



ARTICLE

Coping With Stress

The better you are at managing your own stress, the more you'll positively affect those around you. [Read more...](#)



Are Australia's efforts to reduce emissions enough to meet our Paris target?

The Government insists Australia is on track to meet its Paris target by 2030, but the Government's own data tells a different story.

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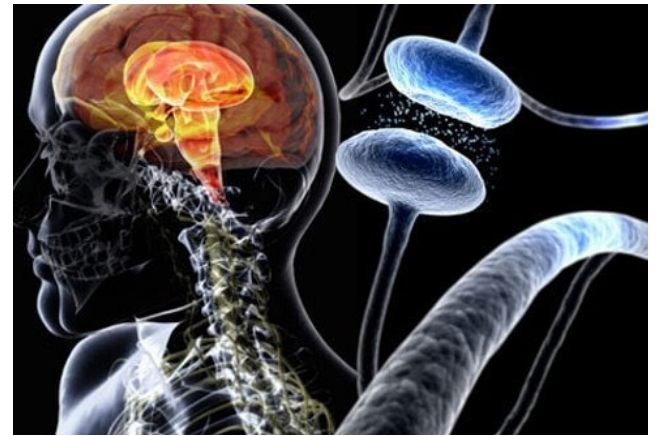


Parkinson's Disease: Risks, Symptoms and Treatment

About 60,000 Americans are diagnosed with Parkinson's disease each year.

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What Is Parkinson's Disease?



Parkinson's disease is a fairly common age-related and progressive disease of brain cells (brain disorder) that affect movement, loss of muscle control, and balance. Usually, the first symptoms include a tremor (hand, foot, or leg), also termed a "shaking palsy."

The majority of people develop Parkinson's disease after age 60 (although a few patients like Michael J. Fox develop it at an early age of about 30 and boxer Muhammad Ali at age 42). Men are about 1.5 times more likely to develop it than women. In general, the disease slowly progresses with more pronounced symptoms developing over many years. Although a few patients, especially those who develop it in their younger years may have more rapid symptom development, symptoms slowly increase over many years. Treatments may reduce symptoms in many patients.

Three key symptoms that develop early in Parkinson's disease are a tremor, usually on one side of the body (hand, foot, arm, or other body part) when the person is at rest. The second symptom is rigidity, or resistance to movement when someone tries to move the person's joint or when the person has difficulty going from a sitting to a standing position. The third symptom is termed bradykinesia, or slowness, and small movements. Bradykinesia is seen in people that have small handwriting (micrographia) and decreased facial expression (the person often only has a somber or serious expression under most circumstances). This condition is termed a "masked face."

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Let's celebrate Earth every day

Join us in celebrating Earth Day with this exclusive collection of desktop wallpapers – images that highlight some of our most precious habitats and species, big and small.

<https://youtu.be/U4nrv6i4cwo>

7 Benefits of Hemp Seeds + Nutrition & Side Effects

Hemp seeds come from a controversial cannabis plant. Instead of getting you high, they deliver a blast of essential nutrients and some crucial benefits for your heart, brain, and skin. Whether you want to prevent disease or boost your nutrition, hemp seeds have got you covered. Read this post to learn how to get the most out of them and prevent unpleasant side effects.

Don't Be Fooled by Fattening Salads

They might seem to be a good choice, but dressings and mix-ins can offset the health benefits. See what to order instead.

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6 Benefits of Passion Fruit (Maracuya) & How to Eat It

This tropical fruit has many names and just as many health benefits. It contains powerful antioxidants, speeds up your metabolism, and tastes delicious. Read this post to find out whether you should add passion fruit to your diet.

12 Noni Fruit & Juice Benefits + Side Effects, Reviews

The people of the Pacific Islands eat it as a staple food, a famine crop, and a panacea for all manner of ailments. In the last few years, it has become a popular nutraceutical—despite some people calling it the vomit fruit. But beware, many marketing claims about noni are vastly overblown. Read this post to find out more.



[A quick guide to the perfect poo and how to get it](#)

Constipation is something most people experience from time to time. These are the four main causes and what constitutes the ideal stool.

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Diabetes and Your Feet

Keep an eye out for changes like these, which can be a sign of diabetes complications or other health problems.

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Go With the (Whole) Grain

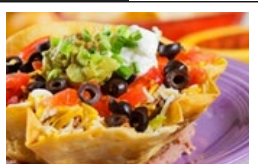
Quinoa, bulgur, and barley are great in all kinds of recipes, and they pack plenty of fiber to help keep your blood sugar stable.

