

Health & Views

Health Newsletter for Sri Lankans & others, globally

November
2019

2nd issue

5 Threats to Heart Health You May
Not Be Aware Of

Pickled Garlic Cloves Recipe

My web-site- www.doctorharold.com



Practice Kundalini
Meditation

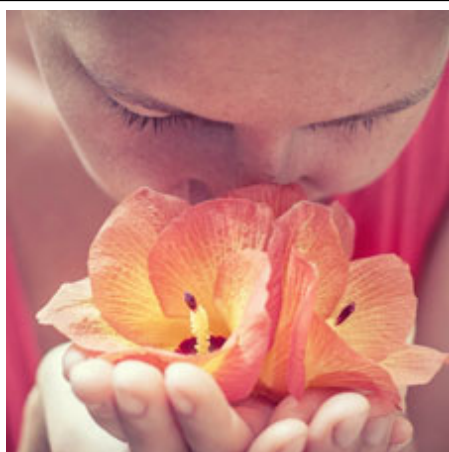
www.mum.lk

Benefits of Meditation
and Yoga



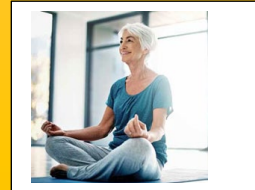
Circumcision

America is the western nation with the highest proportion of infant male circumcisions. Many do it for non-religious and non-therapeutic reasons. Due to different tracking measures and non-uniform reporting of newborn circumcisions, the prevalence is difficult to measure accurately. One American [healthcare agency report in 2012](#) found that circumcisions had dropped from around 60% in 2000 to 54.5% in 2009. Read more [Foreskin reclaimers](#) / The 'intactivists' fighting infant male circumcision



Scents That Can Do
Wonders for Your Well-
Being

Reconnecting through
Somatic Wisdom: An
Introduction



Navigate the world of mind-body therapies and determine the best course of action for your health and well-being.

[Read More](#)

Links to Sri Lankan
Politics

https://www.youtube.com/watch?v=7B34M7Wlt0o&fbclid=IwAR1LQvYZUdvWBxPJ6_e7fuaEbgNMY3IOiV9wdSEyEwfgSsZAScSPzE3vxpU

[The next is my interview on TNL which was recorded over a month ago but only aired this week, it gives my main reasons for standing and why I hope you will give me a first preference while using your second to ensure your vote is not wasted \(two links\)](#)

<https://www.youtube.com/watch?v=r1r1nB1MZEQ>

<https://www.facebook.com/watch/?v=708051013007326>

The meat industry / The true cost of eating meat: if we want change, we have to pay for it



[Cholesterol Tests: The Good, the Bad, and the Fatty](#)

[What You Can Do About Abnormal Lipid Levels](#)

Extracts from Halgolla Plantation Home -November issue



With Ranjit Hulugalle and what was left of our Cannonball Tree (*Couroupita*)

Too often we appreciate people who give of their time and energy for the betterment of Sri Lanka but we don't go the extra yard of publicizing their contribution as widely as we are able. The picture that is at the top of this month's newsletter is an attempt to make amends in that regard by acknowledging the contribution that Ranjit Hulugalle is making in the matter of defending a Sri Lanka that is under serious threat of major environmental degradation. Thank you, Ranjit, for your "no punches pulled" defence of what is our national heritage!

The rains continue and despite the rampant soft-weed growth, we will continue to live up to our promise of not complaining about the weather after the years of terrible drought that we have experienced around here. If anything could make ordinary citizens into those derisively referred to as "tree-huggers," the global-warming we've experienced over recent times would do the trick!

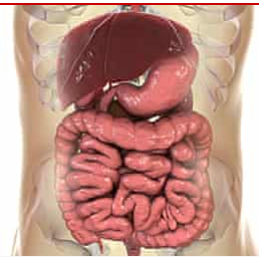
We have begun harvesting our very small vanilla crop and the first instalment yielded a fraction of last year's as was to be expected, given the fact that we had about 1/3 the blossoms we did in 2018. Not much one can do when Mother Nature decides to act up! The unfortunate part is that selling prices remain at last year's levels!



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Cancer research /

Some gut bacteria may increase bowel cancer risk



Night Sweats May Point to These Problems

If you often wake in the middle of the night drenched in sweat, it's usually related to a medical issue. Here are 13 common culprits.

[Read More >](#)



Bipolar Disorder: Who's at Risk?

This illness affects up to 5% of adults in the U.S., afflicting men and women equally.

