



## Diet and Weight Loss: What's an Elimination Diet?

Reviewed By: [Melinda Ratini](#)

The idea is to change your diet for a few weeks by cutting certain foods that might be causing you trouble. The issue might be something like pain, inflammation, headaches, or diarrhea. If the problem goes away, you add the foods back one at a time so you can see which one is the culprit.

Symptoms caused by food usually go away within 4 weeks of changing your diet. If they haven't stopped after 8 weeks, those foods probably aren't the cause. An elimination diet is both. You first use it to figure out which foods, if any, cause the problem you want to get rid of. Then you limit them or cut them from your diet -- that's the treatment part.

More research is needed, but this diet has been used as a possible way to diagnose and treat allergies, gluten intolerance (celiac disease), lactose intolerance, chronic pain, fatigue, irritable bowel syndrome, mood and attention disorders, and other conditions.

[READ MORE](#)

## Asthma Inhalers Incorrectly Used by Most Kids in Study

(HealthDay News)

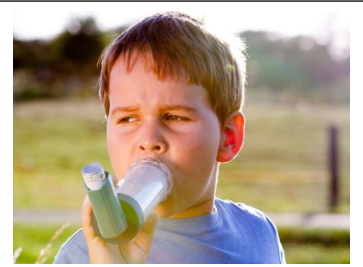
-- [Asthma](#) inhalers can't do the job if they're not used correctly. And that's an issue for many children, U.S. researchers say.

"We know from past studies that both parents and children overestimate the ability of children to properly use their inhaler," said study author Dr. Anna Volerman, from the University of Chicago.

The study included 65 pairs of parents and children, ages 8-14, who had [asthma](#) and used inhalers. The children went to four Chicago public charter schools. Nine in 10 children were black and most parents were women.

The researchers found that 97% of the children misused their inhaler. Only one child showed mastery, according to the study in the journal *Annals of Allergy, Asthma and Immunology*.

[Asthma Inhalers Incorrectly Used by Most Kids in Study](#)  
[Read more ...](#)



## Salbuterol and ipratropium inhaler (Combivent Respimat)

What is albuterol and ipratropium inhaler, and how does it work (mechanism of action)? Albuterol/ipratropium is a combination product consisting of two bronchodilators, albuterol (Proventil...  
[Read more ...](#)

## Muscle Cramps

Muscle cramps are involuntarily and forcibly contracted muscles that don't relax. Any muscles that have voluntary control, including some organs, are subject to cramp. Since there is such variety in the types of muscle cramps that can occur, many causes and preventative medications are known.

[Read more about Muscle Cramps »](#)



## Nasal Allergy Medications

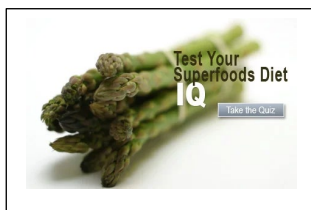
Nasal allergy medication facts Nasal allergy is an inflammatory reaction to house dust mites, mold, animal hair, and pollens. Take antihistamines for sneezing, runny nose, itchy nose, and throat...

[Read more ...](#)

## Superfoods Quiz

Take our Superfoods Quiz! Get to know how unprocessed, raw, organic foods and healthy drinks are rich in nutrients and dietary benefits.

[Read more about Superfoods Quiz »](#)



## Metabolic Syndrome



# **Connection Between Richness & Happiness**

## **– Are They Synonymous?**

Richness is a much valued and sought after ambition or aim in a person's life; no doubt. Some inherit and yet others emulate and achieve; but the basic "Richness & Associated Happiness" is ingrained in you at the time of Birth. Bubbling with Joy and conveying such "Richness in Happiness" to the Parents; Families and their close associates, is what it is. As a person gets older and grows up in this materialistic World; the quest for "materialistic objectives" comes to the fore in a vast majority of the folks. After all many take on the notion that "wealth brings happiness". If a person believes in this notion it is best that they dig into their inner self and judge for themselves; if "wealth really brings happiness". To balance this equation one must also think of "Richness" in a "Spiritual sense of the word". You may no doubt find a close connection between the two types of "richness"; but it would depend on how you disburse your "richness" – be it "Materialistic" or "Spiritual".

To understand the difference between "Richness" and "Happiness" it is best to start off by knowing the definitions of these two iconic words; that in a way surely rules our very lives,

Dictionaries define "Richness" as Wealth/Wealthy/Owning Property & Monetary Wealth. In other words well supplied with means to sustain life and yielding in abundance.

