prevention.

[Read More >](#)



Manage Mealtime Sugar Spikes



Find out what to do about high post-meal levels, and how to prevent spikes from happening in



4 Ways To Prevent Muscle Loss With Age

Aging is a normal part of life – that much we know. It usually brings on sarcopenia or age-related muscle loss. And while old age seems far away, you might be surprised to learn that sarcopenia can begin in your 30s...

READ MORE

Crohn's Nutrition Guide



Good nutrition is important for managing Crohn's. Learn which foods to avoid and which to keep in your diet if you live with Crohn's disease.

Best Diets for Blood Sugar Control

Certain approaches to weight loss are better than others for people with diabetes. Here's what to consider.



ARTICLE

Artificial Sweeteners Compared



Aspartame. Saccharin. Sucralose. When comparing sugar substitutes, keep these things in mind.



Instant Noodles: Toxic Comfort Food That Makes You Fat

Instant Noodles have been a staple for people who are cash-strapped and need a quick lunch alternative. Some instant noodles websites defend and claim that their brand of instant noodles give essential carbohydrates, protein and many other things that sound wonderful and make you feel that this must be a miracle of the food industry...

READ MORE

Does Alcohol Cause Acne?



Acne is caused by bacteria, inflammation, and clogged pores. So where does alcohol come in? Can it affect acne? Here's what you need to know.



3 Ways to Prevent a Flare... That Have Nothing to Do with Food

Choosing the right foods matters when you're managing Crohn's, but there's more you can do to prevent a flare-up from surprising you. [Read on](#) →



Best: Rotisserie Chicken

This ready-made roasted chicken is a favorite of nutrition experts, and for good reason. It's packed with protein. That can help you stay full and fend off hunger. For a quick and easy meal, serve it with brown rice or roasted potatoes and veggies. Or use the meat in salads, sandwiches, soups, or tacos.



Best: Broth-Based Soups

Head to the soup station to scoop up a filling meal -- research shows that soup can help fend off hunger. Choose one that's made with broth, protein, and vegetables. Chicken noodle, minestrone, black bean, and chili are good options. Steer clear of cream-based soups, such as chowders and bisques. They're often high in calories.

Instant Egghead--How Do Hurricanes Form?



Economics Nobel Highlights Climate Action Necessity

Surprising Things That Raise Your Blood Pressure

Salt, worry, and anger aren't the only things that can cause spikes. See what else can bump up your numbers.

[Read More >](#)

Things That Cause Blurry Vision

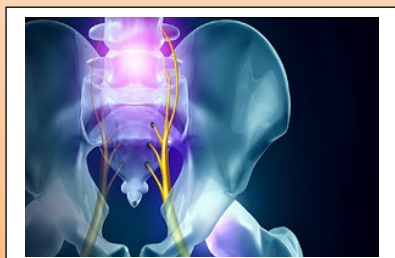
Your eyes may just be tired, or it may be a sign of something more serious. Here's what you need to know.

[Read More >](#)

Top Causes of Hip Pain

See how arthritis, sciatica, dysplasia, bursitis, and these other ailments can make walking painful.

[Read More >](#)



16 Ways to Ease Restless Legs Syndrome

Your legs may ache, burn, tingle, twitch, or jerk. To get the deep sleep you need, try these remedies.

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Technology and therapy help individuals with chronic spinal cord injuries take steps



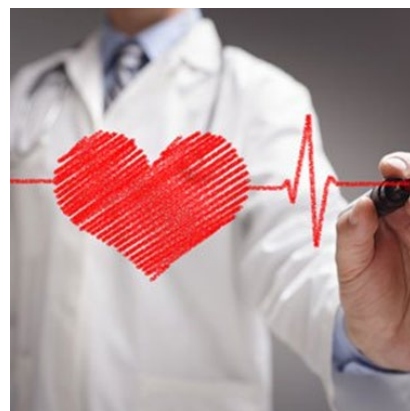
University of Louisville



Asthma Triggers and Treatments

For about 60% of people with asthma, allergies trigger their flare-ups. Find out what else can cause them, and what to do to breathe more easily.

[Read More >](#)



Early Heart Disease Detection

Learn about heart attack signs and symptoms. Explore heart disease causes, treatments, and prevention tips.

[READ MORE](#)

What is a plant-based diet and why should you try it?

Katherine D. McManus, MS, RD, LDN,
Contributor

Plant-based or plant-forward eating patterns focus on foods primarily from plants. This includes not only fruits and vegetables, but also nuts, seeds, oils, whole grains, legumes, and beans. It doesn't mean that you are vegetarian or vegan and never eat meat or dairy. Rather, you are proportionately choosing more of your foods from plant sources. Is there evidence that plant-based eating patterns are healthy?

[Learn more »](#)



Acetaminophen: Dosage, Side Effects & Overdose

Acetaminophen is an over-the-counter pain reliever works by elevating the pain threshold so that only more intense pain is felt.

[Read More](#)

Obesity linked to increased risk of early-onset colorectal cancer



WASHINGTON UNIVERSITY SCHOOL OF



Reclassification recommendations for drug in 'magic mushrooms'



Johns Hopkins Medicine





Blood Pressure

Ideally, you want your upper, or "systolic," number to be below 120, and your lower "diastolic" number to be below 80. Once the numbers are 130 and 80, or higher, you have high blood pressure. You may not have any symptoms, yet it can damage your heart and blood vessels. Eventually, it can also cause problems with your kidneys, eyes, and sex life. [WEbMD](#)



Waist Size

Breathe out, and wrap a tape measure around yourself midway between your hip bone and ribs. No matter your height or build, if your waist measures more than 40 inches (35 inches for women who aren't pregnant), you probably have extra fat around your heart, liver, kidneys, and other organs. Besides needing a larger pants size, you're more likely to have heart disease, high blood pressure, diabetes, sleep apnea, and colorectal cancer. [WEbMD](#)

Blood Sugar

When you're healthy, it should be under 100 mg/dL before you eat and less than 140 mg/dL a couple of hours later. (Your doctor will set your targets, which may be a bit higher, when you have diabetes.) Higher glucose levels can lead to long-term damage of your heart, blood vessels, and kidneys. Daily exercise and healthy eating can help bring your blood sugar down.

