

[Life expectancy / Australians living longer but not so in US and UK](#)



Chocolate Facts, Effects & History

Chocolate, the most popular sweet treat in the world, makes you feel good and it may be good for you, too.

[Read More](#)



Spoiler: Soda

Every time you chug a bottle of soda, you get hundreds of empty calories. Switching to diet soft drinks is an obvious way to cut calories, but the research is mixed on whether this switch leads to weight loss. Some studies show a short-term benefit. Others find diet soda drinkers gain weight. If you eat or drink more calories than you burn, just switching to diet soda may not do the trick.

WebMD



How to Measure Body Fat Percentage

Figuring out how much body fat you have isn't as easy as stepping on a scale. Here are six different methods you can use to pinpoint your body fat percentage.

[Read on](#) →



Fruit Juice

Juice can have as many calories as soda, but it has more nutrients. This presents a dilemma: You want the vitamins and antioxidants without all the extra sugar. Look for 100% fruit juice. Steer clear of juice drinks that have added sweeteners. Check the nutrition label for the percentage of real juice. You can also slash calories by drinking water with a tiny bit of juice added.



Helper: Water

Replacing carbonated soft drinks with water will cut hundreds of calories per day. Drinking two glasses of water before a meal may also help you feel full faster, so you don't eat as much. And drinking enough water may have a positive effect on your metabolism.

WebMD

[Topless Serena Williams covers Divinyls hit for breast cancer awareness](#)



7 Health Benefits of Manuka Honey, Based on Science

Manuka honey has antibacterial, antiviral, anti-inflammatory and antioxidant properties. Here are 7 proven ways that manuka honey benefits your health.

[READ ON](#)

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[More Women Die of Lung Cancer in 2 U.S. 'Hot Spots'](#)



[FDA to Move Ahead With Obama Administration Food Labeling Rules](#)



• [Red Meat Tied to Colon Cancer Risk in Women](#)



Extract from the VACD September Newsletter

Clarion Call for action by the Sri Lankan diaspora and those living in Sri Lanka:

VACD was solely funded and established in the township of Bandarawela by my wife Yasmin and myself on the 27th of December 2011 at the behest of the local health and educational authorities who lacked necessary resources and means to help children with disabilities and their families overcome many untold hardships and challenges. While we continue to persevere with our ongoing commitments, non-Sri Lankan philanthropists, close friends, former colleagues in Sri Lanka and Australia and family members are the predominant supporters of our mission.

Significant progress has been made by VACD over the past (almost) 7 years to help approximately 350+ children registered with us, thanks to our dedicated and focused Board members, 96 selfless volunteers and 6 efficient paid staff. While all expenses incurred are entirely deployed in Sri Lanka, we have managed to keep our administration costs to 3% of overall expenditures because of the diligence of our leadership team in Sri Lanka who ensure that donations are utilized principally for the benefit of our children.

This is a clarion call to the Sri Lankan diaspora, Sri Lankan institutions, corporates, small and large businesses and altruistic individuals to be part of this incredible, challenging and immensely rewarding journey by actively contributing and helping us to extend our reach to remote and poverty-stricken rural areas of the country because we are the only hope for these vulnerable children and their families.

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

There are three specific areas that need your support (other than the paramount one of providing us with regular financial support) to maintain our centres:

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 assist 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 a month under our **Educational Assistance Program (EAP)**, thus ensuring that their education is not disrupted due to financial constraints. These funds go directly to the bank account of the child via the VACD bank account;
3. 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 etc. following the advice given to us by a visiting public health inspector who found many of our children severely undernourished. You can either provide dry rations as per above or funds to support this **Nutrition Program Initiative (NPI)** that was launched by us a few years ago.

Please visit our webpage <http://www.vacd.org.au/> for more information about the above programs or reach out to us at: fstephen@bigpond.net.au so that we can guide you as to how you can be a sponsor of these programs.

Prostate cancer: risks, symptoms, diagnosis and treatment

Learn more about prostate cancer. [Read more](#)

The Business Council of Australia faces a negative ad blitz over its criticism of the 45% emissions target. The [Australia Institute will launch an advertising campaign today debunking the assertion that the 45% target would wreck economy](#). In public statements in support of the Coalition's now dumped national energy guarantee, a policy that included an emissions reduction target of 26% by 2030, the BCA described that level of abatement as "workable", but characterised Labor's 45% alternative as "economy wrecking". The Morrison government is also gearing up to campaign against the 45% target. The Australia Institute's advertisements will appear online, on Sky News and breakfast commercial TV.

<https://youtu.be/EvFVOHFMquk>



Alcohol causes one in 20 deaths worldwide, says WHO



The Single Best Thing to Cook With Chicken Breasts

By **JULIA MOSKIN**

Chicken francese is quick, lemony, buttery Italian-American comfort food.



The science behind new screening guidelines for cervical cancer

[Jane Kim](#) describes the key role that mathematical modeling played in updating the guidelines.

Apple Cider Vinegar

The impressive health benefits of [apple](#) cider [vinegar](#) include its ability to regulate blood [sugar](#) levels, boost [weight loss](#), improve gut health, lower [cholesterol levels](#), aid in detoxification, and enhance [skin](#) health. It also speeds up [metabolism](#) and provides relief from high blood pressure, [arthritis](#), [diarrhea](#), [depression](#), [asthma](#), and [cancer](#).

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SLIDESHOW

Best and Worst Seafood Dishes

Know what's in that seafood you're eating? We dish the truth about [sushi](#), [raw oysters](#), and other popular choices.

Physical activity

The health benefits of physical activity include a decreased risk of cardiovascular disease, type 2 [diabetes](#), obesity, [osteoporosis](#), certain types of [cancers](#) such as [colon cancer](#) and [breast cancer](#), [stress](#), [anxiety](#), and [depression](#). It is beneficial in improving general well being, brain health, [weight loss](#), and Parkinson's



Photo: Pixabay

Bananas and health

There's a bit of confusion surrounding bananas. Some people consider this iconic golden fruit a healthy choice while others avoid it, after seeing it on Internet lists of "5 Worst Foods." Our nutrition experts examined the science.

[Anti-inflammatory diet may help you live longer: Study](#)

[Daily aspirin unlikely to help healthy older people live longer, study finds](#)



8 Best Ways To Reduce Swelling Naturally



Like a fever, swelling or edema is only a symptom of an underlying condition. When the condition is identified and treated, the swelling will naturally reduce on its own. In the meantime, there are some home remedies that can help...

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Does Drinking Milk Make Your Body Produce More Mucus?

By Laura Geggel, Senior Writer



A persistent myth about milk — that drinking it can lead to the production of more gooey mucus in your body's airways — is completely false, a new review finds.

The myth is so persistent that some parents have stopped giving milk to children with chronic respiratory conditions, such as asthma and cystic fibrosis, out of concern that drinking milk might make it harder for their children to breathe. [\[The 7 Perfect Survival Foods\]](#)
[Read More](#)

7 Tips On How To Treat Telogen Effluvium Naturally



Telogen effluvium (TE) is the second most common type of hair loss. It is caused due to various reasons like hormonal changes, dietary deficiency, certain medications, stress, and underlying health conditions...

