



[Don't buy into brain health supplements](#)



A recent survey found that about 25% of adults over age 50 take a supplement to improve their brain health with the promise of enhanced memory and sharper attention and focus. The problem? There's no solid proof any of them work. The main issue with all over-the-counter supplements is lack of federal regulation.

[How to be a runner without sacrificing your knees](#)

Running is often blamed for knee pain but, done right, it can actually make your knees healthier. The trick is to ease into it and give your body time to strengthen and adapt.



Foods Worth Buying Frozen

If you think fresh is the only way to go for the best flavor and nutrients, this slideshow will blow your mind.

[Read More >](#)



Do You Have Macular Degeneration?

Answer a few questions to see if you could be doing more to slow it down, and help keep your vision from getting worse.

[Get Started >](#)



How to Start (and Never Quit) Exercising

If you haven't exercised much in years -- or if you've never -- you might not know where to start. These tips will put you on the path to fitness, safely.

[Read More >](#)



[3 Yoga Poses for Strong Legs and Thighs](#)



Personal Health

Relief for Children's Migraine Headaches

New guidelines for therapies for children and adolescents can reduce or eliminate attacks of migraine and greatly shorten their duration.

By Jane E. Brody

Rajiva Wijesinghe (Independent)- Presidential candidate discusses about the issues of the present government



Please click on the link to listen to 'today's SLBC' with Rajiva and Liyanage of the Labour Party, a useful discussion, with interesting questions

https://www.facebook.com/ElectionFM/videos/804548249977116/?_tn=%2Cd%2CP-R&eid=ARD9AyQcQ1ggzPC6iChjCYLDMnNTIYzk0m7-hW5s6dZ3SH2j6T7xeYQiy02IJB3XMioSg3FiO1xTC6

Face the Nation TV 1 21st October 2019

https://www.youtube.com/watch?v=hg2aecsiL_w&fclid=IwAR0M5J5IFFPuiSHnSTE6LGEsYAKKMxCgUCyDJ2L8JWKIn2NOIJuikgJsJ00

A new treatment for knee arthritis

The TV ad promises pain relief for knee osteoarthritis, the source of most of the 600,000 knee replacement surgeries in the US each year. A man in a bowling alley winces with pain. "Knee acting up again?" asks his buddy, clearly concerned. When pain pills don't seem to help, his buddy suggests a procedure called Coolief for knee osteoarthritis.

[Deaths from falls are up; here's how to prevent them](#)

[Difficult relationships linked to bone loss](#)
[Should I get my vitamin D levels checked?](#)



Heart Health

The heart beats about 2.5 billion times over the average lifetime, pushing millions of gallons of blood to every part of the body. This steady flow carries with it oxygen, fuel, hormones, other compounds, and a host of essential cells. It also whisks away the waste products of metabolism. When the heart stops, essential functions fail, some almost instantly.

Given the heart's never-ending workload, it's a wonder it performs so well, for so long, for so many people. But it can also fail, brought down by a poor diet and lack of exercise, smoking, infection, unlucky genes, and more.

A key problem is atherosclerosis. This is the accumulation of pockets of cholesterol-rich gunk inside the arteries. These pockets, called plaque, can limit blood flow through arteries that nourish the heart — the coronary arteries — and other arteries throughout the body. When a plaque breaks apart, it can cause a heart attack or stroke. Although many people develop some form of cardiovascular disease (a catch-all term for all of the diseases affecting the heart and blood vessels) as they get older, it isn't inevitable. A healthy lifestyle, especially when started at a young age, goes a long way to preventing cardiovascular disease. Lifestyle changes and medications can nip heart-harming trends, like high blood pressure or high cholesterol, in the bud before they cause damage. And a variety of medications, operations, and devices can help support the heart if damage occurs.

[Read More](#)

Frequent drinking more dangerous than infrequent binge drinking: Study

Do you consume alcohol frequently, or in portions? A new study shows that drinking small amounts of alcohol frequently is linked with a higher likelihood of atrial fibrillation than infrequent binge drinking. The study was published in the journal 'EP Europace', a journal of the European Society of Cardiology (ESC).

