

That's worrisome, because more than one-third of deaths from alcohol consumption occur among people ages 20 to 49, according to the study, published yesterday (Feb. 28) in the [Journal of Studies on Alcohol and Drugs](#).



Selma Blair Opens Up About Multiple Sclerosis



While plenty of attention was on the Oscar winners this past month, no one stole the show as much as Selma Blair did at the Vanity Fair's Oscar party. While the actress had not been nominated for an Oscar, her appearance on the red carpet was her first since publicly announcing her multiple sclerosis diagnosis. [Keep reading.](#)

Soy it isn't so: The truth about your favourite plant milks



Are you an almond, soy or coconut milk convert? Many of us are opting for dairy-free alternatives. But how do plant milks fare nutritionally?



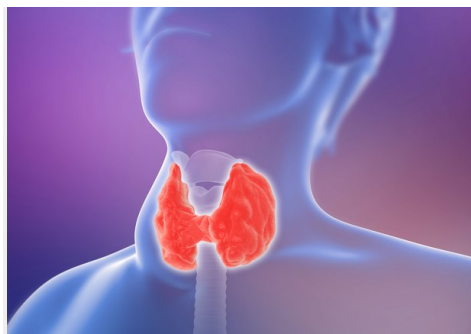
Probiotics could reduce the need for antibiotics during childhood



How we study the microbes living in our gut: a TEDMED talk by Dan Knights

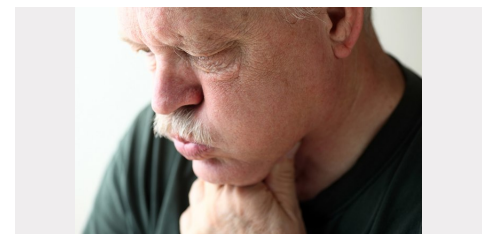


How different is the gut microbiota of people living in developing countries compared with that of people in the United States? In this talk given by Dan Knights, the computational microbiologist gives...



Overactive Thyroid

Sweating more and being sensitive to heat are notable symptoms of hyperthyroidism. Your thyroid gland controls your metabolism, so when it makes too much hormone, your body goes into overdrive. Your body temperature rises, and you could be hungrier or thirstier, have a racing pulse or shaking hands, feel tired and out of sorts, get diarrhea, and lose weight.



Acid Reflux can cause night sweating

It's not only the heartburn and chest pain that can wake you up. GERD hasn't been studied much as a cause of night sweats, but doctors say there's a possible connection. And treating it can often ease your night sweats. Eat smaller meals, and not before bed. Avoid trigger foods -- like those that are fatty, fried, or tomato-based. See your doctor if your symptoms are severe or happen more than a couple of times a week. WEBMD

[Rate of plastic pollution is predicted to double by 2030. Here are the ways we can stop it](#)

A new report finds that the amount of plastic pollution we create is set to double by 2030, and recommends a global treaty to address our plastic waste "crisis".



Sri Lankan Fish curry experience

<https://www.facebook.com/thefoodranger/videos/348364942554942/?t=1040>



[Wild Roses: History & Benefits](#)



[Women's Herbal Wisdom](#)

How do Chinese restaurants get their steak so soft and tender? Do they rub it with baking soda?



John Thompson, Food Blogger from Canada

[Answered Feb 25](#)

No. Baking soda is occasionally used to tenderize meat but using more than a tiny amount will yield unpleasant tastes. Beef (or other meats) are often 'velveting', which means marinated with egg white, rice wine and corn starch, and then briefly cooked in oil until 'almost' done as a pre-cooking stage. Later, the part cooked meat will be added back into whatever ingredients are being used. The result is very tender, succulent pieces of meat...

Editor: Did you know that in India and Sri Lanka, the most common **meat tenderizer** used is raw **papaya** and its **leaves**? Within each and every **papaya** and its **leaves** is the Papain Enzyme. This enzyme helps in the process of breaking down the connective tissue in **meat**, making it more tender and softer to chew



[Why women should do weights](#)

Strength training isn't just for muscle bound gym junkies.
[Read more](#)



[How to take a break from drinking](#)

Your body and mind will thank you for it.
[Read more](#)

For relaxed reading for Health & Longevity

[Making Medicine in the Mountains](#)



Today, interest in herbalism has piqued, which is encouraging for folk medicine's continued practice. There's personal empowerment in understanding the unique needs of the body, and the specific strengths of each plant that can support daily health.

