

Coffee-should we drink or not?

- Lower risk of cardiovascular disease & stroke
- Parkinson's disease & diabetes

It's hard to believe how good coffee is for us, particularly for those of us who grew up hearing coffee would cause ulcers (no longer thought to be the case), or would stunt our growth (always just a myth).



Really, nothing else on this list competes with coffee and its many benefits. A 2015 article in *The New York Times* entitled "More Consensus on Coffee's Effect on Health Than You Might Think" summed up the situation nicely: In recent years, research has suggested that long-term coffee drinking was associated with a lower risk for cardiovascular disease, stroke, Parkinson's disease and type 2 diabetes; may have a protective effect against cognitive decline; and is associated with better outcomes for those with liver disease, among other benefits. Science suggests that caffeine is part of the picture but doesn't alone explain the benefits associated with drinking coffee. Based on the research, most coffee lovers can justify drinking as many as four cups a day (one of the few exceptions is that lower levels of caffeine are recommended for pregnant women). One other note: The health benefits of coffee are limited to plain coffee—additions such as creamer, sugar, flavouring syrups, whipped cream, etc., all affect the health profile of these beverages, and can quickly make a healthful drink into an unhealthy one.

What's in Coffee Creamer?

If you've ever spent a moment thinking about what's in those little cups of creamer that can sit out on restaurant tables and hotel coffee bars for hours without refrigeration, you've probably come to the conclusion that they contain no actual cream. So what does make up those tiny cups or packets of powder? Unfortunately, it's a blend of highly processed ingredients including corn syrup, soybean oil, high fructose corn syrup and preservatives. Most "gourmet" coffee creamers are not much better, containing mostly corn syrup, preservatives and unhealthy hydrogenated vegetable oils such as soybean and canola. Some "natural" creamers at least contain ingredients we've all heard of, such as actual milk, but they're still high in sugar.

Mother Earth Living

Christmas Celebration with Healthy Food



Christmas dinner at a Sri Lankan home in Castle Hill, Sydney. Array of healthy food served with an attractive five-star hotel lay-out.

Surprisingly, no traditional processed white rice, fried oily brinjal curry, papadams, dry fish, et. al.

Start the New Year with healthy wholesome food



Midnight Pasta With Garlic, Anchovy, Capers and Red Pepper

By DAVID TANIS

With a few basic staple pantry items, a true feast can be ready in minutes.

Women with high BP, diabetes at higher risk from heart attack than men: Study

Smoking increased a woman's chances of a heart attack by 55% more than it increased the risk in a man, while high blood pressure increased a woman's chances of heart attack by an extra 83% relative to its effect in a man. Similarly, type II diabetes had a 47% greater impact on women's heart whereas type I diabetes had an almost three times greater impact on a woman.



Group of kids from Kandy
All belongs to one big family
They attend international C.I.S
Sure, they all will end up in bliss

- CIS- Colombo International School-Kandy branch)

The Truth About Triglycerides

Fatty foods like butter are loaded with them -- but many carbs are, too. And if your levels are too high, you're more likely to get heart disease.

[Read More](#) >



The type and amount of carbohydrates you eat have a direct effect on your triglyceride levels. Starchy vegetables like peas and corn supply ample amounts of carbohydrates per serving. Your body turns excess carbohydrates that are not used for energy into triglycerides. Fill your plate with lower starch veggies that will not increase your triglycerides including cauliflower, mushrooms, and kale. Avoid foods that contain simple sugars like fructose. These increase triglyceride levels. WebMD

[Bodies may cure themselves of diabetes in future](#)

Now, a study, headed by researchers at the University of Bergen, in collaboration with other international researchers, have discovered that glucagon producing cells in the pancreas, can change identity and adapt so that they do the job for their neighbouring damaged or missing insulin cells.

Are Your Triglyceride Levels Normal?

What do you know about triglycerides? Get the facts on triglycerides and learn what your triglyceride levels mean. [Read more...](#)

[Some Diabetes Drugs Linked to Higher Heart Risks](#)

Relax, Read & share



Raw Garlic

This is one powerful plant. It's rich in selenium, an antioxidant that may help control high blood pressure and possibly lower your chances of some cancers. You can mix it into veggie stir-fries, casseroles, or tomato sauce for pasta, but you'll get more nutrients if you eat it raw or add it just before the dish is finished cooking.

WebMD



Make Tomato Sauce

Pasta tossed with rich tomato sauce is an easy classic that's good and good for you. Cooking fresh, diced tomatoes helps your body take in and use lycopene, a natural chemical that may make you less likely to have heart disease and some types of cancer. WebMD



Cook Carrots

These popular veggies have natural chemicals, too, called carotenoids. They're what make carrots orange, and they may help protect your eyes and possibly lower your chances of some cancers. Like lycopene, heat makes carotenoids easier for your body to use, so steam or lightly roast fresh carrots to get the most out of them.

WebMD

<https://www.elanka.com.au/sugar-may-be-the-cause-of-most-diseases-by-dr-harold-gunatillake/>

The Benefits of Regular Exercise

Surgeons are doing fewer knee surgeries

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



Orthopedists often recommend arthroscopy to diagnose and treat common painful knee problems, such as arthritis or torn cartilage. The risks are much lower and recovery times much shorter than standard “open” knee operations.

But studies have demonstrated convincingly that for some instances of knee pain, medications and physical therapy may work just as well as arthroscopic surgery. Despite these recent data, some orthopedists continued to recommend arthroscopic surgery. Now, that seems to be changing.