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Household cleaning products may contribute to kids' overweight by altering their gut microbiota

Canadian Medical Association Journal

14 Ways to Shed Pounds After 40

If you're over 40, you may have noticed that it's easier to gain weight -- and harder to lose it -- than it used to be.

[READ MORE](#)

Foods That Give You Magnesium (and Why You Need It)

Low levels of this mineral may set the stage for high blood pressure, migraines, and other health issues. See if you get enough and how to get more.

Diabetes and Vision Damage

High blood sugar makes diabetic macular edema, cataracts, and glaucoma more likely. Here's how to protect your sight.

What are gastritis and duodenitis?

Gastritis and duodenitis are two similar conditions that involve inflammation of regions of the digestive tract. They share many symptoms, including stomach pain and nausea, and have the same causes. The treatment will depend on the cause of the problem, but doctors can usually cure these conditions effectively.

Top 9 Digestion Myths

Study says no amount of alcohol is safe, but expert not convinced

Moves That Help Lift Depression

Exercise works almost as well as antidepressants for some people. And you don't have to run a marathon -- just take a walk with a friend.

SLIDESHOW

Vitamin D and Diabetes: The Link

Here's how this important nutrient may help protect against diabetes, bone loss, depression, and other ailments.



Severe depression: Vagus nerve stimulator improves lives

A new study shows that vagus nerve stimulation, when added to medication, can drastically improve the lives of people with treatment-resistant depression

Breast Cancer Surgery: What Are the Options?

Here are the types of procedures you should know about, from a modified radical mastectomy to lymph node surgery.



Peter Ardit

Creamy Mustard Chicken

Thin-sliced chicken breasts (sometimes labeled chicken cutlets) cook quickly and are delicious smothered in a velvety, light mustard sauce and garnished with fresh chopped sage

Recipe From [EatingWell.com](#)

[View Recipe](#)

People Are Cooking ...

- [Slow-Cooker Lemon-Garlic Chicken](#)
- [Japanese Cucumber Salad](#)
- [Sweet & Savory Grilled Chicken](#)
- [Roasted Zucchini & Pesto](#)
- [Garlic Lover's Rub](#)
- [WebMD Recipe Finder](#)

13 Eye Symptoms and What They Might Mean

Find out what bloodshot, burning, itchy, puffy, or crusty eyes may mean -- and when to seek medical help.

[Read More](#) >



Want Brighter, Whiter Teeth?

How Diabetes Can Affect Your Feet

Osteoporosis: Are Your Bones at Risk?

Diets 'devoid of vegetable matter' may cause colon cancer

Feeding mice a diet rich in a compound that results from the digestion of cabbage and other brassicas protected their gut from inflammation and cancer.

How do you treat an external hemorrhoid?

An external hemorrhoid is a hemorrhoid that occurs outside of the body in the veins around the anus. Caused by excess straining while passing stool, lifting heavy weights, and pregnancy, symptoms include bleeding, cracking, and itching. Treatments include warm baths, OTC medications, and surgery. Learn more here.

|| We're in a new age of obesity. How did it happen? You'd be surprised



Classic Pesto Recipe

How much salt does it really take to harm your heart?

A large, international study finds that current dietary guidelines for salt intake are overcautious, and that former evidence may not have been 'the best.'

Ten ways to relieve stomach ulcers at home

Ulcers can occur in many places, including in the stomach. These are called stomach or peptic ulcers. People can try home remedies to relieve the symptoms of ulcers, speed up their healing time, and reduce bacteria that cause ulcers. Here, we talk about ten evidence-based ulcer remedies that you can try at home.

New technique treats prostate cancer in just five radiotherapy sessions

A new clinical trial proves the benefits of an innovative form of radiotherapy that reduces the treatment to five sessions instead of the usual 37.



A physio's guide to fitness during and after cancer treatment

For a long time, the advice has been to rest and avoid physical activity. We now know every cancer patient should be prescribed exercise — even after their treatment has finished.

[More](#)



Herbal Remedies for Joint Pain

What is the difference between heartburn and acid reflux?

Heartburn is one symptom of the condition acid reflux. Chronic acid reflux may be diagnosed as gastroesophageal reflux disease, or GERD. This article examines the relationship between these three terms. It also describes treatments, associated symptoms, methods of prevention, and when to see a doctor.

Is it safe to reheat rice?

People often believe it is unsafe to reheat rice. This is because certain bacteria in rice can survive the cooking process. In fact, it is safe to eat reheated rice if it is cooked, stored, and reheated correctly. In this article, we discuss the best ways to manage leftover rice to limit the risk of food poisoning.



Autism Link to Banned Insecticide

High levels of exposure to the insecticide DDT seems to more than double the risk of autism.

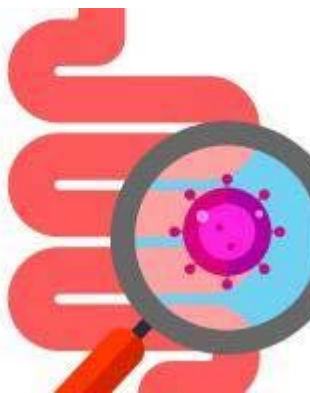
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Early Signs of Heart Disease

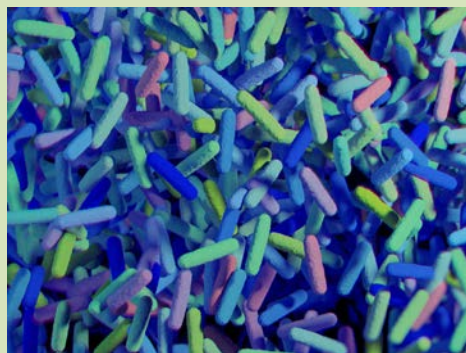
Many people with heart disease notice symptoms during physical exertion or exercise. Learn about signs, causes, treatments, and prevention tips.

[READ MORE](#)



Gut bacteria and the brain: Are we controlled by microbes?

How much influence do your gut bacteria have on your state of mind? Perhaps more than you think, according to research into the microbiome-gut-brain axis. [READ NOW](#)

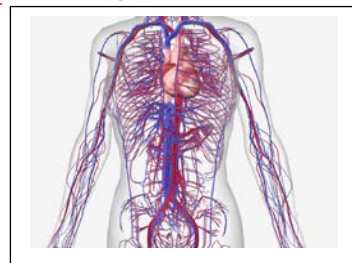


What are the gut microbiota and human microbiome?

Microbes are commonly associated with disease, but there are millions inside the human body, and some provide distinct benefits. The microbiota and microbiome of the human body have been researched intensively in recent years. Find out about what we now know about them and what they mean for health. [READ NOW](#)

What diseases affect the circulatory system?