[Reclaim ownership of your health with folk medicine.](#)



[Create an Organized Home Apothecary](#)



[Play like a girl - how women's footy is changing Australian sport](#)

Footy isn't a boys club anymore. [Read more](#)



[Grace wears a red light bucket on her head for 40 minutes a day — she says it improves her life](#)

A group of Tasmanians living with Parkinson's disease claim putting red lights on their head twice a day is slowing down the progression of their symptoms and improving their quality of life.

[More](#) ➔



Doctors Often Miss Colorectal Cancer in Younger Adults, New Study Suggests

February 28, 2019 | Article
In recent years, there's been an alarming rise in colorectal cancer cases among young adults

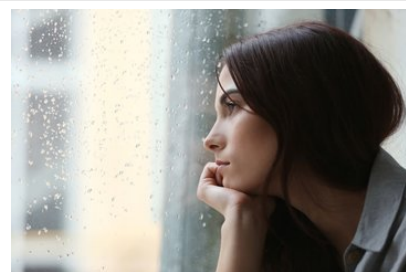
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A High-Fat Diet May Be Bad for Your Gut Bacteria

February 20, 2019 | Article
Eating too much fat may be bad for your gut bacteria, a new study from China suggests.

[Read More](#)



Seasonal Affective Disorder: SAD Symptoms and Therapy

February 12, 2019 | Reference
Seasonal affective disorder (SAD) has the same symptoms and severity as clinical depression, only experts know when it starts and ends. Most sufferers have symptoms over fall and winter months, but a small percentage experience SAD during summer.

[Read More](#)



Eating 'Ultraprocessed' Foods Linked with Early Death

February 12, 2019 | Article
So-called "ultraprocessed" foods — which are high in salt, sugar and other additives — are linked with an increased risk of early death, a new study finds.

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Drinking Alcohol May Be More Harmful Than Thought for Young Adults

March 01, 2019 | Article

Alcohol consumption may be more harmful than thought, particularly for young and middle-age adults, a new study suggests.

[Read More](#)

What Are Parabens?



Parabens are synthetic chemicals that are used as preservatives in a variety of products, including cosmetics, pharmaceuticals and food. As preservatives, parabens give products a longer shelf-life and prevent harmful bacteria and mold from growing in the products, according to the [U.S. Food and Drug Administration](#) (FDA).

"Parabens are derived from a chemical known as para-hydroxybenzoic acid (PHBA) that occurs naturally in many fruits and vegetables, like blueberries and carrots," said Kathryn St. John, the communications director at the American Chemistry Council. "PHBA is also naturally formed in the human body by the breakdown of some [amino acids](#)."

The parabens that are manufactured for consumables and personal care products are identical to those found in nature. The most common types of parabens are methylparaben, ethylparaben, propylparaben, butylparaben, isopropylparaben and isobutylparaben.

[Read More](#)

[Natural Health: 6 Medicinal Mushrooms to Promote a Healthy Mind & Body](#) ➔

Breakdancing has been confirmed as one of four sports, along with surfing, climbing and skateboarding, which will be put forward to the International Olympic Committee [for inclusion in the Paris 2024 Games.](#)



ARTICLE

Jet Lag: How Long Does Recovery Take?

Jet lag, also called desynchronosis and flight fatigue, is a temporary disorder that causes fatigue, insomnia, and... [Read more...](#)

Protect Your DNA



As you age, the ends of your chromosomes -- called telomeres -- become shorter. This makes you more likely to get sick. But lifestyle changes can boost an enzyme that increases their length. Plus, studies show diet and exercise can protect them. The bottom line: Healthy habits may slow aging at the cellular level.