[Cancer research](#) / Six-year-old's death leads to hope of new drug for childhood cancer

Meghan: I was warned the British tabloids would destroy my life

Caffeine Content of Your Favorite Drinks

Which beverage has more caffeine, an espresso shot or a cup of brewed coffee? The answer may surprise you.

[Watch Video](#) >

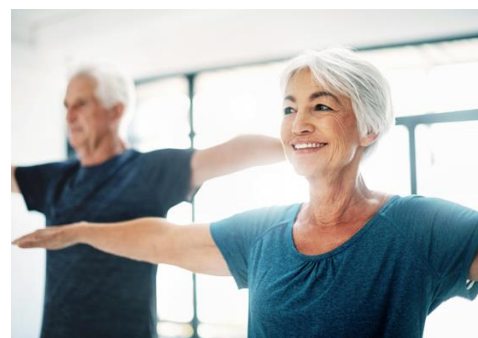
Scientists quantify global volcanic CO2 venting; estimate total carbon on Earth



Type 2 diabetes remission possible with 'achievable' weight loss, say researchers



Low back pain: how your cover can help



Simple tips to help you manage low back pain

Nuclear war between India and Pakistan would launch a global climate catastrophe



Beware Arthritis Quackery

Quackery is the business of promoting unproven remedies. Learn which remedies and tests have no scientific benefits. [Read more...](#)



Stress Can Make You Sick. Take Steps to Reduce It.

In his new book, “The Stress Solution,” Dr. Rangan Chatterjee offers advice on countering the damaging effects of chronic stress.

By Anahad O'Connor

Making Medicine in the Mountains



Importance Of Potassium

The importance of potassium can't be understated, it helps to regulate the heartbeat, ensures proper functioning of muscles and nerves, is vital for synthesizing protein and metabolizing carbohydrates, and is necessary for the normal functioning of cells.

[Read the full story](#)

Heart disease may accelerate cognitive decline
Why are diabetes-related complications on the rise?
Good oral health may help protect against Alzheimer's



Vitamin That May Help With Weight Loss Goals

Making sure that the body has the vitamins and minerals it needs is a good way to ensure you are functioning at your best. If you are trying to drop a few pounds and jumpstart your metabolism and are struggling, the problem may be with your diet.

[Read the full story](#)

Anti-Aging Oils Worth Adding To Your Skin Care Routine

When it comes to wrinkle treatments it seems that is an endless supply of products to choose from ranging in creams, lightweight moisturizers, vitamin C serums, and acid based gels. But often these contain chemicals that some may want to avoid who would rather use a more natural approach.

[Read the full story](#)

Study supports benefit of statin use for older adults

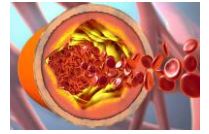
Chronic Lyme arthritis: A mystery solved?

We are at a tipping point on climate change on two fronts – a point from which there is no return, [writes Greg Jericho](#). The first is action to deal with the climate emergency; the second is for the media to report on it with credibility: “The prime minister of this country is now suggesting the media are lying about the government’s climate change efforts. I don’t know about the prime minister, but I get my information from the Department of the Environment and Energy, which shows that annual emissions have risen every quarter since the government introduced its ‘emissions reduction fund’. The transformation into Ocker Trump is now so obvious that no journalist or media company can miss it. The tipping point is here.”

The Guardian

Dementia: Here's What Raises Your Risk

There's nothing you can do about your genes or getting older. But many of the other things that make dementia more likely are within your control.



[Read More >](#)

Vegetables That Pack a Nutritional Punch

There's no such thing as a bad-for-you vegetable, but some offer more nutritional value than others. These are all considered powerhouses.

[Read More >](#)

Symptoms of Stomach Flu

It's not actually the flu. Doctors call it gastroenteritis, and several things can cause it. Here's how to feel better.

[Read More >](#)

[8 Household Uses for Rosemary](#)

[French Vegetables for the Fall Table](#)

[Yoga and arthritis](#)

This low intensity exercise could help to mobilise and strengthen your joints.

[Read more](#)

[Cancer research](#) / New treatment extends life of advanced melanoma patients



[Why you shouldn't stop taking antidepressants on your own](#)

Feeling like you're on track and ready to go medication free? Here are some tips to make sure you do it safely.