[Learn more »](#)

A New Idea about What Triggers Alzheimer's



Is Our Future Really Written in Our Genes?



How Trump's Wall Would Alter Our Biological Identity Forever

It would destroy an extraordinary web of biodiversity that evolved over millions of years



It's no secret that the Trump administration is attacking science. From scrubbing the words “climate change” from federal agency websites to cutting public health programs in the Environmental Protection Agency to burying its own climate report involving more than 300 leading climate scientists, President Donald Trump and his appointees take well-established scientific facts and treat them like science fiction. One environmental attack is particularly appalling, but headlines have focused more on its political theatrics than on its catastrophic consequences for North American biodiversity: building the wall along the U.S.-Mexico border. As a scientist who understands the implications of this decision for wildlife, I am astounded and outraged that such a precious biological treasure is being sacrificed for political gain. And I am not alone.

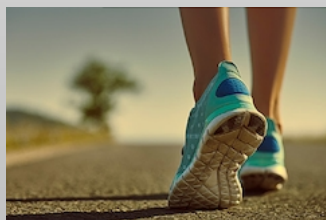
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How Trump's Wall Would Alter Our Biological Identity Forever

How to Walk the Weight Off

Does brisk walking count as cardio? And how many minutes of it should you do each week if you want to lose weight?

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Type 2 Diabetes Warning Signs

About 1 in 3 people with the disease don't know they have it. Here are some common early symptoms.

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Exercising With Osteoarthritis

These workouts can help you stay fit with less impact on your knees, hips, and other joints.

[Read More](#) 

Symptoms of a Yeast Infection

Most women will have at least one vaginal yeast infection with symptoms at some point, and almost half will have two or more.

[Read More](#) 

What does the future hold for imaging of osteoarthritis?



Radiography, MRI, and ultrasound all have a role to play in osteoarthritis imaging, but what are the pros and cons of using each modality, and how is hybrid imaging likely to transform this field? Three international musculoskeletal experts provide some answers.

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I'm having a sober summer this year. Here's what I've learnt so far

It's not until you put down your drink that you really appreciate the huge part booze plays in how we socialise. And there's a lot to be learnt about yourself and our relationship with alcohol by going dry, especially during the holidays.

[More](#) 

Factors that increase your risk for a secondary cancer



Several factors can make you more likely to develop a secondary cancer. Some are under your control. Others aren't. It's important for you to discuss your risks with your doctor and find out what you can do to lower your odds of developing cancer again. Equally important, discuss how often you need to get screened, so you can catch any new cancers early.

Family history. When you have multiple close relatives who all developed a particular cancer, that's a very strong indication that your family carries a genetic susceptibility. Though you can't change your genes, you can get tested for genetic changes that are associated with increased cancer risk and — if you are at higher risk — be screened for those cancers and take other preventive measures.

[Read more »](#)

What's the Most Common Symptom of MS?



Osteoporosis and exercise

Weight-bearing exercise — movement that forces a part of your body to work against gravity — encourages the bones in that area to shore up their strength. Weight-bearing exercise includes any activity where your body must bear its own weight — for example, tennis or running. However, if you know you have osteoporosis, you'll want to start with gentler activities — such as tai chi or walking — and get your doctor's advice before starting an exercise program.

Does magnesium hold the key to vitamin D benefits?

Published Sunday 30 December 2018

By [Yella Hewings-Martin PhD](#)

[Fact checked](#) by Isabel Godfrey

New research finds that magnesium may hold the key to understanding how vitamin D levels relate to health and disease.

[Vitamin D](#), also known as the sunshine [vitamin](#), has enjoyed something of a celebrity status, receiving praise for a multitude of health benefits.

Read more

[Does magnesium hold the key to vitamin D benefits?](#)

Research has linked low vitamin D levels with a range of conditions, including bowel cancer. But, without magnesium, vitamin D may not function properly.

[Food / Turning water into wine: how did simple H2O become a luxury commodity?](#)



[Doctors told her she was mentally ill — it was actually deadly brain disease](#)



[Everything you need to know about choosing sunscreen](#)



Health Tips!

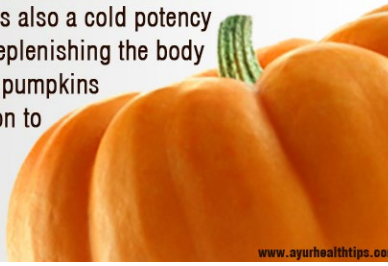
The more we advance through the years, the more we realize that it's not money, work, accomplishments, or fun that matters, rather our health.

Staying healthy is the key to happiness - when we are healthy, we can work, we can enjoy time with our family, we can partake in life's joys and excitements, and so much more.



HEALTH BENEFITS OF PUMPKINS

Pumpkins are very beneficial for Heart ailments and also helps in reducing cholesterol. It is also a cold potency food and helps in soothing and replenishing the body from inside. This is why cooking pumpkins for heart patients is a best addition to their diet charts.



www.ayurhealthtips.com

Bone Up on Holistic Pet Care



Your family's health and well-being are important to you, including those of the four-legged members of your clan. So when conventional veterinary methods keep you on a tight leash, it's a relief to know that there are alternative ways to keep your pet healthy and happy.

[Explore effective and safe alternatives for your furry friend's overall well-being.](#)



How to Get More Juice From Lemons and Limes

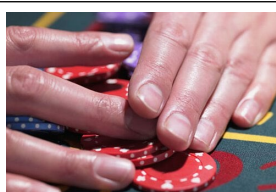
[Here are 3 tricks to squeeze every last drop out of your precious citrus fruits.](#)

[Watch Video](#) >

What Your Nails Say About Your Health

What do your nails say about your health? Find out which nail problems may be a sign of disease in the body.