Should you take probiotics?

Expert advice from Professor David Cameron-Smith. [Read more](#)



[Yoga and Herbs for Health](#)



Choosing a nursing home for a loved one? This is what you need to consider

Weighing up aged care options for a loved one can be daunting. Finding a respectful, clean and well-run facility for your loved one is often down to visiting and comparing several facilities and asking the right questions. [ABC Life](#) asked several aged care experts.

[Find out more](#) >



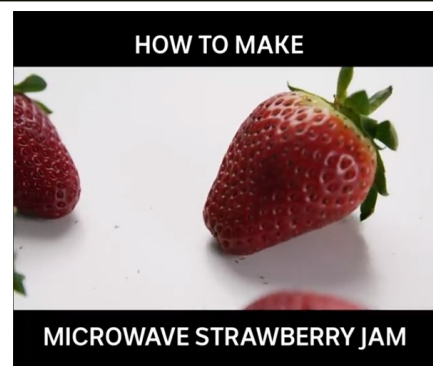
Quitting Junk Food May Trigger Withdrawal-Like Symptoms

Junk-food lovers who try to cut back on fries or chocolate may experience symptoms similar to drug withdrawal, a new study suggests.

[Read More](#)

[Walk this way](#)

Walking can be a wonderful way to get exercise. But do you ever wonder if you're moving briskly enough to benefit your heart? There's a quite a difference between a leisurely neighborhood stroll and a purposeful gait when you're late for the bus. Now, new research suggests that a pace of about 100 steps per minute qualifies as brisk walking for many people.



HOW TO MAKE

MICROWAVE STRAWBERRY JAM

How to make the easiest strawberry jam

Help the strawberry farmers out with this super easy recipe to make strawberry jam. All you need is a microwave, strawberries, white sugar and a lemon!

ABC Canberra's **Lish Fejer** shows you how easy it is with this video!

[Get started on your jam!](#) >

Lymphedema: Know the Warning Signs





Why Some People Catch a Cold and Others Don't

Whether you catch a cold this winter or make it through the season scot-free may depend in part on how many "stressors" your nose and airway passages encounter.

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If You Have Heart Disease, Too Much 'Good' Cholesterol May Be Harmful

When it comes to so-called good cholesterol, a new study suggests there could be truth to the phrase "too much of a good thing."

[Read More](#)



Colorectal Cancer Screening: Guidelines, Options and Risks

Colorectal cancer is preventable. Here are the types of colorectal cancer screenings and when you should get tested.

[Read More](#)



'I couldn't get out of bed': PMS is awful, but have you heard of PMDD?



Loneliness hurts more than our feelings — and it could be our next public health crisis



Larger waist, hips may raise women's heart attack risk

Body fat distribution is more important than body mass index (BMI) when predicting obesity-related cardiovascular risks.

[Read Now](#)



Chemicals in Consumer Products May Promote Weight Gain. But There's an Easy Fix.

Chemicals in the environment may play a role in weight gain, a new study suggests. But the good news is there may be an easy way to counteract these effects.

[Read More](#)

Good advice by Dr. Harold Avoiding Cancer by Eating the Right Foods

If we knew that certain foods cause cancer and others prevent, we would be wiser, and the incidence of cancer among us would have been much reduced. Unfortunately, only in our old age we are told about these discoveries. Nevertheless, you still have hope and this article will benefit you. You may be having a history of cancer in the family, or a loved one may be battling with the disease. Whatever the situati...

[Continue Reading](#)

Safest condoms and methods of use



Most condom brands are safe, but people should still check the labels to make sure they are effective against pregnancy and STIs. Novelty and natural condoms may not be as safe as others. Male and female condoms have slightly different safety levels. In this article, we look at the safest condoms and how to use them.



What Is CBD Oil, and Does It Really Work?

Cannabis oil may not be the cure-all people think it is.

[Read More](#)



New Cervical Cancer Screening Guidelines: What You Need to Know

Some women have a new option for cervical cancer screening — and it doesn't necessarily involve a Pap test — according to updated guidelines.

[Read More](#)

Experts debunk common advice for sleep problems



Is caffeine getting a bad rap?

How to reap the benefits and avoid the risks of your daily caffeine hit. [Read more](#)



[7 Ways to Eat for Energy](#) ←

Valuable information on health issues. Please share with friends.



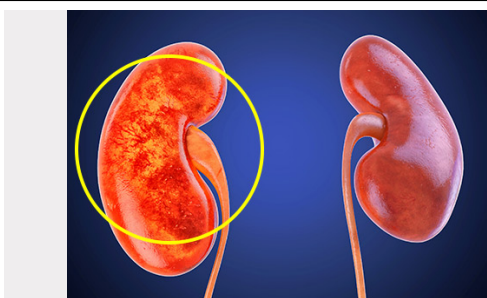
Gut Bacteria and Obesity

An unhealthy balance in your gut microbiome may cause crossed signals from your brain when it comes to feeling hungry or full. Researchers think there may be a link to the pituitary gland, which makes hormones that help set your appetite. That gland can affect the balance of bacteria in your gut, too. Some studies on treating obesity are exploring this link.

[Oatmeal a good choice for breakfast, but hold the sugar](#) ↑



Symptoms of alcoholic poisoning
Alcohol is a depressant. Alcohol poisoning symptoms include confusion, vomiting, slow or irregular breathing, passing out, pale skin, low body temperature (hypothermia), seizures, and coma. If you suspect someone is experiencing alcohol poisoning call 911 immediately.



