

[Bowatanna Dam, Matale, Sri Lanka - YouTube](#)

Move more every day to combat a sedentary life style

Matthew Solan, Executive Editor, Harvard Men's Health Watch

The older we get, the more likely we are to lapse into a sedentary lifestyle. In fact, an estimated 67% of older adults report sitting for more than eight hours per day, and only 28% to 34% of adults ages 65 to 74 are physically active, according to the Department of Health and Human Services. Evelyn O'Neill, manager of outpatient exercise programs at the Harvard-affiliated Hebrew Rehabilitation Center, sees the consequences of too much sitting every day. "Sitting is the new smoking in terms of health risks," she says. "Lack of movement is perhaps more to blame than anything for a host of health problems."

[Learn more »](#)

Christmas celebrated in Canberra with tri-lingual carol

Christmas came early to Canberra when members of the Australia Sri Lanka Association (ASLA) and the Canberra Tamil Christian Fellowship (CTCF) joined the High Commission staff to sing carols in Sinhala, Tamil and English at the Mission's Christmas celebration on Thursday 6th December 2018. The large audience rose to their feet to join in singing the final carol ' Silent Night' in all three languages.



Music was provided by local Music group Nada Roo with Subramaniam Sukumar also joining in on guitar while ANU student Roshen Fernando accompanied on keyboard.

Father Daniel Benedetti delivered a special blessing and a Christmas message where he said we must be thankful for the opportunities we are given in life, and help our fellow beings in whatever way possible. He also gave thanks for bringing Sri Lankan culture to Canberra through the Christmas celebration.

High Commissioner S. Skandakumar in his welcome address highlighted the fact that despite there being no Christians among the High Commission staff the preparations for the Christmas celebration were done with the same zeal and enthusiasm as for Vesak, Eid or Deepavali reflecting the mutual respect that prevailed for all religious faiths. He thanked the members of ASLA and CTCF and the musicians for their participation and commitment that added value to the celebration.

"The humility that surrounded the birth and life of Christ is something we should all remember and emulate, as it is synonymous with Love, Compassion, Gratitude and Forgiveness" he concluded.

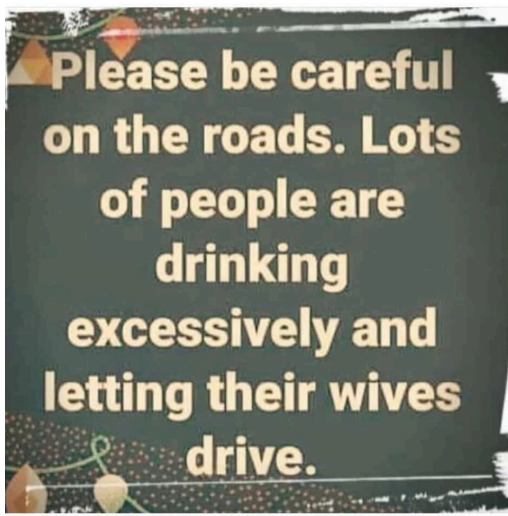
A two minute silence was observed at the end in memory of former High Commissioner in Australia (1986-1989) Dr Wickrema Weerasooriya, who passed away in Colombo on 4th December.

Guests were provided with refreshments by courtesy of the Mission Staff.



This lovely lady, Nisha, is the president of the organisation in Kandy for disabled people. The organizational is called "Aithiya udesaa api ". In order to make the public aware of the needs of the disabled people and of their rights, they have organised a walk on the 21st of December 2018 in Kandy. (Some will be on wheelchairs). They need help with beverages, lunch, snacks and some banners for the campaign. Had a long chat with Nisha today and I must say she is the type of a lady I admire a lot. Her courage and her desire to support the other disabled people is so genuine and amazing. The least we can do is support their cause.so if any of you could please make a contribution (even Rs. 250/-) towards this worthy cause, please inbox me .





Amazing grace: Michelle Obama and the second coming of a style icon



How Your Friends Affect Your Health

Friendship has benefits that go far beyond the social ones. Do you know what else it can do for you?

[Read More >](#)



Hand, Foot and Mouth Disease: Causes, Symptoms and Treatment

December 06, 2018 | Reference
Hand, foot and mouth disease can spread quickly across child care centers and elementary schools. Here's what to look for and how to manage the disease.

[Read More](#)

14 Causes of Lung Damage That May Surprise You

Just because you don't smoke, it doesn't mean your lungs are in the clear. Carpets, fireworks, and even your humidifier may be causing harm.

[Read More >](#)



Anti-Aging Tips for Your Skin

For firmer, younger-looking skin, consider using alpha hydroxy acids, drinking cocoa, and trying these other tips.

[Read More >](#)

Celery Juice: Are the Health Claims Real?

Fans say the green drink gets rid of belly bloat and other issues. See what our dietitian says.

[Read More >](#)

Health Benefits of Cinnamon

Could this spice help boost your metabolism or lower your blood sugar? We look at the science.

[Read More >](#)

Myth busting: What actually works when it comes to osteoarthritis

These daily habits could help manage the symptoms of osteoarthritis. [Read more](#)

Coffee: How much is too much?

Could your daily caffeine hit be hurting your health? [Read more](#)



Image credit: City of Sydney

When you put on one of the world's biggest fireworks shows year after year, it must become a challenge to top what has come previously while also coming up with something new.

There will be lime and peach-coloured fireworks over Sydney Harbour for the first time, thanks to new technology which allows for the use of more pastel colours.

[Read](#)

[Safe and effective use of insulin requires proper storage](#)



Faulty medical implants – from contraceptives to artificial hips – harm patients around the world. [A Guardian investigation launching today has found the international implants system is dogged by poor regulation, lax rules on testing and a lack of transparency.](#) ←

In the US, the Food and Drug Administration has collected 5.4m “adverse event” reports over the past decade. These included 1.7m reports of injuries and almost 83,000 deaths. Nearly 500,000 mentioned an explant – surgery to remove a device. In the UK, regulators received 62,000 “adverse incident” reports linked to medical devices between 2015 and 2018. A third of the incidents had serious repercussions for the patient, and 1,004 resulted in death. In Australia, women have been urged to join a class action against the manufacturer of Essure, a permanent contraceptive, after allegedly suffering from nickel poisoning and chronic pain

The Guardian-Helen Sullivan

🐦@helenrsullivan

How excess weight may impact your fertility

Being outside the healthy weight range can affect both men and women's fertility. [Read more](#) ←

MEDICAL & BIOTECH

Gene Therapy Tackles a Common Birth Defect: Deafness ←

Herbal Syrups for Common Ailments

Herbal syrups are a simple way to incorporate natural healing into our wellness routines. They can be drizzled into drinks and desserts—adding flavor and providing healing.



While many recipes are available, syrups are adaptable, allowing for unending creativity.

[Get the medicinal benefits of herbs with easy-to-make syrups.](#) ↑



PHYSICS

Leaning Tower of Pisa Corrects Itself... ←
a Little

A rare cancer has been linked to breast implants used by millions of women worldwide. Anaplastic large cell lymphoma forms in the scar capsule around the implant and normally begins with pain and swelling in the breast. If left untreated, ALCL [can spread throughout the body and become life-threatening](#). Australia's health watchdog, the Therapeutic Goods Administration, has reported 72 cases of ALCL. After the PIP scandal in which a French firm fraudulently sold hundreds of thousands of implants containing industrial-grade silicone, [Australia set up a national breast devices database](#), and its custodian, Prof John McNeil, says he is focussed on identifying cases of ALCL. [But he says experts struggle to get information quickly enough](#). The Implant Files, a global investigation involving the Guardian, [has also found that huge numbers of women are missing from clinical trials designed to monitor safety](#); the use of non-clinical-grade materials by leading manufacturers, according to evidence found by Dutch investigators; and reports of ruptured implants, pain, disfigurement, allergic reactions and other symptoms.