The circulatory system includes the heart and blood vessels that carry blood and oxygen around the body. Some circulatory diseases, such as stroke, heart attacks, and aneurysms, are life-threatening and need emergency medical attention. Other diseases can be managed with medication and lifestyle change. [READ NOW](#)



Keto Diet Linked to a Higher Risk of Type 2 Diabetes in Mice

Could this diet cause more harm than good? [Read More](#)



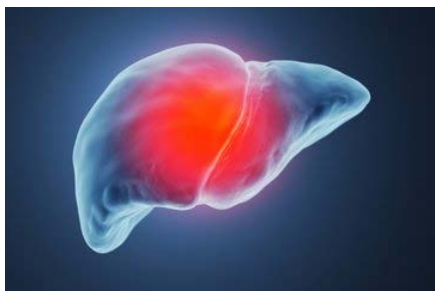
Is Sleeping with a Fan On Actually Bad for Your Health?

Here's what you should know about sleeping with a fan on at night. [Read More](#)



Most People Don't Know This: Not Getting Enough Exercise Ups Your Cancer Risk

Getting too little exercise is tied to an increased risk of cancer — but according to a new study, most people in the U.S. don't know this. [Read More](#)



Liver Cancer Death Rates Rise As Overall Cancer Death Rates Fall in the US

Death rates from liver cancer have risen steadily since 2000, resulting in the disease going from the ninth-leading cause of cancer death to the sixth, according to a new report. [Read More](#)



Woman Tried to Treat Athlete's Foot with Raw Garlic. It Burned Through Her Toe.

A woman in England learned the hard way that it's not safe to treat a foot fungus infection by covering it with slices of raw garlic, according to a new report of the woman's case. [Read More](#)

Belly fat linked with higher heart disease risk

Kelly Bilodeau, Executive Editor, Harvard Women's Health Watch



Muffin top. Spare tire. Beer belly. Whatever you call it, research shows that extra fat around your belly poses a unique health threat. The study in a recent issue of the *Journal of the American Heart Association* involved about 500,000 people, ages 40 to 69, in the United Kingdom. The researchers took body measurements of the participants and then kept track of who had heart attacks over the next seven years.

[Learn more »](#)

IBS vs. IBD: What Are the Differences?

IBS (irritable bowel syndrome) and IBD (inflammatory bowel disease) are not the same problem within the digestive tract. [Read more...](#)

No, Caffeine Doesn't Help You Lose Weight

Some diet supplements that contain caffeine claim that the compound helps reduce appetite. Does it?

[Read More](#)

Added Sugars

Talk about a sweet tooth. We eat and drink 20 teaspoons -- or almost half a cup -- of added sugar each day. That's way more than the American Heart Association recommends: 6 teaspoons per day for women and 9 for men. Our sweets add up: The average American eats about 152 pounds of sugar in just one year.

Added sugars include all kinds of sugars and syrups that are put in a product during processing to make it taste better. They have little nutritional value other than giving you extra calories.

You're born with a sweet tooth.

Correct Answer: True

Humans are hardwired to prefer sweet from birth. Sugars are a type of carbohydrate. When we eat carbs, they stimulate the release of the feel-good brain chemical serotonin. Most brain cells are influenced in some way by serotonin. This includes brain cells related to mood, sexual function, sleep, memory and learning, and appetite. No wonder sweet things make us feel so good.



What Causes Hot Flashes?

Do you think of hot flashes as sudden waves of heat coming from your head, neck, or torso with red, blotchy skin, sweating, and a rapid heartbeat?

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eLanka Newsletter:

September 2018 – 5th edition

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Stevia

Stevia sweeteners are made from the leaf of the stevia plant. They can be as much as 300 times sweeter than regular sugar, but have zero calories. For a sweetener, stevia often can have a bitter aftertaste. Because the stevia leaf has to be processed to make the sweetener, some question whether stevia really can be called all natural.

On food labels, the amount of sugar is listed in grams. What's 1 gram of sugar?

Correct Answer: 1/4 teaspoon

Think about a teaspoon of sugar. That's what about 4 grams of sugar looks like. A 12-ounce can of regular cola has about 39 grams -- or 9 teaspoons -- of sugar!

Want a low-sugar option? Add only a teaspoon of sugar to iced tea and that's only 4 grams of sugar. Or drink diet soda or unsweetened tea for zero sugar.

Where do added sugars often hide?

Soda, fruit drinks and juices, sports drinks, energy drinks, and other sugar-sweetened beverages are the No. 1 source of added sugar in American diets. A recent study found that drinking one or two sugary drinks a day raises the risk of type 2 diabetes by 26% compared with those who limit sweet drinks to just one a month.

But sugar alone isn't to blame for diabetes. Diets that are high in calories from any source, like sugar or fat, lead to weight gain -- and being overweight raises your chance of type 2 diabetes.

What Are Early Lyme Disease Symptoms?

As the bacteria spread in the skin away from the initial tick bite, the infection causes an expanding reddish rash that is often... [Read more...](#)

[American Heart Association Turns Dietary Advice on Its Head](#)



Depression: Common medication side effect?

Monique Tello, MD, MPH, Contributing Editor



Do you take medication for acid reflux, allergies, anxiety, birth control, blood pressure, or pain? If so, depression or suicidal thoughts may be listed as a side effect, and those side effects may occur far more often than we realized. A recent study published in JAMA found that people who take medications with depression or suicidal thoughts listed as a side effect are, in fact, more likely to be depressed or suicidal.

[Learn more »](#)

[Researchers claim breakthrough in the fight to cure cystic fibrosis](#)

By [Claire Campbell](#)

A step forward in stem cell transplantation therapy, carried out in mice, points the way towards a cure for cystic fibrosis. Researchers say if the technique can be developed fully, it could remove up to 90 per cent of the disease's complications.



OPINION [Before you stump up for 'hormone-free' steaks tonight, read this](#)

The Conversation

By Leah Dowling and Louise Dunn
Organic farming and grass feeding are promoted as having some social and environmental benefits compared with conventionally produced red meats, but are they any healthier? Leah Dowling and Louise Dunn investigate.

Early Signs of Parkinson's Disease

The initial symptoms may be subtle and can be confused with other conditions.
Here's what you need to know.

[Read More](#) ▶



Alzheimer's: Tough to Spot in Women

If your memory starts slipping, your gender may play a role with Alzheimer's diagnosis.

[READ MORE](#)



LASIK Surgery: Do You Know the Risks?

Some patients say they didn't know the possible long-term complications until it was too late, and now wish they could turn back the clock.



What is a Ketogenic Diet?

The ketogenic diet is a low-carb, high-fat diet, similar to a number of popular diets such as the Atkins' diet. It is primarily known as a weight-loss diet, as it can help boost the [metabolism](#) and speed up the burning of calories. While many people think of a high-fat diet as being unhealthy, it is all about the type of fats that you consume. [1] In a ketogenic diet, for example, your [protein](#) intake will be quite high, rather than having a carb-heavy diet. Both carbs and fats can be used by the body for energy, but when fat is the primary source of energy metabolism, the body enters a state known as ketosis.

After your body enters this carb-deficient state, it begins burning fat to provide energy, and this burning of fat causes a release of ketones. Ketones are dense sources of energy that can stimulate critical parts of the body, such as the brain. By drastically shifting your diet from carbohydrate dependence to fat dependence, you can enjoy a number of impressive health benefits, in addition to [weight loss](#), the ketogenic diet.