Gut Bacteria and Your Kidneys

Too much TMAO also may lead to chronic kidney disease. People who have the disease don't get rid of TMAO like they should. That surplus can lead to heart disease. Researchers think it's possible that too much TMAO might make you more likely to have chronic kidney disease in the first place.



[Eating breakfast burns more carbs during exercise and accelerates metabolism for next meal](#) ↑

University of Bath

"Too much and too little carbohydrate can be harmful but what counts most is the type of fat, protein, and carbohydrate."

— [Walter Willett](#), professor of epidemiology and nutrition at Harvard Chan School. [Read more](#)



Gut Bacteria and Your Brain

Your brain sends messages all over your body. Researchers believe your gut may talk back. Studies show that the balance of bacteria in the gut microbiome may affect your emotions and the way your brain processes information from your senses, like sights, sounds, flavors, or textures.

Scientists suspect that changes in that balance may play a role in diseases like autism spectrum disorder, anxiety, depression, as well as chronic pain.

[Aspirin disappoints for avoiding first heart attack, stroke](#) ↑

Although it's been used for more than a century, aspirin's value in many situations is still unclear. The latest studies are some of the largest and longest to test this pennies-a-day blood thinner in people who don't yet have heart disease or a blood vessel-related problem. Aspirin did not help prevent first strokes or heart attacks.



Photo: iStock

FOOD FEATURE: BANANAS

[Read more](#)

Over time, heavy alcohol consumption can cause a number of problems, including pancreatitis, cirrhosis, alcoholic hepatitis, heart disease, heart attack, some types of cancer, high blood pressure, and alcohol abuse.

Importance of Fluoride in your drinking water

You may have heard of fluoride, and you may wonder why two thirds of all communities in the U.S. add it to their public drinking water. Fluoride has been added to public water systems for more than 70 years after it was found to improve dental health. We now know that fluoride reduces the incidence of cavities by about 25%. Fluoride actually strengthens teeth and can even rebuild the surface of the tooth through frequent, low-level exposure. Because of this, the practice saves money for both families and the health system overall. It also protects children from tooth loss, decay, and painful extractions, which is why the Center for Disease Control named fluoridation one of the top 10 public health achievements of the 20th century.

The amount of fluoride is carefully controlled when it comes from municipal water systems. This, along with regular brushing, provides all the fluoride you need. Children under age 2, however, should not be given fluoridated toothpaste without the recommendation of a dentist or doctor. And children under age 6 should be given only a pea-sized amount to brush with, and should be instructed to rinse thoroughly afterwards.



FEATURED

What's Inside Your Drinking Water?

It's important to know what's in your drinking water. Learn about potential health hazards and safe treatments that can ensure you are getting the best quality water.

READ MORE

Round and Round, but Why?

Every day, the Earth spins once around its axis, making sunrises and sunsets a daily feature of life on the planet. It has done so since it formed 4.6 billion years ago, and it will continue to do so until the world ends — likely when the sun swells into a red giant star and swallows the planet. But why does it rotate at all? [\[Read more about our home.\]](#)



The surprising link between stress and memory

Lesson by Elizabeth Cox, directed by Artrake Studio

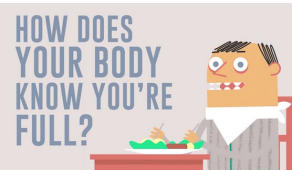
You spend weeks studying for an important test. On the big day, you wait nervously as your teacher hands it out. You're working your way through, when you're asked to define "ataraxia." You know you've seen the word before, but your mind goes blank. What just happened? Elizabeth Cox details the complex relationship between stress and memory.

[View full lesson »](#)

Opinion: What causes asthma? Here's what we know



The Western lifestyle has a lot to answer for, and we can add asthma to the list, write Simon Phipps and Al Amin Sikder.



How does your body know you're full?

Lesson by Hilary Collier, directed by Sashko Danylenko

Hunger claws at your belly. It tugs at your intestines, which begin to writhe, aching to be fed. Being hungry generates a powerful and often unpleasant physical sensation that's almost impossible to ignore. After you've reacted by gorging on your morning pancakes, you start to experience an opposing force: fullness. But how does your body actually know when you're full? Hilary Collier explains.

[View full lesson and follow Constantly Curious on Facebook Watch »](#)

Help for Severe Depression?

The anesthetic ketamine has drawn excitement in recent years as a fast-acting and effective treatment for severe depression. Now, a small, new study sheds light on exactly how the drug works to treat depression, with a surprising finding: Ketamine needs to activate opioid receptors in order to have antidepressant effects.



Surgery in Space: Medicine's Final Frontier



The bitter side of Sugar

Sugar is sweet, but too much of it can sour your health. Whole foods like fruits, veggies, dairy, and grains have natural sugars. Your body digests those carbs slowly so your cells get a steady supply of energy. Added sugars, on the other hand, come in packaged foods and drinks. Your body does not need any added sugars.

What's an Elimination Diet?

The idea is to change your diet for a few weeks by cutting certain foods that might be causing you trouble. The issue might be something like pain, inflammation, headaches, or diarrhea.

[READ MORE](#)

Products of omega-3 fatty acid metabolism may have anticancer effects, study shows

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN



IMAGE: Illinois comparative biosciences professor Aditi Das and veterinary clinical medicine professor Timothy Fan found that a class of molecules that form when the body metabolizes omega-3 fatty acids may prevent...

[view more](#)

Credit: Photo by L. Brian Stauffer

CHAMPAIGN, Ill. -- A class of molecules formed when the body metabolizes omega-3 fatty acids could inhibit cancer's growth and spread, University of Illinois researchers report in a new study in mice. The molecules, called endocannabinoids, are made naturally by the body and have similar properties to cannabinoids found in marijuana - but without the psychotropic effects.