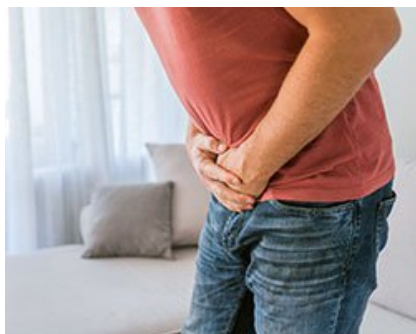
Follow a Mediterranean Diet

The Mediterranean diet is rich in fruits, vegetables, whole grains, olive oil, and fish. An analysis of 50 studies involving more than half a million people confirms the benefits. It can put a serious dent in your risk of metabolic syndrome -- a mix of obesity, high blood sugar, increased blood pressure, and other factors that make you more likely to get heart disease and diabetes.

Active Brain and Body Fight Dementia

You need to exercise both your brain and your body during middle age to fight dementia.

[READ MORE](#)



How to Get Constipation Relief

Constipation results in fewer bowel movements. Laxatives may bring constipation relief.

[VIEW SLIDESHOW](#)

Eat Like an Okinawan

The people of Okinawa, Japan, once lived longer than any



other group on Earth. The region's traditional diet, which is high in green and yellow vegetables, and low in calories gets the credit. Plus, some Okinawans made a habit of eating only 80% of the food on their plate. Younger generations have dropped the old ways and aren't living as long as their ancestors.



THANUSHA, KUMARI and EPILIM

THANUSHA was aged eleven when we first met her as she presented Dr. Jennifer with flowers from her garden as we arrived to do a medical clinic with Dr. Iresha Amarasena at Beralihela. She is now a school prefect. She found her mother Kumari unconscious in the garden when she got home from school. With the aid of neighbours she got her mother in to a three-wheeler and rushed her to the local hospital. A brain scan was normal and she was commenced on Epilim to control epilepsy. Thanusha made it known to me that Epilim was not available at the local hospital and it was expensive in the local pharmacy. I was able to take some 500mgm tablets to her in August last year. Kumari has been free of any fits for some months now. We will meet her again when we visit Yala in July this year.

Quintus de Zylva

Drink in Moderation

Heart disease is less common in moderate drinkers than in people who don't drink at all. On the other hand, too much alcohol pads the belly, boosts blood pressure, and can cause a host of other health problems. If you drink alcohol, the limit should be one drink a day for women and one or two for men. But if you don't drink, don't start. There are better ways to protect your heart!

Chocolate, Sex, and Relationships: A Healthy Treat in Pictures

Chocolate Is Today's Healthy Treat



Chocolate. There are few foods that evoke as much passion as this decadent treat. Folklore from many cultures claimed that consuming chocolate instilled faith, health, strength, and sexual passion. Once an indulgence of royalty, it is now a treasured and accessible – and yes, even healthy – treat. So where did our infatuation with chocolate begin?

[READ MORE](#)

Gastric Bypass Means Diabetes Remission for Many



As many as 70% people with type 2 diabetes can achieve long-term remission by having gastric bypass surgery, a new study suggests.

[Read More >](#)

Diabetes: A Love Story

If you have diabetes, a partner can share your burdens and give you emotional support.

[Read More >](#)

Stopping antidepressants: How to do it safely

More than 1.7 million Aussies are on antidepressants. What's the safest way to come off them?
[Read more](#)

Are you cleaning your ears wrong?

You could be doing more harm than good. [Read more](#)

Giving up alcohol isn't easy, but after 30 days I'm already reaping the benefits



What Seniors Can Do About Sleep Problems

Sleep problems are frustrating at any age, but even if you're an older adult there are ways to relieve many of these problems. Here are some tips:

- Do not nap.
 - Keep a regular sleep schedule, and avoid deviations.
 - When you find you can't sleep, get out of bed and find a quiet activity to keep you occupied until you feel more tired. Reserve bedtime for sleep and sex.
 - Cut caffeine and other stimulants from your afternoons.
 - Don't eat too big a meal before bed, which can make it harder to sleep.
 - Get some exercise earlier in the day. Many senior-friendly exercises are available. If you're not sure how to put together a workout routine, discuss the matter with your doctor.
- Many people who are frustrated by sleep problems will turn to sleeping pills. While these can occasionally offer some of the rest you need, avoid relying on them. Sleeping pills can be habit-forming, and they can make sleep problems worse if they aren't used properly.