[VIEW SLIDESHOW](#)

Asthma: List of OTC Asthma Medications and Inhalers

Patients who have infrequent, mild bouts of asthma attacks may use over-the-counter (OTC) medications to treat their asthma symptoms. OTC asthma medicines are limited to epinephrine....

[Read more ...](#)

Vitamin D is Key to Muscle Strength in Older Adults





Easy Pumpkin Greek Yogurt Recipe

Fasting: What You Should Know

A fast usually lasts from 12 to 24 hours, but some types continue for days at a time.

[READ MORE](#)

Why Do Some People Always Get Bitten by Mosquitoes, While Others Don't?

[Read More](#)

Could Microwave Popcorn Make You Sick?

It's hard to beat the convenience of pre-packaged microwave popcorn -- but some bags have dangerous chemicals in the lining.

[Watch Video >](#)



SLIDESHOW

15 Delicious Calcium-Rich Dishes

Tender stuffed chicken, Spanish cheese, and almond cake top this list of delicious food packed with calcium. [Read more...](#)

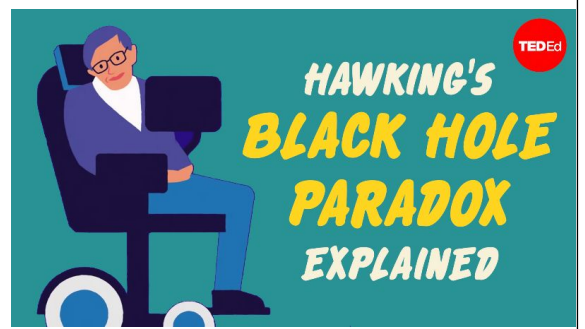
Chemo at home: Liam's story

Read about Medibank's Chemo at Home trial and one young patient's cancer journey. [Read more](#)

Delicious Breakfasts for Steady Blood Sugar

It's often called the most important meal of the day, but not all breakfasts are created equal. Each of these provides fiber, lean protein, and healthy fats.

[Read More >](#)



Hawking's black hole paradox explained

By Fabio Pacucci, directed by Igor Coric

Today, one of the biggest paradoxes in the universe threatens to unravel modern science: the black hole information paradox. Every object in the universe is composed of particles with unique quantum properties and even if an object is destroyed, its quantum information is never permanently deleted. But what happens to that information when an object enters a black hole? Fabio Pacucci investigates.

[View the animation >](#)

Can exercise play a role in cancer prevention and treatment?

We explore the role that staying active can play in preventing cancer. [Read more](#)

Infectious diseases / Flesh-eating ulcer spreads to new regions, prompting Australia health alert

Opportunities for Pharmacists in Hemp-Derived CBD 



Sudden Cravings For Carbs And
Salty Food Explained



Sponsored: How Your
Gut Microbes Affect Your
Mental Well-Being



Weight-Loss, Health, And
Standing Versus Sitting At
Work



Your Phone's Blue Light Will
Age You Faster, Here's What
To Do

Maintaining Weight Is More Important Than You Think

Researchers followed 36,000 adults over decades and found that the age when they reached and sustained a healthy weight affected their risk of dying young.

[Read More >](#)



Reasons to Eat More Avocado

If you've been avoiding luscious avocados because they're high in fat, we've got great news: They offer quite a few health benefits.

[Read More >](#)

Best Time for Blood Pressure Meds

Better nighttime blood pressure control nearly halves the risk of dying from heart diseases.



Introduce Seaweed Into Your
Diet For Optimal Health

Bladder Drug Can Cause Eye
Damage: Study



[READ MORE](#)



How Our Love Of African
Coffee Will Help Communities
Thrive

Symptoms of Colon Cancer

Colorectal cancer has the second-highest rate of cancer deaths in the U.S. And it doesn't have symptoms at first. But when doctors find this disease early, it's highly curable.

[Read More >](#)



Lung Cancer: What Is Stridor?

It typically occurs while inhaling, but it can also occur when exhaling. It is not an illness in itself, but rather a symptom. [Read more...](#)

Obesity May Be Upping Rates of
Pancreatic Cancer Worldwide



Osteoporosis and iron deficiency

Research suggests there may be a link. [Read more](#)

Is malnutrition in older Australians a side-effect of loneliness?

