

Signs You're Low on Vitamin C

Your body doesn't make or store vitamin C, so you have to take it in every day. If you don't have enough, some of these symptoms may emerge.

[Read More >](#)

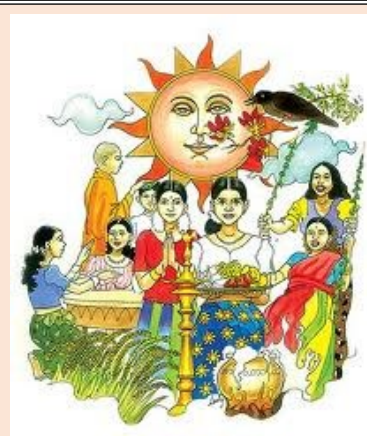


[A large study of Belgian and Dutch people finds new associations between gut microbes and depression](#)

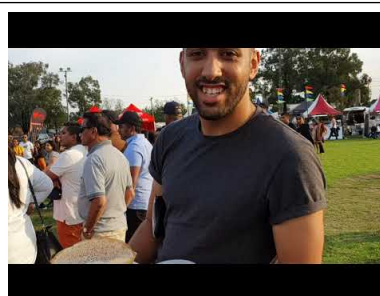
[Compounds in coffee, cocoa may cut heart disease risk](#)

THC found more important for therapeutic effects in cannabis than originally thought

University of New Mexico



WE wish all our Readers a very Happy Sinhala & Tamil New Year



Sunfest Sydney 2019

Pam Wanduragala

Recipe for Hoppers



Soak 2 cups of rice for at least 6 hrs. Place in blender and blend to a paste with coconut milk and a little coconut water if available (optional) put through sieve and strain. Blend 1/4 cup boiled rice and mix together. Add 1 tsp bicarbonate of Soda and 1 tsp sugar. Leave overnight to rise. Add salt to taste just before baking. Maggie Coconut Powder is ideal for those living overseas. Remember not to make the mixture too runny. Get your hopper pans seasoned before you start. Never known to fail. Enjoy.

Your Breast Cancer Questions Answered

We explain everything you need to know about the disease: symptoms to watch for, treatments, life after diagnosis, and more.

[Read More >](#)



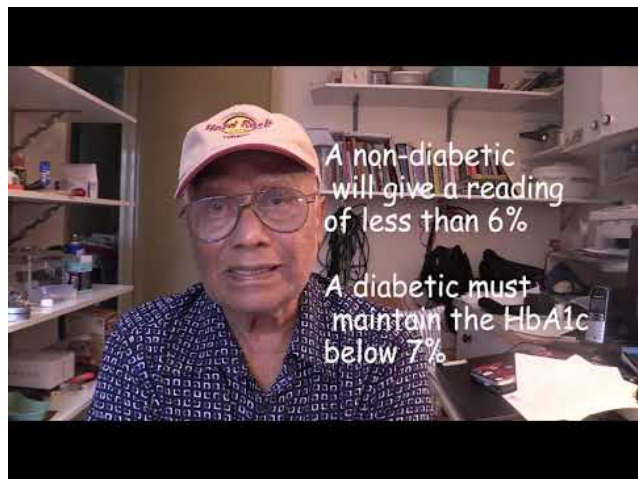
Surprising Benefits of Lemons and Limes

Did you know that these tart citrus fruits may help keep wrinkles at bay?

[Read More >](#)



Your best friends are in your gut



Diabetes explained

FEATURED

25 Ways to Relieve Menstrual Cramps

Menstrual cramps, or primary dysmenorrhea, are an uncomfortable part of life for many women on a monthly basis.

[READ MORE](#)



Why Do I Pee So Often?

Too much water will definitely make you pee more, but there could be other reasons too.

[VIEW](#)

Sauerkraut



Choose the unpasteurized kind. The pasteurizing process, which is used to treat most supermarket brands, kills active, good bacteria. Sauerkraut and the similar but spicy Korean dish kimchi are also loaded with immune-boosting vitamins that can help ward off infection.