Lowers Cholesterol Levels

Diets that focus on lowering carbohydrates and increasing fat have been associated with lower levels of "bad" cholesterol and higher levels of "good" cholesterol. Furthermore, lower triglyceride levels are typically seen in those on a ketogenic diet. [4] A better cholesterol balance and fewer triglycerides can help to protect against plaque deposition in the arteries, which can lower your risk of atherosclerosis, heart disease, heart attacks and stroke.

Prevents Diabetes

Apart from weight loss, the most notable benefit of a ketogenic diet is a reduction in insulin resistance, which can help prevent the development of diabetes. [5] By lowering insulin concentrations to healthy levels, it is possible to mitigate the symptoms of diabetes and can also help a non-diagnosed person prevent diabetes.

Relieves Symptoms of Epilepsy

Omega-3 fatty acids are often associated with heart health and cholesterol but they can also have an impact on the nervous system. A great deal of research on epilepsy has found that pursuing a ketogenic diet reduces the symptoms of this condition and allows medication for epilepsy to work more effectively in the body. [6]

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[Can cell phone use cause ADHD?](#)



Are there Ghosts

A recent Google search turned up nearly 8 million results suggesting a link between ghosts and Einstein's work covering the conservation of energy. This assertion is repeated by many top experts in the field. For example, ghost researcher John Kachuba, in his book "Ghosthunters" (2007, New Page Books), writes, "Einstein proved that all the energy of the universe is constant and that it can neither be created nor destroyed. ... So what happens to that energy when we die? If it cannot be destroyed, it must then, according to Dr. Einstein, be transformed into another form of energy. What is that new energy? ... Could we call that new creation a ghost?"



How a Shaolin Monk Threw a Needle Through a Pane of Glass

Throw a needle through a pane of glass, and it will break. At least, it will break if you throw it with the strength and precision of Feng Fei.

[Read More](#)



The Sad Reason Kangaroos Are Acting Drunk

There's a grim reason behind the unusual behavior of "drunken" kangaroos.

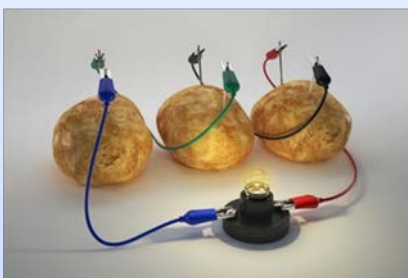
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What Secrets Lurk in Kim Jong Un's Personal Toilet?

Kim Jong Un is apparently protective of his poo. Can it really reveal state secrets?

[Read More](#)



Why Do Some Fruits and Vegetables Conduct Electricity?

Many people may think it's amazing that a simple piece of produce can conduct electricity. As it turns out, that's not the whole story.

[Read More](#)



Shaking Up Guinness Drinkers: Why a Martini Glass May Be Best for the Brew

A mathematician says this actually might be the best glass to use to serve Guinness.

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"OK, HIS EYES ARE WIDE OPEN.
NOW PUT THE DROPS IN!"



Why Microwaved Eggs Explode

Don't try this at home

[Read More](#)



Astral Projection: Just a Mind Trip

There's no evidence that people who think they've had an out-of-body experience have actually gone anywhere.

[Read More](#)

DEMENTIA AND ALZHEIMER'S NEWS

High Blood Pressure Linked to Memory Loss



FOOD AND DIET NEWS

Keto Diet: Controversial, but Many Believe It Works





What is Vitamin B5 (Pantothenic Acid)?

Vitamin B5, also called pantothenic acid and pantothenate, is vital to living a healthy life. Like all B vitamins, it helps the body turn food into energy.

[Read More](#)



Too Much Protein

Protein is essential to a healthy diet. But if your kidneys don't work normally, eating too much of it can overtax them. Check with your doctor. You may need to eat small portions of different types of protein. Eggs, fish, beans, and nuts are all good sources.



Salt can hurt your kidneys

In some people, too much salt can raise blood pressure and speed up kidney damage. It also may lead to kidney stones, which can cause nausea, severe pain, and trouble peeing.



Alcohol can hurt your Kidneys

Heavy drinkers -- men who have more than 14 drinks a week and women who have more than seven -- double their risk of kidney disease. But a single binge session (more than four or five drinks in less than 2 hours) can sometimes cause "acute kidney injury." That can lead to severe kidney damage, and you might need dialysis -- when a machine helps to do part of your kidneys' work



Sodas

If you drink two or more diet sodas a day, you may be more likely to get kidney disease. In one study, diet soda-drinking women had kidneys that worked 30% less well after 20 years compared with other women. Sugar-sweetened drinks did not have the same effect.

Dehydration

Your kidneys need water to work properly. Not getting enough -- especially if that happens often -- can cause kidney damage. How can you tell if you're drinking what you need? Your pee should be light yellow.



Pain Medication can hurt your kidneys

Taken regularly, large amounts of over-the-counter pain medications -- acetaminophen, aspirin, and ibuprofen -- can damage your kidneys. But that doesn't necessarily mean you have to tough it out. Talk to your doctor about what you're taking and how much to see if you might need another option.

How Much Drinking Is Healthy -- or Not?

By Amy Norton

HealthDay Reporter

People who have a few drinks a week tend to live a bit longer than teetotalers do -- but even moderate drinking may raise the risk of certain cancers, a large, new study finds.

The research is the latest to look at the question: What level of drinking might be "healthy"?

It's a complicated issue to study, and that's led to some confusing public health messages, the researchers noted.

The new report does not put those questions to rest. But experts said it does suggest that if people already drink, they would be wise to minimize it.

It also suggests people shouldn't seek health benefits by having that second glass of wine each night, said lead researcher Andrew Kunzmann, of Queens University Belfast, in Northern Ireland.

The study, of nearly 100,000 older U.S. adults, found that lifelong light drinkers were somewhat less likely to die over the next nine years. That was in comparison to both non-drinkers and heavier drinkers. [Read more](#)

How Much Drinking Is Healthy?



A vitamin B-12 level test checks the amount of vitamin B-12 in the blood or urine to gauge the body's overall vitamin B-12 stores.

Vitamin B-12 is necessary for several bodily processes, including nerve function and the production of DNA and red blood cells.

A person whose [vitamin B-12](#) levels are outside of the normal range will require treatment. Low levels of the vitamin can cause neurological symptoms, as well as [fatigue](#), [constipation](#), and weight loss. High B-12 levels may indicate liver disease, [diabetes](#), or another condition.

Read on to learn more about testing B-12 levels and what the test results mean. [Read more](#)

[What is the purpose of a vitamin B-12 level test?](#)

Heat Stroke

Heat stroke is diagnosed by observation of the symptoms and signs in a person exposed to extreme temperatures. Heat stroke is treated by cooling the victim is a critical step in the treatment of heat stroke. Always notify emergency services immediately if heat stroke is suspected.

The most important measures to prevent heat strokes are to avoid becoming dehydrated and to avoid vigorous physical activities in hot and humid weather.

Infants, the elderly, athletes, and outdoor workers are the groups at greatest risk for heat stroke.

Leaving infants, children, or animals in cars poses a risk for heat stroke. Even in moderate weather, the temperature inside a closed car can reach dangerous levels.

