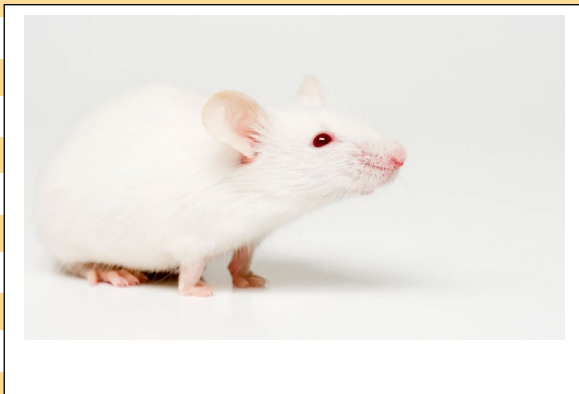


Lyme disease is a growing concern in parts of the United States. Fortunately, researchers are discovering alternative natural ways to avoid getting Lyme disease

Autism symptoms replicated in mice after faecal transplants

Study aims to discover whether gut microbes play a part in development of the condition



Scientists have induced the hallmarks of autism in mice by giving them faecal transplants from humans with the condition.

The experiments were designed to test whether the communities of gut microbes found in people with autism have a role in their symptoms, an idea that is gaining ground among researchers.

In the study, animals that had faecal transplants from children with autism became less sociable, less vocal and developed repetitive behaviours. In contrast, genetically identical mice that had transplants from people without autism were unaffected by the procedure.

Sarkis Mazmanian, a microbiologist who led the project at the California Institute of Technology, said that while gut microbes did not appear to cause autism, the findings raised the prospect of new treatments for some of the most common symptoms of the condition.

Autism / Symptoms replicated in mice after faecal transplants



What to Do About Diabetic Peripheral Neuropathy



What Is It?

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

Treating Diabetic Peripheral Neuropathy

It can start as tingling, burning, or even numbness. Here are some ways to get relief from the symptoms.

[Read More >](#)

A Healthy Approach to Carbs

Here are four tips for keeping diabetes-friendly carbohydrates a part of your well-rounded daily diet.

[Read More >](#)

If you're looking for proven ways to lose weight using no medication, you're in the right place. Here are six ideas that'll help you achieve your goals.



The Critters Perch.



I often sit on the porch
Looking at the gift of Nature
The flowers are a wonderful sight to watch
Exhibiting its colours & stimulating fragrance

It is exciting to watch the bees, insects and
butterflies perch
Flitting from flower to flower to gather
The nectar that they crave for & search
Undisturbed they carry on and explore

The wonder of it all is they find what they seek
Alight very gingerly on the flower where the nectar
is for sure
Never do they ever damage any petal or foliage
ever
And leave with their fill & coated with pollen for
species continuance

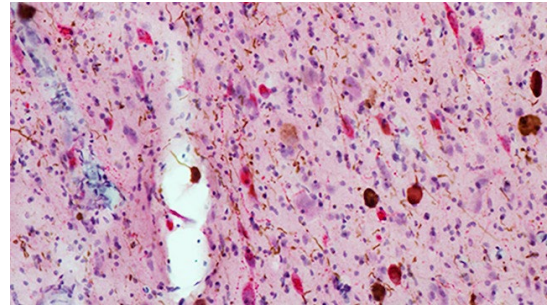
Why cannot humans follow the example is the
beseech
For we are quite adapt to destroy that which we
should nurture
Reminding us of the tale of "Killing the Goose that
laid the Golden Egg"
Never giving any thought whatsoever, of the
effects of it in the future

Noor Rahim

August 05, 2019

Alzheimers Directly Kills Brain Cells That Keep You Awake

By [Yasemin Saplakoglu](#)



[Alzheimer's disease](#) might be attacking the brain cells responsible for keeping people awake, resulting in daytime napping, according to a new study. Excessive daytime napping might thus be considered an early symptom of Alzheimer's disease, [according to a statement](#) from the University of California, San Francisco (UCSF).