ARTICLE

Iron Deficiency and Anemia

Iron deficiency is the most common nutritional deficiency and the leading cause of anemia in the US. [Read more...](#)

Dietary Supplements Do Nothing for You

Are you popping dietary supplements regularly, in the hope of living longer?

[READ MORE](#)

Miso Soup

A popular breakfast food in Japan, this fermented soybean paste can get your system moving. Probiotic-filled miso is often used to make a salty soup that's low in calories and high in B vitamins and protective antioxidants.

Signs You May Have Cirrhosis

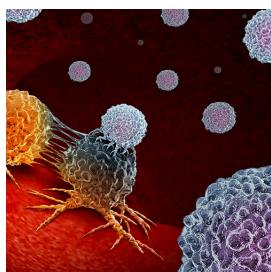
You may not notice any problems at first. As it gets worse, you might start to feel more tired and less hungry. Eventually, your liver may shut down.

[Read More >](#)

Soft Cheeses

They're good for your digestion, but not all probiotics can survive the journey through your stomach and intestines. Research finds that strains in fermented soft cheeses, like Gouda, are hardy enough to make it.





A defined set of 11 bacterial strains from the human gut can protect against infection and target cancer in mice

One of the important roles played by the gut microbiota involves directing maturation of the mammalian immune system, although the molecular basis involved is still being characterized. As a result...

How to Pick, Peel, and Cut Mangoes

Here are some tricks to get your fruit into the bowl without a counter full of juice.

[Watch Video](#) >

Do You Need to Take Probiotics?

And if you do decide on supplements, what should you look for when buying them?

[Read More](#) >



Emil & Arlene, your hosts

Emil is an award-winning columnist who has returned to his ancestral home after 30+ years in Canada to develop Halgolla Plantation Home (HPH) as a unique diversified plantation & Home Stay, paying particular attention to the social responsibility of enhancing the wage-earning capacity of peasant women in particular. His enthusiasm for work of this kind stems from his experience working with Aboriginal people in Canada's north.

Arlene has retired to the bucolic surroundings of Halgolla after holding senior positions in many public and private enterprises in Colombo and Kandy. At HPH, her warmth and management of the household ensure the comfort of their guests.

Apart from the knowledge of Sri Lanka and its people that Emil & Arlene readily share with their guests, HPH has a great deal to recommend it, beginning with its serenity, natural scenic beauty, spacious comforts, self-directed walking trails and extensive

Location of HPH

Distance in Kilometres(Km) and approximate time for travel

From Colombo - 117 Km - 3 Hrs 20 Mins
From Airport - 94.3 Km - 2 Hrs 30 Mins
From Kurunegala - 24.1 K - 40 Mins
From Kandy - 22.5 Km - 45 Mins

<https://www.halgollaplantationhome.com/>

Causes of Heartburn and What to Do About It

We share ways to help prevent burning indigestion, plus 3 over-the-counter meds that may help.

[Read More](#) >

Early Brain Cancer Symptoms

Brain cancer is a malignant growth of abnormal brain cells in the brain. A grouping of abnormal cells is called a tumor.

[READ MORE](#)

Neck Pain: Causes and Treatments for Relief

We've gathered the most common causes of neck pain, along with treatments that can offer pain relief when you need it. [Read more...](#)

Symptoms of Carcinoid Syndrome

Flushing is the most common symptom of carcinoid syndrome. An estimated 90% of patients experience this symptom. [Read more...](#)



What Are the Best Sleeping Positions For You?

Do you sleep on your back, side, or tummy? How you sleep may reveal aspects of your personality. [Read more...](#)

The Killing Times: the massacres of Aboriginal people Australia must confront

Special report: Shootings, poisonings and children driven off cliffs – this is a record of state-sanctioned slaughter

The truth of Australia's history has long been hiding in plain sight.