On the other hand "Happiness" is defined as having or showing or causing great pleasure or joy.

They both lead to contentment; but we can only surmise that it leads to "happiness". However, the question will always arise has to how "Richness" leads to "Happiness"; and could remain within (self-containment) or spread among other human beings with the much anticipated and expected "love for each other"? – as aptly propagated by all Spiritual Faiths and advocated as sharing the "milk of human kindness" among fellow human beings and the tender care of all Natures creations that go to make a World well worth living in. This brings to mind another well and closely connected word with "Richness & Happiness". "Charity" which is generosity and love for underprivileged human beings or for folks undergoing hard times due to unforeseen circumstances. It is in reality a "dual" purpose act of "happiness" in giving and receiving. By giving to the needy in whatever you can afford does not make you necessarily poorer; nor will it make the recipient richer. But it will certainly emanate so much of happiness that money cannot really buy. Just sit back and imagine the feelings of a starving person that is given the crust of a loaf of bread or a thirsty person a "sip" of water. Now wouldn't it give the person such relief and sigh of happiness? But I'm certain you rather give the person a whole loaf of bread or more and a beverage to go with it – For this is a direct donation/connection between you and the recipient. The feelings will be so mutual and rich in happiness and self-satisfaction. However if you give your monetary donation to a Registered Charity - will the recipient receive the whole loaf or a portion of it? Of course such Charities will have "overheads" to contend with; which is a reality. But I have come across few Charities which do disburse the whole loaf or very significant portion of it. Hence be the "silent donor" or "remain anonymous" and do what you consider is right for you.

There is also another category of imparting "Richness and Happiness" and it is called "Charity with Dignity". Yes! How often have you given thought that there are too many folks who strive hard to eke out a decent living for themselves and their children and hence you find them doing more than one job to meet their family requirements/needs. They must surely be regarded as dignified. Most work in the "service" industry; yet how many would give them a decent additional remuneration for the services they have provided you – be it at a Restaurant or Hair Dresser or even at Dances & Galas in large Banquet Halls/ Hotels; just to mention a few of the places of employment. To really experience these disparities one must go to the high end facilities where the prices are twice or more than that of the lower end. See for one self how one spends with a flourish and tops it off with a great show of "richness" with a hefty embellishment of the bill (a tip to be more precise); and compare with a visit at the end of the spectrum when the almost exact amount is paid in Dollars; with the remaining "coins" being left on the plate. These are the servers who are trying to eke out a living (for heaven's sake). Whither charity? Is it a case of showcasing one's richness to the affluent at one end and then giving the crumbs to the servers at the lower end of the spectrum. Always think of the "Dignity of Labour"; as both do the same function; perhaps one in a smart uniform and the other in shirt & jeans. Always remember that when you remunerate a person for their services you doing so to the concept of "Charity with Dignity". The same is true when one "haggles" with a poor street vendor or small "mom & Pop" shop by a family struggling to keep their "home fires" burning; but will think nothing of paying the listed price gladly when they shop at higher end Corporate run shops/stores.

In conclusion one must also address those "Professional Beggars"; who haunt the Traffic Lights with boards and placards indicating their plight – whole families at that; standing on either side of the lights – just to give you an inkling of such activities; for I seriously think that is just a façade to make a "Tax Free" income. But there is always the exception; and it would be a judgement call on the donor.

No matter what you do – do not forget the Teachings of Spiritual Faiths that profess the sharing of the "Milk of Human Kindness". For always do remember that you are not going to take the materialistic wealth with you when you have your final journey. Unless you are following the Ancient Pharaohs who heaped their wealth around them when entombed in the Pyramids; with the hope that they could use it in the Hereafter.

But remember the cardinal principle in life – Charity begins at home. A smile and charitable giving within your means will surely bring happiness to the needy; and the gratitude of the recipient that will last you until "We do return".

*Noor Rahim*  
*-Canada*



## HALGOLLA PLANTATION HOME - THE **UNIQUE** SRI LANKAN EXPERIENCE -

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Email: [emil@halgollaplantationhome.com](mailto:emil@halgollaplantationhome.com);

## How the DASH Diet Helps Blood Sugar

It was designed to lower blood pressure, but this diet of heart-healthy whole foods is also good for diabetes.