The Guardian

Harvard Health Blog

Coffee may help your skin stay healthy

POSTED NOVEMBER 2, 2018, 6:30 AM

Robert H. Shmerling, MD, Faculty Editor, Harvard Health Publishing



Coffee is one of the mostly widely consumed beverages on the planet, and it's also among the most widely studied. While it can cause problems for some people (such as heartburn, tremor, or palpitations), it's a source of pleasure and enjoyment for millions. In addition, coffee has been linked with a number of health benefits, ranging from reductions in type 2 diabetes and liver cancer to greater longevity. According to the latest research, it appears that you can add the possible prevention of rosacea to the list.

[Learn more »](#)

Does Turkey Really Make You Sleepy? ↑



OPINION Thinking of taking fish oil to stop heart attacks? Read this first



The Conversation

By Garry Jennings

A new study finds one type of concentrated fish oil supplement reduces the risk of heart attacks and stroke among people with heart disease. But these findings apply to a certain group of people, writes Garry Jennings.



ANALYSIS Should you take probiotics when you're on antibiotics?



The Conversation

By Lito Papanicolas and Geraint Rogers

The logic is simple: good gut bacteria are damaged by antibiotics, so why not replace them with a supplement? But the answer is more complicated, write Lito Papanicolas and Geraint Rogers.



OPINION Five food mistakes to avoid if you're trying to lose weight



The Conversation

By Yasmine Probst and Vivienne Guan

Many foods that seem healthy contain hidden fats, sugars and salts. If you're trying to lose weight, it pays to know where they're hiding, write Yasmine Probst and Vivienne Guan.

Low-Carb Diets May Burn More Calories

By [Rachael Rettner, Senior Writer](#)

Keeping weight off may be about more than just "calories in and calories out": Some diets may be better calorie-burners than others, a new study suggests.

The study, which involved people trying to [maintain weight loss](#), found that participants burned more calories on a low-carb diet than a high-carb diet. Specifically, among participants with the same average body weight, those who ate a low-carb diet burned about 250 more calories a day than those on the high-carb diet, while engaging in similar levels of physical activity. The findings, which are published today (Nov. 14) in the journal [The BMJ](#), suggest that [low-carb diets](#) may help people keep weight off over the long term, a notoriously difficult feat. **Low-Carb Diets May Burn More Calories**



Hint to lose weight

It found that overweight adults who cut carbohydrates from their diets and replaced them with fat sharply increased their metabolisms. After five months on the diet, their bodies burned roughly 250 calories more per day than people who ate a high-carb, low-fat diet, suggesting that restricting carb intake could help people maintain their weight loss more easily. **By Anahad O'Connor**

[How a Low-Carb Diet Might Help You Maintain a Healthy Weight](#)



Too Much Caffeine May Stress the Heart



By JANE E. BRODY

In moderate doses caffeine has mainly positive effects for most people. But it increases production of cortisol, which can lead to health problems including anxiety, weight gain and heart disease.

CLIMATE

The Climate Crisis Is a Health Crisis [Video]



Can Eating Organic Food Lower Your Cancer Risk?

In a study, those who ate more organic produce, dairy, meat and other products had 25 percent fewer cancer diagnoses over all, especially lymphoma and breast cancer.

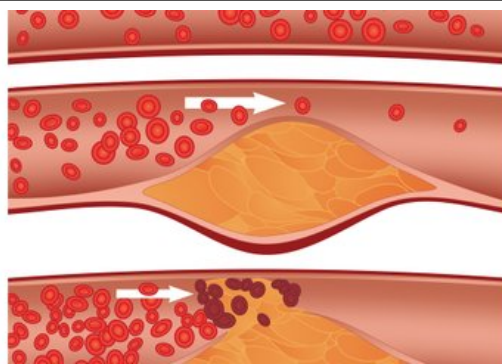
By Roni Caryn Rabin

People who buy organic food are usually convinced it's better for their health, and they're willing to pay dearly for it. But until now, evidence of the benefits of eating organic has been lacking.

Now a new French study that followed 70,000 adults, most of them women, for five years has reported that the most frequent consumers of organic food had 25 percent fewer cancers over all than those who never ate organic. Those who ate the most organic fruits, vegetables, dairy products, meat and other foods had a particularly steep drop in the incidence of lymphomas, and a significant reduction in postmenopausal breast cancers.

The magnitude of protection surprised the study authors. "We did expect to find a reduction, but the extent of the reduction is quite important," said Julia Baudry, the study's lead author and a researcher with the Center of Research in Epidemiology and Statistics Sorbonne Paris Cité of the French National Institute of Health and Medical Research. She noted the study does not prove an organic diet causes a reduction in cancers, but strongly suggests "that an organic-based diet could contribute to reducing cancer risk."

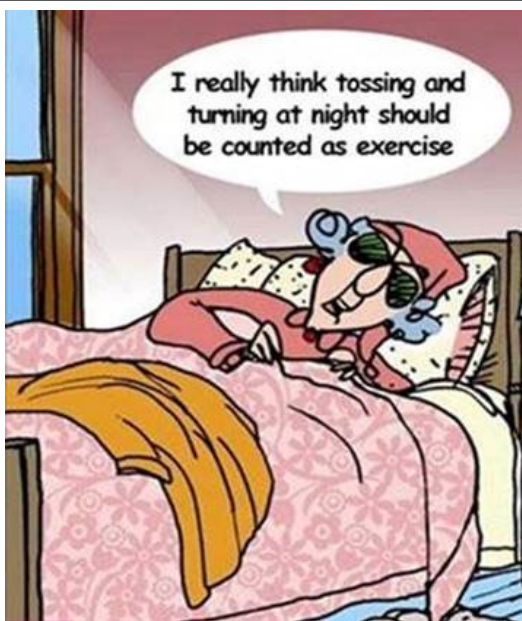
The study, [published Monday in JAMA Internal Medicine](#), was paid for entirely by public and government funds.



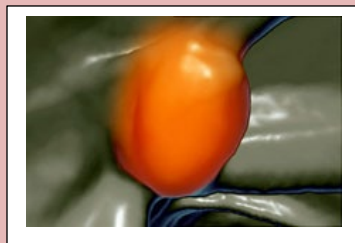
Cholesterol Levels: High, Low, Good & Bad

HDL is "good" cholesterol; LDL is "bad" cholesterol. HDL helps lower LDL. Too much LDL can lead to heart disease and heart attacks.

[Read More](#)



Do Polyps Always Mean Cancer?



Some polyps are benign and can't turn into cancer. Others can. Here's everything you need to know, from types to treatment.

[Read More](#) >



Gut Bacteria and Your Heart

Some kinds of gut bacteria may be part of the link cholesterol has to heart disease. When you eat foods like red meat or eggs, those bacteria make a chemical that your liver turns into something called TMAO (trimethylamine-N-oxide). TMAO may help cholesterol build up in your blood vessels. Researchers are studying a natural substance called DMB that's in olive and grapeseed oil. They think it might keep your bacteria from making TMAO

Leafy Greens and Their Health Benefits

You know they're good for you. But which greens count, and how should you serve them?

[Read More](#) >

5 Myths About Eggs That Just Won't Die



Vegetable of the month: Cauliflower



Just a few years ago, cauliflower was considered kind of ho-hum, relegated mainly to frozen vegetable medleys or crudité platters. But these days, the mild white vegetable is far more popular, thanks to in part to recent diet trends that encourage people to eat fewer starchy and grain-based foods.

Can eating too much fruit cause type 2 diabetes? ←

Risk factors for developing type 2 diabetes include being overweight and having high blood sugar levels. Although fruit does contain sugar, eating it as part of a balanced and healthful diet is unlikely to cause diabetes. [Learn more here.](#)



Super Foods **for Your** **Bones**

Discover how to build strong bones with a diet rich in these nutrient-rich and high-calcium foods.