The stories of “the killing times” are the ones we have heard in secret, or told in hushed tones. They are not the stories that appear in our history books yet they refuse to go away.

The colonial journalist and barrister Richard Windeyer called it “the whispering in the bottom of our hearts”. The anthropologist William Stanner described a national “cult of forgetfulness”. A 1927 royal commission lamented our “conspiracy of silence”.

But calls are growing for a national truth-telling process. Such wishes are expressed in the [Uluru statement from the heart](#). Reconciliation Australia's 2019 [barometer of attitudes](#) to Indigenous peoples found that 80% of people consider truth telling important. Almost 70% of Australians accept that Aboriginal people were subject to mass killings, incarceration and forced removal from land, and their movement was restricted.

[The Killing Times / The massacres of Aboriginal people Australia must confront](#)



Special report: [Shootings, poisonings and children driven off cliffs – this is a record of state-sanctioned slaughter](#)

Does our immune system hold the key to beating Alzheimer's disease?

Incurable and increasingly prevalent, Alzheimer's has long puzzled the research community. Now scientists believe the human body may be the best line of defence

Half a million people in the UK are [living with Alzheimer's disease](#), the most common form of dementia. And while the risks generally increase with age, thousands are afflicted under the age of 65. Inheritable genetic conditions can lead to familial Alzheimer's, which can afflict people as young as 30.

There is no known cure. Some medications can reduce memory loss and aid concentration, but these merely alleviate the symptoms or boost the performance of those neurons in the brain that remain unaffected. They do nothing to stop or slow down the killing-off of brain cells by this neurodegenerative condition

It is a bleak picture. Part of the problem with developing drugs is that the causes of Alzheimer's are still not fully understood. Moreover, the disease is also challenging to combat because, like cancer, it is not caused by an invading pathogen. It arises from our own biology – from something that our cells are prone to doing.

But, also like cancer, one of the most promising current approaches to a cure enlists our body's own defences, using the immune system to ward off the disease by means of immunotherapy. Immunotherapy works in the same way as vaccines, by helping the immune system recognise and attack cancer cells, and many researchers and some pharmaceutical companies are now striving to make a vaccine against Alzheimer's.

[Alzheimer's / Does our immune system hold the key to beating the disease?](#)



[Alcohol and health: it's complicated](#)



Stroke

[Stroke](#) remains the fifth leading killer in the United States. While typically associated with people in their senior years, [strokes](#) can also hit people at much younger ages.

"It is more common than one might think," said Dr. Andrew Rogove, who directs stroke services at Northwell Health's Southside Hospital in Bay Shore, N.Y. "According to the American Stroke Association about 15 percent of strokes occur in adolescents and young adults, and this number is increasing." And if a stroke does hit in youth or middle age, it's often more lethal, and Rogove explained why. "As we age our brains shrink," he said. "When a young person has a large stroke, brain swelling occurs and because their brains have not shrunk as much as an older person they have no room in the skull to accommodate this swelling and the brain gets compressed and can lead to death. In an older patient there is more room in the skull to accommodate this swelling."

Strokes can be caused either by a clot (the vast majority of cases) or a bleeding hemorrhage.

Quick diagnosis and treatment is crucial in reducing the damage caused by a stroke. According to the stroke association, people should work F.A.S.T. to spot and treat a stroke. Look for:

- Face drooping. Ask the person to smile -- does the smile look uneven?
- Arm [weakness](#). Ask the person to raise their arms. Does one arm drift downwards?
- Speech difficulty. Is speech slurred? Get the person to repeat a simple sentence. If the person displays any of these key signals, it's --

E.J. Mundell

Butt Implants Linked to Rare Cancer in First Reported Case

By [Rachael Rettner, Senior Writer](#) | February 28, 2019 04:01pm ET

A woman with buttock implants was diagnosed with a rare form of cancer that, until now, has largely been linked to breast implants, according to a new report of the woman's case.