Read more:

[Products of omega-3 fatty acid metabolism may have anticancer effects, study shows](#)

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ARTICLE

Home Remedies for an Abscessed Tooth

An abscessed tooth is an infection inside the tooth that has spread around the root or root tip. Learn the symptoms. [Read more...](#)



New Drug May Reverse Hair Loss

An experimental drug reversed hair loss, hair whitening, and skin inflammation.

[READ MORE](#)

How to Get Rid of Hemorrhoids

Although most people think hemorrhoids are abnormal, they are present in everyone. It is only when the hemorrhoidal clumps enlarge that hemorrhoids can cause problems.

[READ MORE](#)

Factors Determining Bone Strength

Decrease in the mineralization and strength of the bones over time causes brittle bones.

[VIEW SLIDESHOW](#)

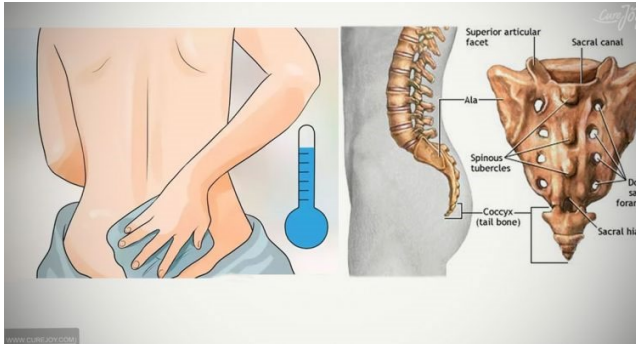
[Early Signs of Leukemia](#)



13 Diseases Making a Comeback

We've made a lot of progress against illnesses like tuberculosis and scarlet fever. But more people seem to be coming down with these serious diseases.

[READ MORE](#)



Effective Home Remedies for Tailbone Pain (Coccydynia)



8 Magical Health Benefits Of Turmeric/Haldi



The spice has been used for its medicinal, antioxidant, and anti-inflammatory properties for thousands of years. Read more to know about the health benefits

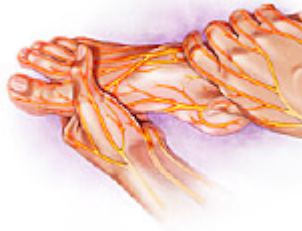
Do You Have Acidity? Know the Best Ways To Get Rid Of It Once For All



Drink Deeply: 16 Health Benefits of Water

Water regulates body temperature, helps maximize brain function, and so much more. Here are over a dozen other ways water improves your overall wellness. [Read on](#) →

SLIDESHOW



Diabetic Peripheral Neuropathy Symptoms



Diabetes can damage the nerves that help you feel pain, heat, and cold. Get to know the warning signs, side effects, and treatment options.



Start Your Day With Whole Grains

Fiber can help lower cholesterol, prevent constipation, and improve digestion. And Americans don't eat enough of it. On average, we get less than half of what we need. Most whole grains are a great source of fiber. Fiber supplements can be another source of fiber in addition to the foods you eat. Start with breakfast: Look for whole-grain cereal or oatmeal with 3 or more grams of fiber per serving. Add fruit and you'll be on your way to the daily goal of 38 grams for men under 50 and 25 grams for women under 50.



Whole-Grain Bread and Crackers

Keep the grains coming. For lunch, eat a sandwich on whole-grain bread. Or dip whole-grain crackers into your favorite healthy spread. Whole grain means it includes all parts of the grain -- and that gives you all the nutrients. Studies show that adding whole grains and other high-fiber foods to your diet may also reduce your risk of heart disease and type 2 diabetes.

Fibre in Fresh Fruit

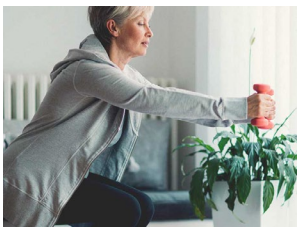
Any fresh fruit is a healthy snack. But when it comes to fiber, all fruits are not created equal. One large Asian pear has a whopping 9.9 grams of it. Other high-fiber fruits include raspberries (4 grams per 1/2 cup), blackberries (3.8 grams per 1/2 cup), bananas (3.1 for one medium sized), and blueberries (2 grams per 1/2 cup). Pears and apples - with the skin on -- are also good choices. WebMD



Eat high fibre Vegetables

Artichoke hearts, green peas, spinach, corn, broccoli, and potatoes are high-fiber veggies. But all vegetables have some. To boost your fiber intake, add veggies to omelets, sandwiches, pastas, pizza, and soup. Try adding interesting ones -- such as beets, jicama, Jerusalem artichokes, or celeriac -- to a salad or other meals.

WebMD



What to Do After Surviving a Heart Attack

The thought of another heart attack is a frightening prospect. Knowing what to do after surviving one can reduce the odds of experiencing a second.

[Read on](#) 



Lupus Symptom: Light Sensitivity

Many people with lupus are unusually sensitive to the sun and other forms of ultraviolet light. A day at the beach may trigger a skin rash in areas exposed to sunlight and may worsen other lupus symptoms. Certain medications can make people with lupus even more sensitive to UV light.



Lupus Symptom: Hair Loss

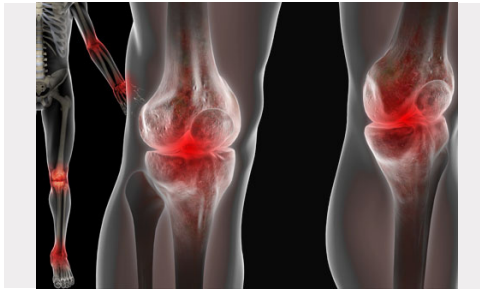
The symptoms of lupus tend to come and go, and this includes hair loss. Patients may go through periods where their hair falls out in patches or becomes thinner all across the scalp. Once the flare-up is over, new hair is likely to grow back

Most ketogenic plans allow foods high in saturated fat, such as [fatty cuts of meat](#), processed meats, lard, and butter, as well as sources of [unsaturated fats](#), such as nuts, seeds, avocados, plant oils, and oily fish. Depending on your source of information, ketogenic food lists may vary and even conflict.