[READ MORE](#)

Breast cancer: Omega-3- rich diet may stop tumors from spreading ←

A diet rich in omega-3 fatty acids may halt the growth of cancer cells by strengthening the immune system and curbing inflammation.



Microplastics Are
Everywhere — and That
Likely Includes Your Poop
That's right. The tiny plastic particles have made their way into our poop.

[Read More](#)

Why do people feel tired after eating?

Feeling tired after eating is usually a natural biological response. Certain types of food and the size and timing of meals can all affect a person's energy levels. [Learn more here.](#)



8 Sleep Remedies to Fight Insomnia



Alternative Therapies **for Cancer**

Despite evidence, four in 10 Americans believe alternative therapies can cure cancer.

[READ MORE](#)

Straight to Your Head

Thirty seconds after your first sip, alcohol races into your brain. It slows down the chemicals and pathways that your brain cells use to send messages. That alters your mood, slows your reflexes, and throws off your balance. You also can't think straight, which you may not recall later, because you'll struggle to store things in long-term memory.

Your Brain Shrinks

If you drink heavily for a long time, booze can affect how your brain looks and works. Its cells start to change and even get smaller. Too much alcohol can actually shrink your brain. And that'll have big effects on your ability to think, learn, and remember things. It can also make it harder to keep a steady body temperature and control your movements. [Read more](#)

What Alcohol Does to Your Body

Web MD



60-SECOND SCIENCE

Blue Whales Have Changed Their Tune



When to seek advice for Prostate gland problems

When a man reaches about age 25, his prostate begins to grow. This natural growth is called benign prostatic hyperplasia (BPH) and it is the most common cause of prostate enlargement. BPH is a benign condition that does not lead to prostate cancer, though the two problems can coexist.

Although 50% to 60% of men with BPH may never develop any symptoms, others find that BPH can make life miserable. The symptoms of BPH include:

- a hesitant, interrupted, weak urine stream
- urgency, leaking, or dribbling
- a sense of incomplete emptying
- more frequent urination, especially at night.

As a result, many men seek treatment. The good news is that treatments are constantly being improved. Patients and their physicians now have more medications to choose from, so if one doesn't do the trick, another can be prescribed. And thanks to some refinements, surgical treatments are more effective and have fewer side effects than ever before.

But there are some things men dealing with BPH can do on their own. When symptoms are not particularly bothersome, watchful waiting may be the best way to proceed. This involves regular monitoring to make sure complications aren't developing, but no treatment. For more troubling symptoms, most doctors begin by recommending a combination of lifestyle changes and medication. Often this will be enough to relieve the worst symptoms and prevent the need for surgery.

Tips for relieving BPH symptoms

Four simple steps can help relieve some of the symptoms of BPH:


1. Some men who are nervous and tense urinate more frequently. Reduce stress by exercising regularly and practicing relaxation techniques such as meditation.
2. When you go to the bathroom, take the time to empty your bladder completely. This will reduce the need for subsequent trips to the toilet.
3. Talk with your doctor about all prescription and over-the-counter medications you're taking; some may contribute to the problem. Your doctor may be able to adjust dosages or change your schedule for taking these drugs, or he or she may prescribe different medications that cause fewer urinary problems.
4. Avoid drinking fluids in the evening, particularly caffeinated and alcoholic beverages. Both can affect the muscle tone of the bladder, and both stimulate the kidneys to produce urine, leading to nighttime urination.

For more on advances in the diagnosis and treatment of prostate diseases, buy the [Annual Report on Prostate Diseases](#) from Harvard Medical School.

Healthful Products from the Hive



There's more than honey to be gathered from naturally kept beehives; pollen, beeswax, and beebread are all useful products that can benefit your health and home.

[Stock your home with fresh, natural products from the hive.](#) 



SLIDESHOW

Can Maca Root Help You Lose Weight?



[Learn why this ancient staple has acquired superfood status, how it makes your muscles happy, and which minerals in it aid your metabolism.](#)

What Can Coconut Oil Do for Your Skin?



How Can Infertility Be Treated?

It's untrue that simply waiting it out will put an end to infertility. There are treatments available.

[VIEW SLIDESHOW](#)



Is It Safe to Drink Blood?

[READ MORE](#)

[Aged care: You don't have to end up alone or in a nursing home](#)

People are looking to at-home care — and even living with housemates — because increasingly Australia's ageing population would rather be at home than in an aged care facility.

So what should a home to age in look like?

[Read about the alternatives here](#) 



Circumstantial evidence

This is an insightful Sri Lankan joke, which shows the shrewdness (& wit) of a Sri Lankan Mother (Amma) :

A "polkatu handa" is a coconut shell spoon, as commonly used in Sri Lanka.

One day Senaka invited his mother over to dinner. During the meal his mother couldn't help noticing how attractive and shapely the new housemaid was. She started to wonder if there was more between Senaka and the housemaid that met her eye.

About a week later, the housemaid came to Senaka and said "ever since your mother came to dinner, I've been unable to find the Polkatu handa. You don't suppose she took it, do you?" Senaka said "well, I doubt it, but I'll write her a letter just to be sure." So he sat down and wrote.

Dear Amma, : I'm not saying that you took a Polkatu handa from my house, and I'm not saying you didn't take a handa, but the fact remains that one has been missing ever since you were here for dinner.
Love,
Senaka Putha.

Several days later, Senaka received a letter from his mother, which said,

Dear Putha, : I'm not saying that you do sleep with your housemaid, and I'm not saying that you do not sleep with your housemaid, but the fact remains that if she was sleeping in her own bed, she would have found the Polkatu handa under her pillow, by now.
Love,
Amma.
Sent by Dr Quintus de Zylva

Fitness can be achieved through small changes in what you eat and your level of activity. It's really that simple. Remember that you can start out slowly; work your way up to a higher level of activities and implement more dietary changes over time.

Patience is essential. Don't try to do too much too soon, and don't quit before you have a chance to experience the rewards of improved fitness and a healthy diet!



Ken Burris

[Japanese Cucumber Salad](#)

How to eat more green (and red and yellow) vegetables

In Australia, less than one in 10 people eat enough vegetables.

This is tragic, given [high vegetables intakes are associated with better health](#), including a lower risk of heart disease, some cancers, and type 2 diabetes.

For every extra 200 grams of vegetables and fruit eaten each day, there's an 8 per cent reduction in the risk for heart disease, a 16 per cent risk reduction for stroke and a 10 per cent reduction in risk of dying from any cause, according to [research using data from 95 individual studies](#).

[How to eat more green \(and red and yellow\) vegetables](#)



[Wooden Cutting Board Conditioner](#)



Wooden cutting boards are a better choice for food preparation than plastic, but only if you care for them properly.

[Keep your cutting boards strong and clean with this food-safe polish.](#)



Alzheimer's disease

[New research](#) shows that physical exercise can "clean up" the hostile environments in the brains of Alzheimer's mice, allowing new nerve cells in the hippocampus, the brain structure involved in memory and learning, to enable cognitive improvements, such as learning and memory. These findings imply that pharmacological agents that enrich the hippocampal environment to boost cell growth and survival might be effective to recuperate brain health and function in human Alzheimer's disease patients.

[How Exercise Might "Clean" the Alzheimer's Brain](#)



Apples-good when you are anemic

Apples are useful in treating anemia since they are a rich source of [iron](#). By increasing the number of red blood cells in the body, apples not only prevent anemia but also ensure a proper oxygenation of essential organ systems. This results in enhanced blood circulation and proper functioning of the organ systems.

To know more, visit

<https://www.organicfacts.net/health-b...>

What to Eat if You Have GERD

There's a long list of foods that you may want to stay away from, but other foods may help -- or at least not make it worse.

[Read More >](#)



Foods and meal plans for iron deficiency

Anemia occurs when the body lacks red blood cells. A person may have a condition that destroys these cells, or the body may not produce enough. Adding iron-rich foods to the diet can help. Here, learn which foods contain high levels of iron and which make absorbing it harder. We also give some meal plan ideas and more. [READ NOW](#)

Nag Nag, Nag

An attorney arrived home late, after a very tough day trying to get a stay of execution. His last minute plea for clemency to the governor had failed and he was feeling worn out and depressed.