The case marks the first time that this cancer — called [anaplastic large cell lymphoma](#) (ALCL) — has been tied to buttock implants, the report authors said.

ALCL is a type of lymphoma, which is a cancer of immune-system cells. In the past eight years, the U.S. Food and Drug Administration (FDA) has identified more than 450 cases of this [cancer, which has been linked to breast implants](#). Most of these cases have occurred among women with textured breast implants, according to the FDA. [[27 Oddest Medical Case Reports](#)]

The woman's "case helps to demonstrate that many textured implants could potentially be [a] risk [factor] for ALCL and that in general, the discussion should move from 'breast implant-associated cancer' to 'implant-associated [cancer],' to better encompass the full spectrum of disease," the authors wrote in the report, published Feb. 15 in [Aesthetic Surgery Journal](#).

In the case, the 49-year-old woman received gluteal textured implants about one year before she was diagnosed with cancer. Doctors observed that she had an ulceration on the skin around her implants, and imaging tests revealed fluid around the implants.

Unfortunately, the cancer spread to other parts of her body, including her lungs. A biopsy of a mass in her lung revealed "hallmark" cells of ALCL, the report said. Despite aggressive [chemotherapy](#), the patient died several months later.

How Nerve Pain Feels

People with nerve pain feel it in different ways. For some, it's a stabbing pain in the middle of the night. For others, symptoms can include a chronic prickling, tingling, or burning they feel all day.

Uncontrolled nerve pain can be hard to bear. But with treatment, it can often be adequately controlled.

How Nerve Pain Feels

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Hand Holding Burning Match

Understanding Nerve Pain

Pain is supposed to be a warning.

When your hand gets too close to a stove, the nerves send a pain signal to the brain -- and you pull back before you burn yourself. But if you have nerve damage, that system isn't working.

Damaged nerves may send false signals -- and you feel real pain, often without a cause. Damaged nerves may also result in you not feeling pain when you have an injury.

Nerve Pain Triggers

Some find that certain body positions or activities -- like standing in line or walking -- become painful. Nerve damage may also make your body overly sensitive. Some people may experience pain from bed sheets draped lightly over the body.

Loss of Feeling

Nerve damage may cause loss of sensation or numbness in the fingertips, making it harder to do things with your hands. Knitting, typing, and tying your shoes may become difficult. Many people with nerve damage say that their sense of touch feels dulled, as if they are always wearing gloves.

[Read More >](#)

Telling the truth about Australia's past will be painful – but it will be liberating

Rather than engendering guilt, the focus should be on healing historical wounds threatening the nation's future

The Killing Times: the massacres of Aboriginal people Australia must confront

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About this content

Karen Mundine and Richard Weston

- In 1895 John Kelly killed by poison six Gumbaynggir people near Bellingen in New South Wales. He was charged with manslaughter, but – like almost all perpetrators of frontier violence against Aboriginal people – was found not guilty.
- As Kelly was being tried, a young Irish playwright, Oscar Wilde, was presenting his new play to London audiences. Described as a work “in which the protagonists maintain fictitious personas to escape burdensome social obligations”, Wilde’s now-famous play *The Importance of Being Earnest* includes the line: “The truth is rarely pure and never simple.”



Living on a massacre site: home truths and trauma at Warrigal Creek

Read more

As per Wilde’s notion of truth, our history is neither simple nor pure. Our collective refusal to speak the truth of this history has allowed for the development of a fictitious national identity which ignores the brutal and ongoing impact of Australia’s creation on the 500 or more Aboriginal and Torres Strait Islander nations that occupied and owned this continent for millennia before the British arrived.

The trauma we face in our day-to-day lives, either directly or indirectly, has its genesis in the violent early history of Australia’s frontier wars and the genocidal policies that followed, including the forced removal of children.