Traffic noise linked to higher heart disease risk



Aerobic exercise or tai chi for fibromyalgia — which is better?



Lupus Symptom: Joint Pain

Joint and muscle pain is often the first sign of lupus. This pain tends to occur on both sides of the body at the same time, particularly in the joints of the wrists, hands, fingers, and knees. The joints may look inflamed and feel warm to the touch. But unlike rheumatoid arthritis, lupus usually does not cause permanent joint damage. [WebMD](#)

Lupus Symptoms: Fever and Fatigue

Most people with lupus experience some degree of fatigue. In many cases, it is severe enough to interfere with exercise and other daily activities. Most patients also run a low-grade fever from time to time. This unexplained fever may be the only warning sign in some people.

A longer, healthier life

Maintaining five healthy habits—eating a healthy diet, exercising regularly, keeping a healthy body weight, not drinking too much alcohol, and not smoking—during adulthood may add more than a decade to life expectancy.



Lupus Symptom: Butterfly Rash

A tell-tale sign of lupus is a butterfly-shaped rash across the cheeks and bridge of the nose. Other common skin problems include sensitivity to the sun with flaky, red spots or a scaly, purple rash on various parts of the body, including the face, neck, and arms. Some people also develop mouth sores.



Lupus Symptom: Nail Changes

Lupus can cause the nails to crack or fall off. They may be discolored with blue or reddish spots at the base. These spots are actually in the nail bed, the result of inflamed small blood vessels. Swelling may also make the skin around the base of the nail look red and puffy. [WebMD](#)

Does Marijuana Make You Forget to Remember?

By Bahar Gholipour, Live Science

Contributor

Stoners may not be as forgetful and absent-minded as the stereotype suggests. A new study finds that heavy [marijuana](#) users are just as good as everybody else at remembering tasks they need to do in the future.

This ability, called prospective memory, is the brain's internal calendar, which keeps track of your to-do list — the appointment you have later in the day, the stop you want to make on your way home, medications you need to take every day and so on. But while forgetting to pick up milk is annoying, a lot more can go wrong when prospective memory fails: It's also what's thought to be responsible when a surgeon forgets to remove a surgical tool before closing up a patient or when a parent leaves a baby in a hot car.

Heavy use of some drugs such as alcohol and opioids may impair prospective memory, but there isn't sufficient research on whether marijuana has similar effects, said David Diamond, a professor of psychology and molecular pharmacology at the University of South Florida who wasn't involved in the new study. "This is an important area of research as marijuana is becoming legalized," he said.

Read more:

[\[7 Ways Marijuana May Affect the Brain\]](#)

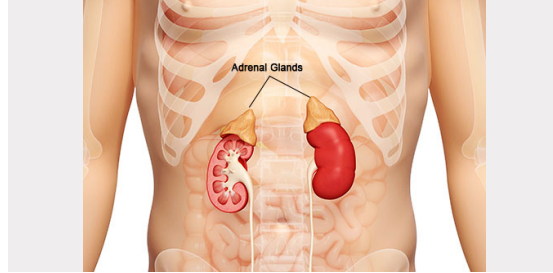


Urinary Incontinence in Women

Although both men and women suffer from the condition, several factors unique to women increase the risk. [Read more...](#)

What Are Steroids?

The word has different meanings. Steroids are chemicals, often hormones, that your body makes naturally. They help your organs, tissues, and cells do their jobs. You need a healthy balance of them to grow and even to make babies. "Steroids" can also refer to man-made medicines. The two main types are corticosteroids and anabolic-androgenic steroids (or anabolics for short).

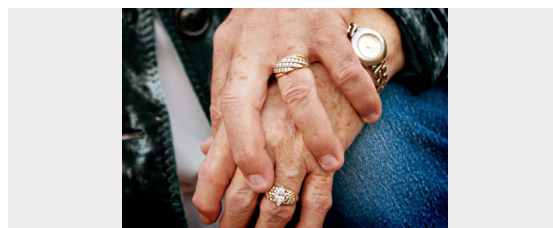


What Are Corticosteroids?

They're medicines that quickly fight inflammation in your body. These lab-made steroids work like the hormone cortisol, which your adrenal glands make. Cortisol keeps your immune system from making substances that cause inflammation. Corticosteroid drugs, like prednisone, work in a similar way. They slow or stop the immune system processes that trigger inflammation.

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What Do Corticosteroids Treat?

They help treat conditions that cause irritation and swelling. They can ease symptoms of:

Rheumatoid arthritis

Asthma

Chronic obstructive pulmonary disorder (COPD)

Lupus and other autoimmune disorders

Multiple sclerosis

Rashes and skin conditions like eczema

Your doctor may also suggest you take them for a short time to treat allergic reactions, like a severe poison ivy rash.

WebMD

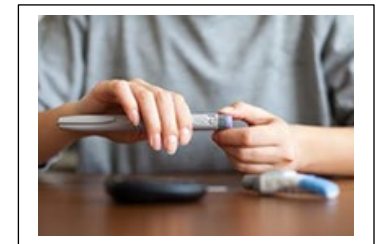
The Paleo Diet: Fad or Not So Fad?



A Paleo diet includes foods similar to those available during the Paleolithic period.

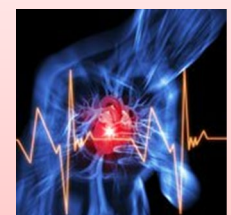
[READ MORE](#)

How Do You Manage Type 2 Diabetes



Some people with type 2 diabetes will need insulin supplementation.