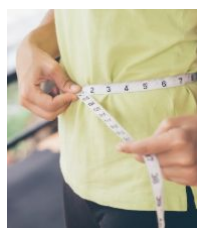
Nearly half of older Australians are either malnourished or at high risk of malnutrition. [Read more](#)

Managing your health: your checklist

If you live with a chronic condition, this checklist can help to make sure you have everything you need. [Read more](#)

Vitamins B-6 and B-12 linked with increased risk of hip fracture

A new study finds that taking vitamins B-6 and B-12 at levels above the recommended daily allowance is associated with an increased risk of hip



What your waistline measurement means for your health

Check if you're in the healthy range. [Read more](#)

Anxiety is often physical, but the symptoms can be easy to miss

Am I having a heart attack or a panic attack? Anxiety often manifests physically — but its symptoms can be surprisingly easy to miss.



Gene editing / New tool could fix most harmful DNA mutations



Thyroid cancer: New test could reduce unnecessary diagnostic surgeries

A new test that looks for a chemical fingerprint of thyroid cancer in fine needle aspiration samples may improve the accuracy of preoperative diagnosis.

High Blood Pressure Damage

High blood pressure, or hypertension, pushes too hard on your artery walls. This damages the inside and causes 'plaque' to collect. [Read more...](#)

Natural light: A simple way to boost workplace wellbeing

Exposure to natural light can boost your mood, alertness and even your metabolism. [Read more](#)

Foods That Help or Hurt Your Sleep

What you eat can help you drift off to sleep easily, or keep you tossing and turning for hours.

[Take a Look >](#)

The Obesity Epidemic and America's Kids

About 4.8 million American kids aged 10 to 17 -- just over 15% -- were obese in 2017-2018, according to a new report.

[Read More >](#)



Turmeric may contain dangerous levels of lead

'People are unknowingly consuming something that could cause major health issues,' says the lead author of a new study, which finds lead in turmeric.

Can More Exercise Improve Thinking Skills in Cancer Survivors?

Fecal Transplants Benefit IBS Patients: Study

Do Heavier Babies Have More Food Allergies, Eczema?

Not All Transplant Centers Use Deceased-Donor Kidneys

Amazing butter chicken recipe

A healthy twist on this Indian takeaway classic. [Read more](#)



Using
masturbation to
reclaim power and
pleasure after
sexual trauma



**Cupping Is
Trending, But
Does it Help
Recovery?**



**How to Cut
Calories Without
Starving Yourself**

[READ MORE](#)



**Having a Sense of
Purpose Could Help
You Live a Healthier
Life**



**Creamiest
Creamless Egg
Scramble**



**Beware of Bargain
Beauty Products**

Mercury in creams, feces in cosmetics! Stocking up these beauty products can be costly.

[READ MORE](#)



**Quinoa-Oat Granola
With Fruit and
Seeds**



**The Secret to the
Perfect Garlic Paste**

**Why Maintaining a
Healthy Weight Is
Important in Adulthood**

**Many Baby Foods
Contain Brain-Harming
Heavy Metals: Study**

**Physical Symptoms of
Depression**

**Making an MS Friendly
Home**

Is Hepatitis C Curable?

**Exercises for Better
Joint Health**



FEATURED SLIDESHOW

**Is Schizophrenia
Hereditary?**

It is a psychotic disorder, meaning the person does not identify with reality at times.

[VIEW SLIDESHOW](#)



According to Experts, These
Are The Best Ways To Stay
Healthy



Vegan Options That
Naturally Boosts Your
Collagen Levels



Try Making Your Own Pumpkin
Spice

What Happens When You Stop Having Sex

Believe it or not, a lack of sex could weaken your immune system, raise your blood pressure, and even affect your prostate.

[Read More >](#)

Sex, vacuuming, walking uphill: It
all counts as exercise

Would you feel better about how much exercise you do if you knew that running for the bus, walking to get coffee, and even sex counts as exercise?

[More >](#)

We have bad news about chocolate and wine — and it's not about your health



The risks you're taking by
not washing your fruit and
vegetables



Scientists awarded Nobel
Prize for learning how cells
use oxygen



Do you really need to
stretch and warm up
before working out?

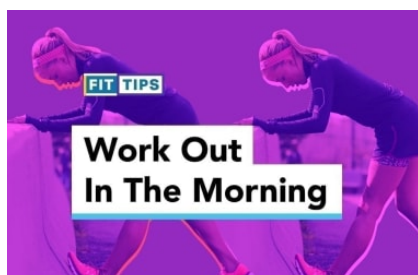
Warming up is something many of us take for granted, but when it comes to improving performance or preventing injury, research has raised questions about the effectiveness of these pre-exercise routines.