As soon as he walked through the door at home, his wife started on him about, 'What time of night to be getting home is this? Where have you been? Dinner is cold and I'm not reheating it'... She went on and on and on.

Too shattered to play his usual role in this familiar ritual, he poured himself a shot of whiskey and headed off for a long hot soak in the bathtub, pursued by the predictable sarcastic remarks as he dragged himself up the stairs.

While he was in the bath, the phone rang. The wife answered and was told that her husband's client, James Wright, had been granted a stay of execution after all. Wright would not be hanged tonight.

Finally realizing what a terrible day he must have had, she decided to go upstairs and give him the good news.

As she opened the bathroom door, she was greeted by the sight of her husband, bent over naked, drying his legs and feet. 'They're not hanging Wright tonight,' she said.

He whirled around and screamed, 'FOR THE LOVE OF GOD WOMAN, DON'T YOU EVER STOP?'

Sent by Rohantah Gunaratna

Fibroids: Everything you need to know

Fibroids are noncancerous tumors that grow in the womb. They can vary greatly in size and can affect up to 80 percent of women over 50. There are four main types that have a range of symptoms, varying in severity from heavy periods to repeated miscarriages. However, many women do not experience symptoms. Find out more.

[READ NOW](#)



What Teeth and Gums Say About Your Health

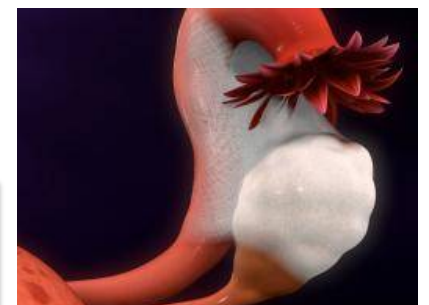
See how diabetes, heart disease, osteoporosis, and other health problems are related to gum disease and oral health.

[READ MORE](#)

Can You Feel Your Blood Sugar Spiking?

Learn the dos and don'ts of living with type 2 diabetes, including how to know when your blood sugar's too high.

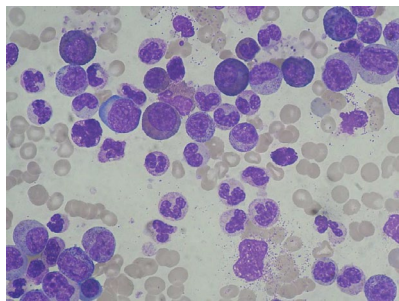
[Read More >](#)



What's to know about endometriosis?

Endometriosis is a painful condition in which endometrial tissue grows outside the uterus, often in the pelvic area. Scar tissue and adhesions form as a result, which can lead to anatomical changes. There is no cure for endometriosis, but there are options for treatment and home remedies. Learn more in this article.

[READ NOW](#)



What is the difference between leukemia and lymphoma?

Leukemia and lymphoma are both types of blood cancer that affect the white blood cells. There are some similarities between the two conditions, but the origins, causes, diagnosis, and treatments are different. In this article, learn about the differences between leukemia and different types of lymphoma here. [READ NOW](#)

Targeting gut bacteria to reduce heart disease

A new drug that blocks the production of one chemical by gut bacteria significantly reduces cardiovascular risk factors.



Blocking a gut bacteria enzyme could improve heart health.

Gut bacteria are intrinsically linked with the health of our entire body. Be it the gut, the brain, or the heart, our microbiome is involved.

One important way in which they influence our health is through the chemicals that they produce and release.

Some of these can leach into our blood, and, once in the circulatory system, travel far and wide. Read more

[Targeting gut bacteria to reduce heart disease](#)



Statistics on breast cancer survival rates by stage

Breast cancer is a common type of cancer that has different survival rates at different stages of the disease. What is the outlook for people with breast cancer and what factors may affect the outlook? This MNT Knowledge Center article breaks down the 5-year and 10-year survival rates by stage. [READ NOW](#)

What is explosive diarrhea?

Explosive, or severe, diarrhea causes a person to pass liquid or loose stool more frequently and forcefully than regular diarrhea. Explosive diarrhea occurs when the rectum fills with more liquid and gas than it can hold. Passing the stool is often loud, due to the escaping gas. Read more [What is explosive diarrhea?](#)

What causes muscle cramps?

Tips on how to prevent and treat muscle cramps. [Read more](#)

Diagnosing Thyroid Abnormalities



How do dairy fats influence the risk of type 2 diabetes?



Do high levels of dairy fats increase or lower the risk of type 2 diabetes? A new pooled analysis of 16 international studies aims to provide an answer.

What are the most curable cancers?

By Aaron Kandola

Reviewed by [Christina Chun, MPH](#)

1. [Breast cancer](#)
2. [Prostate cancer](#)
3. [Testicular cancer](#)
4. [Thyroid cancer](#)
5. [Melanoma](#)
6. [Cervical cancer](#)
7. [Hodgkin lymphoma](#)
8. [Takeaway](#)

Although there is no cure for cancer yet, detecting and treating the disease at an early stage can significantly improve a person's outlook. The cancers with the highest 5-year relative survival rates include melanoma, Hodgkin lymphoma, and breast, prostate, testicular, cervical, and thyroid cancer.

[read more](#)

[What are the most curable cancers?](#)

Health Benefits of Cocoa

Lowers High Blood Pressure

Flavonoid-rich cocoa aids in lowering blood pressure and improving the elasticity of blood vessels. [2] [3] Research shows positive changes in the systolic and diastolic blood pressure as a consequence of consuming cocoa-based products instead of black and [green tea](#). [4] These favorable changes are attributed to the presence of antioxidants in it that stimulates the production of nitric oxide, which helps keep blood vessels relaxed. [5] [6] Furthermore, this helps in maintaining a healthy circulatory system.

Antioxidant Capacity

A comparative research study has made it evident that cocoa exhibits higher antioxidant activity than black tea, green tea, and red wine. [7] Antioxidants help neutralize the oxygen-based free radicals that are present in the body. In addition to this, it is abundant in phenolic phytochemicals and possesses a high amount of flavonoids as well.

Improves Brain Health

Scientists have suggested that flavanol-rich cocoa powder may aid in maintaining a healthy brain. [8] [9] These neuroprotective benefits could also have favorable effects on learning and memory functions. The findings have advocated that the consumption of cocoa-based products enhances the flow of blood to the brain and they have provided evidence of the therapeutic potential for curing vascular disorders. [10] [11]

[Organicfacts.net](#)



Healing Flowers



The Fragrant Art of Aromatherapy



High fruit and vegetable consumption may reduce risk of breast cancer



Women who eat a high amount of fruits and vegetables each day may have a lower risk of breast cancer, especially of aggressive tumors, than those who eat fewer fruits and vegetables. In new findings, cruciferous vegetables such as broccoli, and yellow and orange vegetables, had a particularly significant association with lower breast cancer risk.



You can get calcium from vegetables.

If your mother told you to drink your milk to become strong, she was right. Dairy is high in calcium. But veggies like Chinese cabbage, kale, collard greens, and broccoli are also good sources. So are soft-boned fish like canned sardines and salmon. If you don't get enough calcium, you raise your risk of osteoporosis, a disease that makes bones weak.

When you're expecting, your baby needs lots of calcium to grow bones. It's really important in the last 3 months of pregnancy. If you don't get enough, your baby will get what it needs from your bones.

So, eat calcium-rich foods if you're pregnant or breastfeeding. Talk to your doctor about supplements, too.

A walk in nature can be good for your head, your happiness and your relationship



Hormone therapy for depression: Are the risks worth the benefits?