[Read more](#)



What Can Antioxidants Do for You?

They're chemicals that fight a process your cells called oxidation. The main source is plant-based foods, but your body makes some, too.

[READ MORE](#)

Crohn's Disease Symptoms

Crohn's disease usually affects the small intestine and less commonly the colon. [Read more...](#)

Surprises of Getting Older

Many think a carefree, easy-going attitude will help sustain them to a ripe, old age. [Read more...](#)



[9 good reasons to take a break from alcohol](#)

Dry July may have come and gone already, but cutting out alcohol can still have amazing benefits any month of the year.

[Read more](#)



SLIDESHOW

Bugs You Can Eat

Some of these little animals are popular around the world for their nutritional value. [Read more...](#)

Nerve Damage in Your Gut

This complication of high blood sugar can lead to uncomfortable constipation and other problems. Here's how to get relief.

[Read More >](#)

How to Lower Your Chances of Dementia

Certain risk factors, like your age, are beyond your control. But you can reduce your odds of having dementia if you do these things.

[Read More >](#)

[New Healthy Drinks Guidelines for Kids: Skip the Soy, Avoid Sugars](#)

[Can You Still Be Healthy If You're Overweight?](#)

The Truth About Insulin

Are people with type 1 diabetes the only ones who need it? Is there a pill you can take instead of a shot? Get the facts here.

[Take Quiz >](#)

How Diabetes Is Diagnosed and Treated

These are the ways to find out if you have diabetes and manage your blood sugar that your doctor will discuss with you.

[Read More >](#)

Side Effects of Metformin



The Different Types of Insulin



Treatments for Thinning Hair



Air pollution particles have been found on the foetal side of placentas, indicating that unborn babies are directly exposed to the black carbon [produced by motor traffic and fuel burning](#).



[Maker Halts Distribution of Generic Zantac Due to Possible Carcinogen](#)

[The unintended side effect of the 5G network](#)



10 Health Benefits Orange Juice Can Offer You

Orange juice is a staple beverage at the American breakfast thanks to its high amount of vitamin C and other antioxidants like hesperidin, narirutin, naringenin, and eriocitrin. These protect the body from damage caused by free radicals and prevent a number of diseases...

[READ MORE](#)

Harvard Health Blog

Stress-eating: Five strategies to slow down

POSTED AUGUST 29, 2019, 2:25 PM

[Kelly Bilodeau](#), Executive Editor, Harvard Women's Health

Watch



Weight gain has many underlying causes but one of the most common is something we all experience: stress. Whether it's the, mild temporary kind caused by a traffic jam or major and chronic, triggered by a traumatic life event — stress is no friend to your waistline. It can set off physical and emotional changes that drive you to eat more, crave less nutritious, fattening comfort foods — and even gain weight much more easily.

[Learn more >>](#)



Getting started with yoga

Yoga can be a revitalising way to stretch out and engage your body — and it doesn't have to be so serious. Yoga teacher Mirinda Smith shares some advice for beginners. [Read more](#)



How to walk 10,000 steps

Taking on the challenge to walk 10,000 steps a day is a great decision for better health. [Read more](#)



8 ways to improve your mental health

Improve your mental health and your wellbeing will follow. Here's how to keep things in check. [Read more](#)



How to get the kids off junk food

Four simple tips to reshape your family's eating habits. [Read more](#)

[There are new dietary guidelines for meat and dairy. Here's what that means for your plate](#)

New guidelines recommend full-fat dairy, more eggs and less meat. But what about the other key food groups?

[More](#) ➔



['A crisis that's getting worse': Accidental drug overdoses up almost 40 per cent in a decade](#)

The number of Australians dying from accidental drug overdoses has climbed almost 40 per cent in a decade, with worrying echoes of the US opioid epidemic, a new report shows.