[TAKE THE QUIZ](#)



Causes of a Heart Attack

Heart disease refers to conditions that involve the heart, its vessels, muscles, valves, or pathways for contraction. [Read more...](#)

How Does High Cholesterol Cause Heart Disease?

When there is too much cholesterol in your [blood](#), it builds up in the walls of your [arteries](#), causing a process called [atherosclerosis](#), a form of [heart disease](#). The arteries become narrowed and [blood](#) flow to the [heart](#) muscle is slowed down or blocked. The blood carries oxygen to the [heart](#), and if not enough blood and oxygen reach your heart, you may suffer [chest pain](#). If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a [heart attack](#).

There are two forms of cholesterol that many people are familiar with: Low-density lipoprotein (LDL or "bad" cholesterol) and high-density lipoprotein (HDL or "good" cholesterol.) These are the form in which cholesterol travels in the blood.

LDL is the main source of artery-clogging plaque. HDL actually works to clear cholesterol from the blood.

Read more

• [How High Cholesterol Causes Heart Disease](#)



Fabulous Fats

Also called oily fish, fatty fish are the best sources of two of the three most important omega-3s (EPA and DHA). These fatty acids are considered the good fats, unlike the bad saturated fats in meat. They may deliver huge health benefits for your heart, brain, lungs, and circulation. High doses can help slow plaque buildup in your arteries and lower some types of fat in your blood. Lean fish like cod, catfish, and mahi mahi have less fat in their tissues, so they pack less fatty acids.

WebMD

Albacore Tuna

Aim to eat oily fish 1-2 times a week. A serving is about 3.5 ounces cooked, depending on your weight. Canned tuna in a sandwich or salad is a quick fix for not a lot of money. Albacore has about 3 times as much omegas as skipjack or "light" stuff. With fresh tuna, the belly is fattier than the meat on either side.

The Secret to a Happier, Healthier, More Vital Life Is Now Yours!

With so many scientifically backed benefits, we just can't keep it under wraps any longer.

The ancient Chinese practice of tai chi has become widely recognized as *one of the most powerful ways* to improve *both* physical and mental health.

In an increasing number of recent studies, tai chi has been found to heal—*almost everything*, from lowering blood pressure ... to managing stress ... to building strength and balance.

And, better yet, *everyone* can benefit—no matter your age or fitness level. No wonder it's the tried-and-true practice of top-tier professional athletes, weekend warriors, and the elderly!

Enjoy these 7 BIG Benefits:

- **Better Balance**—Of all tai-chi's big benefits, it's the best-documented in medical literature!
- Studies show that older adults who do hour-long tai chi sessions one to three times a week are **43% less likely** to fall, and they *cut their risk of injury in half!*
- **No More Pain**—A growing number of clinical trials show that tai chi offers significant relief from back, neck, arthritis, and fibromyalgia pain.
- **A Sharper Mind**—Tai chi can help reduce age-related cognitive decline ... and even slow dementia!
- **A Boost in Mood**—In 82% of studies, tai chi greatly improved mood and lowered anxiety. Plus, it was shown to be an effective treatment for depression.
- **Less Stress**—Learn to step back and take a deep, calming breath.
- **More Confidence**—While gaining muscle and mind control.
- **A Healthier Heart**—Tai chi may offer advantages over other types of aerobic exercise, especially for people who are sedentary or very out of shape. And that's not all. It also lowers blood pressure and total cholesterol, reduces chronic inflammation, and tones the sympathetic nervous system.

www.health.harvard.edu



Qi Is the Key



Tai chi is rooted in multiple Asian traditions, including traditional Chinese philosophy and medicine—mind and body. Its two central concepts are *yin* and *yang* (opposing yet complementary forces) and *qi* (vital energy). When your qi freely flows, you are balanced and healthy. Tai chi promotes the flow of qi. (While it is pronounced the same, qi should not be confused with the "chi" in tai chi. The latter is a superlative, meaning "supreme" or "ultimate.")



Farmed Salmon

There's a good reason why salmon is a poster star for heart-healthy fish. And those raised in fish farms have some of the highest levels of omega-3s of any seafood. Bonus: They're usually much cheaper than wild salmon.

Is Sparkling Water As Healthy As Regular Water?

By Brandon Specktor, Senior Writer



Have you ever picked up a can of sparkling water, looked at the nutrition facts and marveled at all the *nothing*? Zero calories, zero sugar, zero added ingredients — how can so much nothing taste so refreshing, and why does it spark so much controversy?

When it comes to the nutritional perks and perils of sparkling water, health myths abound. Does carbonated water erode your teeth? How about your bones? And is it as hydrating for you as regular, run-of-the-mill tap water?

Although there's not a huge amount of research on this yet, [several studies](#) have shown that, yes, sparkling water hydrates you just as well as still water (and [nutritionists tend to agree](#)). This makes sense, considering that carbonated water is just regular water infused with bubbly carbon gas. [[How Much Water Do You Really Need To Drink?](#)]

10 Ways to Stop Stress

Feeling stressed? Focus on breathing, journaling, and even smiling to help lower stress and keep you healthy. [Read more...](#)

What Causes Varicose Veins and Spider Veins?



Visible and bulging veins, called varicose veins, are more common in the legs and thighs, but can develop anywhere. [Read more...](#)

The Life Cycle of a Plastic Bottle



Yes, There Is Room for Chocolate in Your Diet



For those who believe in horoscopes, this is serious!

During his routine medical check, O'Flannagan asked the doctor, "Do you think I'll live a long and healthy life?" "I doubt it", said the doctor, "Mercury is in Uranus right now." O'Flannagan said, "I don't go in for any of that astrology crap, you know !." "Neither do I", replied the doctor, "My thermometer just broke inside your rear orifice"

Which kind of chocolate is healthiest?