Yogurt has calcium

Yogurt wins by a nose over low-fat milk. An 8-ounce cup of plain yogurt will give you about a third of your daily needs. The amount of calcium can vary, so check labels to be sure you're getting enough.

Orange juice and milk made from almonds, rice, and soy that have the nutrient added to them are also good sources. Shake the container before you pour though, because the calcium can settle to the bottom.

QUOTE OF THE MONTH

"People are gaining a pound or two a year, and nobody says anything. But then by age 50 or 55, they've often gained 30 or 40 pounds, which has huge impacts on their health. In the younger years, middle age, people are acquiring the risk factors that often don't show up as major diseases until later in life."

Harvard School Medicine



vinegar in a variety of forms and flavors. [Read more](#)

Commonly used chemotherapy drug can lead to heart failure: Study



First, doxorubicin was shown to induce irreversible dysregulation that lowered the levels of enzymes in the left ventricle of the heart, which in turn reduced the levels of bioactive lipids mediators produced by these enzymes, mediators that usually would help resolve inflammation.

Moderate Drinking May Protect Your Brain



What Is Autism?

Autism is a wide range or spectrum of brain disorders that is usually noticed in young children. Autism is also referred to as Autism Spectrum Disorder or ASD. Autism decreases the individual's ability to communicate and relate emotionally to others. This disability may range from mild to severe. Autism occurs about four to five times more often in boys than girls.

Is Autism a Disease or a Disorder?

Autism is a disorder, not a disease. There are many brain disorders that fall into the autism category such as autistic disorder, childhood disintegrative disorder, pervasive developmental disorder-not otherwise specified, and Asperger syndrome.

What Does "Spectrum" Mean?

"Spectrum" in autism spectrum disorder refers to the wide range of symptoms, skills, and severity of the disorder. The three most common disorders on the autism spectrum are autism, Asperger's syndrome, and pervasive developmental disorder- not otherwise specified.

Signs of Autism in Toddlers

Autism can develop at various ages. Some infants may show early signs of autism while others may develop normally until 15 to 30 months. The Modified Checklist for Autism in Toddlers, Revised with Follow-Up (M-CHAT-R/F) is a 2 stage screening tool for parents to assess their child's risk for autism spectrum disorder. The M-CHAT-R/F provides a scoring sheet for parents to use after completing the assessment.

Autism Symptoms

The following are common symptoms of autism, but non-autistic children may display some of these behaviors:

- Rocking, spinning, or other repeated movements
- Avoiding physical contact
- Avoiding eye contact
- Rocking, spinning, or other repeated movements
- Delayed speech development
- Repetitive speaking of words or short phrases
- Inability to cope with small changes in a daily routine
- Limited or no interactions with peers

Signs of Autism in Babies

Early warning signs and symptoms of autism are recognizable. If parents or doctors are able to diagnosis autism as an infant, treatment can greatly improve a baby's brain. Signs of autism usually appear between 12 and 18 months, but parents should still be on the lookout for common autism symptoms. Early symptoms may be interpreted as signs of a well-behaved baby because they are quiet, independent, and undemanding.

Behaviors Associated with Autism in Babies

- Will not make eye contact
- Will not respond to parent's voice
- Will not babble (baby talk) or point by 1 year of age
- Will not respond to their name
- Will not smile or laugh in response to others behavior

Signs of Autism in Baby's Second Year

As some autistic children reach age 2, they may regress or lose language skills. Others may simply have no words by 16 months or no two-word phrases by 2 years of age. Children may only speak the same words repeatedly or they may repeat what they hear verbatim. Other signs of autism are organizing toys in certain ways, as opposed to playing with them. They may also refrain from engaging in make-believe play or engaging with other children. Two-year-olds with autism may also be unable to recognize other people's feelings or facial expressions.

Other Signs of Autism

Other autism spectrum disorder symptoms are physical problems such as poor coordination while running or climbing, poor hand control, constipation, and poor sleeping. Some children develop seizures. Pica, or the tendency to eat items that are not food, is common in children and adults with autism.

How Is the Brain Affected By Autism Spectrum Disorder?

Children affected by autism have an excess of synapses, or connections between brain cells. This is because there is a shutdown in the normal pruning process that occurs during brain development. A typical pruning process involves eliminating about half of cortical synapses by late adolescence. Cortical synapses occur in the cortex, which is central to thought and processing information from the senses. Some children with autism have larger than normal brains but findings are inconsistent. MRI scans of some children with autism show abnormal cortical responses and some show other abnormalities. Future advances in brain studies may change our understanding of the brain's role in autism.

Early Screening for Autism Spectrum Disorder

Because autism spectrum disorders range from mild to severe, many children are not diagnosed early. Diagnosing autism may be difficult because there are no medical tests, such as blood tests, that can diagnose children. Therefore, treatments may be delayed for years. Autism can sometimes be detected in children 18 months or younger. Many pediatric doctors can diagnosis children by age 2.

[How to increase your metabolism](#)



Many factors influence the speed of a person's metabolism, including their muscle mass, activity level, and genetics. There are several ways to boost metabolism, including eating at regular times, trying high-intensity interval training, and reducing stress. Here, learn about these and other strategies

Autism Diagnosis: Speech Problems

During developmental screening, a doctor will observe how the baby reacts to the parent's voice, smile, and other stimuli and may ask a few questions about the child's reactions. The Communication and Symbolic Behavior Scale may also be used to evaluate a child's communication level and help decide if seeking professional care is necessary. Other tests that determine hearing, speech development, and behaviors may be completed to help distinguish autism from other developmental problems.

Autism Diagnosis: Poor Social Skills

A major part of the diagnosis of autism is determining social skills. Some features of many children with autism are their inability to look another person in the eye, even the eyes of their parents. Children with autism often focus on objects and do so intently, virtually ignoring other people or other stimuli for long time periods. If children with autism do communicate, it is often robot-like without facial expressions or gestures. Ages and Stages Questionnaires can be helpful in evaluating a child's communication, gross motor, fine motor, problem-solving, and personal adaptive skills.

Autism Diagnosis: Evaluation

Although there is no medical test for autism, a comprehensive diagnostic evaluation can help diagnosis a child with autism. This evaluation may include looking at the child's behavior and development and interviewing parents. Hearing and vision screenings, genetic testing, and neurological testing may also be involved in a comprehensive diagnostic evaluation. Most clinicians accept the three criteria listed below for diagnosis:

Impairments in social interactions

Impairments in communication

A restricted and repetitive range of interests, behaviors, and activities

Asperger's Syndrome

In 2013, *The Diagnostic and Statistical Manual of Mental Disorders* (DSM-5) changed how Asperger's syndrome is classified. Asperger's syndrome is no longer a diagnosis on its own, it is now part of the category autism spectrum disorder. Asperger's syndrome is a "high-functioning" type of autism spectrum disorder. Symptoms of high-functioning autism may include lack of eye contact, awkwardness in social situations, missing social cues, or not showing many emotions. Children may also have normal or superior intelligence but have difficulty in relating to people and making friends. They also tend to focus on specialized tasks.

Autism Treatment: Behavior Programs

Treatment of autism is available. Behavioral therapy programs are available from several sources and they are designed to aid people in talking, communicating effectively, interacting with others, and avoiding negative or antisocial behaviors. Behavioral therapy uses positive reinforcement, self-help, and social skills training to improve behavior and communication.

Applied Behavioral Analysis (ABA) and Treatment and Education of Autistic and Related Communication Handicapped Children (TEACCH) are treatments available for children with autism. The Autism Society maintains a website and offers a toll-free hotline (1-800-3-AUTISM/1-800-328-8476). This resource provides information and referral services to anyone who requests them.

Autism Treatment: Education

Treatment involves educating the child with autism spectrum disorder. The Individuals with Disabilities Education Act (IDEA) authorized states to determine how to provide educational services to children younger than 3 years of age. The Education for All Handicapped Children Act of 1975 requires free and appropriate public education for all children, regardless of the extent and severity of their handicaps.