[More >](#)

Walking can be a full
cardio and wellbeing
experience

If you've ever considered going for a walk but struggle to take that first step, the best thing to do is simply put on your shoes and take on a small trail with a friend.

[More >](#)



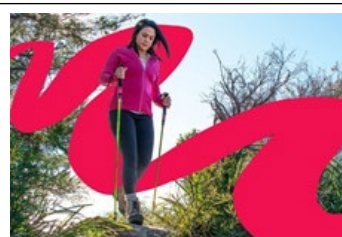
**Work Out
In The Morning**

[Work Out in the Morning](#)

Cancelling the word
'obese' won't make it
easier to be fat.
Here's why



What is kava and why
did Australia just
relax decades of
bans?



'We have a very serious problem':
Calls for high-flying cancer scientist to
be investigated



<https://youtu.be/U88zK7SI3q0>

Meat, Vegan, Vegetarian or Flexitarian? ←

Meat eaters eat just about anything, vegans don't eat or use anything that comes from an animal, vegetarians don't eat meat, and flexitarians fall somewhere in between the three but tend to follow a more plant based diet.

[Read the full story](#)

Fruits That May Be Beneficial During & After Cancer Treatment ↑

Diet has been shown to affect your risk of cancer, in a similar manner consuming healthy foods is important while being treated or recovering from cancer treatment. Certain foods contain health promoting compounds which may help to slow tumor growth and reduce certain side effects of treatment to help ease the recovery process.

New Drug May Protect Against Memory Loss In Alzheimer's

A new drug in Phase 2 clinical trials involving patients with Alzheimer's disease and Fragile X Syndrome may help to protect against memory loss, nerve damage, and other symptoms of Alzheimer's disease.

[Read the full story](#)



Picking the Right Plants for You and Your Home

How Alcohol Speeds Up the Aging Process

Too much drinking can have an effect on certain parts of your body and on your mental health as you get older.

[Read More](#) >

How GERD Is Diagnosed and Treated

Simple Steps for Heartburn Relief ←

FDA OKs New Pill for Type 2 Diabetes

Signs You're Not Drinking Enough Water

By the time you feel thirsty, you're already a little dehydrated. But thirst isn't the only warning sign. Here's how to tell that you may need more water.

[Read More](#) >



How Alcohol Can Affect Your Erection

Over the same couple of hours, alcohol can both boost sexual motivation and flatten your performance.

[Read More](#) >

Does Acupuncture Really Work?

Here's what to know before you try acupuncture as a treatment for back pain or another health concern.

[Read More](#) >

Who Shouldn't Take NSAIDs?

These pain relievers can help to treat many things that cause pain or inflammation, including arthritis. But they're not safe for everyone.

[Read More](#) >

Getting the Best Care for Your RA

The best doctor to see is one who knows rheumatoid arthritis inside and out, even if your condition is mild.

[Read More](#) >

Ankylosing Spondylitis: Not Just Back Pain

Though one of the first signs of AS is often low back pain, this inflammatory condition affects bones, tendons, and organs, too.

[Read More](#) >

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By Serena Gordon
HealthDay Reporter

TUESDAY, Sept. 17, 2019 (HealthDay News) -- Chinese researchers may deserve a toast for their new findings that suggest light to moderate drinking may be beneficial for people with [type 2 diabetes](#).

The review found that people who had a bit of [alcohol](#) daily had lower levels of a type of blood fat called [triglycerides](#). But alcohol didn't seem to lower [blood sugar levels](#) in people who already had [type 2 diabetes](#), the review found.

The research did show lower levels of [insulin](#) and improved insulin resistance in people who drank light to moderate amounts of alcohol, study lead author Yuling Chen said. Chen is a medical student at Southeast University in Nanjing, China. That finding suggests that "light to moderate alcohol consumption might protect against [type 2 diabetes](#)," Chen said.

But Chen cautioned that you can have too much of a good thing: "High alcohol consumption is reported to be a risk factor for [diabetes](#)."

Read more

Could a Drink a Day Be Good for People With Diabetes?

How Safe Are Plant-Based 'Meats'?

Plant-based 'meats' are becoming popular. But are you aware of the nutrition tradeoffs?

READ MORE

Eye Strain or Eye Fatigue?

How Do You Get Strep Throat?

Confused About Weight Loss?

Signs of Chronic Fatigue Syndrome

Keto Diet For Vegetarians: Information You Should Know: Many keto followers are borrowing the best of both worlds to create a vegetarian-ketogenic diet. Here's some helpful guidelines.