Welsh Government Releases New Plan for Health and Social Care

The Welsh Government has released its new plan for health and social care in Wales – [A Healthier Wales](#). RCSEd President Professor Michael Lavelle-Jones stated: "While this report identifies long term solutions for the delivery of health and social care in Wales, there is an urgent need to address the current pressures on delivering secondary care which are consequently resulting long waiting times."

[> Read more](#)



Do These Things to Avoid Diabetes Burnout

Your daily health care routine can feel like a struggle when you have a chronic condition like diabetes. These tips can help you stay on track.

Most popular vitamin and mineral supplements provide no health benefit, study finds



The lowdown on treating lower back pain without drugs and surgery

Many people coping with persistent lower back pain resort to drugs or surgery — but there are cheaper, more effective ways to deal with it, according to the experts.

[More](#) >

What are the first signs of gluten intolerance?

By Aaron Kandola

Reviewed by [Karen Gill, MD](#)

1. [Symptoms](#)
2. [Diagnosis](#)
3. [Foods to avoid](#)
4. [Should I cut down or eliminate?](#)
5. [Takeaway](#)

Gluten intolerance or non-celiac gluten sensitivity, as it is also known, shares some of the same symptoms as celiac disease but is a less severe condition. Gluten intolerance can still cause considerable discomfort, however, and people sometimes use lifestyle changes to try and manage its symptoms. [Gluten intolerance](#) is often mistaken for [celiac disease](#), but they are separate conditions. Celiac disease is a severe autoimmune disease, and it can damage a person's digestive system.

Unlike celiac disease, however, it is unclear why the symptoms of gluten intolerance happen, but it does not appear to involve the immune system or damage the gastrointestinal or GI tract.

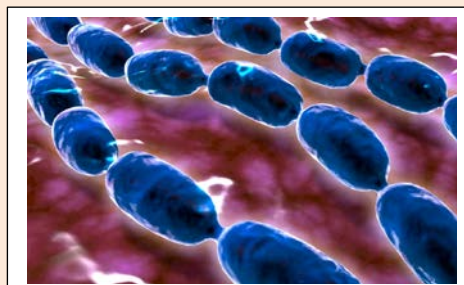
People also, sometimes, mistake gluten intolerance for a [wheat allergy](#).

Read more

[What are the first signs of gluten intolerance?](#)

New drug uses immune system to wipe out deadly bacteria

Antibiotic-resistant bacteria are among those targeted by new 'immunobiotic'



Read more-

[New drug uses immune system to wipe out deadly bacteria](#)

Crohn's Disease: Know the Signs

Symptoms of this bowel condition can strike without warning. Learn more about causes, treatments, and how to live with it.

[Worried About Your Posture? Try These 3 Simple Exercises](#)



Limit Alcohol To One Drink a Day: Study

A new study says adults should limit their alcohol consumption to one drink a day, which is lower than drinking guidelines in the U.S. and many other countries.

researchers warned that adults who exceed the one-drink-a-day limit can expect to die at a younger age than those who do not, the *Associated Press* reported.

Current U.S. guidelines recommend no more than seven [drinks](#) a week for women, but 14 drinks a week for men, the *Associated Press* reported. A 40-year-old man who drinks as much as the U.S. guidelines allow could expect to live one to two years less than one who has a maximum of seven drinks a week, according to the study in the *Lancet* medical journal.

The researchers analyzed 83 studies that were conducted in 19 countries and included nearly 600,000 people who drank alcohol. "What this is saying is, if you're really concerned about your longevity, don't have more than a drink a day," David Jernigan, an alcohol researcher at Johns Hopkins University who was not involved in the study, told the AP.

HealthDay

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Read more:

[Limit Alcohol To One Drink a Day: Study](#)



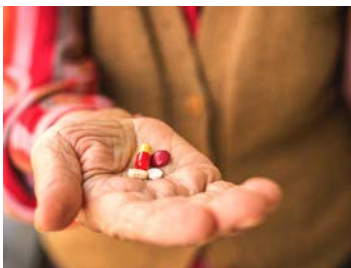
The Worst Meals You Can Eat When You Have Diabetes

Your typical shrimp pasta Alfredo can have 73 grams of artery-clogging saturated fat. A much better bet is shrimp and feta pasta. See what else to choose and avoid.

Early Symptoms of Oral Cancer

Oral cancer is an abnormal growth of cells in any part of the oral cavity and is sometimes termed head and neck cancer. [Read more...](#)

Tonsil surgery might put kids at greater risk of chest bugs, study says



Why So Many Seniors Take Vitamins That Don't Really Help Them

Two-thirds of older adults take vitamin supplements, but experts say most of them don't provide many benefits. Here's some advice on what and how much to take.

[Read on](#) →

AI system can identify cancer tumours better than humans



The 17 Best Foods to Relieve Constipation

Constipation is common, but certain foods can provide relief. Here are 17 foods that can relieve constipation and keep you regular. [Read on](#) →



The Health Benefits of Bananas

Did you know they help with metabolism and ease tummy issues? Learn more reasons to go bananas.



Importance of Dental Hygiene

Taking good care of the mouth and teeth is an essential part of good health. [Read more...](#)



Myth: Spicy Foods Cause Ulcers

Hot sauce lovers, rejoice! People used to think that too much spicy food would give you an ulcer. But we now know that most of these sores in your stomach lining happen because of an infection with bacteria called *Helicobacter pylori* (*H. pylori*) or because of pain medications such as aspirin, ibuprofen, or naproxen. Foods with a lot of heat may make ulcers worse for some people, but they don't cause them



Myth: Heavy Lifting Causes Hernias

It's one, but not the only, cause of these injuries. You might also get them from long-lasting constipation or a cough. Hernias happen when there's both pressure and an opening or weakness in muscles lining the inside of your belly. An organ or fatty tissue then bulges out through the opening. They're most common in the groin, belly button, or upper part of the stomach.



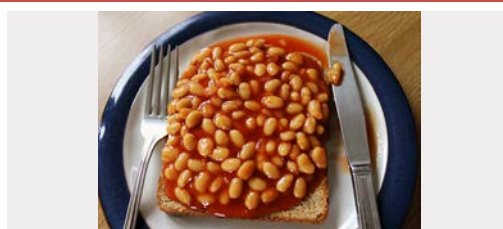
Myth: Only Alcoholics Get Cirrhosis

It's true that alcoholism is the most common cause of cirrhosis, a condition in which healthy liver cells are damaged and replaced by scar tissue. But there are other causes, too, such as hepatitis B and C. And although drinking too much almost always causes some liver damage, it doesn't always lead to cirrhosis.



Myth: Nuts Lead to Diverticulitis

In the past, doctors told people with this condition, in which pouches in the wall of the colon get inflamed and infected, to avoid nuts, corn, popcorn, and food with small seeds, like strawberries. The fear was that pieces of these foods would lodge in the pouches and cause pain. But new studies suggest the opposite -- that people who eat a high-fiber diet have a lower risk of the disease.



Myth: Beans Cause the Most Gas

Beans may not be the "magical fruit" you thought they were. Dairy products cause more gas than other foods, particularly as we age and our bodies are less able to absorb the sugar in milk (lactose). To ease the problem, look for lactose-free products or take the over-the-counter medicine lactase before you eat dairy foods.