Amendments to the Education of the Handicapped Act of 1986 extended the requirement for free and appropriate education to children aged 3 to 5 years. Parents are advised to check with their individual school administrators to determine what programs best fit their child.

Autism Treatment: Medication

Although there is no medical treatment for autism, there are treatments for some autism symptoms. You and your child's pediatrician should discuss medical therapy before it is administered to be sure the benefits outweigh any risks. The medical agents commonly used are antipsychotic agents like risperidone or aripiprazole. Drugs such as methylphenidate, fluoxetine, anti-seizure medications, and others may help specific symptoms. Close observation is required to monitor the child's response to any medication.

Autism Treatment: Sensory Integration

As previously described, children with autism spectrum disorder may be extremely sensitive to various sensory stimuli such as sounds, lights, textures, taste, and odors. Some children may become agitated by touching, hearing, or seeing specific things such as a bell, blinking lights, touching something cold, tasting certain foods, or smelling a specific odor like a disinfectant. Some children can be trained to adapt and thus improve behavior. Sensory integration therapy assesses the way an individual's brain processes sensory input. A sensory integration-trained occupational or physical therapist will evaluate the autistic child in order to create a plan that matches sensory stimulation with physical movement, which can improve how the brain processes and organizes sensory information.

Medicine.net

[Caffeinated or not, coffee linked with longer life](#) 

• [Chicken Chili With Sweet Potatoes](#) 

Keeping the same doctor reduces death risk, study finds

New research suggests continuity and bond between patient and doctor not only improves level of care, but can also save lives



Seeing the same doctor each time you need medical care might reduce your risk of death, research suggests.

Previous studies have revealed that so-called continuity of care is linked to a number of benefits, including patients following medical advice more closely, better uptake of vaccines and other preventive measures, and fewer emergency hospital admissions.

Now researchers say a link also appears to exist for mortality, suggesting the bond between patients and their doctors might be even more important than previously thought.

"Basically we are saying that at a time when the emphasis in the reports in the press are all about new machines and new technology, that this is an article that shows the human side of medicine is still very important and even a matter of life and death," said Sir Denis Pereira Gray, first author of the research from St Leonard's Practice, Exeter.

Read more

[Keeping the same doctor reduces death risk, study finds](#)

[Human stem cells may help treat heart failure: Study](#)

The researchers induced experimental heart attacks in macaque monkeys, which were chosen because of their similarities with human beings in terms of heart size and general physiology

Drinking red wine may help you lose weight, say studies



Drinking red wine may help you lose weight, say studies

So far you may have been told that if you want to lose weight, you must ditch booze, avoid high-calorie intake and hit the gym. Well, the latter pieces of advice may work for all of us, but ditching booze to lose weight is not a good idea, say experts. According to researchers, drinking red wine in moderation can actually help you in your weight loss journey.

How does it aid weight loss?

Read more

[Drinking red wine may help you lose weight, say studies](#)

[All About Hydrosols](#)

Hydrosols, said to be "the quiet revolution in herbal medicine," are a combination of both aromatherapy and herbalism. These aromatic waters are created by steam-distilling plant materials.

[Learn how to make and use your own aromatic waters.](#)



SLIDESHOW

[13 Surprising Uses for Baking Soda](#)



You can use it for baking and for getting odors out of your fridge. Here's why baking soda deserves a spot in your medicine cabinet, too.



[What You Don't Know About Polyps](#)



Some polyps are benign and can't turn into cancer. Others can. The odds depend on their location, cause, and how long they've been there.

[The secret pacemaker payments boosting private hospital coffers](#)



If you end up needing a life-saving heart device, you would expect the number one consideration would be which device is best for you. But there are secret financial deals going on at many of the country's major private hospitals that patients aren't being told about.



Using the glycemic index

Different carbohydrate-containing foods affect blood glucose differently — an effect quantified by measures known as the glycemic index and glycemic load.

The glycemic index (GI) assigns a numeric score to a food based on the rise in blood sugar after eating a standard amount (50 grams) compared with the rise after eating 50 grams of pure glucose. Foods are ranked on a scale of 0 to 100, with pure glucose given a value of 100.



The lower a food's glycemic index, the slower and lower blood sugar rises after eating that food. A glycemic index of 55 or below is considered low; 70 or above is considered high. In general, the more cooked or processed a food is, the higher its GI, and the more fiber or fat in a food, the lower the GI.

The glycemic index tells just part of the story because it indicates only how fast a particular carbohydrate-rich food raises blood sugar. What it doesn't tell you is how high your blood sugar could go when you actually eat the food, which is partly determined by how much carbohydrate is in a serving of a particular food. To understand a food's complete effect on blood sugar, you need to know both how quickly it makes glucose enter the bloodstream and how much glucose it can deliver.

Understanding glycemic load

A separate measure called the glycemic load gives a more accurate picture of a food's real-life impact on blood sugar. The glycemic load is determined by multiplying the grams of carbohydrate in a serving by the glycemic index and dividing by 100. A glycemic load of 10 or below is considered low; 20 or above is considered high. Watermelon, for example, has a high glycemic index (80). But a serving of watermelon has so little carbohydrate (6 grams) that its glycemic load is only 5.

Some nutrition experts believe that people with diabetes should pay attention to the glycemic index and glycemic load to avoid sudden spikes in blood sugar. A review by the Cochrane Collaboration (an international group of health authorities who evaluate evidence from randomized clinical trials) found that people who followed a low-GI diet lowered their HbA1c levels by 0.5 percentage point — and they were also less likely to experience hypoglycemia. To put that effect into perspective, the FDA considers a drop in HbA1c of as little as 0.4 of a percentage point to be meaningful when assessing drugs to treat diabetes.

The American Diabetes Association acknowledges the value of the glycemic index and glycemic load, saying that “substituting low-glycemic-load foods for higher-glycemic-load foods may modestly improve” blood sugar control. But it also says that the total amount of carbohydrate in a food, rather than the food's glycemic index or load, is a stronger predictor of what will happen to blood sugar. Some dietitians feel that focusing on the glycemic index and glycemic load adds an unneeded layer of complexity to choosing what to eat. The bottom line? Following the principles of low-glycemic-index eating is likely to be beneficial, as it essentially encourages a high-fiber diet that is moderate in carbohydrates, but reaching and staying at a healthy weight is more important for your blood sugar and your overall health.

4 principles of low-glycemic eating

- Eat non-starchy vegetables, beans, and fruits such as apples, pears, peaches, and berries. Even tropical fruits like bananas, mangoes, and papayas tend to have a lower glycemic index than typical desserts.
- Eat grains in the least-processed state possible: “unbroken” grains such as whole barley, millet, wheat berries, brown rice, and whole-kernel bread; or traditionally processed grains such as stone-ground whole-grain bread, steel-cut oats, and natural granola or muesli breakfast cereal.
- Cut back or cut out white potatoes and refined grain products such as white breads, bagels, pastries, and regular pasta.
- Let concentrated sweets — including high-calorie foods with a low glycemic index, such as ice cream — be an occasional treat instead of a staple. Don't drink more than one-half cup of fruit juice a day. Completely eliminate sugar-sweetened drinks.

— Adapted from *Ending the Food Fight* by David Ludwig with Suzanne Rostler (Houghton Mifflin, 2008).

To look up the GI values for a wide range of foods, visit www.glycemicindex.com.

Start an exercise program

Being physically active can increase your life span, regardless of any “bad genes” you might have inherited. At any age, exercise protects against a multitude of chronic health problems, including cardiovascular disease. It helps control your weight and improve your blood pressure, lipid levels, clotting factors, inflammation, and overall health of your blood vessels.

Physical activity can lower your risk of developing type 2 diabetes by making muscle cells more sensitive to insulin produced by your body. In the federal Diabetes Prevention Program, modest lifestyle changes delayed or prevented the onset of type 2 diabetes by 58% — a better rate than that achieved with the diabetes drug metformin.