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The risky business of chemsex

Some say it's the best sex they've had, but getting intimate while on crystal methamphetamine or other illicit drugs comes with serious threats to your health.

[More >](#)



Brain Changes for Aging Adults

There's a bit of good news and a bit of bad news for aging adults when it comes to mental work. Let's start with the bad. After your 30s, your ability to process information usually declines. So does your capacity to remember things. Maybe there's some truth to the old saying that "the first thing to go is your memory." Your brain also becomes more "set" as you age, particularly after age 70, making it harder to produce novel ideas. If all of this seems depressing, keep in mind that for a healthy adult, these changes are small on average.

There is an upside to aging, however, when it comes to your brain. Older people get better and better at a variety of tasks that psychologists lump into a category called crystallized intelligence. Crystallized intelligence refers to the accumulation of knowledge, skills, and abilities that have been practiced again and again. Your vocabulary resists decline, and continues to improve at least through middle age. Other well-practiced skills such as arithmetic improve through middle age as well, and are also unlikely to decline as you grow older.

Making Friends

Psychologists once assumed that after a certain age, our personalities are more or less fixed in place. But more recent research is turning that old idea on its head, showing that people tend to become more conscientious and agreeable over time.

The study, which observed data from over 130,000 adults ages 21-60, found that beginning in your 30s, you are likely to become more conscientious as you age. Conscientiousness in this case is associated with becoming more disciplined and organized. Similarly, people tend to become more agreeable—that is, more generous, warm, and helpful—as they enter their twilight years.

Sexual Problems As We Age

Normal aging causes physical changes that may affect ability to have and enjoy sex. But you can have an active and... [Read more...](#)

Sex Gets Better



Think the flames of desire dampen as you age? Studies show the opposite is true. As people's attitudes toward sex have relaxed over the course of the last century, reports of sexual satisfaction among seniors have increased. Back in the 1970s, only four 70-year-old women out of 10 said they had high sexual satisfaction, and only 58% of men at age 70. More recently six women in 10 and 7 men in 10 say they have highly satisfying sex lives at 70.

That's true for adults in their 80s as well, with half reporting sexual satisfaction "always" or "almost always." Why the change? Partly it's that more permissive attitudes contribute more freedom and sexual confidence. But also older people are living more comfortably thanks to advances in modern medicine. Erectile dysfunction has medical cures, and seniors are more likely than ever to seek medical treatment for all the aches and pains of daily life.

Medicine.net

Why medical schools need to teach nutrition

Medical schools should place a greater emphasis on meaningful [nutrition](#) education, according to a new Viewpoint article in JAMA co-authored by [Walter Willett](#), professor of epidemiology and nutrition at Harvard T.H. Chan School of Public Health.

The March 21, 2019 article noted that, on average, medical schools devote only 19 hours of a four-year curriculum to nutrition. Moreover, medical schools tend to focus on nutrition topics such as vitamin deficiency states, which is shortsighted given that diseases related to vitamin deficiencies aren't a major problem in the U.S. Even after medical school, clinicians have very little exposure to nutrition-focused [education](#) throughout their careers, according to the article.

The authors noted that while many topics deserve greater attention in medical training, nutrition stands out as a priority area given that poor-quality diet is a leading cause of death in the U.S. and that patients are frequently exposed to often contradictory nutrition messages in the media. Additionally, focusing on nutrition aligns with the current shift in medicine from disease management toward health promotion and prevention.

Read the JAMA Viewpoint article: [Nutrition Education in Medical School, Residency Training, and Practice](#)



NRMA calls for ban on sale of gas guzzlers by 2030

Other countries have announced plans to phase out petrol and diesel cars and the NRMA says it is now time for Australia to catch up.

[READ](#)

Power to the People



In this investigation, Four Corners documents the revolution in power generation taking place across the globe, travelling to California, where successive governments have legislated to have one third of the state's power come from renewable sources.

[WATCH](#)



[Shut Down Sinus Headaches With Essential Oils](#)



[4-Step Natural Allergy Remedy](#)

[A Permanent Natural Remedy for Allergies](#)

Spring and summer are a joy—unless you're one of the millions who suffer with seasonal allergies. Then these seasons can be miserable thanks to sniffing, scratchy throats, coughing, itchy eyes—or the alternative: taking allergy medications that make us sleepy and groggy. [Learn the connection between allergies and diet, and change your eating habits to eliminate symptoms forever.](#)



Oranges: Facts About the Vibrant Citrus Fruit

March 12, 2019 | Reference

In addition to being a delicious snack, sweet, juicy oranges have many health benefits.