Historical injustice is still a source of intergenerational trauma for Aboriginal and Torres Strait Islander people and we see it playing out in families and communities across the country. Our nation’s past is reflected in the present and, unless we can heal historical wounds, they will continue to play out in our country’s future.

Truth telling has an impact on every aspect of the lives of our stolen generations, including their ability to access services and support systems. It has the capacity to build social capital, goodwill and unity through processes of creating shared understanding of our history and building knowledge so that we can avoid repeating mistakes of the past. It also helps inform better policy that reduces the impacts on our people’s health and welfare.

Read more:

///Telling the truth about Australia's past will be painful – but it will be liberating

Karen Mundine and Richard Weston

Explore Treatments for Metastatic Breast Cancer

Here's what you should know about various treatments, including what type of patient might need them, how they're given, and what to ask your doctor.

[Read More >](#)

Tips to Prevent Erectile Dysfunction

Causes include medications, chronic illnesses, poor blood flow to the penis, drinking too much alcohol, or being too tired.

[Read More >](#)

[Expandable Heart Valves Could Mean Fewer Heart Surgeries](#)



Overcoming the fear of falling



Fear can be a helpful signal; it can bring your attention to problems — such as a balance disorder, reduced vision, or muscle weakness — that keep you from moving confidently. But fear can also undermine you. Persistent worrying about a fall, if it's unwarranted, may cause you to limit your range of motion unnecessarily and avoid activities that you're capable of. It's estimated that one-third to one-half of older adults are concerned enough about potential falls that they have begun to restrict or avoid activities that would be beneficial for their health.

[Read more >>](#)

What Is CBD?



compound found in both marijuana and hemp plants. There's some evidence that it might help treat pain, seizures, and some other health problems. But much more research is needed for doctors to know for sure what it can do

How Do You Take It?

You can take CBD oil by itself by mouth, or use one of many products that has it as an ingredient. These include pills, chewable gels, "tinctures" you drop under your tongue, vape cartridges you breathe in, creams on your skin, and foods like chocolate bars. The amount and quality of CBD in these products can be very different.

Does It Make You High?

CBD doesn't -- another substance in marijuana called THC does that. If you use a CBD product, check the label and make sure that's the only cannabinoid listed. In states where marijuana is legal, some companies put product information online that lists the amount of each ingredient.

Is It Addictive?

CBD oil by itself is not. But CBD products that also have THC can be. The key again is to know the source and check the ingredients and the amounts so you know exactly what you're using.

Where Is It Legal?

Forty-seven states now allow some form of CBD. Only Idaho, South Dakota, and Nebraska ban all marijuana use. Legal details are different by state, so do your research to make sure you're on the right side of the law.



11 Edible Insects That Are Good for You, Too

Crickets are a good source of iron, protein, and vitamin B12. Mealworms are loaded with omega-3s. Even stink bugs have lots of nutritional benefits. Still with us? These are some of the best bugs you can eat.

[Read More >](#)

Metabolic Syndrome

By definition, a person is labelled as having metabolic syndrome, if he or she suffers from at least 3 or more of the following risk factors:

- high triglycerides
- low HDL cholesterol
- large waistline
- increased blood sugar
- high blood pressure

It is most likely that you would develop heart disease when you suffer from metabolic syndrome. Such patients are told to avoid eating food containing high cholesterol and high saturated fats, such as meat, dairy products eggs, among others.

12 Clues You May Have Heart Disease

Snoring, a yellow-orange bumpy rash on your knuckles, or bloody splotches just under your skin on your palms and feet could be serious warning signs.

[Read More >](#)

You should know about Metabolic Syndrome

We use the word metabolism to describe the chemical processes going on within our body. These processes help you to function your organs normally for healthy life. Normal metabolic functioning of your body is also called homeostasis. Most of these processes occur in your gut and liver, such as breaking down of your macronutrients (food) you eat, used for building and repair our body.