Exercise can also overcome the tendency of low-fat, lower-calorie diets to reduce levels of HDL cholesterol, especially in women. In the classic Stanford Weight Control Project, HDL levels in women on a low-fat diet fell 7% over the course of a year. But women who combined diet and exercise — about 8 miles of walking or jogging a week — increased their HDL levels in addition to losing weight and lowering their levels of total and LDL cholesterol. In men, a low-fat diet didn't change HDL levels, but diet plus exercise substantially increased them.

Even if you already have heart disease, small increases in physical fitness can make a significant difference in cardiovascular risk. If you have heart problems or if you experience chest pain during a workout, talk to your doctor before you start an exercise regimen. You can minimize any risks of physical activity by starting gradually, avoiding overexertion, and seeking medical attention promptly if you have chest pains, leg cramps, undue shortness of breath, palpitations, or light-headedness. A doctor's evaluation is important because such symptoms may suggest a disorder of the heart, lung, nervous system, or blood vessels.

Harvard School of Medicine



Help or Hype?

A relative of ginger, this vivid yellow-orange spice is common in Indian, Southeast Asian, and Middle Eastern cooking. It's also been used as medicine in places like India for centuries to treat issues such as breathing problems. Lately, turmeric has been touted as a super food that can fight cancer, ease depression, and more. Find out what turmeric can -- and can't -- do for your health.

Depression

Several compounds in turmeric may support your health. The most well-known of these is curcumin. Scientists are excited about curcumin's potential to ease depression and help antidepressants work better. But so far, research results have been mixed

. Type 2 Diabetes

Because curcumin can help fight inflammation and keep blood sugar levels steady, it could be a useful tool to prevent or treat type 2 diabetes. One study followed 240 adults with prediabetes and found that taking a curcumin supplement over 9 months lowered their odds of developing diabetes. Research is ongoing, but a lot of the studies so far have been on animals, not people.

Viral Infections

The next time you're under the weather, you may want to sip some turmeric tea. Curcumin might help you to fight off a variety of viruses, including herpes and the flu. (But most of the research on this was done in a lab, not on people.) Keep in mind that turmeric is only about 3% curcumin, and your body doesn't absorb curcumin well, so the occasional cup of tea won't be a cure-all.

Viral Infections

The next time you're under the weather, you may want to sip some turmeric tea. Curcumin might help you to fight off a variety of viruses, including herpes and the flu. (But most of the research on this was done in a lab, not on people.) Keep in mind that turmeric is only about 3% curcumin, and your body doesn't absorb curcumin well, so the occasional cup of tea won't be a cure-all.

Premenstrual Syndrome

A recent study that followed women for three menstrual cycles in a row found that curcumin supplements helped ease PMS symptoms. A study on muscles from guinea pigs and rats suggests that turmeric could bring relief from menstrual cramps, too.

High Cholesterol

Research on turmeric's ability to protect your ticker has been mixed. Some studies have found that turmeric can lower LDL "bad" cholesterol, while others concluded that the spice has no effect. Scientists continue to look into the heart-protective possibilities of turmeric. One small study found that turmeric can help ward off heart attacks in people who have had bypass surgery.

Alzheimer's Disease

People with Alzheimer's have chronic inflammation, and turmeric seems to have natural anti-inflammatory effects. So does turmeric fight Alzheimer's? Sorry, there's no strong scientific evidence yet that taking turmeric is an effective way to prevent the disease. WebMD

Make The Most Of Fenugreek

Seeds

When you're scrounging around your kitchen for a quick fix to digestive discomfort, grab a handful of fenugreek seeds and brew yourself a tea. The seeds also come in handy when your blood sugar levels are playing up or when you need a poultice for irritated skin. Nursing moms, take advantage of the seeds' milk-boosting properties. Men, use it to rev up your libido.

[VIEW ARTICLE](#)

Nutmeg protects the liver.

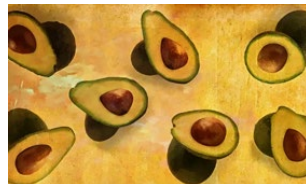
Nutmeg just received some more scientific backing. As welcome as the fall spice is in our puddings, eggnogs, and baked desserts, it looks like our liver doesn't hold back from the revelry either. Nutmeg's protective effects against liver damage run gene deep. We're loving how research is consolidating its traditional therapeutic uses.

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Breathing to focus works!

The University of Dublin pays homage to the yogis and Buddhists of yore. They prove that breath-focused meditation can, in fact, improve focus. Mindfulness breathing and controlled-breathing techniques like pranayama can get noradrenaline levels just right. At the right level, this brain chemical increases nerve crosstalk and improves attention.

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Types Of Avocados And How They Differ



[Graphic warnings on unhealthy foods may help people make better choices](#)



Health warnings similar to those used on cigarette packets could be an effective way of helping people make healthier food choices, a study finds.

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

By Stephanie Pappas, Live Science Contributor



he latest diet craze among celebrities promises weight loss without sacrificing bacon.

The keto diet, short for "ketogenic," involves eating a high amount of fat, a moderate amount of protein and very few carbs — even fruit is off the table. As with any fad diet, adherents tout weight loss, increased energy and greater mental clarity among the benefits. But is the keto diet all it's cracked up to be?

Not precisely, nutritionists and dietitians say. Low-carb diets like the keto do appear to lead to some short-term weight loss, but they're not significantly more effective than any other commercial or self-help diet. And they don't appear to improve athletic performance. [[Diet and Weight Loss: The Best Ways to Eat](#)]

Celebrities Are Obsessed with the Keto Diet. Why You Shouldn't Be. The fad diet, which promises weight loss without sacrificing bacon, is not all it's cracked up to be.

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Visit to Toongabbie restaurant-in Sydney
<https://youtu.be/WBTE3jekonU>

Blood-thinning drugs designed to cut stroke risk may actually increase it
Scientists call for caution in prescribing anticoagulants after some patients with other conditions found to suffer more strokes

Sarah Boseley *Health editor*

Blood-thinning drugs may increase rather than cut the risk of stroke in some people over 65 who have an irregular heartbeat and also chronic kidney disease, according to a new study.

The researchers are calling on doctors to be more cautious in prescribing the drugs, called anticoagulants, until there has been more research.

Research led by scientists at University College London highlights the problems with polypharmacy — the use of multiple drugs for people with more than one health issue. Older people are especially likely to be on medication for more than one complaint.

The researchers enrolled nearly 7,000 patients who had chronic kidney disease and were then diagnosed with atrial fibrillation — the most common form of irregular heartbeat. It affects at least 33.5 million people over the age of 55 worldwide and accounts for 1% of the NHS health budget in the UK. Chronic kidney disease is also common, says the paper in the British Medical Journal, affecting 10-15% of adults. A third also have atrial fibrillation. About half a million people in the UK have both conditions and could be prescribed blood-thinning drugs.

Abridged version

Eggs have high quality Proteins

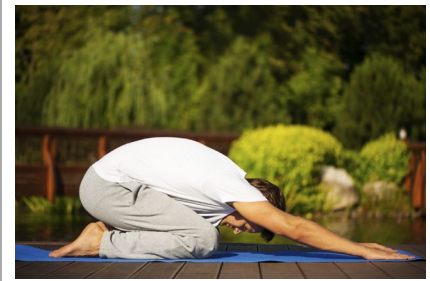
They have amino acids your body needs to make your cells work, and they're loaded with nutrients like vitamin D, which isn't in many foods. At just a few cents per egg, they're an amazing deal for such a high-quality protein.

12 Foods That Contain Natural Digestive Enzymes

Without sufficient digestive enzymes, your body is unable to break down food properly, potentially leading to digestive disorders and unpleasant symptoms. Here are 12 foods that contain natural...