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[Natural Treatment of Hay Fever](#)

[FDA Approves First Immunotherapy Drug for Breast Cancer](#)



Will There Ever Be a Universal Test to Detect Cancer?

By [Yasemin Saplakoglu, Staff Writer](#)



Credit: Shutterstock

ATLANTA — Cancer is over one hundred different diseases hiding under one name. That's why, just as there isn't one universal way to treat cancer, there also isn't one universal way to detect it.

But that doesn't mean scientists aren't trying: If researchers can find a unique signature or "biomarker" of cancer — meaning a characteristic that all cancerous cells share but healthy cells do not — they may be able to create a simple test to detect it. One unique cancer biomarker could be DNA.

Of course, DNA isn't something that's unique to cancer cells — every cell in the body has it. But according to a team of researchers from Australia, cancer DNA takes on a different structure than healthy DNA, and that's something scientists could target. [\[7 Diseases You Can Learn About from a Genetic Test\]](#)

That was the premise of a paper that the team published last December in [Nature Communications](#). They found that because of its unique shape, DNA from cancer cells [bound tightly to gold nanoparticles](#), whereas the DNA from healthy cells did not.

Matt Trau, a professor at the University of Queensland's Australian Institute for Bioengineering and Nanotechnology and the senior author on the Nature paper, discussed those findings at a presentation March 31 here at the annual meeting of the American Association for Cancer Research (AACR).

To illustrate how cancer [DNA](#) acted differently, Trau held up some "DNA" — one of his daughter's toys, a long, colorful train of little plastic pieces linked together. This is how DNA would look once you take it from people's cells, purify it and start to examine it in the lab, Trau said.

But it's not how DNA looks when it's circulating around in people's blood. To illustrate that, Trau crumbled up the toy. This knotted tangle of DNA, which crumples up differently when it comes from cancer cells than when comes from normal cells, is now the target for the team's [cancer tests](#).

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Researchers Gave People Synthetic Pot. Here's What Happened.

March 25, 2019 | Article

A group of researchers in the Netherlands tested the substance's effects on 17 healthy volunteers in the lab

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High-Potency Marijuana Use Linked with Psychosis Risk

March 20, 2019 | Article

People who use high-potency marijuana on a daily basis may be at increased risk for developing psychosis.

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What Are Superfoods?

March 18, 2019 | Reference

Superfoods, although nutritious, shouldn't be considered a silver bullet.

[Read More](#)



There May Be a Link Between Depression and Stroke

March 06, 2019 | Article

Feeling depressed may increase the risk of stroke, at least among older adults, a new study suggests.

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What's the Link Between Recalled Blood Pressure Meds and Cancer?

March 06, 2019 | Article

A number of drugs have been recalled in recent months.

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Supplements Don't Prevent Depression, Study Finds

March 05, 2019 | Article

Preventing depression isn't as simple as taking a dietary supplement every day, a new study suggests.

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Sweet Relief of cramps from Sweet Potatoes

Like bananas, sweet potatoes give you potassium, calcium, and magnesium. Sweet potatoes get the win because they have about six times as much calcium as bananas. And it's not just sweet potatoes: Regular potatoes and even pumpkins are good sources of all three nutrients. Plus, potatoes and pumpkins naturally have a lot of water in them, so they can help keep you hydrated, too.

Medicine.net

The Avocado: A Potassium Powerhouse

One creamy, green berry (yes, it's really a berry!) has about 975 milligrams of potassium, twice as much as a sweet potato or banana. Potassium is important because it helps your muscles work and keeps your heart healthy. So swap out mayo on a sandwich with mashed avocado, or slice one onto your salad to help keep muscle cramps away. They have a lot of fat and calories, so keep that in mind.

Beans and Lentils

Legumes like beans and lentils are packed with magnesium. One cup of cooked lentils has about 71 milligrams of magnesium, and a cup of cooked black beans has almost double that with 120 milligrams. Plus, they're high in fiber, and studies show that high-fiber foods can help ease menstrual cramps as well as help control your blood sugar and lower levels of "bad" LDL cholesterol.