Then, what is metabolic syndrome. This is a disorder that affects most people in the present days stressful life consuming unhealth food and lifestyles. Such disorders place you at a higher risk of cardiovascular disease, stroke and disease related to fat build up in the blood vessels.

Definition

We used this term, when you have high blood pressure, high blood sugar levels, uncontrollable blood cholesterol levels, high triglycerides, increased abdominal waist-line, all leading to the development of greater risk for cardiovascular issues.

A pot belly is an aging health problem that changes your profile from a straight upright position to a slightly hunched situation, shortening of the spine with increased lordosis which encourages tummy protuberance.

Men used to get an apple shaped tummy with a waist-line over 40 inches, whilst women seem to get a peach shaped tummy of waistline over 35 inches.

The difference in shape is mainly due to the position of the fat distribution in your tummy. Women tend to put on more fat in the tummy wall, whilst men seem to get it inside the tummy in the visceral tissues (visceral fat).

It is observed that those who have tummy sizes over the normal range, both men and women, seems to have higher risk for heart disease.

High triglycerides

Normally, you should have less than 150 mg/dl, of triglycerides in your blood. Fat is stored in the body as triglycerides, and if your level is more than 150mg/dl you are qualifying for metabolic syndrome. You could reduce the level through exercise, eating less sugar and fat, to lose weight

High cholesterol

High level of bad cholesterol is one of the main factors in metabolic syndrome. Whatever, you have read about cholesterol being made a 'U' turn does not apply in metabolic syndrome. You need to keep a high level of good cholesterol (HDL) to remove the bad cholesterol back to the liver. Your HDL should be maintained above 50 mg/dl for women or less than 40 mg/dl for men to avoid metabolic syndrome. Keeping a high level of HDL helps to keep a low level of the bad cholesterol. You may need to change your lifestyle, with better eating habits and keeping your weight down to avoid this syndrome.

Diabetes

Most diabetics qualify as members of this syndrome. If you do not take adequate precautions to keep your blood sugar within the normal range, you can put on extra weight, and your fasting blood sugar may get too high, and lead to metabolic disturbances in your body and lead to this syndrome.

Diabetes is strongly linked to all health problems, including metabolic syndrome. At some stage this syndrome may make your body stop responding to insulin, the hormone that keeps blood sugar levels stable. It is called insulin resistance, and it's another common reason that people get metabolic syndrome.

High blood pressure

With high uncontrolled blood pressures\ you could qualify to get into this syndrome. Exercise keep you weight down and take regular medication, if required to prevent having this syndrome.

Avoiding metabolic syndrome

You could always regularly take measures to avoid qualifying to become a member of this syndrome but taking adequate health measures as described before. Of course, there could be unavoidable genetic factors.

By taking adequate measures, you prevent your getting coronary heart disease, heart attacks and also type 2 diabetes.

Socially and physically active

Stay socially and physically active to avoid this syndrome. Exercise daily for 30 minutes a day. A 1000 step walk would be adequate daily.

Watch your weight, because excess fat accumulations in your body is a possible cause of metabolic syndrome.

Other factors

Other than looking after your weight, proper healthy diet, exercise, there may be other rolls that can promote metabolic syndrome. Avoid getting a fatty liver, polycystic ovarian syndrome, gallstones, sleep apnea, or any other chronic inflammatory disease.

They do contribute to metabolic syndrome.

Eating a proper diet is important to prevent this syndrome. Cut down on foods with added sugar, eat less salt and foods with excess saturated fats.

Medication

If you find it difficult to lower your bad cholesterol numbers in your blood, your doctor may prescribe statin to lower your bad cholesterol. Take a low dose of aspirin to prevent blood clots, and medication to lower your blood pressure.

Dr Harold GUnatillake

You should drink at least eight glasses of water per day.

There's no evidence to back that up. The Institute of Medicine recommends that men get about 125 ounces of water daily and that women get 91 ounces, but that includes water from all foods and beverages. Most people get enough hydration unless they're exposed to heat stress or they're very active for a long time.