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Osteoporosis and diet

Calcium is the building material for strong bones. Vitamin D helps your intestines absorb calcium into the bloodstream, which delivers it to your bones, muscles, and other body tissues.

According to the National Osteoporosis Foundation (NOF), men and women ages 51 and older should consume 1,200 milligrams (mg) of calcium a day. It's best to get your nutrients from a balanced, nutritious diet. Dairy products provide the most concentrated sources of calcium. But you can also find calcium in tofu, almonds, spinach, kale, broccoli, fortified orange juice, and canned fish that includes soft bones (like sardines and salmon).

In addition, the NOF recommends 800 to 1,000 international units (IU) of vitamin D per day for men and women ages 50 and older. There are only a few good food sources of vitamin D, such as eggs, saltwater fish, and liver. As a result, most people find they need a supplement. Your body will most easily absorb and use the form of vitamin D called cholecalciferol (or vitamin D₃), so look for a D₃ supplement.

Vitamin K also helps keep bones strong. This vitamin is found in leafy greens and cruciferous vegetables. A cup of fresh raw spinach will deliver more than enough. So will a generous portion of cooked broccoli or Brussels sprouts

Harvard School of Medicine.

Is Laughter Really the Best Medicine?

[Maybe "best" is too strong a word, but laughing can do some surprising things for your health.](#)

[Read More](#) >

14 Reasons to Eat More Pasta

[Good news, linguine lovers: Pasta can make you less "hangry" and may lower your BMI \(or at least not raise it\).](#)

[Read More](#) >



A Novel Way to Fight Drug-Resistant Bacteria



What Is Frozen Shoulder?

[It may take a few years to recover from this condition completely. But it can improve long before then, especially if you take certain steps.](#)

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Diabetes: What You Need to Know

Knowing the causes, symptoms, and treatments will make you a more informed patient or caregiver.

[Read More](#) 

Can You Reverse Type 2 Diabetes?

Lifestyle changes can help you reach normal blood sugar levels without medication, but that's not necessarily a "cure."

[Read More](#) 

Control Blood Sugar Every Day

When you have diabetes, it's important to add these self-care steps to your daily routine.

[Read More](#) 



Best Tummy-Tightening Moves

Try these 11 fun ways to work out that challenge your balance and strengthen your entire abdominal area.


[Read More](#) 

Keep on running with this smart sport tech



15 Foods You Didn't Know Can Give You Gas

Potatoes, dried apricots, hard candy. ... These things aren't known for causing belly bloat, but they can.

[Read More](#) 

Blood in the Stool (Rectal Bleeding)

The severity of rectal bleeding varies widely. Most episodes of rectal bleeding are mild and stop on their own. [Read more...](#)

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A Blood Test for the Body's Clock



Are you cutting your toenails correctly?

Straight or curved? Podiatrist Joseph Frenkel sets the record straight. [Read more](#)

Authentic Swedish Pancakes

They're thinner than ordinary pancakes and delicious topped with jam and powdered sugar.

[Read More](#) 



Hemorrhoids Causes, Symptoms, and Treatment Relief

Hemorrhoids (Piles) are blood vessels located in the smooth muscles of the walls of the rectum and anus. They are located at the junction where small arteries merge into veins.

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Can too much stress lead to a bad heart

Is stress a common part of your life? This article is for you. [Read more](#)

[Recipe /](#) [Annabel Crabb's passionfruit curd meringue cake](#)



[Exercise /](#)
[what's the bare minimum I can do?](#)



Refreshing Benefits of Lemon Water

Lemons can boost your immune system, and the acid may actually help you digest food.

[Watch Video](#) 

How Many Calories Are in Your Favorite Cocktails?

If you're keeping track, know that an 8-ounce serving of eggnog can have 330 calories or more. What about a typical Irish coffee? Or a white Russian?

[Read More](#)



Holidays Can Make Heart Attacks More Likely

See which day -- and even what time of that day -- the risk appears to be highest.

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Symptoms of Hypothyroidism

Did you know that weight gain can be a sign that you have low thyroid levels?

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[Dr. Phil's 20/20 Diet](#)

[Study Eases Concern That Common Diabetes Med Might Harm Bones](#)



Halgolla Plantation Home Galagedera 20100 Sri Lanka



The ancestral home of the van der Poorten family, Halgolla Plantation Home (HPH) has a history covering three centuries and three generations of that family. It has developed into Sri Lanka's most unique destination over its relatively short "commercial" history.

While some of that history is on the walls and in the photo albums of HPH, most of it is on the land that surrounds the Home. This is not simply a museum of some sort surrounded by shady trees and blossoming vines. This is still a working agricultural entity where the original rubber and cocoa is there to be observed but where cinnamon, cloves, pepper, vanilla, nutmegs and mace are grown, harvested and processed for market, something observable as the seasons dictate. Probably the most intriguing of these crops is vanilla where each flower has to be pollinated by hand if a bean is to be harvested, explaining the fact that it is the world's second most expensive spice crop.

Pretty much all of our Sri Lankan cuisine over which guests go into raptures, is cooked in clay pots on an open-hearth fire.

Every brick in the walls of the Home and every bit of wood that has gone into its roofing structure and in to the construction of its doors and windows came off the land surrounding HPH.

The water supply to the Home is from a spring that serves only HPH, situated in the middle of our land, ensuring its purity. Even our hot-water is heated in a wood-fired apparatus better than a couple of hundred years old.