Breast implant crackdown amid rare cancer fears

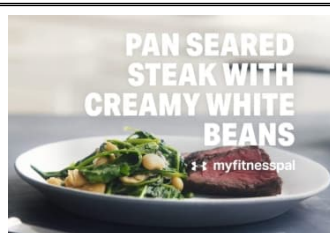
The Therapeutic Goods Administration is increasing regulatory pressure on all breast implants and tissue expanders sold in Australia over cancer fears.



Are These 3 Trendy Juices Worth the Hype?



Is Cutting Carbs the Key to Losing Weight?



Pan Seared Steak with Creamy White Beans

High Blood Pressure Diet and Treatment

The causes of hypertension are multifactorial, meaning several factors combine effects to produce hypertension. [Read more...](#)



Cannabis can be used to treat a wide array of diseases and conditions. Here's 19 ways cannabis can be used for medicinal purposes.

Why Does My Head Ache?

Find out what's behind your headache, and get some strategies to bring you relief for your pain. [Read more...](#)

Rapidly Progressive Vision Loss in a Patient With Breast Cancer

JAMA

A 67-year-old white female patient with metastatic breast cancer presented with 2 weeks of painless reduced vision in her right eye.

Read the full case.

Start Learning

The Best Fruits When You Have Diabetes



Some are lower in sugar, and others pack more fiber, which helps keep your levels stable. A nutritionist explains what to choose and why.

Read More >

Best Diets When You Have Diabetes

See which eating plans can help you shed pounds while keeping your blood sugar under control.

Read More >

Treating Type 2 Diabetes With Insulin

Your doctor may prescribe it to treat an acute period of high blood sugar, or as a long-term treatment in some cases.

Read More >

Why Diabetes Raises Your Odds of Stroke



Vitamin C May Help With Shorter ICU Stays

A study published in the journal *Nutrients* suggests that administration of vitamin C may help to shorten the length of a patient being in the intensive care unit by on average 8%.

Read the full story

Consuming Nuts Can Lower Risk Of Death From Heart Disease

Nuts are a go to snack for many people, now there is even more reason to be enjoying them, as eating nuts twice a week may help to reduce the risk of mortality from heart disease.

Read the full story

Diabetic Macular Edema



Exercises That May Help You To Reach Weight Loss Goals

Almost everyone struggles with weight loss, and it is estimated that over half of American adults attempt to shed at least a few pounds every year. Apart from dieting, exercise is one of the best and common strategies to help drop some weight.

Read the full story

Japanese Plant May Boost Cellular Health & Prevent Aging

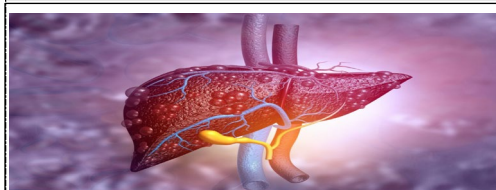
Ancient Japanese believed the Ashitaba plant leaves could cure several ailments, as such the plant played an important role in traditional medicines to treat ailments such as heartburn, high blood pressure, gout, hay fever, constipation, and stomach ulcer.

Read the full story

How Alcohol Affects the Aging Process

See how drinking can have a direct effect on certain parts of your body and on your mental health as you get older.

Read More >



These Gut Bacteria Brew Their Own Booze, and May Harm Livers in People Who Don't Drink

See This

The Truth About Incontinence

Is leaking urine a normal part of aging? Can you train your bladder? Will drinking less help?

Read More >

High cholesterol can hurt your sex life.

High cholesterol can slow pelvic blood flow, making it harder to get aroused and to have a satisfying romp in the hay. Both men and women are at risk. Cholesterol narrows blood vessels everywhere from the heart to the pelvis. In men, erection problems can even be an early warning sign of heart disease.

Happily, healthy habits to better your cholesterol levels may improve your libido, too. That means exercising, eating right, and maintaining a healthy weight.

Which is worse for your cholesterol?

scoop of ice cream

Just a small scoop of ice cream packs 11 grams of saturated fat -- far more than in an egg or a steak. And the more saturated fat you eat, the higher your "bad" cholesterol can rise.

You still need to limit the cholesterol you eat, though. Less than 10 percent of your calories should come from saturated fats. Keep trans fats consumption as low as possible by limiting foods that contain synthetic sources of trans fats, such as partially hydrogenated oils, and by limiting other solid fats. For example, replace foods that are higher in solid fats (e.g., red and processed meats), with choices that are lower in solid fats and calories and/or are sources of oils. These include seafood, legumes (beans and peas), and nuts, seeds, and soy products, as well as lean meats, poultry, and eggs.