Myth: No Dairy for Lactose Intolerant

People with lactose intolerance differ in how much dairy they can handle. While one person may get symptoms from one glass of milk, others may be able to drink up to two. Some people can enjoy yogurt or ice cream, but never straight milk. Aged cheeses, such as Swiss and cheddar, are often better choices. It's usually a matter of trial and error to find out which dairy foods - and how much -- are "safe" for you.



9 Irritating Scalp Conditions

Here's what you need to know about psoriasis, dandruff, ringworm, and other things that can leave your scalp itchy and irritated.

How to Reduce Your Cholesterol Levels Without Medication

If your cholesterol is out of balance, lifestyle changes can often help. We'll show you ten natural ways to nudge your HDL and LDL toward healthier levels.

[Read on](#) →



Keto Diet: What's Included

A nutritionist weighs in on the latest fad diet. Should you try it?



Here's how Turmeric can help you lose weight!

A compulsory spice in most North Indian kitchens, **turmeric** is a staple in every Indian household. It is used since ancient times due to the medicinal properties it has. The primary antioxidant present in turmeric is curcumin. Turmeric is said to help one deal with stomach issues, metabolic disorders, obesity and many more problems. Though having huge quantities of turmeric is surely not a way to lose weight, but turmeric is said to reduce the inflammation associated with obesity. Thus, it can give your [weight loss plan](#) a boost. Read on to know how turmeric can help one lose weight.

Anti-inflammatory property

Obesity leads to inflammation, which increases your risk of developing chronic diseases, including diabetes and heart disease. Curcumin, which is an antioxidant, suppresses the inflammatory messaging in fat, pancreatic and muscle cells. This can help reduce high blood pressure, high cholesterol, high blood sugar and other metabolic conditions, says a study published in European Journal of Nutrition.

Turmeric is anti-obesity

A 2009 study conducted on mice at the Tufts University, found that curcumin can actually suppress fat tissue growth. But similar research has not been done on humans. So it can't be said with certainty if turmeric has the same effect on humans too.

Turmeric and Weight loss connection

Though turmeric suppresses the fat tissue growth and helps to reduce inflammation, it is no weight loss miracle. One should surely incorporate turmeric in their every meal. However, you also have to make sure you create a calorie deficit if you want to lose weight. The combination of right diet and exercise is what will help you lose weight in a healthy manner.

The number of extra calories you burn should be equal to the number of calories you are having less. So let's say, if you consume 2000 calories in a day and want to burn 250 more calories than what you normally do. In that case, you must also consume 250 calories less than what you normally do. That is, you must consume 1750 (2000-250) calories every day.

TOI

Is snake diet a healthy way to lose weight?



[Snake diet](#) is one of the latest additions to the list of fad [diets](#). We have seen a lot of other diets that promise [weight loss](#) and snake diet does nothing different. Cole Robinson, who is the founder of this diet, says coaches and clients in the fitness industry do not understand how our body metabolises food and converts it into fuel. But with this diet, Cole promises people that they will achieve their weight loss goal. Read on to know about the diet in detail.

The diet

The snake diet has three steps, where you take only apple cider vinegar for 48 hours, fast for next two to three days and then eat normally.

First phase

In the first phase, you fast for 48 hours and take apple cider vinegar and snake juice.

Snake juice is considered as an essential mineral replacement which helps to clear toxins from your liver.

Snake juice is a mixture of 1 teaspoon of pink salt, 1 teaspoon of no salt and 2 caps of cayenne pepper in 1 liter of water.

Second phase

In this phase, you follow a flexible fasting routine which means fasting for as long as you can and fasting on and off. For example, you can fast for 23 hours and 40 minutes and then eat for 20 minutes.

The basic concept of snake diet is to fast. People think fasting makes their metabolism slow but if done ideally, it is not the case. When you fast for longer hours and later feed your body with healthy high-fat food and all the essential macro and micro nutrients, then the case is not the same. In this case, your metabolism gets a boost.

Read here : [This Malaika Arora Khan fan's weight loss included pizzas and paranthas](#)

Third phase

In the third and the last phase, you start listening to your body's natural signals for hunger and follow them.

Other benefits of this diet

Cole also claims that this diet can help cure herpes, type 2 diabetes and inflammation. He even claims that the diet is superior to [keto](#), which is another famous diet.

Basic concept

The basic concept of this diet, as mentioned above, is to fast for as long as possible. This means fasting for most part of the day and eating all the calories at once. The only one meal that you have during fasting should be high in fat and low in carbs as carbs have very less number of calories.

TOI



SLIDESHOW

Spider and Varicose Veins

These abnormally enlarged vessels appear most often on the legs and become more prevalent with age. [Read more...](#)

Herbs to Lower Blood Pressure



Several herbs may help lower high blood pressure. [Learn more about good herbs for hypertension, from basil to hawthorn.](#)



What Is Vitiligo?

Vitiligo is a medical condition that causes white patches on your skin. Learn about the types and patterns of this condition, and the treatment... [READ MORE](#)

What Are Probiotics?

Your digestive system is teeming with beneficial bacteria known as gut flora, and they play a [critical role in your health](#) (7, 8).

However, for various reasons the gut flora can sometimes get thrown out of balance, allowing harmful bacteria to proliferate (7).

[Probiotics](#) are live bacteria or yeast found in foods and supplements. They're safe, similar to natural gut flora and provide health benefits (8).

People use them to promote a healthy, balanced gut flora. They may provide a number of [health benefits](#), such as supporting weight loss, improving heart health, improving digestion and boosting the immune system (8, 9).

Some common probiotic foods include yogurt, sauerkraut, tempeh, kimchi and other fermented foods.

Additionally, common probiotic strains found in supplements include *Lactobacillus* and *Bifidobacterium* (8).

SUMMARY Probiotics are live bacteria and yeasts that people can consume to support and help balance the natural bacteria in the body. Common sources include yogurt, fermented foods and supplements.



Is Leaky Gut Syndrome a Real Condition? An Unbiased Look

Some medical professionals deny that leaky gut exists, while others claim it causes all sorts of diseases. Here's an unbiased look at the evidence.

[READ MORE](#)



SLIDESHOW

The Real Health Benefits of Avocado

Avocados are everywhere these days -- even in desserts. But do they deliver on their promised health benefits?



What Is Gelatin Good For? Benefits, Uses and More



It thickens gravy and makes desserts bounce - but did you know that gelatin is also healthy? This article explains why, and describes how you can use...

The 5 Best Vitamins for Hair Growth (+3 Other Nutrients)

Healthy hair is a sign of beauty and good overall health. Here are the top 5 best vitamins to grow your hair, along with 3 other nutrients.

The 10 Best Foods to Eat If You Have Arthritis

Arthritis is a condition that causes joint pain, stiffness and swelling. This article discusses 10 foods that can help relieve inflammation and fight...

[READ MORE](#)

Can You 'Speed Up' Your Metabolism?