[Read on](#)

Today's Health Topic Yoga for anxiety and depression



Meditation and other stress-reduction techniques have long been studied as possible treatments for depression and anxiety. One such practice, yoga, has received less attention in the medical literature, though it has become increasingly popular in recent decades. Yoga classes can vary from gentle and accommodating to strenuous and challenging; the choice of style tends to be based on physical ability and personal preference. Available reviews of a wide range of yoga practices suggest they can reduce the impact of exaggerated stress responses and may be helpful for both anxiety and depression.

[Read more >>](#)

Spotting the signs of hypoglycemia

Many experts associate hypoglycemic reactions with blood sugar levels below 60 mg/dL, but it's difficult to pinpoint the level at which hypoglycemia symptoms will affect an individual because each person responds differently. For instance, your blood sugar might fall below 40 mg/dL without causing any symptoms, while someone else might feel symptoms coming on when his or her blood glucose falls below 70 mg/dL.

Over time, the symptoms may become subtler. You may or may not experience

- Palpitations: sweating: anxiety: fuzzy thinking
- hypoglycemia unawareness, in which a person experiences no warning symptoms even when their blood sugar levels are very low.

Low blood sugar usually sets off alarms in many organ systems. The brain, which relies on glucose to function, is especially sensitive to sugar deprivation. The first signs of hypoglycemia resemble those of an anxiety attack because a decline in blood sugar stimulates the autonomic nervous system. Epinephrine (also known as adrenaline) is secreted, causing sweating, nervousness, trembling, palpitations, a fast heart rate, lightheadedness, and often hunger. The release of epinephrine is a corrective response to hypoglycemia not only because it signals you to eat, but also because it prompts your liver to make more sugar.

If hypoglycemia is not treated rapidly, it may get worse and affect brain function, leading to

- blurred vision: slurred speech: confusion: other behavior that resembles drunkenness, such as belligerence or silliness.

A further drop in blood sugar levels or failure to treat the condition promptly may result in loss of consciousness, seizures, and even death. An episode of hypoglycemia while driving can cause a serious car accident, especially if you postpone treating yourself, thinking you can make it to your destination. Don't risk it: stop and get something sweet right away if you don't have anything handy in your car.

Not everyone experiences all these symptoms, and it can be hard to tell the difference between hypoglycemia and anxiety over a problem at work or an argument with your spouse. In addition, beta blockers (used to treat high blood pressure and heart disease) can mask the early symptoms and result in more severe hypoglycemia. That's why doctors often look for alternatives to beta blockers in people with diabetes. Alcohol can also mask the symptoms of hypoglycemia, which is one reason it must be used cautiously. If hypoglycemia occurs during sleep, the only clues may be damp pajamas (from sweating), vivid nightmares, or a nagging headache on awakening. It's important to be attuned to these early signs and to know what blood sugar levels set off hypoglycemia.

Preventing hypoglycemia is preferable to treating it. If you're taking insulin, you may experience hypoglycemia at some time, most likely because of a change in eating patterns, such as missing a meal. But if you engage in binge drinking of alcohol, have irregular eating patterns, or have liver or kidney disease, you are at particular risk.

Treating low blood sugar

While it's a good idea to test your blood glucose level if you suspect you're having a hypoglycemic reaction, often there just isn't time. Once you start to feel strange, don't put off treatment. Follow the 15/15 rule, as explained by the U.S. National Library of Medicine:

Eat 15 grams of carbohydrate and wait 15 minutes. The following foods will provide about 15 grams of carbohydrate:

- 3 glucose tablets: Half cup (4 ounces) of fruit juice or regular soda: A glass of milk: 6 or 7 hard candies: 2 tablespoons of raisins: 1 tablespoon of sugar

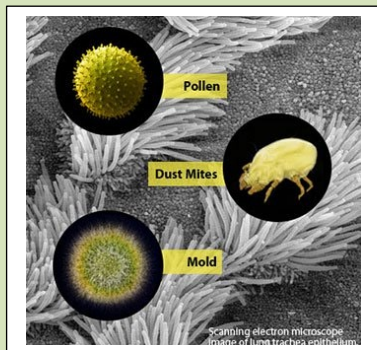
After the carbohydrate is eaten, wait about 15 minutes for the sugar to get into your blood. If you do not feel better within 15 minutes, more carbohydrate can be consumed. Your blood sugar should be checked to make sure it has come within a safe range.

Harvard Medical School

Diabetic ketoacidosis

Diabetic ketoacidosis (DKA) — in which blood sugar levels soar very high — is far more common among people with type 1 diabetes than those with type 2. It develops when insulin falls to a critically low level, often when you miss insulin injections or use too little insulin during a period of illness or unusual stress. Illness and stress increase your vulnerability because the hormones released in these situations oppose the action of insulin. Unless insulin doses are maintained or increased, insulin insufficiency develops. When your insulin levels are very low, cells can't absorb glucose from the bloodstream to make energy. Instead, they begin to break down stored fat. A natural byproduct of this fat breakdown are acids called ketones. When they reach high levels, the body can't metabolize them fast enough. As a result, the ketones accumulate in your bloodstream, making your blood acidic. At the same time, your kidneys excrete large amounts of glucose-rich urine, causing dehydration. Symptoms of DKA include increased thirst; frequent urination; rapid breathing; nausea, vomiting; fatigue; abdominal pain; "fruity" breath. As the condition progresses, blood pressure falls because of dehydration. Confusion and even coma can develop if blood sugar levels become extremely high. Because the warning signs often develop over several days, regular blood glucose tests can alert you when levels are becoming high enough to increase the risk for DKA. You can also detect the development of DKA by monitoring ketones in your urine. This test is easily performed at home using a urine dipstick for ketones. Urine ketones should be checked whenever your blood sugar levels become unusually high or when you've developed a new illness, especially one with gastrointestinal symptoms such as abdominal pain, nausea, or vomiting. Call your doctor immediately if your urine test shows more than a moderate level of ketones (30 to 40 mg/dL). Treatment involves insulin, fluids, and electrolytes (minerals such as sodium, potassium, and chloride) given through a vein. Untreated, DKA can be fatal.

Allergy facts




Allergy involves an exaggerated response of the immune system, often to common substances such as foods or pollen.

The immune system is a complex system that normally defends the body against foreign invaders, such as bacteria and viruses, while also surveying for abnormal changes in an individual's own cells, such as cancer. Allergens are substances that are foreign to the body and that cause an allergic reaction. IgE is the allergic antibody.

Allergies and the Immune System


Allergy involves a response of the immune system, often to common substances.


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[Skin Test for Allergy](#) 

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[Here's How to Pack Protein Into Your Diet](#) 

Annual Seniors' Event organized by the Sri Lankan Association of NSW, Sydney
<https://youtu.be/34kBgjv5pis>



[All About Lemongrass](#) 



[Easy-to-Grow Herbs for a Kitchen Garden](#) 



Start With Your Hips

Get your joints moving and warmed up before you get out of bed. Loosen your hips with this quick range-of-motion exercise. Lie on your back and roll your legs in until your knees face each other. Then roll your legs



Loosen Your Shoulders

Wake up your upper body. Lie on your back with your arms at your sides. Lift one arm until your fingers point at the ceiling. Lower the arm to your side and raise your other arm. Repeat five times.



Get Stronger

Strength training helps your muscles support your joints. It can include lifting weights or using your own body weight for resistance. A morning workout helps you burn more fat throughout the day. If you've never lifted weights before, check with your doctor first. It's also a good idea to talk to a trainer or physical therapist about how to do each move.

Compiled, edited & published by
Dr Harold Gunatillake
To unsubscribe email:
haroldgunatillake1@gmail.com

Dr Gunatillake-Health editor is a member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery, Member of the International Societies of Cosmetic surgery, Fellow of the International College of Surgery (US), Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery, Board member of the International Society of Aesthetic Surgery, Member of the American Academy of Aesthetic & restorative Surgery, Life Member of the College of Surgeons, Sri Lanka, Batchelor of Medicine & Surgery (Cey)