Why is LDL called "bad" cholesterol? It clogs blood vessels.

If there's too much LDL in your blood, it can collect on the walls of your arteries, forming plaque. This buildup narrows and stiffens the arteries -- putting you at risk for a heart attack or stroke.

In the past, guidelines focused on lowering LDL levels to specific "target" numbers. Now, lowering your cholesterol is just one part of an overall strategy for reducing your total risk for heart disease.

How much cholesterol should you have per day?

Dietary cholesterol is the cholesterol a person gets from the foods they eat. These include most animal products. Learn about the new recommendations about how much cholesterol and fat to consume here.

Can bananas help you lose weight?

Bananas may help people feel full for longer and increase their potassium and fiber intake. Learn more about how bananas may aid weight loss efforts here.

Can home remedies help with a kidney infection?

Kidney infections will usually require treatment with antibiotics. Home remedies on their own cannot treat a kidney infection, but some may help relieve symptoms alongside antibiotics. Learn more here.

Nonalcoholic fatty liver disease: New drug proves 'safe' and effective

A double-blind, placebo-controlled randomized clinical trial finds the right dosage at which a drug 'safely' treats nonalcoholic fatty liver disease.

'What Happened When I Quit Drinking Caffeine'

What Marijuana Does to Your Body

Yes, it can get you high. But did you know that pot can affect your brain, heart, lungs, and other parts of your body?

[Read More >](#)

Veggies That Pack in the Protein

Your body uses it to build your muscles and organs, deliver oxygen to cells all over your body, and keep your immune system working. Most people should get at least 10% of their daily calories from protein.

[READ MORE](#)

Tips to Keep Your Cholesterol in Check

Your body needs some cholesterol, but not too much.

Asurplus can cause plaque to build up in your arteries and make it hard for blood to get to your heart. That can cause chest pain, called angina. If the blood supply is completely blocked, you will have a heart attack.

[Read Article](#)

BRCA1 gene mutation is highly publicised as a cancer risk for women — but men can have it too



By [Meagan Dillon](#) and [Leah MacLennan](#)

Teenagers Ben and Joel Ransom have to wait to find out if they have inherited a rare genetic mutation — but their mum is welcoming news of a new trial which is hoped to reduce the cancer risk in those carrying the gene.

ARTICLE

Sweating During Sleep

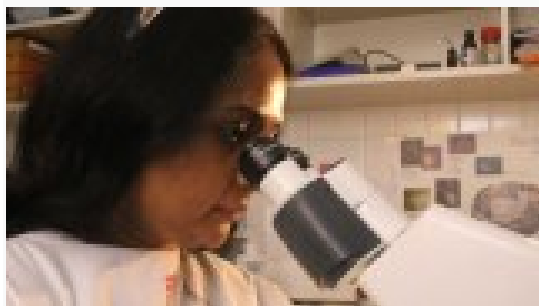
Night sweats, or excessive sweating during sleep, are usually caused by medical conditions or diseases. [Read more...](#)



Sleep Cycle: What Happens When You Sleep

All night long, your body and brain do quite a bit of work that's key for your health. There are two main types of sleep that we cycle in and out of when we rest.

[READ MORE](#)



Rasika Kumarasingha had malaria twice as a child. Now she's working on finding a vaccine



By the Specialist Reporting Team's [Alison Branley](#), Lucy Kent and Johanna McDiarmid

As part of an Australian research team, Dr Kumarasingha witnessed the moment two antibodies worked together to repel a parasite trying to invade a red blood cell, unlocking a major step forward in the fight against malaria.

The signs and symptoms of type 2 diabetes

Australian diabetes rates have more than doubled since 1990 — here's what to look out for. [Read more](#)

Secrets to a Great Sex Life

See how couples who have great sex make the magic happen. Hint: It's about their habits, their outlook, and their sense of adventure.

[Read More >](#)

[Sugary Sodas, Juices Tied to Higher Cancer Risk](#)

[More Evidence Fried Food Ups Heart Disease, Stroke Risk](#)



How Blood Sugar Levels Affect Your Body

Your kidneys have to work hard to process all that extra sugar in your blood. When they can't keep up, your body gets rid of it, along with water that your body needs.