By Tereza Pultarova, Live Science Contributor

It would certainly be nice to blame your weight on your metabolism. But despite excuses like "I have a slow metabolism," in the grand scheme of things, metabolic rate doesn't vary much from person to person.

But wait — what is a person's metabolism, anyway?

Your metabolism refers to all of the chemical processes that go on inside your body to keep you alive, according to the [U.K.'s National Health Service](#). And these processes require energy — in fact, up to 70 percent of the energy used by your body can go toward the very basic processes required to keep you alive, even if you're completely inactive. This is what's known as the basal metabolic rate, or BMR.

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Another way to think of metabolism is that it's your body's ability to convert food into energy to power all sorts of processes in your body. ([Can You Turn Fat into Muscle?](#)) Researchers can measure your [basal metabolic rate](#) two ways: by measuring the heat your body exudes, or by monitoring the levels of carbon dioxide you exhale.

So, can some people have a "fast" metabolic rate and others have a "slow" one?

"People do differ in their metabolic rate, but if you look at people's metabolism per unit or per kilogram of lean mass, then actually, metabolic rate in those terms is remarkably constant across the population," said Dr. Thomas Barber, an associate professor and honorary consultant endocrinologist at the University of Warwick and University Hospitals Coventry and Warwickshire in England.

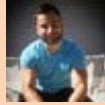
Can You 'Speed Up' Your Metabolism?

Metabolism refers to the calories the body uses at rest.

[Read More](#)

From Your Digest

How do I get a high metabolism?



David Conrad, Has been working out for 15+ years, owns a Fitness Business



1. LIFT WEIGHTS

lifting weights leads to several favorable metabolic conditions.

First off, as I'm sure you know, you burn calories while you're lifting weights.

Secondly, your metabolism stays elevated for hours after lifting while your body goes through the recovery process — some studies suggest that your metabolism can be elevated for upwards of 39 hours after weight training depending on the intensity of your workout.

Additionally, since muscle is more metabolically active than fat, **when you build more muscle, you're resting metabolism increases.**

Finally, if you're eating in a calorie deficit in an attempt to lose weight — eating less calories than you burn each day — lifting weights will protect you from losing muscle and will ultimately mitigate the metabolic slowdown that occurs as a result of a long-term calorie deficit.



2. EAT MORE PROTEIN

Much like weightlifting, eating enough protein leads to a few favorable metabolic conditions.

First, **protein has the highest thermic effect out of the macronutrients** — meaning your metabolic rate increases more during the process of using and storing protein than it does during the process of using and storing fat or carbs. Protein also plays a major role in both muscle growth and muscle maintenance — as we saw earlier, more muscle leads to a faster resting metabolism and holding on to more muscle while dieting prevents the metabolic slowdown associated with prolonged calorie restriction.

Quora



Do Low-Fat Diets Really Work?

The health authorities have been telling us to eat a low-fat diet since 1977. Since then, there have been many studies, with disappointing results. [Read on](#) →

Broccoli

TOTAL PROTEIN: 4.26 grams per 1 stalk (medium)



There's a reason your parents always told you to eat your little green trees. In addition to protein, broccoli offers filling fiber, vitamins K and C, and more.

Recipes to Try:

Magic Broccoli from [RecipeTin Eats](#)

Roasted Pecan Broccoli from [Slim Palate](#)



Yellow Sweet Corn

TOTAL PROTEIN: 4.68 grams per 1 large ear



Sweet corn is as nutritious as it is tasty. Look for fresh corn in the summertime, or use the frozen version for recipes year-round.

Recipes to Try:

Sweet Corn, Zucchini, and Fresh Mozzarella Pizza from [How Sweet It Is](#)
Sweet Corn Chowder from [Maebells](#)

Lentils

TOTAL PROTEIN: 18 grams per 1 cup



Lentils aren't technically a vegetable. They are actually a pulse, found in the legume family. But you won't find a better option when it comes to an inexpensive, readily available, vegetarian-friendly protein. Bonus: Dry lentils cook up in only 15 minutes!

Recipes to Try:

Red Lentil Taco Soup from [Connoisseur Veg](#)

Four Corners Lentil Soup from [My New Roots](#)



Brussels Sprouts

TOTAL PROTEIN: 3 grams per 1 cup



If you hated Brussels sprouts as a kid, it might be time to try them again. They are delicious roasted, steamed, or even shredded in a salad.

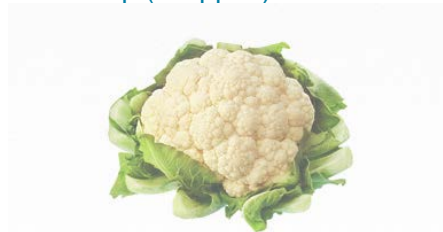
Recipes to Try:

Roasted Brussels Sprouts with Bacon and Apples from [Back to Her Roots](#)
Brussels Sprouts Sweet Potato Hash from [A Healthy Life for Me](#)



Cauliflower

TOTAL PROTEIN: 2.05 grams per 1 cup (chopped)



You can do a lot more with cauliflower than just cover it with cheese. Try it in a soup or roasted for a flavorful side dish.

Recipes to Try:

Cauliflower Hazelnut Soup from [What's Cooking Good Looking](#)
Balsamic Glazed Cauliflower from [Cupcakes and Kale Chips](#)



How to Naturally Increase Your Testosterone Level

As a hormone, testosterone is crucial for building muscle mass and maintaining strong health. We'll offer eight natural ways to increase your level. [Read on](#) →

How Injectable OA Treatments Work

Find out how injectable treatments, including corticosteroid and hyaluronic acid, can provide temporary pain and stiffness relief if you have OA of the knee. [Read on](#) →

8 Health Benefits of Ginseng

Ginseng has been used in traditional Chinese medicine for centuries. We'll show you how the American and Asian varieties work differently.

[Read on](#) →

What causes foamy bowel movements?

By Rachel Nall, RN, BSN, CCRN

Reviewed by [Saurabh \(Seth\) Sethi, MD MPH](#)

1. [Causes](#)
2. [Foamy poop in babies](#)
3. [Treatment](#)
4. [When to see a doctor](#)
5. [Outlook](#)

While normal stool is usually solid and brown, there can be many variations. Foamy or frothy stool is typically diarrhea-like and may appear to have bubbles in it. It may also seem oily or contain mucus.

Foamy stool is often caused by a reaction to certain foods. If this is the case, it will be an isolated incident and resolve with time and hydration.

However, foamy stool can also signal an underlying medical condition. Read on to learn more about causes and treatments, and when to see a doctor.

Read more: [What causes foamy bowel movements?](#)



Omega-3 Fatty

Acids

They help keep your arteries clear, put your blood pressure on an even keel, and curb your triglycerides, which are fats in your blood that can raise your heart risk. A great way to get this nutrient is to eat fatty fish like salmon or mackerel twice a week. If your doctor says you need more omega-3s, try fish oil pills, but be sure to ask about how much to take. WebMD



Why do garlic and onions cause bad breath?

Some compounds in onions, garlic, or both, can be responsible for bad breath and even [body odor](#). These include:

Allicin. When the insides of a garlic bulb are exposed to air, a substance called alliin turns into allicin, which then changes into several sulfur-containing compounds that give garlic its smell.