The spacious van der Poorten ancestral home is adorned with the paintings of Arlene's son, daughter and daughter-in-law, all of whom owe their living to their art, one in the Himalayan foothills. Just as the generations before them is represented by work by Arlene's late husband and his father, soon there will be pieces by her grandsons, currently students at India's premier performing and visual arts university founded by Nobel Laureate Rabindranath Tagore, Shanthiketan in India!

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Putting a stop to leaky gut

The lining of the intestine is made of millions and millions of cells. These cells join together to create a tight barrier that acts like a security system and decides what gets absorbed into the bloodstream and what stays out. However, when the gut becomes unhealthy, the lining can weaken, so "holes" develop in the barrier. The result is that toxins and bacteria can leak into the bloodstream. This can trigger inflammation in the gut and throughout the body and cause a chain reaction of problems, such as bloating, gas, cramps, food sensitivities, fatigue, headaches, and joint pain, to name a few. -Harvard Medical School

[Does Diabetes Damage Brain Health?](#)

[How the Mediterranean Diet Can Help Women's Hearts](#)

What We Know About Diet and Weight Loss

After decades of research, there are shockingly few firm conclusions.

By Gina Kolata

You'd think that scientists at an international conference on obesity would know by now which diet is best, and why. As it turns out, even the experts still have widely divergent opinions.

At a recent meeting of the Obesity Society, organizers held a [symposium](#) during which two leading scientists presented the somewhat contradictory findings of two high-profile diet studies. A moderator tried to sort things out.

In one study, by Christopher Gardner, a professor of medicine at Stanford, patients were given low-fat or low-carb diets with the same amount of calories. After a year, weight loss [was the same in each group](#), Dr. Gardner reported.

Another study, by Dr. David Ludwig of Boston Children's Hospital, reported that [a low-carbohydrate diet was better than a high-carbohydrate diet](#) in helping subjects keep weight off after they had dieted and lost. The low-carbohydrate diet, he found, enabled participants to burn about 200 extra calories a day.

So does a low-carbohydrate diet help people burn more calories? Or is the composition of the diet irrelevant if the calories are the same? Does it matter if the question is how to lose weight or how to keep it off? There was no consensus at the end of the session. But here are [a few certainties](#) about dieting amid the sea of unknowns.

What we know

People vary — a lot — in how they respond to dieting.

Some people thrive on low-fat diets, others do best on low-carb diets. Still others succeed with gluten-free diets or Paleo diets or periodic fasts or ketogenic diets or other options on the seemingly endless menu of weight-loss plans.

Most studies comparing diets have produced results like Dr. Gardner's: no difference in weight loss between study groups as long as the calorie intake was kept equal. But within each group, there always have been [a few individuals who lost a lot of weight](#), a few who did not lose any weight, and a few who actually gained.

Dr. George Bray, an obesity researcher who is emeritus professor at the Pennington Biomedical Research Center in Baton Rouge, La., sums it up this way: "Eat the diet you like and stay with it."

There is nothing new in the diet universe.

Many of the diets people swear by today have been around in various incarnations for decades. More than a century ago, a best-selling book, "How to Live," told Americans that the only way to lose weight was to count calories.

Low-carbohydrate diets were introduced by a London undertaker, William Banting, in 1863 and became so popular that one word for dieting was "banting."

Diet studies are insanely difficult.

Most are short-term, and often it is hard to know if subjects really adhere to the plans they were given. Few studies follow participants for a year or more to see if they kept the weight off. Little of this research is ever definitive, and most of it leaves plenty of room for skepticism, argument and debate.

Dieting for better health is not necessarily the same as dieting to lose weight.

Any diet that restricts calories will result in weight loss, but some diets simply are not healthy even if you are shedding pounds.

It is [hard to find definitive evidence](#) that particular diets protect against disease, but many [public health experts agree](#) that unprocessed or minimally processed foods, along with abundant fruits and vegetables, can promote health.

They also agree that people with diabetes or high blood sugar levels often benefit from a diet low in carbohydrates.

What we don't know

Why do people have such varying responses to diets?

Is it genes? Dr. Gardner looked at participants in his study to see if he could find genes that predicted their responses to their assigned diets. He could not. Other scientists also have failed to find particular genetic predictors.

That does not mean there are no genes involved in diet and weight loss. But it is hard to disentangle those effects from other possibilities. Motivation, for instance: One person may be mentally ready to diet, while another might make only a halfhearted effort, surrendering to temptation after a short time on the assigned diet.

Some researchers believe that the body's production of insulin in response to dietary carbohydrates may explain why some dieters lose weight and others do not. Dr. Ludwig found such a link in his study. But Dr. Gardner found no such effect, and the moderator of the symposium, Kevin Hall of the National Institutes of Health, argued that the disputed link does not hold up to close scrutiny.

Poach an Egg in the Microwave



4 ways to turn good posture into less back pain

Most of us get back pain at some point in our lives. It may be due to a sports-related injury, an accident, or a congenital condition such as scoliosis. But most of the time, upper or lower back pain develops during the course of day-to-day life. Repetitive activities at work or home, such as sitting at a computer or lifting and carrying, may produce tension and muscle tightness that result in a backache. One solution to preventing back pain is to improve posture.

In addition to improving your posture, general physical fitness and a healthy weight are important, too. But the surprisingly simple act of paying attention to improving your posture can go a long way.

The basics of posture

Posture is the way you hold your body while standing, sitting, or performing tasks like lifting, bending, pulling, or reaching. If your posture is good, the bones of the spine — the vertebrae — are correctly aligned.