If you feel you need sleeping pills, discuss them with a doctor who can guide you to pills that are safer, and give you tips on the proper way to take them. Don't drink alcohol while taking sleeping pills, because alcohol makes the negative side effects of all sleeping pills worse.

Medicine.net

Migraine attacks of the Seniors

Do you suffer from migraines? These distracting and typically painful headaches can ruin a good day. But there's a bright spot for migraine-sufferers after their 60s—you may be one of the lucky ones who experiences fewer headaches with age.

One study found that for seniors, migraines are less frequent, less intense, and less likely to induce nausea and vomiting. For some, they seem to disappear completely. It's possible that the same number of seniors still get migraines technically, but because those headaches are milder, they get diagnosed as tension headaches. While many migraine symptoms become less likely, some symptoms become more common as you age, such as dry mouth, paleness, and loss of appetite.

No time to exercise? Here's a fitness routine everyone can squeeze in



What Is Genetic Modification?

By [Rachel Ross, Live Science Contributor](#)

Genetic modification is the process of altering the [genetic makeup](#) of an organism

. This has been done indirectly for thousands of years by controlled, or selective, breeding of plants and animals. Modern biotechnology has made it easier and faster to target a specific gene for more-

precise alteration of the organism through genetic engineering. The terms "modified" and "engineered" are often used interchangeably in the context of labeling genetically modified, or "GMO," foods. In the field of biotechnology, GMO stands for genetically modified organism, while in the food industry, the term refers exclusively to food that has been purposefully engineered and not selectively bred organisms. This discrepancy leads to confusion among consumers, and so the [U.S. Food and Drug Administration \(FDA\) prefers the term genetically engineered \(GE\)](#) for food.



A brief history of genetic modification

Genetic modification dates back to ancient times, when humans influenced genetics by selectively breeding organisms, according to [an article by Gabriel Rangel, a public health scientist at Harvard University](#). When repeated over several generations, this process leads to dramatic changes in the species.

Dogs were likely the first animals to be purposefully genetically modified, with the beginnings of that effort dating back about 32,000 years, according to Rangel. Wild wolves joined our hunter-gatherer ancestors in East Asia, where the canines were domesticated and bred to have increased docility. Over thousands of years, people bred dogs with different desired personality and physical traits, eventually leading to the wide variety of dogs we see today.

The earliest known genetically modified plant is wheat. This valuable crop is thought to have originated in the Middle East and northern Africa in the area known as the Fertile Crescent, according to a 2015 article published in the [Journal of Traditional and Complementary Medicine](#). Ancient farmers selectively bred wheat grasses beginning around 9000 B.C. to create domesticated varieties with larger grains and harder seeds. By 8000 B.C., the cultivation of domesticated wheat had spread across Europe and Asia. The continued selective breeding of wheat resulted in the thousands of varieties that are grown today.

[Read More](#)

[Best and Worst Foods for Diabetes](#)



Obesity Tied to Higher Cancer Rates in Younger People

For six of the 12 obesity-related cancers (multiple myeloma, colorectal, uterine, gallbladder, kidney and pancreatic) the risk for disease increased in adults 25 to 49.

By **Nicholas Bakalar**

The risk of developing obesity-related cancer is increasing in successive generations, along with increasing rates of obesity.

Researchers studied the incidence of 30 of the most common cancers, including 12 that are obesity related, from 1995 to 2014 in people ages 25 to 84 — more than 14.6 million cases. The [study is in Lancet Public Health](#)

Using five-year age cohorts, they found that for six of the 12 obesity-related cancers (multiple myeloma, colorectal, uterine, gallbladder, kidney and pancreatic) the risk for disease increased in adults 25 to 49, with the magnitude of the increase steeper with younger age.

For example, compared with people born in 1950, those born in 1985 had a risk of multiple myeloma 59 percent higher, and a risk of pancreatic cancer more than twice as high at comparable ages.