[Read More >](#)

## Vitamin D May Not Prevent Diabetes

A new study finds that vitamin D supplements don't seem to stave off type 2 diabetes in those likely to get the disease.

[Read More >](#)

## The Worst Things You Can Put on Your Face



Do you use hydrogen peroxide, witch hazel, or coconut oil for your complexion? Here's why that's a bad idea. See 12 other things to avoid.

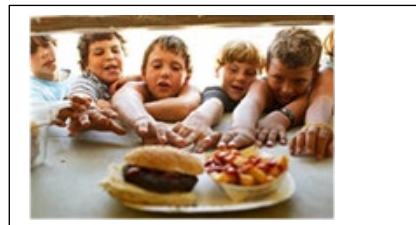
[Read More >](#)

## Lupus Warning Signs

With this disease, immune cells attack the body's own healthy tissues, leading to inflammation and tissue damage. But treatment can help.

[Read More >](#)

## We're Still Eating Too Much Processed Meat



Most Americans are eating as much processed meat as we did 20 years ago, and less than 15% get the recommended amount of fish. Here's what else new dietary research shows.

[Read More >](#)

## What Does Your Pancreas Do?

Does it only make insulin? Can you live without it? This one small gland does more than you might realize.

[Read More >](#)

## Common Diabetes Drugs

You have so many options, you might not remember all the generic and brand names. Use our handy list for reference.

[Read More >](#)



# The Benefits of Fermented Foods

Try these natural probiotic foods for anti-cancer properties, metabolic health and much more. What if I told you that you could take everyday foods and transform them into delicious superfoods, at home in your kitchen with minimal effort and almost no money? It's true! Simply by transforming regular foods such as vegetables, nuts and beans into fermented delights such as sauerkraut, yogurt and kimchi, we can significantly increase their health-building properties.

Exciting new research shows that fermented foods, and the beneficial probiotics they contain, can have impressive health effects, some of which include boosting our immune systems, increasing our energy levels and athletic performance, and even preventing and healing many diseases. It's no surprise that fermented foods are the hottest topic in the field of healthy eating right now.

## The Classic: Yogurt

Everywhere I turn, I see advertisements, commercials and articles about the health benefits of yogurt. And while there is no question that yogurt is one of the most commonly enjoyed fermented foods, it's important to focus on quality. Many commercial yogurts are loaded with additives including sugar, high-fructose corn syrup, dyes and gums. Choose plain, whole-fat yogurt, ideally made with milk from pasture-raised cows (if buying dairy-based yogurt). Check labels for an indication of the live bacteria present in your carton. Some of the most healthful bacteria include *Lactobacillus bulgaricus*, *L. casei* and *Streptococcus thermophilus*. It's also very simple to make your own yogurt using a yogurt maker, which are available for about \$30. Most research has focused on fermented cow's milk yogurt, but there's reason to think that nondairy fermented yogurt offers health benefits, too. Look for yogurts made from the milks of coconut, soy (choose organic only as soy is heavily genetically modified), almonds or cashews. Any of these can be good options, provided they contain live probiotic cultures.

Here are a few excellent reasons to enjoy yogurt on a regular basis.

## Respiratory Infections:

*The British Journal of Nutrition* found that the probiotic strain *L. casei*, found in most yogurt with live cultures, reduces the duration of respiratory infections and severity of nasal congestion linked with these infections among the elderly.

## Gastrointestinal Health:

A study published in the *Journal of the American College of Nutrition* assessed the effects of yogurt consumption, using a product containing live *L. casei* cultures, on common infectious diseases in shift workers, including respiratory and gastrointestinal infections. The researchers found that the yogurt consumption could reduce the risk of these infections. Other research published in the *World Journal of Gastroenterology* showed that yogurt consumption helps fight *H. pylori* infections.

## Cancer:

Eating yogurt that contains *L. casei* has been found to have anti-cancer effects in animal studies, according to a study published in the medical journal *Immunobiology*. The research showed that the probiotic strain blocked tumor development or delayed its growth while improving immune response so the body's immune system could attack the tumor. Additionally, it reduced the number of blood vessels that fed the tumor.

## Brain Health:

The last thing we probably think of when eating yogurt is how it may be helping our brains. But according to an animal study presented in the journal *Nutritional Neuroscience*, consuming whey (the liquid byproduct of yogurt production) can actually improve learning and memory. Most yogurt, especially thinner or homemade varieties, tends to contain residual whey.