Some previous studies suggested that such sleepiness in patients with Alzheimer's results directly from poor nighttime sleep due to the disease, while others have suggested that sleep problems might cause the disease to progress. The new study suggests a more direct biological pathway between Alzheimer's disease and daytime sleepiness.

Related: [6 Big Mysteries of Alzheimer's Disease](#)

In the current study, researchers studied the brains of 13 people who'd had Alzheimer's and died, as well as the brains from seven people who had not had the disease. The researchers specifically examined three parts of the brain that are involved in keeping us awake: the locus coeruleus, the lateral hypothalamic area and the tuberomammillary nucleus. These three parts of the brain work together in a network to keep us awake during the day.

The researchers compared the number of neurons, or brain cells, in these regions in the healthy and diseased brains. They also measured the level of a telltale sign of Alzheimer's: tau proteins. These proteins build up in the brains of patients with Alzheimer's and are thought to [slowly destroy brain cells](#) and the connections between them.

The brains from patients who had Alzheimer's in this study had significant levels of tau tangles in these three brain regions, compared to the brains from people without the disease. What's more, in these three brain regions, people with Alzheimer's had lost up to 75% of their neurons.

Why Are You So Bloated?

It might be what you ate or how fast you ate it -- or a sign of a medical condition.

[Read More >](#)

[Silicon Valley's plant-based 'meat' tastes like the real thing — and that's worrying cattle farmers](#)

The major breakthrough of "alternative meats" into the mainstream market has the cattle industry worried — and across the US, battlelines are being drawn around language and what constitutes "meat".



Why Your Microbiome Matters

These trillions of bacteria and other tiny organisms are closely tied to your health in ways you might not expect.

[Read More >](#)

Cancer-Fighting Habits to Work Into Your Routine

Eat 5 cups of plant-based fare per day, drink no more than 1 alcoholic beverage a day, and adopt these other habits.

[Read More >](#)

Finding the Right Breast Cancer Treatment

Learn about various treatments for metastatic breast cancer, and find out what to ask your doctor.

[Read More >](#)

[Local Herbs, Global Healing](#) 

How to Reverse Liver Damage

Your liver breaks down food, fights infection, and filters bad stuff from your blood. See how to slow, stop, or even reverse damage to this vital organ.

[Read More >](#)



Shakshuka recipe

Warm up a winter morning with these spicy baked eggs.

[Read more](#)



Dietitian, nutritionist or naturopath: What's the difference?

Ever wondered what the difference is between these three food professionals? [Read more](#)



How to Reverse Liver Damage

Your liver breaks down food, fights infection, and filters bad stuff from your blood. See how to slow, stop, or even reverse damage to this vital organ.

[Read More >](#)



Tips for Local and Seasonal Eating

Warning / Free hotel wifi is a hacker's dream

John Naughton



New medical procedure could delay menopause by 20 years

Operation could benefit thousands of women who experience serious health issues

Doctors use keyhole surgery to remove a small piece of ovarian tissue, which is then sliced up and frozen to preserve it.

When the women enter the menopause, potentially decades from now, the frozen tissue can be thawed out and grafted back into the body. To restore falling hormone levels, doctors typically choose a site with a good blood supply, such as the armpit. Provided the ovarian tissue survives the process, it should restore the woman's declining sex hormones and halt the menopause.

New medical procedure could delay menopause by 20 years



Both sides' of the climate change debate? How bad we think it is, and how bad it really is

Greg Jericho

Early Warning Signs of Type 1 Diabetes

It's sometimes called juvenile diabetes, but this disease doesn't only affect children. See how it differs from type 2, and how it's treated.

[Read More >](#)

A Chance to Prevent Type 2 Diabetes

A prediabetes diagnosis now doesn't have to mean full-blown diabetes down the line.