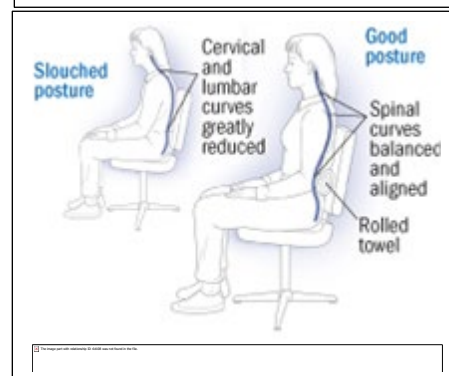
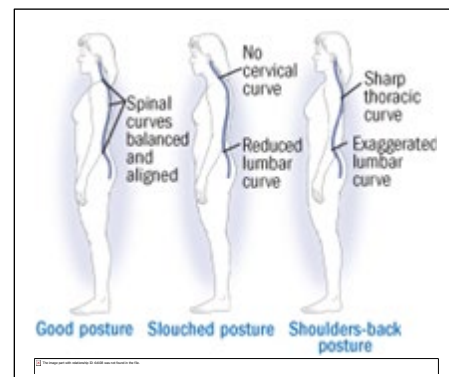
4 steps toward improving your posture

You can improve your posture — and head off back pain — by practicing some imagery and a few easy exercises.

- **Imagery.** Think of a straight line passing through your body from ceiling to floor (your ears, shoulders, hips, knees, and ankles should be even and line up vertically). Now imagine that a strong cord attached to the top of your head is pulling you upward, making you taller. Try to hold your pelvis level — don't allow the lower back to sway — and resist the urge to stand on tiptoe. Instead, think of stretching your head toward the ceiling, increasing the space between your rib cage and pelvis. Picture yourself as a ballerina or ice skater rather than a soldier at attention.
- **Shoulder blade squeeze.** Sit up straight in a chair with your hands resting on your thighs. Keep your shoulders down and your chin level. Slowly draw your shoulders back and squeeze your shoulder blades together. Hold for a count of five; relax. Repeat three or four times.
- **Upper-body stretch.** Stand facing a corner with your arms raised, hands flat against the walls, elbows at shoulder height. Place one foot ahead of the other. Bending your forward knee, exhale as you lean your body toward the corner. Keep your back straight and your chest and head up. You should feel a nice stretch across your chest. Hold this position for 20–30 seconds. Relax.
- **Arm-across-chest stretch.** Raise your right arm to shoulder level in front of you and bend the arm at the elbow, keeping the forearm parallel to the floor. Grasp the right elbow with your left hand and gently pull it across your chest so that you feel a stretch in the upper arm and shoulder on the right side. Hold for 20 seconds; relax both arms. Repeat to the other side. Repeat three times on each side.

Practice these imagery and posture exercises throughout the day. You might try to find a good trigger to help you remember, such as doing one or more of them when you get up from your desk, or right before scheduled breaks and lunch. Soon it will become a habit.

For more on healing an aching back, read [Back Pain](#), a Special Health Report from Harvard Medical School.



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BIOLOGY

[The Biology of Sugars Points to a Sweet Strategy for Treating Cancer](#)



Carnivores: Facts About Meat Eaters

December 04, 2018 |

Reference

A carnivore is an animal or plant that eats the flesh of animals.

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Obesity Blamed for 1 in 25 Cancers

Obesity is blamed for almost 1 in 25 cancers globally and that rate is likely to rise.

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Signs You're Not Getting Enough Protein

Swelling, hunger, and these other symptoms could point to a lack of protein in your diet.

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Upswing: Steroids and Water Pills

Steroids, commonly used to treat rashes, arthritis, asthma, and other medical conditions, can cause blood sugar levels to rise. Corticosteroids such as prednisone may trigger the development of diabetes in otherwise healthy individuals. Diuretics (water pills) may raise blood sugar levels, while antidepressants may either raise or lower them. If you need to take these medications and have diabetes, carefully monitor your blood glucose levels to see how these medications affect you.

Read more

[Health Tip: Common Symptoms of Diabetes](#)

[Australian researchers 'absolutely stunned' by discovery of unique cancer marker](#)

The discovery of a unique DNA signature common to multiple cancers could one day revolutionise the way we diagnose cancer, Australian researchers say.



Home Remedies for Asthma

How long does an asthma attack last?
Can it be cured or controlled?

[TAKE THE](#)

[QUIZ](#)

[Going Barefoot and 8 Other Ways to Improve Balance](#)



CHEMISTRY

[Why Do Bananas Change Color?](#)



Inflammatory bowel disease linked to prostate cancer

NORTHWESTERN UNIVERSITY



[Peanut Allergy Reaction Signs, Symptoms and Treatment](#)

About 1% to 2% of people in the U.S. have a peanut allergy. Symptoms and signs of a peanut allergy include skin redness, itching, and rash (hives)...

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[Vegetable of the month: Sweet potatoes](#)



What's behind smelly wine

AMERICAN CHEMICAL SOCIETY

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Aging often improves the flavor of wine, but sometimes the beverage emerges from storage with an unpleasant smell. One of the prime culprits is hydrogen sulfide (H₂S), which can give the affected wine an aroma of sewage or rotten eggs. In a report in ACS' *Journal of Agricultural and Food Chemistry*, researchers have now identified some potential sources of this stinky compound.