How much of their water do people typically get from food?

The average person gets about 20% of their water for the day from food. An apple is 65% water. Bananas are 70% water. Broccoli is about 90% water. Even foods that you might not think of as moist -- a slice of white bread (40% water), ground beef (53%), American cheese (28%) -- help.

Exercise in hot, humid conditions can make you dehydrated in as little as: 30 minutes

It doesn't take long to get dehydrated -- especially in hot, humid weather. So don't exercise hard, outdoors, when it's too hot and humid. You'll need to take longer breaks, shorten the workout or intensity level, and dress appropriately.

While exercising, most people should break for water every:

On average, you should take a rehydration break at least every 20 minutes. Most people would stay adequately hydrated by drinking about 7 to 10 ounces of fluid every 10 to 20 minutes during exercise. But your exact need depends on things like how hard you're working, whether you are indoors or outdoors, and your age, gender, and weight.

It's also helpful to drink two cups of fluids (about 17 to 20 ounces) about two to three hours before a workout.

Alcohol

Alcoholic beverages have the most dehydrating effect. Coffee and other caffeinated drinks do make you urinate more, but overall, they're hydrating because of their water content. Juices, sodas, and other sweet drinks also are hydrating. Water is usually a better choice for hydration because it doesn't have extra calories. WebMD

Triglycerides are a type of fat in the blood, and they are the most common type of fat found in the body. The body uses this fat for energy but when there is extra, it gets stored as body fat for later use. In fact, most of the fatty tissue in your body is made up of triglycerides.

Triglycerides are produced by the breakdown of fats in your foods, and the body also produces triglycerides on its own from carbohydrates.

The problem is that high triglyceride levels are linked to an increased risk for heart disease. Risk factors that can increase lead to higher triglyceride levels include being overweight or obese, diabetes, and smoking.

Exercises for Better Sex



These exercises can help build endurance, get blood flowing, and strengthen your core.

[Read More](#) >



13 Foods That Cleanse And Protect The Liver Naturally

Did you know that your liver is the most important detox center in the body? Harmful chemicals from everything you ingest or inhale -- food, drinks, medicine, or smoke -- transform into less harmful, water-soluble substances in the liver in a 2-phase process and are then excreted...

[READ MORE](#)

Is Passing Gas Normal?



Main Function of Triglycerides

Did you know that the body also produces triglycerides on its own from carbohydrates?

[TAKE THE](#)



Whats to know about radiculopathy?

Radiculopathy describes a nerve being pinched by the spine. This can cause discomfort, weakness, and numbness, and can be treated with medication and physical therapy. This article explains the causes of this painful condition, how it is diagnosed, and how a person might go about preventing the onset of radiculopathy. [READ NOW](#)

MONDAY, March 18, 2019 (HealthDay News) --Patients who have high [triglycerides](#) and take [cholesterol](#)-lowering [statins](#) to lower their risk for [heart attack](#) or [stroke](#) can cut that risk by another 30 percent by adding a high-dose [omega-3](#) fatty acid pill, investigators report.

The prescription drug, called Vascepa, is not to be confused with [over-the-counter](#) dietary omega-3 (often [fish oil](#)) [supplements](#).

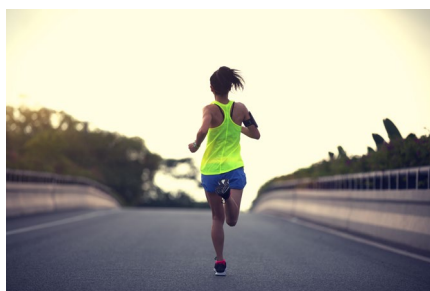
Such [supplements](#) typically contain far lower doses of the critical omega-3 fatty acid called EPA and have not undergone a rigorous safety and effectiveness review by the U.S. Food and Drug [Prescription Fish Oil Pill Lowers Heart Attack Risk in Those on Statins](#)



Can exercise extend your life?