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Why Too Much Sitting Is Bad For Your Health



Causes of High Morning Blood Sugar



Proven ways to prevent a cold

No one likes feeling under the weather. Find out how you can boost your immunity this winter. [Read more](#)

How to deal with childhood food allergies

Dealing with your little one's allergies can be challenging. Experts weigh in on the best ways to manage. [Read more](#)

You're Probably Getting Too Much Salt

Too much sodium can take a toll on your heart, kidneys, and blood pressure. Find out how much your body needs and how to cut down.

[Read More >](#)



Enlarged Liver: Symptoms and Causes



Warning Signs of a Heart Attack



Obesity-Related Health Problems



A blood test for Alzheimer's? It's coming, scientists report



For decades, researchers have sought a blood test for beta amyloid, the protein that is a hallmark of Alzheimer's disease. Scientists at Washington University have devised the most sensitive blood test yet which can find elusive beta amyloid molecules in blood with high precision. However, it will be years before the test is available for clinical use.

Salicylate sensitivity

Food sensitivities or intolerances are common, but not often diagnosed. Many people live their daily lives (like I did a few years back) with chronic inflammation, brain fog or fatigue, and have no idea that their symptoms are caused by the foods they choose to eat.

Salicylates are natural compounds that some plants and fungi produce to fight off predators. They are also found in some synthetic drugs.

Salicylate sensitivity or intolerance is not as common as, say, lactose intolerance, but it can produce a more extreme reaction: some people experience asthma, hives, or inflammation. The most common symptoms are inflammation in the nose and gut, polyps, gas, and diarrhea.

These symptoms are often mistaken for allergies, which typically involves specific protein antigens binding to IgE on mast cells, triggering it to release histamines. However, salicylate sensitivities typically involves a variety of immune cells in ways that does not involve IgE.

This sensitivity is increased in those who have asthma, inflammatory bowel disease, leaky gut, or irritable bowel syndrome, which raises the question of whether avoiding salicylate can improve the symptoms of these conditions.

Salicylates are in more foods than you realize, so it can be hard to avoid them.

Some foods that are high in salicylates include:

- **Fruits** – apples, cherries, oranges, strawberries
- **Vegetables** – asparagus, spinach, onions
- **Condiments** – mustard, paprika, ketchup
- **Drinks** – coffee, tea, fruit juice

To eliminate salicylates, you can't only look at the foods you eat, because salicylates may also be in your cosmetics, including makeup, skin, and hair products.

Surprisingly, the biggest offender is aspirin, because aspirin is a salicylate. A single dose of aspirin can contain more salicylates than an entire day's worth of salicylate-rich foods.

Joe Cohen @ SelfHacked <support@selfhacked.com>

Mental illness is complex – yet patients are often left to manage their own brain

Anna Spargo-Ryan

For all the steps we've taken to talk openly and reduce stigma, mental illness is still a bloody awful time

Do you ever wake up and feel pinned to the bed by an invisible enemy? Do you ever stand in an ordinary room and feel vulnerable, in danger? Do you ever read the news and feel the long fingers of past violence on your throat? Actually feel them, and wait for your throat to close?

Mental illness is complex. And so, the medical model of mental illness is complex too. Once in a while, it becomes news. Critics start to opine: too many people are getting sucked in. Too many people are taking pills they don't need. Too many people are going to their doctors when they're *sad* or *nervous* or *unable to complete everyday tasks*. Clinical terms have entered the vernacular to describe non-clinical behaviour: "psychotic" is just feeling passionate about something; "OCD" means wanting to have a clean house. It has become impossible, critics suggest, to know who's actually unwell and who's just tired.

/// Mental illness is complex – yet patients are often left to manage their own brain



Fitness can be achieved through small changes in what you eat and your level of activity. It's really that simple. Remember that you can start out slowly; work your way up to a higher level of activity, and implement more dietary changes over time.

Patience is essential. Don't try to do too much too soon, and don't quit before you have a chance to experience the rewards of improved fitness and a healthy diet!