At the same time, incidence decreased for smoking-related and infection-related cancers. The senior author, Ahmedin Jemal, a scientist with the American Cancer Society, said that diet and exercise are of course essential in reducing obesity rates, but that interventions by health care professionals are also needed.

"Primary care physicians should regularly assess body weight," he said. "Only a third of obese patients actually get a diagnosis of and counselling for obesity."



All About Apples: Health Benefits, Nutrition Facts and History

An apple a day may really keep the doctor away, as these fruits are low in calories and high in fiber, have only a trace of sodium and no fat.

[Read More](#)

What if the benefits of breakfast are just another diet myth?

The Conversation

By Tim Spector and Jeff Leach



Breakfast, we are told, is the most important meal of the day. Over the past 50 years we have been bombarded with messages extolling the health benefits of processed cereals and porridge oats. We are told breakfast helps us reduce weight by speeding up our metabolism — this helps us avoid hunger pangs and overeating later in the day.

These are not just marketing messages, they are core to nutritional guidelines in developed countries, such as in the US, UK and Australia, prepared by expert scientific panels. These messages are mirrored in the media and websites worldwide.

But what if the benefits of breakfast are just another diet myth?

Read more

['Eat breakfast like a king' is flawed advice](#)



Shingles: Causes, Symptoms and Treatment

Shingles, also called herpes zoster, is a viral disease that can cause a painful, blistering rash, which usually appears on one side of the body. It's caused by the same virus that causes chickenpox.

[Read More](#)

Are Viruses Alive?

By [Laura Geggel, Senior Writer](#)

Not really, although it depends on what your definition of "alive" is, two infectious disease doctors told Live Science.

Living beings, such as plants and animals, contain cellular machinery that allows them to self-replicate. In contrast, viruses are free forms of DNA or RNA that can't replicate on their own. [[What If We Eradicated All Infectious Disease?](#)]

Rather, viruses need to invade a living organism to replicate, said Dr. Otto Yang, a professor of medicine and microbiology, immunology and molecular genetics at the David Geffen School of Medicine at the University of California, Los Angeles.

"[Viruses are] packaged RNA or DNA," Yang told Live Science. "They make more copies of themselves by hijacking the machinery of cells to replicate themselves."

Is it alive?

Countless philosophers and scientists have debated how to define whether something is alive. According to the seven characteristics of life, all living beings must be able to respond to stimuli; grow over time; [produce offspring](#); maintain a stable body temperature; metabolize energy; consist of one or more cells; and adapt to their environment. However, some life-forms don't fit every single characteristic. Most hybrid animals, such as mules (a cross between a donkey and a horse), can't reproduce because they are sterile. Moreover, [rocks can grow](#), albeit in a passive way, with new material flowing over them. But this classification problem goes away when a simpler definition of "life" is used.

"Take a cat, a plant and a rock, and leave them in a room for days," said Amesh Adalja, an infectious disease physician and an affiliated scholar at the Johns Hopkins Center for Health Security in Baltimore. "Come back, and the cat and the plant will have changed, but the rock will essentially be the same," he said.

Like a rock, most [viruses would be fine](#) if they were left indefinitely in a room, Adalja said. In addition, he noted that living beings have self-generated and self-sustaining actions — meaning they can seek out sustenance and behave in self-preserving ways. In other words, "they're taking actions to further their lives, [such as] a plant sprouting its roots to find water or an animal looking for food," Adalja said.

Something that is not alive, such as a virus, does not have self-generated or self-sustaining actions, he said.

[Is There a Cure for Diabetes?](#)





Why Alexander the Great May Have Been Declared Dead Prematurely (It's Pretty Gruesome)

February 04, 2019 | Article

A rare neurological condition may have led to the mistaken declaration of death of the king of Macedonia.