[READ MORE](#)

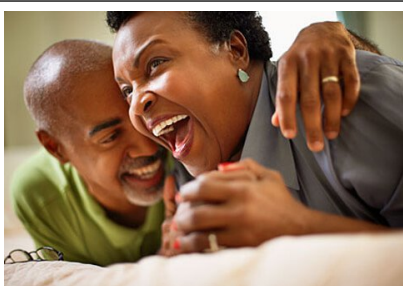
Home Remedies for UTIs

Many UTIs are not serious but if infection reaches the kidneys, serious illness, and even death, can occur. [Read more...](#)



Your Social Network Can Make You Stronger

Mounting evidence from many studies suggests loneliness and social isolation are very detrimental to health. In one study, those with the strongest social relationships were most likely to live longer than those with poor social connections. There are lots of ways to develop and strengthen social ties. Pick up the phone and call friends regularly. Make plans to get together in person. Volunteer for a cause you believe in. Join a class or join a group related to an interest or hobby you have. Keep up with old friends and make new ones to strengthen and expand your social circle.



Belly Laughs Are Good for You

Can laughter really boost your immune system? Results of some studies suggest it can. In a study of healthy males, watching a funny movie boosted natural killer cell activity while watching an emotionally neutral movie did not boost immune system function. While more research is necessary to establish a conclusive link between laughter and improved immunity, go ahead and have a good chuckle. Belly laughs feel great. They can't hurt and they might help boost your immune system and reduce the likelihood of illness.



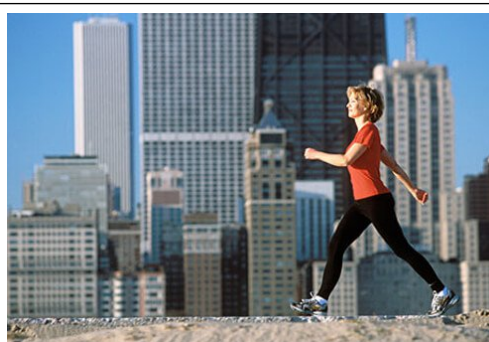
They Protect Your Cells

Antioxidants are compounds in colorful fruits and vegetables that protect against free radicals. Free radicals can damage DNA and other cell components. Fruits and vegetables in a wide array of colors provide the best mix of protective antioxidants to boost overall health and immunity. Eat leafy greens, watermelon, carrots, berries, broccoli, oranges, kiwi, cantaloupe, and other brightly colored produce to give your cells and immune system all the natural protection they need to function at their best. Homemade chicken soup with carrots, celery, and other veggies can also be a boon to your immune system.



Healing Plants

Some research has suggested that compounds in herbs and supplements can enhance immunity. Garlic, astragalus, milk thistle, ginseng, green tea, black cumin, and licorice are just a few herbs that have been reported to have immune boosting benefits. Talk to your doctor or pharmacist before including herbs and supplements into your regimen. They may produce side effects, especially when combined with other herbs, supplements, or medications. Probiotics are beneficial strains of bacteria that have also been described as immune boosters. Look for probiotic supplements with lactobacillus and bifidobacterium. Probiotics can also help improve digestive health.



Move Your Body

Exercise has numerous health benefits including protecting you against heart disease, osteoporosis, and even certain types of cancer. Exercise is also an immune booster. To reap maximum benefits, try to be moderately physically active for at least 30 minutes on most days of the week. Walking is one of the simplest ways to exercise. If you're not excited about walking, try yoga, swimming, cycling, or golf. Gardening is also a good way to get some outdoor activity.

Analysis: Have a cough you can't get rid of? Here's how to treat it

Dry, moist, productive, hacking, chesty, whooping, barking, throaty: which ever kind it is, a cough is one of the most common reasons people visit their doctor, writes David King.



Hidden Signs of Dehydration

Could you be dehydrated and not even know it? Learn the causes, symptoms, treatments, and prevention tips to avoid dehydration.

[READ MORE](#)



SLIDESHOW

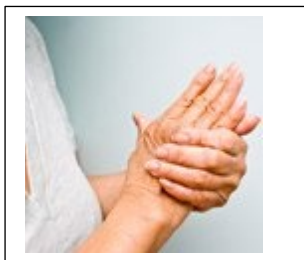
Treating Heart Disease

Learn about heart disease including symptoms to watch for, prevention strategies, and diagnostic tests.

[Read more...](#)

16 Early Signs of Rheumatoid Arthritis

Early symptoms can vary from person to person. Learn about 16 characteristic early symptoms of rheumatoid arthritis. [Read more...](#)



Antibiotics Without a Prescription

Many people are misusing 'under-the-counter' or leftover antibiotics to self-medicate.