Vitamin C: What You Should Know

You probably know about oranges, grapefruits, lemons, and limes. But berries rock too -- strawberries, raspberries, blueberries, cranberries. Papaya, kiwi, pineapple, cantaloupe, plums, and watermelon are good sources. Even bananas, apples, and pears have some.

Eat them fresh and raw. Vitamin C breaks down over time when it's heated.

Get Some: Veggies

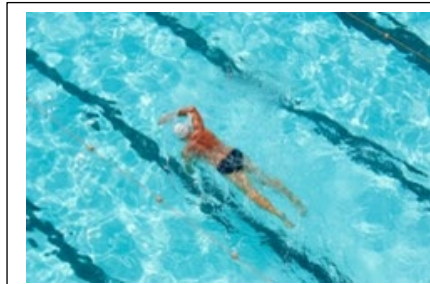
Think green. Bell peppers are your big C winners. Load up on leafy greens too -- kale, Swiss chard, collards, plus cabbage, and bok choy. Crunch into broccoli, cauliflower, and Brussels sprouts. Don't forget tomatoes, sweet potatoes, and winter squash.

If you really have to cook your veggies, stick with steaming or microwaving. These methods tend to keep more of the vitamin's benefits.

Vitamin C can help other nutrients work better. Put red peppers in your spinach salad. Slip some broccoli in your baked beans. Pair up strawberries with your oatmeal.

[READ MORE](#)

How to Fight the Signs of Aging



There's no avoiding it: We all get older. But there are things you can do to slow the aging process. These 12 tips can help.

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Do You Really Need 10,000 Steps a Day?

WEDNESDAY, May 29, 2019 (HealthDay News) -- Many people with activity trackers strive for 10,000 steps a day. But does it really take nearly five miles daily to make a difference in longevity?

Maybe not, says new research.

The study looked at nearly 17,000 older women -- average age 72. It found that women reduced their risk of dying by 41% when they got just 4,400 steps daily compared to women who only clocked 2,700 steps.

The women had additional benefit up to around 7,500 steps a day, but then the risk of dying leveled off.

"Our message is not a new message: Physical activity is good for you. What's new and striking is how little you need to do to make a difference," said the study's lead author, Dr. I-Min Lee. She's a professor of medicine at Harvard Medical School and a professor of epidemiology at Harvard's School of Public Health. Lee said the researchers don't know if the same benefits would be seen in men or younger people. But she said it's clear that people benefit from physical activity.

► [Do You Really Need 10,000 Steps a Day?](#)



HOW MANY PEOPLE DIE OF SNAKEBITES IN THE U.S.?

For thousands of years, snakes have been associated with evil. They slither, hiss, and stare with unblinking eyes. One even deceived Adam and Eve in the



Garden of Eden. So, it's no wonder many people have a fear of snakes, which is called herpetophobia.

But are your snake fears justified? Every year in the United States, venomous snakes bite about 8,000 people. This is more common between April and October when more people are outside and active. But out of all those snakebites, 30 years of data show that no more than 12 people have died from snakebites in any single year.

While deaths from snakebite are extremely rare, snakebites do happen, and every one of them should be considered a potentially life-threatening emergency. In this slideshow, discover what snakes to watch out for, what you can do to prevent snakebites, why snake venom works the way it does, and what to do if you are bitten.

[Read more...](#)

Aromatherapy Basics For Better Health

Aromatherapy is a form of holistic healing with various benefits that range from physical to emotional and psychological of which essential oils play a big role in promoting positive effects.

[Read the full story](#)

Placental Stem Cells Can Regenerate Heart After Heart Attack

Stem cells derived from placenta have been demonstrated to be able to regenerate healthy heart cells after heart attack by researchers from the Icahn School of Medicine at Mount Sinai, as published in the Proceedings of the National Academy of Sciences.