[More](#) ➔



[5G is safe and Dr Karl wants to explain why](#)

The 5G mobile network is coming, and some people are very worried about it. Dr Karl Kruszelnicki explains why it won't give you cancer. [More](#) ➔

[Gynecomastia, Man Boobs, Moobs And How To Get Rid Of Them](#)

Gynecomastia, man boobs are quite a common problem that many men end up having to face. And there are a number of reasons for men developing "moobs". We look at some of the reasons and what men can do to get rid of them. [Keep reading ...](#)

[11 Ways That Morning Cup Of Coffee Benefits Your Health](#)

There's no arguing that we just love to drink coffee. We've all been reminded of the downsides of drinking too much of our favourite brew, but have you ever paused to consider that there are many actual health benefits. [We take a look.](#)

[Could a Pill Replace Insulin Shots?](#)

[A 'climate emergency' petition has almost reached 300k signatures. Will it do anything?](#)

Most dietary supplements do not protect against heart attack and stroke

Fish oil and folate might help, but calcium plus vitamin D may cause harm, according to new research.

<https://www.nbcnews.com/health/heart-health/most-dietary-supplements-do-not-protect-against-heart-attack-stroke-n1027366#anchor-Whataboutdietsforhearthealth>

July 8, 2019

Most dietary supplements do nothing to protect against heart attacks, stroke or deaths from heart disease, and some may even cause harm, according to a newspaper published Monday in the Annals of Internal Medicine.

Researchers at West Virginia University analyzed data on the effects of dietary supplements and dietary approaches from 277 previous studies that included almost one million people in total.

They found scant evidence that supplements improve cardiovascular outcomes, and the evidence that they did find was lacking in quality.

"The majority of supplements have no effect on improving survival or reducing the risk of heart attack or stroke," said study author Dr. Safi Khan, an assistant clinical professor of internal medicine at West Virginia University.

Please stop spending money on these supplements for the sake of improving cardiovascular health. Because they don't.

Still, the findings may do little to shake Americans' strong faith in supplements and vitamins. An estimated 3 out of 4 people in the United States take at least one dietary supplement, and Americans are projected to spend \$32 billion on them this year alone.

But, according to Khan's review of the available science, it's largely a waste of money - at least when it comes to heart health.

"Please stop spending money on these supplements for the sake of improving cardiovascular health. Because they don't," Khan told NBC News.



Photo: Shutterstock

Folate helps to form DNA and RNA and is involved in protein metabolism. Learn more about food sources of folate and how it may impact health. [Read more](#)

Colon Cancer Warning Signs



Chocolate Hummus? Yes, Please

Dessert hummus is a good way to indulge your sweet tooth and sneak some fiber and protein into your diet. This simple recipe has only 5 ingredients.

[Watch Video >](#)

12 Habits of Super-Healthy People

Most of the time, they're not doing anything out of the ordinary. They've just built habits that make smart choices easier.

[Read More >](#)



What Causes Hearing Loss?

Hearing loss may be present at birth

or it may manifest later in life.

Deafness may be genetic or due

to damage from noise. [Read more...](#)

Your Inner Ear and Balance Disorders

What is vertigo? Understand different balance disorders and symptoms such as vertigo, motion sickness, and more. [Read more...](#)

4-Week Walking Plan for Weight Loss



4 Telltale Marks of High Inflammation to Watch



Should you be taking an omega-3 supplement?

Some 10% of American adults regularly take an omega-3 supplement, despite uncertainty about whether these products truly live up to their health claims. But two new studies shed some light on who might benefit from omega-3 supplements — and who probably won't.

[Read more >>](#)



Chia Seeds

Chia has come a long way since it first sprouted out of funny pottery in TV commercials. Today, these seeds are best known as a super food, and with good reason. Just 1 ounce (that's 2 tablespoons) has nearly 10 grams of fiber. Ground in a blender, chia seeds make the perfect crunchy topping for yogurt or vegetables. When you soak them in a liquid, such as juice or almond milk, they get soft and spoonable: a smart swap for pudding.

WebMD



Wild Rice

Surprise! Wild rice isn't rice at all -- it's actually a grass seed. It's higher in protein than other whole grains and has lots more antioxidants than white rice. It also provides folate, magnesium, phosphorus, zinc, vitamin B6, and niacin. It cooks up tender and fluffy in a rice pilaf, and the warm grains are a hearty addition to green salads.