Allyl methyl sulfide. This compound is released from both garlic and onions when they are cut. Once eaten, the substance is absorbed into the bloodstream, and emitted through the lungs and skin pores.

Cysteine sulfoxide. This sulfuric compound in garlic and onions causes an unpleasant odor on the breath almost immediately after the vegetables are eaten.

Summary: While bad breath caused by garlic or onions often does not last long, there are several ways to get rid of it. Practicing proper oral hygiene, drinking green tea or milk, eating fresh produce, and masking the smell can help.

What works for one person may not work for another, so try a few different remedies to determine which is the best at getting rid of garlic or onion breath.

Read more:

[How do you get rid of garlic or onion breath?](#)



For your heart



Fiber-to nourish your heart

Oatmeal and bran cereals are a heart-healthy way to start your day. They've got soluble fiber, which helps lower your LDL "bad" cholesterol.

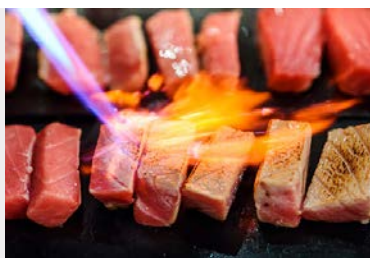
Other good sources are beans and whole grains like barley. You can also get it as a supplement, like psyllium, but a diet that's got lots of fiber is best.

Web MD

Sterols And Stanols

You find these nutrients in some fruits, veggies, nuts, and seeds. They block your body from absorbing cholesterol. Almonds, peanuts, olive oil, and Brussels sprouts are good choices.

Also look for foods that have sterols and stanols added in, like margarine, orange juice, and yogurt. Supplements could be a helpful way to lower your cholesterol, but check with your doctor.



Vitamin D

It plays a role in keeping your heart healthy, but there are few foods that have it. Salmon and tuna are some of them. You can also find it in "fortified" milk and orange juice that has vitamin D added in. Researchers are still studying its uses and whether supplements can help. Take them if your doctor recommends it.



Garlic

When you spice up your food, you might also protect your heart. People have used garlic as medicine for centuries, and studies on supplements show it may have benefits for your blood pressure and cholesterol levels. Talk to your doctor before you try any pills, since it may raise your risk of bleeding and interfere with meds you take.

The Anatomy of Heartburn



Heartburn is a burning sensation in the middle of the chest behind the breastbone and in the middle of the abdomen.

[READ MORE](#)

When Choosing Greens, Consider Asparagus

Being a green, you would be right to think asparagus offers the whole nutrient-rich, low-calorie, good-for-digestion deal. But that's not all. It is great for diabetics and hypertensive individuals too. Because it makes you pee more, it may even be your saving grace from UTIs and calcium kidney stones. A little less known fact about these spears is that they boost energy levels, so take advantage.

[VIEW ARTICLE](#)



[Using Orange Peel For Acne: Know Why And How](#)



Celebrities With Diabetes

This slideshow features pictures of celebrities with type 1 or type 2 diabetes including Tom Hanks, Larry King, and Salma Hayek.

[READ MORE](#)

Please relax, read and share with friends

How Probiotics Can Help Fight IBS

Written by [Elise Mandl, BSc, APD](#)

Probiotics are a hot topic at the moment, particularly for people with irritable bowel syndrome (IBS). IBS is a chronic disease that causes abdominal pain and changes in bowel habits. Many people take probiotics in hopes that balancing out their gut bacteria will improve their symptoms. This article looks at the latest research on probiotics for IBS, including specific strains and symptoms.

[How Probiotics Can Help Fight IBS](#)

Many people take probiotics in hopes of relieving their IBS symptoms. Here's the latest info on probiotics for IBS.

[Read on](#) →

Pecans help the heart and pancreas.

Along with the other little dietary changes you're making to be your healthiest self, try adding pecans to your diet – particularly if you're overweight and only if you're not allergic to nuts. These tree nuts can force insulin-producing cells into doing their job and reduce insulin resistance, a relief for diabetics. They also reduce your risk of heart disease.

[Read More](#)

[Cinnamon oil may help prevent superbug infections: Study](#)



Type 2 diabetes is more than blood sugar.

This may come as a surprise to you, but blood sugar control may not always be enough to combat diabetes. This is because reactive molecules, like methylglyoxal, may also be giving your blood glucose control system a hard time. These can be kept in check by a dietary supplement called carnosine and, in some cases, by antioxidants like vitamins C and E.

[Read More](#)

[When 'Good' Cholesterol Is Bad for Older Women](#)



How to Listen to Your Body

Your body will let you know if something suddenly goes wrong. Don't ignore it.

[VIEW SLIDESHOW](#)



Slow Meals in France

When you eat your meals slowly and savor them, like lots of people do in France, that may lead to fewer calories, especially for men. So take your time, and enjoy a nice, long meal with friends.



Smaller Portions in Japan

Little dishes typically mean fewer calories. Studies show that people who eat bigger portions are more likely to be overweight and less healthy. A soup starter, along with plenty of water, will help you walk away satisfied. And it's not just the small helpings. The traditional Japanese diet doesn't include a lot of red meat, and research shows that can be a good thing.

Dining out associated with increased exposure to harmful chemicals called phthalates

New study finds burgers and other foods consumed at restaurants, fast food outlets or cafeterias, associated with higher levels of phthalates

GEORGE WASHINGTON UNIVERSITY



IMAGE: Dining out more at restaurants, cafeterias and fast-food outlets may boost total levels of potentially health-harming chemicals called phthalates in the body, according to a study out today. [view more](#)

Credit: The Milken Institute School of Public Health

WASHINGTON, DC (March 28, 2018)-- Dining out more at restaurants, cafeterias and fast-food outlets may boost total levels of potentially health-harming chemicals called phthalates in the body, according to a study out today. Phthalates, a group of chemicals used in food packaging and processing materials, are known to disrupt hormones in humans and are linked to a long list of health problems.

The study is the first to compare phthalate exposures in people who reported dining out to those more likely to enjoy home-cooked meals. People who reported consuming more restaurant, fast food and cafeteria meals had phthalate levels that were nearly 35 percent higher than people who reported eating food mostly purchased at the grocery store, according to the study. **Read more:**

Dining out associated with increased exposure to harmful chemicals called phthalates

Cellulite: Causes, Myths, and Treatments



Cellulite is the term given to the dimpled skin on the abdomen, buttocks, and thighs of most women. It is almost universal in adult females.

[READ MORE](#)

14 Fat-Burning Food Combinations



When you eat certain foods together -- like chicken and cayenne pepper, or green tea and lemon -- they work together to help you lose weight.

Compiled, edited
published by Dr Harold
Gunatillake
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[m](#)

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Spice It Up in India

Indian food is loaded with herbs and spices, such as turmeric, curry, ginger, and cardamom. These are full of antioxidants and other things that are good for you. They also can lend some heat to the dishes, which may help you eat less.

Broccoli

One cup of raw broccoli has almost [2.6 g](#) of protein and contains a variety of nutrients such as [folate](#) and [potassium](#). This powerhouse veggie only has 31 calories per cup.