[Read the full story](#)

Herbal Infusions for Skin Conditions

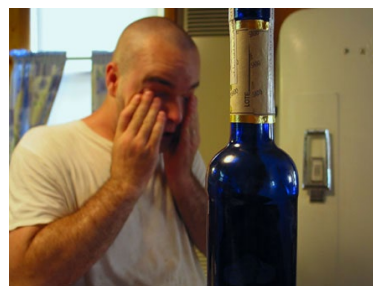


Herbal infusions are really terrific for treating conditions like acne, rosacea, dryness, and so on. If your skin is troubling you, splash or rub some herb-infused water, vinegar, or diluted tincture on your skin after you wash it.

[Here are some suggested combinations...](#)

MYTH: Hangovers Are No Big Deal

FACT: Heavy drinking rocks the central nervous system. It tinkers with brain chemicals -- leading to headache, dizziness, and nausea -- and sends you running to the bathroom so often you become dehydrated. The morning-after price can include a pounding headache, fatigue, cotton mouth, queasy stomach -- and a weakened immune system.



FACT: Don't go crazy with free drinks on Ladies' Night. If a man and woman drink the same amount, the woman is more likely to feel the effects. That's because men have a higher percentage of water in their bodies, which helps dilute the alcohol they drink. When women drink the same amount, more alcohol builds up in the bloodstream.

MYTH: Only Bingers Get Hangovers

FACT: You don't have to get wasted to pay a price the next morning. Just a couple of drinks can trigger a headache and other hangover symptoms for some people. Having water or a non-alcoholic drink between each beer or hard drink can help keep you hydrated and cut down on the overall amount of alcohol you drink.

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Herbal Recipes for Ear, Nose, and Eye Health



Basics of the Mediterranean Diet



Trekking Brings You Closer to Nature



Global Grain

Rice is grown on every continent except Antarctica (sorry, penguins). It's easily the world's most popular grain. The Mandarin Chinese and Korean words for rice are the same as for food or meal. There are more than 40,000 varieties. Supermarkets have finally taken notice. So you'll find a wide world of rice to explore.

Brown or White?

It's just like whole wheat vs. white bread. Brown rice is a whole grain. White's not. So brown's got more fiber, vitamins, and other goodies. Its nutty taste and chewy texture make for a hearty meal. Strip out the bran and germ, and you get white rice. Fewer nutrients, but it's easier to cook and won't steal the taste spotlight from other foods. White rice also comes from other whole-grain types, like black, red, and purple rice.

The Long and Short of It

Stubby and almost round, short-grain rice cooks up soft and sticky. You can pick it up in clumps, making it the go-to rice in Asia where chopsticks rule. Long-grain rice is skinnier and has less starch, so it comes out light and fluffy. It's great as a side dish or when you need a rice that holds its shape well, like in gumbo. Medium-grain isn't as long as long-grain or as sticky as short, making it the perfect in-between.

Arborio Rice

This starchy, white rice is the magic behind risotto. Grown in Italy's Po valley, it's the sponge of the rice world. It soaks up whatever liquid you cook it in. And in the process, it releases all those starches, making for a rich, creamy texture. Beyond risotto, you can use arborio in a pinch to make paella, the saffron-scented Spanish dish, or to satisfy your sweet tooth in a rice pudding.

Fine Wine of Rice

Basmati, jasmine, and others with a strong scent are known as aromatic rice. They can smell like popcorn or roasted nuts. They come by their aroma naturally, too. It's from a substance called 2-Acetyl-1-pyrroline. The taste and smell often vary from one year to the next, just like wine. Not only that, but the best ones are aged to let their scent grow even stronger.

Black Forbidden Rice

Way, way back, you could only get this rice if you were a Chinese emperor. But with a few clicks or a quick trip to the supermarket, now you, too, can dine like royalty. It's a short-grain rice that turns purple when cooked (toss a handful into white rice). The color comes from the same antioxidant called anthocyanin that makes blueberries blue. It's great for giving dishes like paella and risotto a stunning makeover.