[Which natural treatments can help people with breast cancer?](#)

A number of natural and complementary therapies can help support a person's mind and body during breast cancer treatment and may also help alleviate medication side effects. However, these therapies cannot replace standard treatment for breast cancer. Learn more here.



Pumpkin Seeds

If you've ever roasted a batch of these after carving your annual jack-o'-lantern, you know they make a great snack. And a healthy one, too. Pumpkin seeds are rich in magnesium, an important mineral that boosts your heart health, helps your body make energy, and powers your muscles. Eat them year-round as a soup or salad topper, with cereal, or in homemade trail mix.

WebMD

[What are the benefits and effects of manganese?](#)

Manganese is a trace mineral that contributes to several bodily functions. Most people can get adequate amounts of manganese from their diet. Learn more about its effects, benefits, and sources here.

[What are the health benefits of phosphorus?](#)

Phosphorus is a mineral that is essential for human health. It is available in a wide variety of foods, including meat, fish, dairy, and some vegetables. Learn more about its benefits here.

Are Bananas Doomed?

Humans consume [100 billion bananas](#) annually. For many of us, it was one of the first solid foods we ate. We're so enamoured with bananas that we've written [songs](#) about them: Bizarrely, bananas are mentioned in music more than any other fruit is. So, what if we discovered that one day in the not-too-distant future, this familiar staple will vanish from the breakfast table? The most [common banana](#) subgroup — the Cavendish, which makes up most of the global market — is under assault from insect infestations, declining soil fertility and climate change. But the biggest hazard by far are two plant pathogens that are scavenging their way through vast monoculture (large scale, single-crop) plantations of this fruit worldwide. "We are in danger, with so much of the market taken up by this one subgroup," said Nicolas Roux, a senior scientist at Bioversity International in France and team leader of the organization's banana-genetics resources.

So, are bananas doomed - or can we save them still? [\[Why Are Bananas Berries, But Strawberries Aren't?\]](#)



[Read More](#)

Organic Chicken and Food Poisoning

A new study suggests that chickens raised without antibiotics may have fewer types of antibiotic-resistant salmonella than animals raised at factory farms.

[Read More](#)

These two brothers are living healthier lives, thanks to gene therapy

7.30

By [Tracy Bowden](#) and [Amy Donaldson](#)



It has taken decades of work and billions of dollars, but Australia is now entering an exciting phase of personalised medicine, leading to results which once seemed impossible.

Better treatments or even cures are already happening or are just around the corner, thanks to complex genomic testing and gene therapy.

Genomics has changed the lives of Hayden Smith, 16, and his brother Tyler, 12, from Melbourne.

Both boys developed a mysterious condition which meant they spent a lot of time in hospital being treated for a range of conditions including asthma, allergies and serious bowel problems.

"We went to numerous specialists ... it was just always treating the symptoms and not knowing what was underlying," their mother Belinda McTaggart said.

"I was just so worried about them all the time."

[These two brothers are living healthier lives, thanks to gene therapy](#)

Restless legs syndrome is more than just twitching. Here's what to look for

Could a plant based diet be the answer to Crohn's disease?

Published Thursday 27 June 2019

By [Catharine Paddock PhD](#)

[Fact checked](#) by Jasmin Collier

A new case study of a man with Crohn's disease details how his symptoms disappeared after he stopped eating animal based and highly processed foods. He switched to a diet comprising only plant foods after a year of standard treatment that did not resolve the condition

Crohn's is a type of inflammatory bowel disease (IBD) with painful symptoms.

The condition affects millions of people around the world.

Studies have shown that diets comprising fruits, vegetables, legumes, and whole grains can help prevent and treat [diabetes](#), [heart disease](#), some [cancers](#), [high blood pressure](#), and other long-term conditions.

The investigators behind the new study propose that, subject to further research, Crohn's disease should perhaps join that list.
[Could a plant based diet be the answer to Crohn's disease?](#)

[The WHO is still advising against saturated fat, even though the science has moved on: experts](#)

A global team of researchers takes aim at World Health Organisation draft guidelines that recommend people reduce their saturated fat intake, saying advice should be framed around foods, not nutrients.