[Read More...](#)



[Fermented Vegetables](#)



[Freeze Your Foods for Fall](#)



[5 Reasons to Prepare Your Own Fermented Food](#)

# For vitiligo patients, new treatments offer hope

*Although a cure remains elusive, dermatologists have learned more about the skin condition vitiligo over the years and, thus, better ways to treat it. In patients who have the disorder, the immune system attacks cells known as melanocytes that pigment the skin, causing splotchy white patches all over the body.*

Although a cure remains elusive, dermatologists have learned more about the skin condition vitiligo over the years and, thus, better ways to treat it. In patients who have the disorder, the immune system attacks cells known as melanocytes that pigment the skin, causing splotchy white patches all over the body. Traditional therapy uses ultraviolet B (UVB) light rays, but researchers have discovered that adding a JAK inhibitor—tofacitinib or ruxolitinib—benefits some patients. The glaucoma drug latanoprost also shows promise when used in tandem with narrow-band UVB. Moderate to complete repigmentation may also be possible by using a different glaucoma medicine—prostaglandin E2—on localized areas of vitiligo. Aside from medication, skin grafting from healthy areas to depigmented areas is another option, along with total depigmentation therapy that uses monobenzone to bleach the unaffected skin. These new options only treat the physical burden of vitiligo, which experts say can be emotionally taxing, too. Vitiligo researcher Brett King, MD, an associate professor of dermatology at Yale Medical School, notes that "vitiligo affects the way the world interacts with you. It can be frustrating and embarrassing, and for some, it leads to clinical depression and anxiety." Experts say that when these symptoms present, patients should be referred for psychological support.

New York Times (06/24/19) Brody, Jane E.  
Article URL

<https://www.nytimes.com/2019/06/24/well/live/for-vitiligo-patients-new-...>



## Three months Remembrance Mass



A Requiem Mass for the repose of souls of the victims of suicide bombing on Easter Sunday in Catholic and Christian churches and Hotels in our mother land.

We kindly request your prayerful participation in this Eucharistic Celebration

on

**Sunday the 14th of July 2019**

**At 2.00pm**

**St. Leonard's Catholic Church**

**349 Springvale Rd**

**Glen Waverly VIC 3150**

**YOU CAN MAKE A DONATION DIRECTLY TO THE FOLLOWING ACCOUNT SET UP BY ASLCA TO PROVIDE LONG TERM EDUCATIONAL AND MEDICAL ASSISTANCE TO CHILD VICTIMS.**

**ALSO YOU CAN MAKE A DONATION TO THE FIRST COLLECTION AT THE MASS**

**Account Name: Easter Sunday disaster relief fund**

**BSB: 063250**

**A/C no: 11077017**



For more information please contact

**Senaka 0413772569**

**Adrian 0400589234**

**Roshan 0412540006**

*"May the Souls of the faithful departed, through the Mercy of God, Rest in peace"*

## Red Wine and Resveratrol

If you drink alcohol, a little red wine may be a heart-healthy choice. Resveratrol and catechins, two antioxidants in red wine, may protect artery walls. Alcohol can also boost HDL, the good cholesterol.

**Tip:** Too much alcohol hurts the heart. Don't have more than one drink a day for women or two drinks for men. It's best to talk to your doctor first. Alcohol may cause problems for people taking aspirin and other medications.



## Salmon: Super Food

A top food for heart health, it's rich in omega-3s. Omega-3s are healthy fats that may lessen the risk of heart rhythm disorders and lower blood pressure. They may also lower triglycerides and curb inflammation. The American Heart Association recommends two servings of salmon or other oily fish a week.

**Cooking Tip:** Bake salmon in foil with herbs and veggies. Toss extra cooked salmon in fish tacos and salads



## **ANALYSIS 200 bottles of wine and 10,000 blueberries: the reality of a superfood diet** ←

We all want food to heal us, but focusing on single foods and eating piles of them is not the answer, write Emma Beckett and Gideon Meyerowitz-Katz



## **Are you putting your kids at risk in the car? A study says you probably are**

By Elias Clure

Safety experts say parents are not aware they are putting their children at increased risk of death or serious injury with their unsafe car seat choices and are calling for a review of road safety laws.

## **Warnings Before You Go Keto**

If you're considering a ketogenic diet, make sure you understand what you're in for.