H₂S is a volatile sulfur compound that's produced naturally during fermentation. Most of it disappears or is removed in subsequent winemaking steps, but it can reemerge after bottling. Ironically, it might derive from polysulfanes and other sulfur byproducts created during H₂S removal. Marlize Bekker and colleagues wanted to check if that theory was correct.

The researchers created a model wine containing a mixture of polysulfanes and then treated it with antioxidants such as sulfur dioxide and ascorbic acid, which are often added to wine as preservatives during bottling. The scientists then identified and measured the concentration of a variety of sulfur compounds in the wine during six months of storage. They found that polysulfanes containing four or more linked sulfur atoms per molecule tended to decompose during wine storage, correlating with a rise in H₂S. In addition, the polysulfane decomposition and H₂S release occurred more frequently in the wine treated with sulfur dioxide than in untreated wine or wine treated with ascorbic acid. The findings provide strong evidence that polysulfanes were the source of re-emergent H₂S, though this conclusion will need to be confirmed in real wines, the researchers say. Confirming such a role for polysulfanes could help identify practical ways to manage the re-emergence of stinky sulfur compounds, one of the major faults in bottled commercial wine.

[hydrocortisone oral \(Cortef\)](#)

What is hydrocortisone, oral, and how does it work (mechanism of action)? Hydrocortisone is a naturally-occurring corticosteroid produced by the adrenal...

[Read more ...](#)

Carbon footprint Labels

The research suggests that the introduction of carbon footprint labels on food items could be a simple intervention to increase understanding of energy use and greenhouse gas emissions from food production, and so reduce environmental impacts.

[Dogs and cats protect babies against allergies and asthma — and the more pets, the better](#)



Do you go crazy for kitties or do you prefer a pooch or two? Whatever you choose, owning a menagerie of animals while bringing up a baby seems to bestow lifelong benefits on the child.



["Prehabilitation" may improve heart surgery recovery](#)



What is pancreatitis?

Pancreatitis is a condition characterized by inflammation of the pancreas.

- The pancreas is an abdominal gland situated behind the stomach in the upper abdomen.
- The main function of the pancreas is to secrete hormones and enzymes that help with [digestion](#) and regulate blood sugar (glucose) metabolism.
- The [digestive enzymes](#) are released via the pancreatic duct into the small intestine where they are activated to help break down fats and proteins.
- The digestive hormones (insulin and glucagon) produced by the pancreas are released into the blood stream where they help regulate blood sugar levels.

Pancreatitis is categorized as being either acute or chronic.

- Acute pancreatitis generally develops suddenly, and it is usually a short-term (a few days to weeks) illness that typically resolves with appropriate medical management.
- Chronic pancreatitis, which typically develops after multiple episodes of acute pancreatitis, is a long-term condition that can last for months or even several years.

Pancreatitis is a condition that may be mild and self-limiting, though it can also lead to severe complications that can be life-threatening. The acute form of pancreatitis, in its most severe form, can have deleterious effects on many other body organs, including the [lungs](#) and kidneys.

What are the signs and symptoms of pancreatitis?

Pancreatitis causes upper abdominal pain which can range from mild to severe. The pain may come on suddenly or it may develop gradually. Often, the pain will start or worsen after eating, which can also occur with gallbladder or ulcer pain. Abdominal pain tends to be the hallmark of acute pancreatitis. People with acute pancreatitis usually feel very ill.

Signs and symptoms of acute pancreatitis may include:

Abdominal pain that may radiate to the back

Nausea and vomiting

Worsening pain after eating

Tenderness to touch of the abdomen

Fever and chills

Weakness and lethargy

In chronic pancreatitis, abdominal pain also can be present, but it is often not as severe, and some people may not have any pain at all.

Signs and symptoms of chronic pancreatitis may include:

Abdominal pain

Unintentional weight loss

Foul smelling, oily stool

What causes of pancreatitis?

Normally, digestive enzymes released by the pancreas are not activated to break down fats and proteins until they reach the small intestine. However, when these digestive enzymes are activated while still in the pancreas, inflammation and local damage to the pancreas occurs leading to pancreatitis.

The causes of pancreatitis include:

Alcohol consumption

Gallstones

High triglyceride levels

Abdominal injury or surgery

Certain medications

Exposure to certain chemicals

Smoking

Family history of pancreatitis

Cystic fibrosis

Pancreatic cancer

WebMD

Milk-how long in the fridge

Bacteria grow quickly in milk, so throw it out if it smells bad or it's out of the refrigerator for more than a couple of hours. It'll keep in the fridge for 2 weeks or longer – go by the expiration date. You can freeze it for up to 3 months, but it'll lose its smooth texture. WebMD

14-Dec-2018

[Prostate cancer: New computer model enables researchers to predict course of disease](#)

CHARITÉ - UNIVERSITÄTSMEDIZIN BERLIN



Best Veggies to Eat When You're Watching Carbs

Some, like zucchini, are just super low in carbs, while others are loaded with blood sugar-stabilizing protein and fiber.

What is bone metastases in prostate cancer?



When prostate cancer spreads to the bones, this is known as bone metastases. Although there is no cure for this advanced stage of prostate cancer, treatment can help relieve symptoms, improve quality of life, and extend life expectancy. [Learn more here.](#)

Osteoporosis: Could probiotics protect bone health?



According to a new study that scientists carried out in rodents, probiotics might be an effective way to prevent the bone loss that leads to osteoporosis.

How aspirin and omega-3 may reduce cancer risk



A new clinical trial suggests that taking aspirin and an omega-3 fatty acid can decrease the number of precancerous growths in the colon.