Correct! You answered: **Dark**

It's not up there with spinach, but dark chocolate is usually your healthiest bet. The darker chocolate is, often the less fat and sugar it has.

Plus, dark chocolate usually is least processed -- that means it has the most antioxidant-like flavonoids, which may help lower blood pressure and cholesterol. The higher the percentage of cocoa, typically the more flavonoids the chocolate has.

But don't eat lots of chocolate in hopes of better health. A serving size is about the same as a package of dental floss.

WebMD

THE SURPRISING REASONS

ANIMALS PLAY DEAD



The surprising reasons animals play dead

Lesson by Tierney Thys, animation by Stretch Films Inc.

From lemurs to lizards, ants to amphibians, sharks to chickens, hundreds of animals "play dead" as a survival tactic. But how and why do animals do this? Tierney Thys explains how this curious behavior, known as tonic immobility or TI for short, can be used as a defense or offense.

[Watch Full Lesson](#)



Calcium and Osteoporosis - Is Dairy Really Good For Your Bones?



Does Botox curb your sexual pleasure?



Monosodium Glutamate (MSG)

Monosodium glutamate, or MSG, is a common food additive used to intensify and enhance the flavor of savory dishes. It's found in a variety of processed foods like frozen dinners, salty snacks and canned soups. It's also often added to foods at restaurants and fast food places. MSG has been [a subject of heated controversy](#) since a 1969 study of mice found that large amounts caused harmful neurological effects and impaired growth and development (1).

However, this additive is likely to have little to no effect on human brain health as it's unable to cross the blood-brain barrier (2). MSG consumption has also been associated with weight gain and metabolic syndrome in some observational studies, although other research has found no association (3, 4, 5).

That being said, some people do have a sensitivity to MSG and may experience symptoms like headaches, sweating and numbness after eating a large amount. In one study, 61 people who reported being MSG-sensitive were given either 5 grams of MSG or a placebo.

Interestingly, 36% experienced an adverse reaction to MSG while only 25% reported a reaction to the placebo, so MSG sensitivity may be a legitimate concern for some people (6).

If you experience any negative side effects after consuming MSG, it's best to keep it out of your diet.

Otherwise, if you're able to tolerate MSG, it can be safely consumed in moderation without the risk of adverse side effects.

SUMMARY MSG is used to enhance the flavor of many processed foods. Some people may have a sensitivity to MSG, but it's safe for most people when used in moderation.

Healthline

Artificial Food Coloring

Artificial food coloring is used to brighten and improve the appearance of everything from candies to condiments. In recent years, though, there have been many [concerns about potential health effects](#). Specific food dyes like Blue 1, Red 40, Yellow 5 and Yellow 6 have been associated with allergic reactions in some people (7).

Additionally, one review reported that artificial food coloring may promote hyperactivity in children, although another study showed that some children may be more sensitive than others (8, 9).

Concerns have also been raised about the potential cancer-causing effects of certain food dyes.

Red 3, also known as erythrosine, has been shown to increase the risk of thyroid tumors in some animal studies, causing it to be replaced by Red 40 in most foods (10, 11).

However, multiple animal studies have found that other food dyes are not associated with any cancer-causing effects (12, 13).

Still, more research is needed to evaluate the safety and potential health effects of artificial food coloring for humans.

Regardless, food dyes are found primarily in processed foods, which should be limited in a healthy diet. Always opt for whole foods, which are higher in important nutrients and naturally free of artificial food coloring.

SUMMARY Artificial food coloring may promote hyperactivity in sensitive children and can cause allergic reactions. Red 3 has also been shown to increase the risk of thyroid tumors in animal studies.

Health line

Sodium Nitrite

Frequently found in processed meats, sodium nitrite acts as a preservative to prevent the growth of bacteria while also adding a salty flavor and reddish-pink color.

When exposed to high heat and in the presence of amino acids, nitrites can turn into nitrosamine, a compound that can have many negative effects on health.

One review showed that a higher intake of nitrites and nitrosamine was associated with a higher risk of stomach cancer (14).

Many other studies have found a similar association, reporting that a higher intake of processed meats may be linked to a higher risk of colorectal, breast and bladder cancer (15, 16, 17).

Other studies suggest that nitrosamine exposure may also be linked to a higher incidence of type 1 diabetes, although findings are inconsistent (18). Still, it's best to keep your intake of sodium nitrite and [processed meats to a minimum](#). Try swapping out processed meats like bacon, sausage, hot dogs and ham for unprocessed meat and healthy sources of protein.

Chicken, beef, fish, pork, legumes, nuts, eggs and tempeh are just a few delicious [high-protein foods](#) that you can add to your diet in place of processed meats.

SUMMARY Sodium nitrite is a common ingredient in processed meats that can be converted into a harmful compound called nitrosamine. A higher intake of nitrites and processed meats may be linked to a higher risk of several types of cancer.

Health line



Watch What You Drink

That soda you're sipping could be a sneaky source of simple carbs. That's because non-diet sodas contain a sweetener, often high-fructose corn syrup. It's right there on the nutrition label, usually one of the first ingredients listed. Twelve ounces of a regular soda can pack 39 grams of carbs, all coming from the sugar in it.



High-Fructose Corn Syrup

High-fructose corn syrup is a sweetener made from corn. It's frequently found in soda, juice, candy, breakfast cereals and snack foods.

It's rich in a type of simple sugar called fructose, which can cause serious health issues when consumed in high amounts.

In particular, [high-fructose corn syrup](#) has been linked to weight gain and diabetes.

In one study, 32 people consumed a drink sweetened with either glucose or fructose for 10 weeks.