Daylight Saving Time 2019: A Guide to the When, Why, What and How

March 07, 2019 | Article

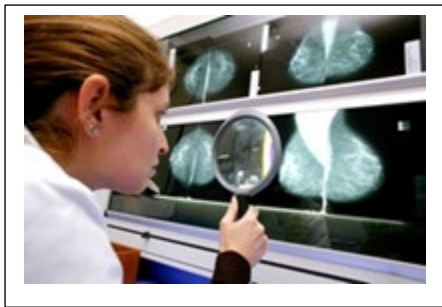
Here's everything you've ever wanted to know about Daylight Saving Time (often misspelled as "savings"), including times, dates, its history and more.

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[12 Spice Rubs That Make Chicken Delicious](#)



Habits That Lower Your Breast Cancer Risk



How can what you eat, your toiletries, and even your birth control help cut your chances?

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Metastatic Breast Cancer: Treatments to Know

Find out about various treatments, including what type of patient might need them and what to ask your doctor.

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What Does It Mean to Have Dense Breasts?

Learn how breast density is measured, what causes it, and what it means for your chances of getting breast cancer.

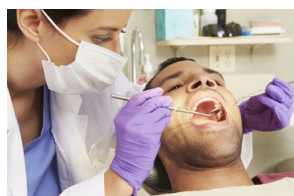
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Melting Mount Everest Ice Is Exposing a Grisly Sight: Scores of Dead Bodies

March 25, 2019 | Article

Melting glaciers are revealing dozens of dead bodies on the world's tallest mountain

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Flossing and Going to the Dentist Linked to Lower Risk of Oral Cancer

ATLANTA — Regularly flossing and going to the dentist may be tied to a lower risk of oral cancer.

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Humans Have Caused the Most Dramatic Climate Change in 3 Million Years

By [Stephanie Pappas](#).

The level of carbon dioxide in the atmosphere today is likely higher than it has been anytime in the past 3 million years. This rise in the level of carbon dioxide, a greenhouse gas, could bring temperatures not seen over that entire timespan, according to new research.

The study researchers used computer modeling to examine the changes in climate during the [Quaternary period](#), which started around 2.59 million years ago and continues into today. Over that period, Earth has undergone a number of changes, but none so rapid as those seen today, said study author Matteo Willeit, a postdoctoral climate researcher at the Potsdam Institute for Climate Impact Research. [[Photographic Proof of Climate Change: Time-Lapse Images of Retreating Glaciers](#)]

"To get a climate warmer than the present, you basically have to go back to a different geological period," Willeit told Live Science.

3 million years of climate

The Quaternary period began with a period of glaciation, when ice sheets stole down from [Greenland](#) to cover much of North America and northern Europe. At first, these glaciers advanced and retreated on a 41,000-year cycle, driven by changes in the Earth's orbit around the sun, Willeit said.

But between 1.25 million and 0.7 million years ago, these glacial and interglacial cycles stretched out, re-occurring every 100,000 years or so, a phenomenon called the mid-Pleistocene transition because of the epoch in which it occurred. The question, Willeit said, is what caused the transition, given that the pattern of [variations in Earth's orbit](#) hadn't changed.

Willeit and his team used an advanced computer simulation of the Quaternary to try to answer that question. Models are only as good as the parameters included, and this one included a lot: atmospheric conditions, ocean conditions, vegetation, global carbon, dust and ice sheets. The researchers included what is known about the parameters and then tweaked them to see what conditions could create the mid-Pleistocene transition.

Humans Have Caused the Most Dramatic Climate Change in 3 Million Years

April 03, 2019 | Article

The Quaternary period has seen a lot of temperature changes, but none as quick as man-made climate change.

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There May Be a Link Between Coffee and Lung Cancer, Study Suggests

ATLANTA — Drinking coffee has been linked to a slew of health benefits, such as a [longer life span](#), and a decreased risk of conditions including depression, [heart attacks](#) and [certain cancers](#).

But a new study suggests that there may be a downside to your morning brew: Researchers found that drinking two or more cups of coffee or tea may increase a person's risk of [lung cancer](#).

[The findings](#) were presented on March 31, here at the annual meeting of the American Association for Cancer Research. [[10 Things You Need to Know About Coffee](#)]

Of note, the link was even true for nonsmokers. Because people who smoke cigarettes are also more likely to drink coffee and tea, it was difficult in previous studies to disentangle the effects of these drinks from those of smoking, in developing lung cancer, said lead study author Jingjing Zhu, a Ph.D. student at Vanderbilt University in Tennessee. In the new study, an international group of researchers analyzed data from 17 different studies that included a total of 1.2 million participants in the U.S. and Asia. The studies noted whether participants [drank coffee or tea](#) or smoked cigarettes. About half were nonsmokers.