What are the possible complications of psoriasis?

Psoriasis often causes skin lesions, but a person with psoriasis may also have a higher risk of other conditions, such as celiac or inflammatory bowel disease. Other possible complications range from a type of arthritis to heart problems and depression. Find out more.

Blueberry-Lime Margarita



Putting a stop to leaky gut

POSTED NOVEMBER 16, 2018, 10:30 AM

[Matthew Solan](#), Executive Editor, Harvard Men's Health Watch

Leaky gut gets blamed for everything from everyday stomach issues to pain to anxiety, yet it is one of the most mysterious ailments to diagnosis and treat. Part of the reason for this medical mystery is because the gut is such a vast and complex system. "Science continues to find new ways that the gut can influence everything from heart health to keeping our brains young," says Dr. Alessio Fasano, director of the Center for Celiac Research and Treatment with Harvard-affiliated Massachusetts General Hospital. "There is much we know about leaky gut in terms of how it affects people's health, but there is still so much that is unknown."

[Learn more »](#)

Glaucoma Types and Risk Factors

Glaucoma can cause serious vision problems including blindness, but it can often be prevented when it is detected early enough.

[READ MORE](#)

What Can You Eat in Nordic Diet

This style of eating is based on these guidelines:
More fruits, vegetables, and seasonal and organic foods when possible
More whole grains
More food from seas, lakes, and the wild
Higher-quality meat and less of it
Less processed, less sugary foods
Cook at home more
Waste less
WebMD

Dandelion Root In Fighting Cancer: What You Should Know

Dandelion root isn't exactly new to anyone familiar with traditional Chinese medicine or even traditional Native American medicine . But suggestions that dandelion root extract could help prevent or even cure cancer have piqued the interest of those fighting cancer...

[What to know about ferritin blood tests for anemia](#)

A ferritin blood test is a simple way to check a person's iron levels. In this article, we discuss normal, low, and high levels, what they mean, and how to alter blood ferritin levels.

15 Reasons You May Be Bloating

That too-full feeling in your belly could be from dairy, fructose, or one of these other culprits.

[Read More](#)

Surprising Reasons Your Hair Is Falling Out

Seeing clumps of hair in your brush every time you groom your tresses? Find out what might be behind your locks loss.

[READ MORE](#)

Health Benefits Of Rambutan Fruit, Leaves, Seed, Peel, And Bark

If you're an avid fruit lover and are tired of seeing the same old apples and bananas and watermelons in your salads, you may want to look this fruit up. The rambutan finds its way into internet listings of some of the most exotic fruits on this planet...

ARTICLE

Facts About Bipolar Disorder

Bipolar disorder involves mood swings with at least one episode of mania. It may also include repeated depression. [Read more...](#)

What Is the Main Sign of Pancreatitis?

The main sign may range from mild to severe, it may have a sudden onset or it may develop slowly. See what it is. [Read more...](#)

[Roast Your Own Chickpeas for a Healthy Crunch](#)

Coronary calcium levels a better predictor of patients at risk for coronary heart disease

INTERMOUNTAIN MEDICAL CENTER

A new study presented at the American Heart Association Scientific Session conference found that testing a patient's coronary calcium levels is a better predictor of blocked coronary arteries at risk for a heart attack and the need for revascularization than standard risk-assessment equations used in medical practice today.

Read more

[Coronary calcium levels a better predictor of patients at risk for coronary heart disease](#) INTERMOUNTAIN MEDICAL CENTER



Trial finds diet rich in fish helps fight asthma

LA TROBE UNIVERSITY

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A clinical trial led by La Trobe University has shown eating fish such as salmon, trout and sardines as part of a healthy diet can reduce asthma symptoms in children.

The international study found children with asthma who followed a healthy Mediterranean diet enriched with fatty fish had improved lung function after six months.

Lead researcher Maria Papamichael from La Trobe said the findings added to a growing body of evidence that a healthy diet could be a potential therapy for childhood asthma.

"We already know that a diet high in fat, sugar and salt can influence the development and progression of asthma in children and now we have evidence that it's also possible to manage asthma symptoms through healthy eating," Ms Papamichael said.

"Fatty fish is high in omega-3 fatty acids which have anti-inflammatory properties. Our study shows eating fish just twice a week can significantly decrease lung inflammation in children with asthma."

Read more

Trial finds diet rich in fish helps fight asthma

Salad

Part of the secret to filling up without putting on weight is to eat foods with fewer calories per bite. It's hard to beat salad and other vegetables in that area. Along with fiber, many are loaded with vitamins and minerals. Have a salad as your entrée, or eat a small one before your main meal to keep from eating too much. Just don't add too many unhealthy extras, like cheese, croutons, and dressings.

Why Late-Night Eating May Hurt Your Heart

Sometimes the heart wants what it wants. But it's not late-night eating.

[Read More](#)

Keto, Mediterranean or Vegan: Which Diet Is Best for the Heart?

How do these three diets stack up against each other when it comes to heart health?

[Read More](#)

11 Tips for Healthy Eyesight

Sharp eyesight is part of good health. Improve vision by eating well and scheduling regular eye exams with your ophthalmologist or optometrist. Certain medical conditions, like diabetes and high blood pressure, can negatively affect vision.

[READ MORE](#)

Oatmeal

A bowl of this stuff in the morning can keep you going all day. Part of the reason is all the fiber. It fills you up and lets your body absorb the oatmeal's nutrients more slowly. That keeps your energy steady. It may even help you eat fewer calories over the course of the day.