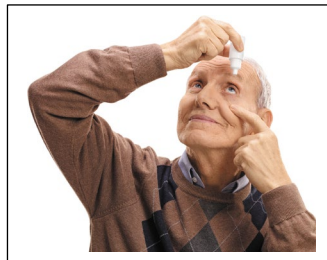
[Read More >](#)

## **14 Ways to Enjoy Dairy When You're Lactose Intolerant**

You can still eat foods with lactose -- in moderation. The key is to know your limit.

[Read More >](#)

## **Common eye problems and how to fix them**



Your eyes are tearing all day long, or they're dry and burning or crusty. What seems like a minor symptom suddenly has a major effect on your vision and your day. But take heart: in most cases there's a fix for the discomfort. Here are some common eye problems and the typical fix for each one.

## **Legume of the month: Lentils**



Lentils are tiny, lens-shaped legumes that come in array of colors, including yellow, red, green, brown, and black. Compared with other legumes, lentils are particularly rich in compounds known as polyphenols. These plant-based micronutrients are thought to help protect against cardiovascular disease.

## **Additional News from Harvard Health Publishing**

**After hospitalization for heart disease: Avoid opioid drugs?**

**Being sedentary may be as bad for the heart as being overweight** ←

**The latest deadly superbug — and why it's not time to panic**



## **Family favourite flatbread pizza recipe**

Homemade pizzas, topped with veggie goodness.

[Read more](#)

**Energy / Australia to achieve 50% renewables by 2030 without government intervention, analysis finds** ←



## **Why Are So Many People Dying on Mount Everest?**

May 24, 2019 | Article

Massively long lines at Mount Everest's frigid summit may have contributed to the deaths of seven climbers this week.

[Read More](#)

## **Why Do We Love Garlic But Hate Garlic Breath?**

May 25, 2019 | Article

Why do people love the taste of garlic, but hate the resulting garlic breath?

[Read More](#)



## Weight Loss



Successful weight loss and healthy weight management depend on sensible goals and expectations. Most people should lose weight gradually and check with your physician before beginning a weight loss program.

[Read more about Weight Loss »](#)

## Hot Ginger Poultice for Menstrual Cramps



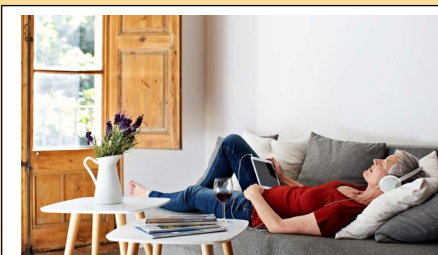
## Managing Chronic Pain Through Healthy Living



## Three Ways to Improve Focus and Concentration



## How much sugar is too much?



## Is this why you're so tired all the time?



## Herbal Medicine to Treat Menopause

Each woman goes through many reproductive phases over her lifetime, yet modern medicine has medicalized just about every aspect of these reproductive phases and transitions; each person must find a way to balance the symptoms she finds challenging with the predetermined practices that modern medicine assumes best for all women during menopause. Menopause is a transition, a gateway to the next part of our lives.

[Discover natural, effective ways to embrace this new stage of life.](#)



### **JOANNA and SHEHANI**

The school girls from Batti are recovering from their injuries slowly. Joanna will be in a wheel chair for three months – the fracture she sustained in the accident at Mahiyangana will prevent weight bearing for that long. The x'ray's show the fracture and surgical plate.

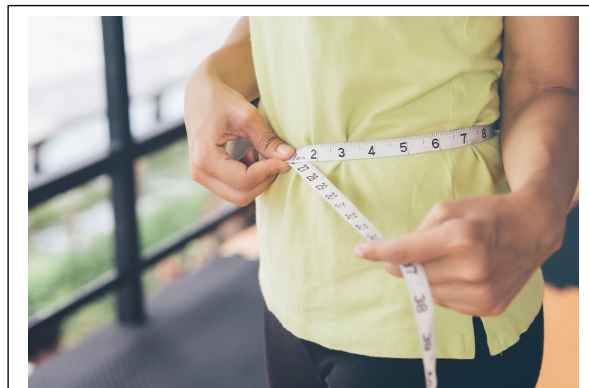
They lost relatives in the accident but can still smile. They visit the Badulla

Quintus de Zylva

## **Never Feed These to Your Cat**

Here's why you shouldn't let your kitty chow down on your canned tuna, grapes, and other foods that can be dangerous.