[More](#)

[Faecal incontinence can be intensely embarrassing. Here's how it's treated](#)

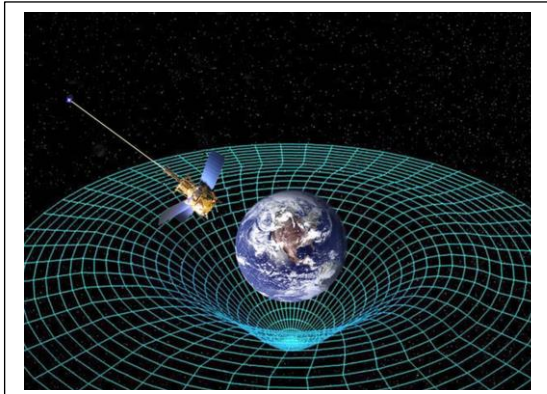
Faecal incontinence is a debilitating condition that's more common than you might think — but the people who have it are often too embarrassed to seek treatment. Here's what it is and how it can be managed.

[More](#)

Americans Are Still Eating Too Many 'Bad' Carbs

What Is Relativity?

By [Michael Schirber](#)



Albert Einstein was famous for many things, but his greatest brainchild is the theory of relativity. It forever changed our understanding of space and time.

What is relativity? Succinctly put, it is the notion that the [laws of physics](#) are the same everywhere. We here on Earth obey the same laws of light and gravity as someone in a far off corner of the universe. [[8 Ways You Can See Einstein's Theory of Relativity in Real Life](#)]

The universality of [physics](#) means that history is provincial. Different viewers will see the timing and spacing of events differently. What for us is a million years may just be a blink of an eye for someone flying in a high-speed rocket or falling into a black hole.

[Read More](#)

Top 10 Foods for Healthy, Gorgeous Hair

The fix for your hair woes may just be in the kitchen. Got brittle strands? Stock up on spinach. Losing fullness? Opt for oysters.

[Read More](#) >

Consciousness
/ Group of biologists tries to bury the idea that plants are conscious



Simple stretches to relieve stiffness

Easy poses to give you some relief. [Read more](#)

[Found: A way to make cancer cells self-destruct](#)

The research team has identified a new pathway that works as a partner to a gene called MYC which controls normal cell growth, but when it is mutated or amplified in cancer, it sets off a chain reaction that helps tumours grow uncontrollably.

[Heart Attacks Becoming More Common Among The Young](#)

Within America the rate of heart attacks overall is lower than it once was, which is due to a number of factors including the decline in cigarette use. However, a new study from the American College of Cardiology suggests heart attacks are occurring more often among young adults. [Read the full story](#)

Research from the [Trinity College Institute of Neuroscience](#) and the [Global Brain Health Institute](#) shows that deep breathing techniques rooted in ancient wisdom of Yogis and Buddhist practitioners can help to improve our ability to focus. [Read the full story](#)



Quinoa sushi bowl recipe

Amazing sushi doesn't always have to come in a roll. [Read more](#)

[The benefits of daily exercise 'snacks' versus fewer, longer sessions](#)

While trying to make time for exercise, you may have wondered what's more beneficial: squeezing in 10 minutes here and there between tasks each day, or packing it into fewer, longer sessions each week.

[More](#)

[Vitamin D May Not Decrease Risk For Heart Disease](#)

According to research from Michigan State University if you have been taking vitamin D supplements to improve heart health and decrease risks of suffering cardiovascular disease, you may likely not be having an effect. [Read the full story](#)



[Everything You Need To Know About Fasting](#)

You may have heard about some of the amazing health benefits of fasting but we take an in-depth look at 20 of these benefits as well as everything you need to know when it comes to deciding how and when to fast. [Keep reading...](#)

[5 Of the Best Cannabis Strains for Arthritis Pain Relief](#)

Relief: Not all cannabis strains have the same effect on the human body. Before using cannabis for arthritis, it's a good idea to understand how some of the strains can help to relieve the pain.

Poor [oral hygiene](#) can be extremely detrimental to one's overall health. By adopting a few [Ayurvedic practices](#) it may serve to protect your oral health and leave you with a great smile on your face.