[Marwa A. Ahmed, MD, MS](#)

Contributor



Exercise provides a remarkable variety of health benefits, which range from strengthening bones to positive effects on mood and helping to prevent chronic illnesses such as diabetes and heart disease. Research dating back to the late 1980s has consistently shown that aerobic fitness may help extend lives. Yet a few studies on athletes examining whether habitual vigorous exercise might harm the heart made some experts wonder how hard people ought to push when exercising (see [here](#) and [here](#)). Read more

[Can exercise extend your life?](#)

After all Eggs are good for you

Written by Dr harold Gunatillake --Health writer

Eggs were considered as balls of cholesterol and most wives deprived their husbands of giving an egg a day, quite unwisely and ignorantly, not knowing the health benefits with so much of essential nutrients. The table has turned after a research paper appearing in Medical News Today, Academic Journal, and article dated 25 Dec 2012. The opening paragraph states: Eating whole eggs can improve lipopr...

[See More](#)

[Eating more fruits and vegetables may help men with memory loss](#)



Need another reminder to eat your fruits and vegetables? Doing so might lower your risk of memory loss; according to a study that followed the eating habits of almost 28,000 men over a 20-year period.



Kidney stones



Large kidney stones can block the urinary tract.

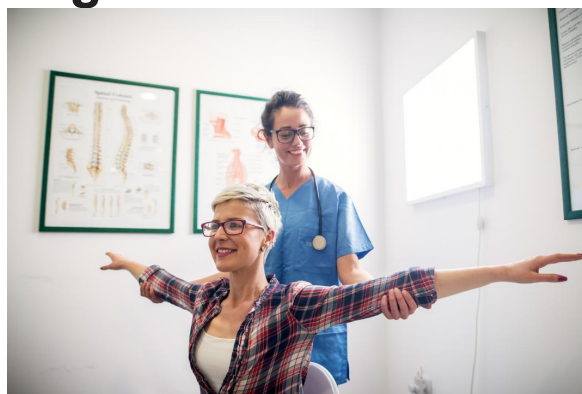
[Kidney stones](#) are small, solid [lumps of minerals](#) that can form in one or both of the kidneys.

Smaller kidney stones are painless to excrete, but larger kidney stones can cause significant issues. They can become stuck and cause a lot of pain. If the stones affect the right kidney, this could cause lower right back pain.

It is important to [remove](#) large kidney stones immediately if they are blocking the urinary tract or causing significant pain.

Treatment will involve breaking the stone into smaller pieces for excretion. In some cases, this will require surgery.

Intervertebral disc degeneration



Physical therapy can help treat intervertebral disc degeneration.

Intervertebral disc degeneration is a [common](#) condition in which the discs that support the bones, or vertebrae, in the spine degenerate.

This degeneration, which occurs most often in the lower back, increases the friction between the vertebrae. This friction can lead to pain in the back, neck, arms, and legs.

Intervertebral disc degeneration often occurs as a person ages. Treatments for the condition may include:

- physical therapy
- steroid injections
- facet rhizotomy, which involves injecting joints to decrease nerve pain
- pain medications, such as NSAIDs or steroids
- surgery



8 stretches for the middle back

Regularly stretching the middle back can loosen muscles, improve posture, and relieve or prevent back pain. We give step-by-step instructions for eight of the best mid back stretches. [READ NOW](#)

[The growing problem of an enlarged prostate gland](#)



Trans fats are created by adding hydrogen to a liquid fat to help it solidify. Food manufacturers started using trans fats because they extend the shelf life of packaged baked goods. Fast-food purveyors took to them because they can be reused again and again. Although public pressure has forced the food industry to phase out trans fats, they haven't disappeared entirely. To avoid eating them inadvertently, scrutinize the labels on food packages before you put them in your shopping cart

To unsubscribe

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