[Read More](#)



Shrimp

You've probably heard seafood is a good choice when you're watching cholesterol. That's true, but shrimp is an exception. One serving, even if you cook it without fat, has about 190 milligrams of cholesterol. The American Heart Association recommends limiting cholesterol to 300 milligrams per day, or 200 milligrams per day if you have heart disease or high cholesterol. Try the scallops instead. They have less than a quarter of the cholesterol of shrimp. WebMD

[As ice melts, Greenland could become big sand exporter: study](#)

Greenland could start to export sand in a rare positive spinoff from global warming that is melting the island's vast ice sheet and washing large amounts of sediment into the sea, scientists said on Monday.

No, Drinking 'Beer Before Wine' Won't Prevent a Hangover, Study Finds



Credit: Shutterstock

The adage, "beer before wine and you'll feel fine, wine before beer and you'll feel queer" doesn't hold up to scientific scrutiny. A new study finds that the order in which you consume alcoholic drinks won't actually help you avoid a hangover.

Rather, drinking [too much alcohol](#) of any kind — and in any order — will likely give you a hangover, the study researchers conclude. "We didn't find any truth in the idea that drinking beer before wine gives you a milder hangover than the other way around," lead study author Jöran Köchling, of Witten/Herdecke University in Germany, [said in a statement](#). "The truth is that drinking too much of any alcoholic drink is likely to result in a hangover." [11 [Interesting Facts About Hangovers](#)] The old adage doesn't hold up to scientific scrutiny.

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[Higher sodium intake may increase light-headedness: Study](#)

These findings challenge traditional recommendations to increase sodium intake to prevent lightheadedness. "Our results serve to caution health practitioners against recommending increased sodium intake as a universal treatment for lightheadedness," said a researcher.



Foods Labelled 'Low Cholesterol'

When you're shopping and you see an item that says it's low in cholesterol, you still need to check the nutrition label. If it's high in saturated fat, it can raise your LDL ("bad") cholesterol. Also check the serving size. It might be smaller than you think, and if you eat too much, you'll get more cholesterol than you realized. WebMD



Coffee

Your morning cup of joe just might give your cholesterol level an unwanted jolt. French press or Turkish coffee lets through cafestol, which raises levels of LDL, or "bad," cholesterol. Espresso does too, but serving sizes are small, so there's less to worry about. If you drink drip coffee, you're in the clear. The filter catches cafestol, so stick to drip.



[Acupressure vs. Acupuncture](#)



[Ancient Chinese Tui Na Massage](#)



[The High Cost of Chronic Pain](#)

Coconut sugar isn't a superfood. Coconut sugar has become trendy, thanks to claims that it's healthier than table sugar (which comes from sugar cane or sugar beets). That's because it's lower on the Glycemic Index (GI, a measure of how quickly a food affects your blood sugar) than white sugar. But its GI value has actually been disputed, and the official [Glycemic Index website](#) puts its value closer to table sugar. Coconut sugar has the same number of calories and grams of sugar as white sugar—and despite internet claims that it's packed with nutrients, you'd have to eat large amount of it to get anything meaningful (it's also pricey).

BY [SALLY KUZEMCHAK, MS, RD](#)

[Real Beauty: Making Homemade Lip Balm Couldn't Be Easier](#)



[Why eating noodles at this time of year can be an omen for a longer life](#)



When it comes to celebrating the Lunar New Year, putting the right food on your plate is the easiest way to set yourself up for a good year.

ABC Life explains how eating noodles could help you lead a long and prosperous life.

[Read](#)

[Does a regular 'scale and polish' do your teeth any good?](#)

This routine dental procedure may help with coffee stains, but it won't necessarily make a difference to gum health, according to the latest research.

[More](#)

Brown sugar isn't healthier than white.

Just like brown eggs may seem somehow healthier than white ones (they're not), brown sugar sometimes gets a pass as a wholesome sweetener because of its color. In reality, brown sugar is white sugar with a little bit of molasses added for color and flavor. But that doesn't add extra nutrients per serving or make brown sugar a healthy sweetener. BY [SALLY KUZEMCHAK, MS, RD](#)

Honey isn't "natural" sugar.