[Non-meat creations](#) or vegetarian 'meat' copycats are hitting the food market by storm. But, are these non-meat options healthy or healthier for us than real meat? [We take a look.](#)

[Ease Yourself To Sleep With These](#)

[Essential Oils](#)



The number of people suffering from sleep disorders keeps increasing and instead of using sleeping pills that may come with harmful side-effects, many of us are seeking natural alternatives. In this article, we explore [8 essential oils that may serve to provide relief from disrupted and poor sleep quality.](#)



FEATURED

Baking Soda Uses for a Healthy and Clean Body

You may know it as the orange box that lurks in the back of your fridge to take out bad smells. Or as a pantry staple that helps your baked goods rise. But there are also health and beauty uses.

[READ MORE](#)

[You've Lost the Weight -- Now Keep It Off to Keep Diabetes at Bay](#)

[Your Immune System Is Smarter Than Cancer](#)

[What Causes Ovarian Cysts?](#)

5 surprising benefits of walking

The next time you have a check-up, don't be surprised if your doctor hands you a prescription to walk. Yes, this simple activity that since you were about a year old is now being touted as "the closest to a wonder drug," in the words of Dr. Thomas Frieden, former director of the Centers for Disease Control and Prevention.



Of course, you probably know that any physical activity, including walking, is good for your overall health. But walking in particular comes with a host of benefits. Here's a list of five that may surprise you.

1. It counteracts the effects of weight-promoting genes. Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.

2. It helps tame a sweet tooth. A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations. And the latest research confirms that walking can reduce cravings and intake of a variety of sugary snacks.

3. It reduces the risk of developing breast cancer. Researchers already know that any kind of physical activity blunts the risk of breast cancer. But an American Cancer Society study that zeroed in on walking found that women who walked seven or more hours a week had a 14% lower risk of breast cancer than those who walked three hours or fewer per week. And walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones.

4. It eases joint pain. Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them.

5. It boosts immune function. Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder.

To learn more about the numerous benefits of walking, as well as easy ways to incorporate a walk into your daily routine, read [Walking for Health](#), a Special Health Report from Harvard Medical School.

Image: monkeybusinessimages/iStock

Share this story:



Reasons for Memory Loss

Forget your keys?
That might be
absentmindedness.
Forget what you
did this morning?
That might be a
more serious
problem.

[Read More >](#)

Stomach Cancer Warning Signs

Around 28,000 people in the U.S. get this form of cancer each year, and about 60% of them are over 65. What are the symptoms? Can lifestyle changes reduce your risk? Here's what you need to know.

[Read More >](#)





The Surprising Benefits of a Sound Bath

What Are the Types of Hearing Loss?

There are 3 main types of hearing loss. The ear is made up of the outer ear, the middle ear, and the inner ear. [Read more...](#)

Physical Symptoms of Depression

Depression can affect your body as well as your mind. Sleep problems are common.

VIEW
SLIDESHOW



15 Reasons for Shortness of Breath

Your airways suddenly narrow and swell. It's not clear why, but lots of things could trigger this.

READ MORE

Ways to Stay Healthy in Retirement

When you retire, you enter a new stage in life. Doing something you find meaningful will make you happier and healthier.

READ MORE

What Foods Are Most Likely to Cause Acne Breakouts?

The Most Deadly Cancer

Cough Lasting Five or More Days?

Pneumonia: CAP vs. HAP

What Is Interstitial Lung Disease?

COPD (Chronic Obstructive Pulmonary Disease)

Shortness of Breath and Emphysema

Chronic Airway Inflammation and Asthma

Reversing the Damage of a Stroke

By JANE E. BRODY

For one patient, a decade of recovery took determination, persistence and the courage to weather repeated setbacks.

Compiled, edited & published by
Dr Harold Gunatillake
To unsubscribe email:
haroldgunatillake1@gmail.com

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)

The Exercise Effect and Prediabetes



Diagnosing ADHD in Kids

A recent national study reported by the CDC noted that 11% of school-aged children are being diagnosed with ADHD. [Read more...](#)

Try Smart Brain Foods

If you listen to the buzz about foods and dietary supplements, you will believe they can do everything for you. [Read more...](#)