[Read More](#)

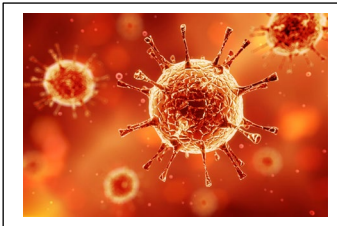


## What does the size of your waist mean for your health?



# 6 in 10 Infectious Diseases Come from Animals. The CDC Is Most Worried About These 8.

More than half of the infectious diseases that affect people come from animals. Now, for the first time, the government is releasing a list of the top eight illnesses spread from animals — called zoonotic diseases — in the United States.



The list includes some strains of the flu, *Salmonella* infection, [West Nile virus](#), the plague, emerging coronaviruses such as [Middle East respiratory syndrome](#), [rabies](#), [brucellosis](#) (a bacterial infection) and Lyme disease, according to the list, released May 6 by the [Centers for Disease Control and Prevention](#) (CDC). Experts from the CDC, along with experts from the U.S. Department of Agriculture and the Department of the Interior, came up with the list during a workshop held last December in Washington, D.C.

[Read More](#)

[Could exercise reduce your risk of chronic disease?](#)



## Lung Cancer Warning Signs

Lung cancer begins quietly. There are usually no symptoms in the early stages. Here are some of the first things you may notice.

[Read More](#)

## Why We Forget

At what age do we start losing brain cells? Can certain types of medication harm your memory? And can sex trigger amnesia?

[Read More](#)

## [What to know about a blood clot in the leg](#)



A blood clot in the leg can cause swelling, red skin, and warmth in the surrounding area. Risk factors include age. Maintaining a healthy weight and doing regular exercise can prevent blood clots from developing.

## [Cancer treatments: Patients need to know heart risks](#)



Specialists warn that many people undergoing cancer treatment receive neither appropriate information about heart risks nor sufficient monitoring for them

## [Colorectal cancer vaccine has promising results in early trials](#)



Researchers have revealed positive results of a small, early clinical trial that tested the effects of a new vaccine on 10 people with colorectal cancer.

## [Does living alone increase mental health risk?](#)



A recent study concludes that living alone is strongly linked to poorer mental health. According to the analysis, the main driver seems to be loneliness.

## [How do cancer-causing bacteria take over our stomachs?](#)



*H. pylori* live in the stomachs of around 50% of all humans. Despite their prevalence, little is known about how they can survive inside us for a lifetime.

## [Soil Based Alternative To Burial And Cremation](#)

Washington State Senators and Congress finalized approval of bill 5001 "Concerning Human Remains", which is an item of legislation that would legalize natural organic reduction of human remains. Bill 5001 has earned a comfortable bipartisan majority: 80-16 in the House and 36-11 in the Senate in an environmentally friendly, path breaking first.

[Read the full story](#)

## [What to know about excessive burping](#)



Excessive burping can occur as a result of gastroesophageal reflux disease (GERD), consuming certain foods, or aerophagia or supragastric belching. The treatment options will depend on the cause. Learn more here.



## Kombucha

Drinking kombucha may help fight chronic inflammation.

[Kombucha](#) is a type of sweetened black tea that uses fermentation to promote the growth of good bacteria.

The bacteria turn the sugar in the tea to alcohol. As a result, kombucha contains a low level of alcohol but not enough to cause intoxication.

The authors of a [review article](#) on kombucha conclude that it may promote immune system health and could also counter some metabolic disorders.

The chemicals that kombucha bacteria produce include [antioxidants](#). Antioxidants counter the effects of free radicals, which experts believe play a role in a wide variety of illnesses, including [cancer](#) and chronic [inflammation](#).

## Fermented vegetables

Pickles and sauerkraut are among the most popular fermented foods. These foods are easy to add to salads, sandwiches, and other dishes.

Many vegetables are high in fiber and contain important [vitamins](#) and minerals. Vegetables that people commonly ferment include:

Okra: [broccoli](#): [beets](#): [ginger](#)  
mustard greens: [eggplant](#)

## [What to know about black stool](#)

The causes of black stool usually include colitis, stomach ulcers, and certain foods. Treatment depends on the cause. Learn more about black stool, and when to see a doctor, [here](#).