By the end of the study, the fructose-sweetened beverage caused significant increases in belly fat and blood sugar levels, plus decreased insulin sensitivity compared to the glucose-sweetened beverage ([26](#)).

Test-tube and animal studies have also found that fructose can trigger inflammation in the cells ([27](#), [28](#)).

Inflammation is believed to play a central role in many chronic conditions, including heart disease, cancer and diabetes ([29](#)).

Additionally, high-fructose corn syrup contributes empty calories and added sugar to foods without any of the important vitamins and minerals that your body needs.

It's best to skip sugary snacks and foods that contain high-fructose corn syrup.

Instead, go for whole, unprocessed foods without added sugar, and [sweeten them up](#) with Stevia, yacon syrup or fresh fruit.

SUMMARY High-fructose corn syrup is associated with weight gain, diabetes and inflammation. It's also high in empty calories and contributes nothing but sugar to your diet.

Healthline

Artificial Sweeteners

Artificial sweeteners are used in many diet foods and beverages to enhance sweetness while reducing calorie content.

Common types of [artificial sweeteners](#) include aspartame, sucralose, saccharin and acesulfame potassium.

Studies show that artificial sweeteners can aid in weight loss and help manage blood sugar levels.

One study found that people who consumed a supplement containing artificial sweeteners for 10 weeks had a lower intake of calories and gained less body fat and weight than those consuming regular sugar ([30](#)).

Another study showed that consuming sucralose for three months had no effect on blood sugar control in 128 people with diabetes ([31](#)).

Note that certain types of artificial sweeteners like aspartame may cause headaches in some people, and studies show that certain individuals may be more sensitive to its effects ([32](#), [33](#)). Still, artificial sweeteners are generally considered safe for most people when consumed in moderation ([34](#)).

However, if you experience any negative side effects after using artificial sweeteners, check ingredients labels carefully and limit your intake.

SUMMARY Artificial sweeteners may help promote weight loss and blood sugar control. Certain types may cause mild side effects like headaches, but they are generally considered safe in moderation.

Healthline

How to Read Food Labels Without Being Tricked

Nutrition labels can be confusing and misleading. This article sets the record straight about how to avoid falling into some of these consumer traps.

Sodium Benzoate

Sodium benzoate is a preservative often added to carbonated drinks and acidic foods like salad dressings, pickles, fruit juices and condiments.

It has been generally recognized as safe by the FDA, but several studies have uncovered potential side effects that should be considered ([40](#)).

For example, one study found that combining sodium benzoate with artificial food coloring increased hyperactivity in 3-year-old children ([41](#)).

Another study showed that a higher intake of beverages containing sodium benzoate was associated with more symptoms of ADHD in 475 college students ([42](#)).

When combined with vitamin C, sodium benzoate can also be converted into a benzene, a compound that may be associated with cancer development ([43](#), [44](#)). Carbonated beverages contain the highest concentration of benzene, and diet or sugar-free beverages are even more prone to benzene formation ([43](#)).

One study analyzing the concentration of benzene in a variety of foods found cola and cole slaw samples with over 100 ppb of benzene, which is over 20 times the maximum contaminant level set by the EPA for drinking water ([45](#)).

To minimize your intake of sodium benzoate, [check the labels of your food](#) carefully.

Avoid foods that contain ingredients like benzoic acid, benzene or benzoate, especially if combined with a source of vitamin C such as citric acid or ascorbic acid.

SUMMARY Sodium benzoate may be associated with increased hyperactivity. If combined with vitamin C, it may also form benzene, a compound that may be associated with cancer development.

Healthline



Get Smart About Bread

Does your loaf have the complex carbs that are good for you? It depends on the grain used to make it. Look for bread made with whole grains. Barley, rye, oats, and whole wheat are some top choices.





Pastured vs Omega-3 vs Conventional Eggs — What's the Difference?



Are Vegetable and Seed Oils Bad For Your Health? A Critical Look



Can You Eat Fruit on a Low-Carb Diet? It Depends



Chocolate was believed to be so powerful that at one time:

Chocolate has a long reputation as an aphrodisiac. Aztec ruler Montezuma supposedly drank a chocolaty concoction before visiting the women in his harem.

It's also believed that nuns were forbidden to eat it at one time because it was thought to be so romantically potent. And French doctors supposedly used it to treat broken hearts.

Why is white chocolate white?

: It has no cocoa solids

White chocolate has cocoa butter, so technically it's called chocolate. But it doesn't have cocoa solids -- the ingredient that gives chocolate its dark, rich color.



How many milk chocolate bars would you have to eat to get the caffeine in one cup of coffee?

Fourteen

Chocolate does have caffeine. But if you're looking to get a caffeine boost, chocolate isn't your best bet.

You'd need to eat 14 regular-sized (1.5-ounce) bars of milk chocolate to get the same caffeine as you'd find in an 8-ounce cup of coffee! That would have about 3,000 calories and more than 300 grams of sugar -- compared to only about two calories in black coffee.

Dark chocolate does have more caffeine than milk chocolate. Even then, it would take four bars to give you the same buzz as one cup of regular Joe. How many milk chocolate bars would you have to eat to get the caffeine in one cup of coffee? WebMD



Healthy Carbs

Think of carbs as raw material that powers your body. You need them to make sugar for energy. They come in two types: simple and complex. What's the difference? Simple carbs are like quick-burning fuels. They break down fast into sugar in your system. You want to eat less of this type.

Complex carbs are usually a better choice. It takes your body longer to break them down

WebMD

Read the "Fine Print"

Nutrition labels offer an easy way to spot added sugar, the source of simple carbs that you want to cut back on. Just look for words that end in "ose."

The chemical name for table sugar is sucrose. Other names you might see include fructose, dextrose, and maltose.

The higher up they appear in the ingredients list, the more added sugar the food has.



Turmeric For Arthritis: Some Golden Spice To Ease Your Pain



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