The participants were tracked for an average of 8.6 years. During that time, more than 20,500 participants developed lung cancer.

The researchers found that nonsmokers who drank two or more cups of coffee a day had a 41 percent higher risk of lung cancer than those who didn't drink coffee. Similarly, nonsmokers who drank two or more cups of tea a day had a 37 percent greater risk of lung cancer than non-tea drinkers. (Because data was taken from multiple studies, the exact definition of a cup varied.)

The study also found that a person's risk didn't change significantly between ages, races or the type of coffee people drank — both [decaf](#) and caffeinated coffee seemed to be associated with similar risks. In fact, decaf coffee was associated with a 15 percent higher risk than caffeinated coffee, Zhu said.

Still, Zhu noted that "this [was] only an observational study" and didn't prove cause-and-effect. But the researchers hypothesize that it isn't caffeine that's behind the link. Instead, it may be that something in the roasting process is driving the link between coffee and lung cancer risk, Zhu told Live Science.

The study had several limitations. For example, although the participants were tracked for years after the studies started, data on smoking and coffee and [tea intake](#) was measured only one time, at the beginning of the studies. So if people changed their behaviors throughout the years, it could have skewed the results, Zhu said.

What's more, if nonsmokers were exposed to [second-hand smoke](#) — which wasn't accounted for but could also increase lung cancer risk — that could have also skewed the results, she said.

There May Be a Link Between Coffee and Lung Cancer, Study Suggests

April 03, 2019 | Article

Drinking coffee has been linked to a slew of health benefits, but a new study suggests coffee intake may be linked to an increased risk of lung cancer.

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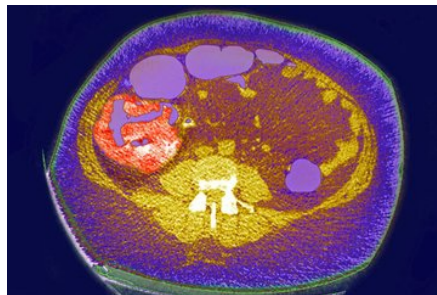


How Whole Grains Could Help Your Liver

April 04, 2019 | Article

Eating a diet rich in whole grains might reduce the risk of developing liver cancer

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How Your 'Lifestyle Score' Affects Your Risk of Colorectal Cancer

April 03, 2019 | Article

Unhealthy habits can increase a person's risk of colorectal cancer

[Read More](#)



A Woman Consumed Only Juice and Water for Weeks. Now, She May Have Brain Damage.

A woman in Israel may have irreversible brain damage after drinking only juice and water for three weeks, according to news reports.

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Health Hazards of Metabolic Syndrome

If you have this group of related health problems, you're more likely to get heart disease, diabetes, and stroke. Here's what you can do to avoid it.

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7 Signs You May be at Risk of a Heart Attack

Nearly half of Americans suffer from cardiovascular disease.




Are You Addicted to Caffeine?

Caffeine can cause some mild physical dependence. Withdrawal symptoms include headaches, fatigue, and irritability.

[Read more...](#)



What Should Your Normal Resting Heart Rate Really...

And what can happen if your ticker's not beating up to par 

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

Ways Too Much Sugar Hurts Your Body

Over time, eating too many foods with added sugar can throw your whole body out of whack and cause serious health problems.

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Make a Diabetes-Friendly Dinner Tonight

Take the guesswork out of your menu plan by stocking up on handy ingredients for easy, healthy meals.

[Watch Video >](#)

Natural Treatments for Diabetes

Can drug-free remedies for blood sugar problems help on their own, without medication?

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The Best Exercises for Aching Knees

Whether you've got osteoarthritis or you overdid it at the gym, these moves can strengthen the muscles around your knee, easing pain.

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The second half of your life can bring some of your most rewarding decades. You may be more confident than your younger self. You gain wisdom and patience. Sure, your hair sprouts more grays and your face sports more lines. But you can grow older with your body and mind as healthy as they can possibly be. Here are science-backed secrets to do just that.

Scientific Secrets to Healthy Aging



Health Benefits of Caffeine

As if you need an excuse to drink more coffee: Caffeine has been shown to cut your odds of getting several serious ailments.

[Read More >](#)