Glutinous Rice

Don't be fooled by the name. Like all rice, it's gluten free. The name is a nod to its sticky, glue-like texture. It's also known as sweet or sticky rice, and it's loaded with a starch called amylopectin. The sweetness makes it popular in desserts, but you'll find it in savory dishes, too. It's especially good when you want to shape the rice, like in Japanese sweet rice balls.

Basmati Rice

The long-grain "prince of rice" comes from the foothills of the Himalayas. It'll fill your kitchen with a nutty aroma and your mouth with an almost buttery taste. It's standard in Indian cooking like curries.

But don't limit yourself. Try it in any dish that calls for a long-grain rice. You can find white and brown versions. Brown ones have a stronger scent.

Paella's Secret Weapon

If you're crazy for this dish native to Spain's eastern coast, track down some bomba rice. You might also see it as Valencia rice. It soaks up a ton of liquid and still keeps its shape. If you can't find it, don't panic. See if you can get your hands on Sollana rice, sometimes called Calasparra rice. Like bomba, it's a Spanish short grain that holds it together even as it drinks up the liquid from your pan

[READ MORE](#)



[Keep A Youthful Body With Jennifer Lopez's Nutrition Tips](#)

This beautiful superstar manages to make 49 seem like 25. She's got one of the fittest bodies in Hollywood.

[How does she do it?](#)

[Penicillin: Discovery, Benefits and Resistance](#)

May 30, 2019 | Reference

Penicillin is was once hailed as a "miracle drug." However, some bacteria have become resistant to penicillin, making those infections difficult or even impossible to treat.

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[Could Squeezing Your Arms and Legs Help Prevent Strokes?](#)

May 29, 2019 | Article

A simple squeeze to your arms and legs might benefit your brain.

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[Another Study Found a Link Between Parkinson's Disease and the Appendix. What's Going On?](#)

Clumps of proteins found in the brains of people who have Parkinson's disease are also found in the appendix.

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Confirmed: Earth Is Crushing the Ocean into Salty Diamonds



It's been said that diamonds are forever — probably because "diamonds are billion-year-old mutant rocks exposed to many lifetimes of crushing pressures and scorching temperatures in Earth's deep mantle" doesn't have the same snappy ring to it.

Either way, it takes a long, long time for a chunk of carbon to crystallize into a sparkling diamond — so long, in fact, that scientists aren't positive how they're made. One popular theory maintains that many diamonds form when slabs of seabed (part of an oceanic plate) grind underneath continental plates at so-called tectonic subduction zones. During the process, the oceanic plate and all the minerals at the bottom of the sea plunge [hundreds of miles into Earth's mantle](#), where they slowly crystallize under high temperatures and pressures tens of thousands of times greater than those on the surface. Eventually, these crystals mix in with volcanic magma called kimberlite and burst onto the planet's surface as diamonds.

Support for this theory can be found in the oceanic minerals that give blue stones — like the infamous (and [possibly cursed](#)) Hope diamond — [their signature hue](#). However, these diamonds are among the deepest, rarest and most expensive on Earth, making them hard to study. Now, research published today (May 29) in the journal [Science Advances](#) provides fresh evidence for diamonds' oceanic origins. For the study, the researchers looked at the salty sediment deposits inside a much more common class of stone, known as fibrous diamonds. [[In Photos: Ocean Hidden Beneath Earth's Surface](#)]

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[Does Your Life Have Purpose? The Answer Could Affect How Long You Live.](#)

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Having a strong purpose in life may have not only mental benefits, but also physical ones.

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[Leaky Bladder? Avoid These Foods](#)

Certain foods and drinks are more likely to trigger a bout of urinary incontinence. These are the worst offenders.