## Kefir

[Kefir](#) is a fermented dairy product that is similar to yogurt but has a thinner consistency. Some people drink it, while others prefer to top cereal with it or mix it into other foods.

Kefir is high in protein, making it a good option for vegetarians.

Protein can also help people feel fuller for longer, which can help support weight loss efforts. According to a [2017 analysis](#), kefir offers probiotic benefits, such as improved digestive health. It may also help lower [blood pressure](#) and act as an anti-inflammatory agent, but more research is necessary to confirm these effects.

## Miso and tempeh

Miso and tempeh are soybean-based fermented foods that are popular in Japanese cooking.

Miso is best known as the primary ingredient of miso soup, while tempeh is a popular meat substitute similar to tofu. Soybeans are rich in protein, so tempeh and miso are excellent choices for people who do not eat meat.

[Research from 2016](#) suggests that the process of fermenting soybeans may release beneficial peptides, which are amino acids that help regulate the body's functions. These bioactive peptides may:

reduce the risk of [diabetes](#) and cancer  
fight infections  
lower blood pressure

## Apple cider vinegar

[Apple cider vinegar](#) is a popular folk remedy that can also add flavor to salads, recipes, and some teas.

In addition to its fermentation benefits, the authors of a [2014 review](#) noted that research in animal models and test tubes suggests that apple cider vinegar may have the following properties:

Antioxidative: anti-diabetic: antimicrobial: anti-tumor  
anti-obesity: anti-hypertensive: cholesterol-lowering

## Benefits of fermented foods

Fermented vegetables, such as kimchee, contain probiotics.

All fermented foods contain potentially beneficial bacteria, and some contain other organisms, such as yeast. These microbes act as probiotics, supporting gut health.

The benefits of fermented foods may include treating or reducing the symptoms of: *Clostridium difficile*, a bacterial infection: [diarrhea](#) due to [antibiotics](#) infectious diarrhea: [ulcerative colitis](#): [irritable bowel syndrome](#): [Crohn's disease](#)

As an imbalance in the gut microbiome can allow yeast to multiply, probiotics may [reduce the risk](#) of yeast infections and thrush, especially following treatment with antibiotics.

[medicine.net](#)

[Read more](#)

[What are the best fermented foods?](#)

## [Possible causes of facial pain](#)

Common causes of facial pain include headaches and injuries. However, facial pain can also result from dental problems, infections, and nerve disorders. People who experience severe, recurring, or persistent facial pain should see a doctor. Learn more [here](#).

## **Surprising Benefits That Coffee May Have**

Most people like coffee, about 62% of Americans drink coffee on a daily basis, and as a whole around the globe over 2.25 billion cups of coffee are consumed every day.

[Read the full story](#)

## **Smart Meters Cause Changes To The Heart**

Microwave transmission power expert Warren Woodward has published research showing radiation emitted from smart meters directly interferes with normal heart function, contrary to official government narrative.

[Read the full story](#)

### **Cooked Vs. Raw - How to Slow and Reverse the Aging Process**



### **Blood Stem Cells Produced from Patients' Own Cells**



### **Hydrogen Therapy: How it Prevents Aging and Disease**



### **Vitamin B3 May Delay Aging**



### **Supplement Pitfalls Revealed by Experts**



### **4 Herbal Teas for Autumn and Winter**



## **Extending Health Span may be coming soon**

Excerpts based on Judith Campisi interviews: In the early 1990s research on the basic mechanisms of cancer revealed cells enter a senescence phase that prevents them from becoming cancerous, more than 25 years later this insight has led to a new kind of drug that may slow or even modestly reverse human aging.

Senescent cells undergo a transition into a zombie state where they are still active but no longer divide; research has shown this was a strategy to derail incipient cancers characterized by runaway cell division and growth. However these senescent cells accumulate with age and secrete an array of molecules that promote tissue degradation associated with aging.

In recent years such insight has led to the discovery of a new class of senolytic drugs which can eliminate senescent cells, and in animal studies have restored more youthful characteristics. Unity Biotechnology has launched human trials of its first senolytic drug in July 2018.