[READ MORE](#)



Who Gets Heartburn (Acid Reflux)?

A faulty stomach valve is responsible for the acid reflux producing a burning sensation.

[VIEW SLIDESHOW](#)



Vegan Coconut Ice Cream Recipe



The Overall Guide to Better Health for Women



Activated Charcoal's Many Health Benefits



What Causes Bad Breath (Halitosis)?



The Amazing Healing Powers of Mushrooms



Want better sleep? Take bath 90 minutes before bedtime: Study



Bathing one to two hours before bedtime in water about 41 degrees celsius warm may significantly improve your sleep, a study claims. When scheduled one to two hours before bedtime, it can also hasten the speed of falling asleep by an average of 10 minutes, according to the research published in the journal Sleep Medicine Reviews

EXCELLENT TIP i.e.
ALWAYS INSERT YOUR
EMAIL ID IN YOUR PASSPORT ON THE
ADDRESS PAGE.
READ ON TO KNOW WHY.

For all frequent flyers ... do check this one out
...

This is an incident that occurred at the airport
yesterday.

A passenger with an American passport,
changed money, and in the process, forgot his
passport and boarding pass on my counter. As
it was placed on the side, where my monitor
blocks the view; it remained there for over 20
minutes.

The next customer brought it to my attention. I
went outside, to search for him but to no avail.
The passport was well worn, with numerous
visas, including Japan. He had travelled from
Narita to LAX.

The page in the U.S. passport where one can
write home address and third party contact was
blank. All it had was his e-mail address.

I went on line, and e-mailed him a brief
message, including my phone number.
He turned up about a half hour later, profoundly
grateful. He was blissfully unaware that his
passport was missing!

He was checking his e mail in the cab when he
saw the mail I had sent. He turned the cab
around and came back to the airport to collect
it.

He works in Japan and his work permit was
attached to the Japanese visa in the passport.
He was in the US only for a week.

In retrospect, it is evident that even if he had
written his address in the passport, it would not
have helped. Even a phone number is not much
help, as a finder may not be willing to call long
distance, if 'found' in another country.

An e-mail, any one would send, from any place;
and you can access your e-mail from anywhere
in the world, when you are traveling!

Therefore PLEASE WRITE YOUR E-MAIL
ADDRESS IN YOUR PASSPORT
From Max

Are There Downsides to a Vegetarian Diet?

Although vegetarian eating does have a stellar health reputation, recent news has focused on what could be bad about vegetarian diets and more stringent vegan plans.

[Read More >](#)

Motor neurone disease researchers find link to microbes in gut

Study could eventually lead to new treatments for neurodegenerative condition



Scientists have found tantalising clues that the devastating condition motor neurone disease may be linked to changes in microbes that live in the gut.

Studies in mice revealed that animals bred to develop amyotrophic lateral sclerosis (ALS), a form of the disease that affected [the cosmologist Stephen Hawking](#), improved and lived longer when they were given an organism called *Akkermansia muciniphila*.

Among other substances, the microbe secretes a molecule called nicotinamide which may slow the course of motor neurone disease by improving the function of muscle-controlling neurons in the brain [Read more](#)

[Motor neurone disease](#) / Researchers find link to microbes in gut



Common questions you might have about chemo but were too scared to ask

By **Zoe Kean**

Knowing what's round the bend in chemo treatment can make it easier for both patients and carers. So what are some common side effects and why do they occur? And how can you help your loved one get through?



27 Nearly Forgotten Thanksgiving Recipes »



50 Traditional Thanksgiving Desserts »

Following a healthy plant-based diet may lower type 2 diabetes risk

People who follow predominantly plant-based diets with greater adherence may have a lower risk of developing type 2 diabetes than those who follow these diets with lower adherence.

[Read more](#)

Are all processed meats equally bad for health?

Spotlight on tea

After water, tea is the most consumed beverage worldwide. [Learn more about this popular drink](#)



The Ice Is Melting Even Faster Than They Thought

“Becoming physically active in mid-life can extend longevity”

— I-Min Lee, professor in the Department of Epidemiology [Read more](#)



Photo: iStock

Following a healthy plant-based diet may lower type 2 diabetes risk

People who follow predominantly plant-based diets with greater adherence may have a lower risk of developing type 2 diabetes than those who follow these diets with lower adherence. [Read more](#)

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