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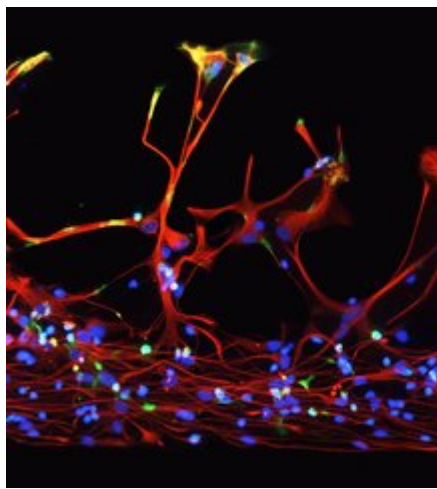


Lethal Listeria Outbreak: Why Is This Bug So Dangerous?

April 19, 2019 | Article

One person has died in connection with a Listeria outbreak tied to sliced deli meats and cheeses. Why is this bacterium so dangerous?

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What Are Stem Cells?

April 18, 2019 | Reference

Embryonic stem cells can morph into any cell in the human body.

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No, 'Negative-Calorie' Foods Aren't a Real Thing, Study Says

April 15, 2019 | Article

The study is one of the first to scientifically test the idea of negative-calorie foods, or foods that theoretically require more calories to digest than they contain.

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Hypernatremia and Hyponatremia: Causes and Risks of Sodium Imbalance

April 12, 2019 | Reference

Why is keeping the balance of sodium in our bodies so important?

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Vitamins from Food — Not Supplements — Linked with Longer Life

April 09, 2019 | Article

Certain vitamins and minerals are linked with a lower risk of early death, but only if the nutrients come from food, not supplements.

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How a New Cancer 'Vaccine' Fights Tumors Throughout the Body

April 08, 2019 | Article

A new cancer "vaccine" that's injected directly into a single tumor can trigger the immune system to attack cancer cells throughout the body, a small new study suggests.

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Here's How Many US Cancer Cases Are Tied to Unhealthy Diets

May 22, 2019 | Article

More than 80,000 cancer cases diagnosed each year in the U.S. may be tied to an unhealthy diet, according to a new study.

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Ultraprocessed Foods Really Do Lead to Weight Gain, Small Study Finds

May 17, 2019 | Article

Filling your plate with ultraprocessed foods really does appear to lead people to eat more and gain weight.

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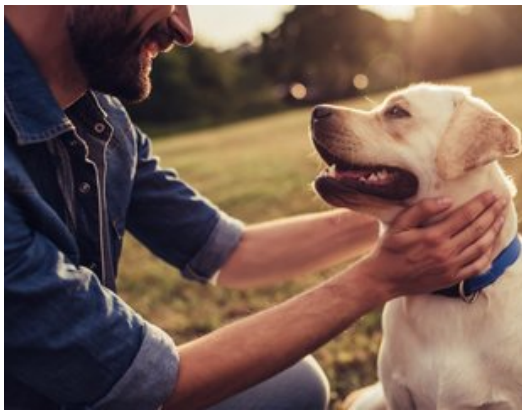


CBD and CBD Oil: What Is It and Does It Really Work?

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Bacillus Cereus: The Bacterium That Causes 'Fried Rice Syndrome'

May 01, 2019 | Reference

Fried rice syndrome is a common type of food poisoning.

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An Herbal Sex Supplement Sent a Man's Blood Pressure Through the Roof

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A man's blood pressure skyrocketed to dangerous levels after he took an herbal supplement touted for sexual enhancement.

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Chemicals from Sunscreen Get into Your Blood. Here's What That Means.

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Chemicals in sunscreen get into the blood at levels high enough to warrant further testing on their safety, according to a new FDA study.

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What Are Bacteria?

April 25, 2019 | Reference

Friend or foe? These tiny microbes can cure or kill.

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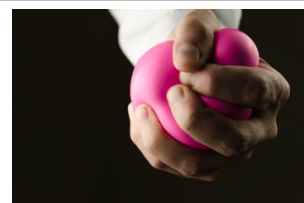


Can Chronic Stress Cause or Worsen Cancer? Here's What the Evidence Shows.

April 26, 2019 | Article

It's clear that chronic stress isn't great for you, but we still don't know whether it drives cancer.

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