Some people may consider honey and maple syrup to be more "natural" compared to white sugar. But when you hear advice from health professionals to eat less sugar, they're talking about honey and maple syrup too. "Natural" sugars are actually the naturally occurring sugar in dairy (lactose) and fruit (fructose). Honey, molasses, maple syrup, and white sugar are all considered "added" sugar because we add them to food and drinks, and all of them should be limited. So don't be fooled by "healthy chocolate fudge" recipes on Pinterest!

BY [SALLY KUZEMCHAK, MS, RD](#)

[Australia is the food allergy capital of the world. How did this happen and what can we do?](#)



People often wonder if allergies are really increasing, or whether they are just being diagnosed more frequently. Evidence points to a true increase, but we are now learning that there are ways to decrease your risk.

[More](#)

SLIDESHOW

How to Have a Better Sex Life

Explore new ways to spice up your sex life and learn tips for better communication, scheduling sex, and more. [Read more...](#)

What to Do About Diabetic Peripheral Neuropathy

Nerve damage, what doctors call neuropathy, is a common complication of both type 1 and type 2 diabetes. Peripheral means the nerves in your feet, hands, legs, or arms are affected. Diabetic peripheral neuropathy (DPN) can feel like tingling, burning, pins and needles, stabbing, or even numbness. If you're also overweight or have high blood pressure, high triglyceride levels



, or plaque buildup in your heart's arteries, your odds of DPN go up. High blood sugar over time damages nerves and the small blood vessels that support them. When your blood sugar level is consistently in the normal range, you lower the chance of complications like DPN and help stop it from getting worse. Follow your doctor's instructions about taking medicine or insulin as well as other steps to control your glucose.

Exercise

Moderate physical activity can delay problems and even reverse symptoms. Aside from that, it helps your balance and strength, so you're less likely to fall. Adults shouldn't skip exercise for more than 2 days in a row and get a total of at least 150 minutes a week. Brisk walks are a great way to start if you aren't working out regularly yet.

Eat Healthy

Fruits, vegetables, whole grains, low-fat dairy, lean proteins, fish, and high-fiber and low-salt foods are good for you whether you have diabetes or not. Good nutrition helps keep your body strong and working well. That includes your nerve endings and blood vessels. Eating well is also important to manage your weight and blood sugar. Fruits, vegetables, whole grains, low-fat dairy, lean proteins, fish, and high-fiber and low-salt foods are good for you whether you have diabetes or not. Good nutrition helps keep your body strong and working well. That includes your nerve endings and blood vessels. Eating well is also important to manage your weight and blood sugar.

Medication

Over-the-counter pain relievers like ibuprofen don't usually work for DPN. But some prescription medicines that treat depression and seizures -- including duloxetine, gabapentin, pregabalin, and tricyclic antidepressants -- might make it hurt less. You often take them at night so you sleep better. They can have unpleasant side effects though, so talk to your doctor about what the right choice is for you.

Capsaicin

Put it on your skin in a cream, ointment, or patch, and it breaks down substances in nerve endings around there so they can't send pain signals. One study found that people who used a capsaicin patch one time for 60 minutes had pain relief for up to 12 weeks. This is the chemical that makes peppers hot, and it can burn a little when you apply it.

Vitamins D and B12

People who don't get enough of these tend to develop DPN. Sunlight is a good source of vitamin D, as are cheese, egg yolks, mushrooms, and fatty fish like tuna, salmon, and mackerel. Fish and red meat have vitamin B12. Some foods have these vitamins added, too, like orange juice, soy milk, and cereals. Taking vitamin D supplements when you have DPN may ease symptoms, but it doesn't look like B12 supplements help.

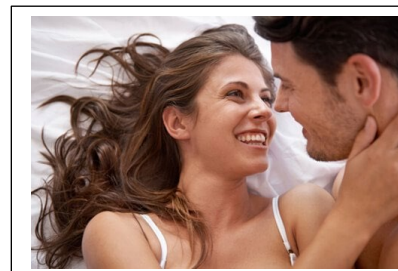
My patient swapped chemotherapy for essential oils. Arguing is a fool's errand

Ranjana Srivastava



SLIDESHOW

Health Benefits of Sex



Can sex improve your physical health? Discover these 18 surprising health benefits of sex.

[Read more...](#)

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