WebMD

Urinary Tract Infection Symptoms

Infections can be painful and often require medical treatment. Learn the signs of a urinary tract infection (UTI).

[READ MORE](#)

Deep Vein Thrombosis (DVT)

About half a million get it every year, and up to 100,000 die because of it. [Read more...](#)

Blood Orange-Pomegranate Mimosas



Is Colorectal cancer related to meat eating populations?

If you stop eating red meat (whether or not you become a vegetarian), you'll eliminate a risk factor for colon cancer. It's not clear whether avoiding all animal products reduces the risk further. Vegetarians usually have lower levels of potentially carcinogenic substances in their colons, but studies comparing cancer rates in vegetarians and nonvegetarians have shown inconsistent results.

In India, being mainly a vegetarian oriented, the incidence of Colorectal cancer is not lower than in the Western countries, eating lot of meat.

New Delhi: Colorectal cancer (CRC) is the third most common cancer in men and the second most common cancer in women worldwide. Almost 55 percent of the cases occur in developed countries. However, mortality due to colorectal cancer is higher in the underdeveloped countries than in the developed countries, mainly because of poor health care system and lack of awareness of the disease

Read

[Becoming a vegetarian](#)

These Plant Chemicals Could Help Your Heart's Health

Drinking a cup of tea or eating a handful of berries a day may help protect against heart disease, a new study suggests.

[Read More](#)

Greenhouse gases emerging from beef and lamb production include those created in the production of fertiliser for feed, methane emitted from the animals, livestock transportation and the loss of trees to clear land for pasture.

A vegan diet based on fruits, vegetables and grains has the least impact on the environment, with pork, chicken and fish creating a moderate impact, and beef and lamb the greatest impact.

"The choices we make at the dinner table can have a significant impact on global challenges such as climate change, and our research shows consumers are keen to make that choice," says Dr Camilleri.

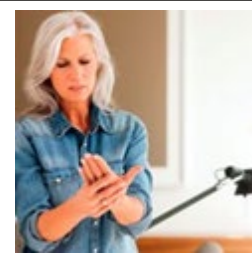
**Do you know the
carbon footprint
of your food
choices?**



Binge Eating Disorder

Binge eating disorder isn't the same as occasional overeating. Explore facts, signs, and more. [Read more...](#)

Nerve Pain Treatments



Nerve pain is difficult to live with. Discover how the pain can be reduced in most individuals. [Read more...](#)

What Is Inflammatory Bowel Disease?

Inflammatory bowel disease (IBD) is a condition that involves chronic inflammation in all or part of the digestive tract. Often painful and debilitating, IBD can lead to life-threatening complications as well as increase the risk for [colon cancer](#).

More than 3 million people have

IBD, [according to a recent government survey](#). The two most common forms of IBD are ulcerative colitis and Crohn's disease.

In Crohn's, inflammation can occur anywhere in the digestive tract, from the mouth to the anus. By contrast, ulcerative colitis only involves inflammation of the large intestine, or [colon](#), according to Dr. David Hudesman, a gastroenterologist and director of the Inflammatory Bowel Disease program at New York University Langone Medical Center.

What Is Inflammatory Bowel Disease?



[Are Food Additives Good or Bad? Consumer Views Vary](#)



Can Injecting Millions of Stem Cells into the Brain Treat Parkinson's Disease?

A new experimental therapy for Parkinson's disease that involves injecting millions of special stem cells into the brain of patients with the condition is currently being tested in a clinical trial.

[Read More](#)

What is 'blue light' and is it really bad for your health?

You may have heard that too much screen time in the evening is bad for you, and it's true the blue light emitted by devices like phones and tablets can disturb your sleep. But blue light is not all bad.

[More](#) 

Arugula

Don't let the wispy leaves fool you. These pungent greens, sometimes called "rocket," have a peppery kick. And although arugula looks fragile, it's more nutrient-dense than carrots, tomatoes, and even sweet potatoes, which may help you avoid chronic disease as part of a healthy lifestyle. Bonus: Whether you have a garden or an indoor planter, arugula is easy to grow.

WebMD

Not all 'gluten-free' products are what they claim

Manufacturers of gluten-free products need to test products more frequently, according to a study that found about one in 40 products did not meet national food standards.

[More](#) 

Spinach

The natural compounds in this mild-tasting green can help stave off a host of health issues from age-related eye problems and anemia (a lack of iron) to Alzheimer's. Spinach's combo of low sodium and high potassium may even help control your blood pressure. One cup cooked has only 41 calories and just over 4 grams of fiber. Add a handful of spinach to eggs, pasta, soups, sauces, and smoothies.

WebMD



What's causing the swollen feet?

Anyone can experience swollen feet from time to time. It's common — especially after walking or standing for long periods — and it's often remedied by resting and elevating those tired dogs. Sometimes, however, swelling (also called edema) is a red flag for a more serious underlying problem

What Causes Travelers' Diarrhea?

Travelers' from temperate regions of the world frequently experience diarrhea four days to two weeks after arrival.

[Read more...](#)

What to know about cassava: Nutrition and toxicity

Cassava is a root vegetable that people eat worldwide. Raw cassava can be toxic when people ingest it. Learn about the benefits, toxicity, and uses of cassava here, as well as how to prepare it safely.

Natural colon cleanses: Everything you need to know

A colon cleanse is an alternative remedy that some people claim removes waste and toxins from the colon. Learn about natural colon cleanses and whether they work here.



Extra protein at breakfast helps control hunger

A high-protein breakfast may help curb your appetite later in the day, suggests a small study in the *Journal of Dairy Science*.

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