Thanks to advances tools are available now that were not available a few decades ago making it possible to conduct experiments that were once thought to be impossible. Paired with recognition of senescent cells as being one of the drivers of aging, we may now be able to see if these drugs will work in people. Senescence is part of an evolutionary balancing act, selected for the worthy purpose of preventing cancer, because if cells are not able to divide they can't form a tumour. This also optimizes tissue repair, but the downside is if these cells persist, as in aging, they become deleterious. From an evolutionary stand-point, evolution does not care what happens to you after you have passed the age of procreation, so after you hit 50 there are no mechanisms to effectively eliminate these cells in old age, and they tend to accumulate. Thus the idea of finding a way to eliminate these cells and seeing if tissue can be restored to a more youthful state has become rather popular. Aging can be seen as a driver for multiple age related pathologies, geriatricians today take a more holistic approach and interventions are also more holistic, this idea has revolutionized the way we think about medicine. 80% of patients in the hospital for acute medical attention are aged 65+, senolytics may be one of the tools in the arsenal of weapons that geriatricians will have to use in treating aging holistically as opposed to a single disease at a time.

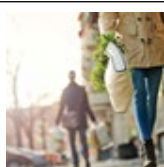
We don't know enough to say whether it will be possible to extend human life, but average lifespan has already been done, maximum on the other hand is something different and we really don't know. Looking at *C. elegans* the record for extending lifespan is 10 fold, moving up the evolutionary scale to look at the *Drosophila* fruit fly it's about 2 fold, if you look at mice most high profile studies have extended it's lifespan 20-30%. Looking at the differences between humans and mice, even though we are about 97% genetically identical, there is a 30 fold difference in lifespan. It is only logical to think in order for evolution to evolve a 30 fold difference in lifespan with so few clear genetic differences evolution had to tweak thousands of genes, at present it is unlikely that we will find a single drug capable of doing just as evolution did; people are welcome to think and believe what they like, but based on data that belief alone doesn't make it true.

World Health Net

## **Natural Remedies for Rheumatoid Arthritis**

You can find relief for many RA symptoms with these alternative treatments. You can try some of them right now.

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# Don't Overdo Certain Medications

NSAIDs are nonsteroidal anti-inflammatory drugs, like ibuprofen and naproxen. They can damage your kidneys if you take too many at once or take them too often. And using proton pump inhibitors (PPIs) for an ulcer or GERD for a long time can raise your chances of chronic kidney disease. You should only take them if your doctor says you need them.

[Reducing Food Waste](#)



Look after your kidneys

## Take Care With Antibiotics

These bacteria-fighting drugs can damage your kidneys if you use them too often. It can happen even if you're perfectly healthy, though it's more serious if your kidneys don't work as well as they should. Some types, like penicillin, sulfonamides, and cephalosporins, are more likely to cause problems.

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# Skip Herbal Supplements

Supplement makers don't have to prove their products are safe, and some can damage your kidneys. Those can be especially harmful if you have kidney disease because they can make the condition worse or affect how some medicines work. Talk with your doctor before trying any herbal supplement.

# Eat Healthy

Your kidneys process everything you eat or drink, including anything that's bad for you, like lots of fat, salt, and sugar. Over time, a bad diet can lead to high blood pressure, obesity, diabetes, and other conditions that are hard on your kidneys. A healthy diet has lots of vegetables, fruits, and whole grains, and few processed foods.

# Watch Your Salt

This mineral affects people in different ways. For some, it seems to raise the amount of protein in their urine. That can harm your kidneys or make kidney disease worse if you already have it. Lots of salt also raises your chances of high blood pressure, a typical cause of kidney disease, and kidney stones, which can be very painful and possibly cause damage without treatment.

# What Happens in the Hours Before Death? Most People Don't Have a Clue.

Benjamin Franklin famously quipped that the only certainties in life are death and taxes. Today, most people could justifiably add, "and I don't understand either of them."

This is all to say that a new survey of nearly 1,000 people in the U.K. found that a majority of people are clueless about the realities of death and dying. In the survey, which was released today (May 8), 6 in 10 respondents admitted they knew little or nothing about [what happens in the final hours before death](#). What's more, half of those who admitted ignorance also said that they had been present with someone in their final living moments. [\[Do People Really Die of Old Age?\]](#)

This might seem like a grim poll to conduct, but according to The Academy of Medical Sciences — a fellowship of more than 1,000 U.K. medical scientists, which sponsored the survey — that's sort of the point. According to a [statement](#) from the academy, death and dying have become such taboo subjects in Western cultures that many people resist talking about them. (Indeed, of the 966 U.K. adults polled in the new survey, 354 refused to answer any questions.)

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