

Are You Predisposed to Shorter Telomeres?

The gene OBFC1 codes for one of the proteins that makes up the complex that helps protect your chromosomes from damage.

If this complex isn't working correctly, **your telomeres could shorten** too quickly. Telomeres are the part of your DNA that protects your DNA from being damaged while copying.

Some researchers believe that shortened telomeres may contribute to premature aging or conditions such as heart disease or diabetes! When the telomeres are too short to protect the DNA, it just stops dividing which means that your body cannot regenerate tissue as effectively as it could when it was younger and had longer telomeres.

SelfHacked support@selfhacked.com



SLIDESHOW

Do You Recognize These Skin Conditions?

Some skin conditions can be minor, temporary, and easily treated -- while other skin issues can be very serious, and even life-threatening. [Read more...](#)

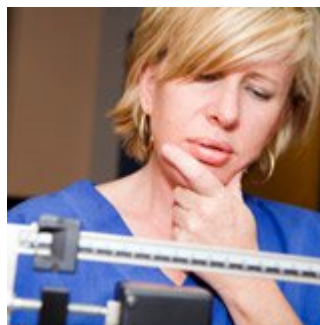
How a dietary change might boost cancer therapy

A study in mice finds that eating less of a particular amino acid that is found in high levels in meat and eggs enhances the effects of cancer treatments.

Revisit Classic Comfort Food

The change in seasons calls for hearty, homey dishes. These lighter versions satisfy without all the fat and calories.

[Read More >](#)



SLIDESHOW

Surprising Reasons You're Gaining Weight

Some people seem to gain weight even when they are eating and exercising the same as always. Let's look deeper at possible reasons for weight gain. [Read more...](#)

Is there a link between dark chocolate and depression?

Scientists have discussed for decades whether chocolate can improve mood. The latest research links reduced depressive symptoms to eating dark chocolate.

See all recipes for Easy as pie (10)

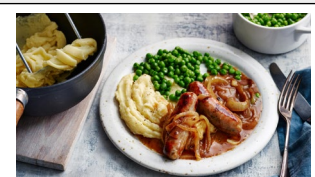
COLLECTION



Fast food for busy nights

Sausage and mash

by Tom Kerridge



The classic sausage and mash served with homemade onion gravy and peas. Simple and sure to please all the family. This is designed to be a low cost recipe.

Alcoholism and Health Effects

<https://www.youtube.com/embed/KT00R34CRMA>



FEATURED

What Are the Best Sleeping Positions?

Do you sleep on your back, side, or tummy? Sleeping the wrong way can cause medical issues and may even reveal aspects of your personality.

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Am I just worried or is it anxiety?

Feeling anxious? Beyond Blue takes you through what's healthy when it comes to feeling worried.

[Read more](#)

Endometriosis , fertility and pregnancy

We answer some frequently asked questions. [Read more](#)

Signs of Vitamin D Deficiency

What are the signs of a vitamin D deficiency? Learn about symptoms and treatments. [Read more...](#)



FEATURED

Benefits of Omega-3 Fatty Acids

Discover how foods with omega-3 can boost brain power, save your heart, ease depression, and more.

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Body and Soul: Herbal Bath Salts

Add these Herbal Bath Salts, a mixture of dried herbs and skin-soothing salts, to your bath water for a relaxing, cleansing soak.

[Read More](#)



SLIDESHOW

Foods High in Probiotics

Beyond yogurt, which foods are a good source of probiotics? Find out which foods can help boost your digestive health. [Read more...](#)



ARTICLE

The Benefits of Supplements

Get the facts on the benefits of vitamins and supplements. Explore information about vitamin deficiencies, benefits, types... [Read more...](#)

What to know about alcohol intoxication

Alcohol intoxication is a temporary condition that occurs when a person drinks an excess of alcohol. Learn about the signs, treatments, and risks, including alcohol poisoning.

How much hair loss is normal?

The average person sheds 50–100 hairs a day as part of the natural hair growth cycle. Learn more about how much hair loss is normal in this article.

Do soft drinks affect women's bone health?

People in the United States drink more than almost every other country. A new study asked if this might impact the bone health of postmenopausal women.

<http://safeshare.tv/w/FnokYEpnby>



[Energizing Citrus for Skin and Hair](#)

[Prostate Drug May Slow Parkinson's Progression](#)

Collaboration between the University of Iowa and Capital Medical University in Beijing big data analytics suggests that Terazosin, a drug used to treat enlarged prostates may be a way to address Parkinson's disease.
[Read the full story](#)

[Vitamin E May Help To Prevent Damage After Heart Attack](#)

Heart attack is a leading cause of death, and lasting damage is common following an event. A recent preclinical study suggests that acute therapy with vitamin E may be of benefit in patients presenting with heart attack, and it may offer an effective low cost treatment.
[Read the full story](#)



[Why Do Some Forms of Leukemia Affect Mostly Children?](#)

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[What is Witch Hazel?](#)

[How to Safely Enjoy Alcohol](#)

If you want to celebrate the festive season with wine, beer, or a favorite cocktail, keep these guidelines in mind.

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WELIGAMA

Not all the residents of the town of Weligama have tap water. Nishaji a second year student nurse has had to come home from the Matara nursing school and visit a relative's home to have a bath each evening. A kind donation from Iqbal, Laurie and Marg have helped us to provide a well – an electric motor will pump the water up to a tank and her home will have water from now on.

Nishaji's grandmother Ramyalatha also lives at Weligama. The fracture-dislocation of her right shoulder was fixed with a plate and screws and she is now home from the Karapitiya hospital. The plate and screws cost Rs. 33,000 which the family could not afford.

Donations have helped to ease the distress of daily living in Weligama. A bottle of Caltrate and Swisse Women's Ultivite will shortly be sent to Nishaji and Ramyalatha. We are grateful to friends who help sustain basic daily living at Weligama.

Quintus de Zylva



Nutrients You Can't Get From Plants

Vegetarian and vegan diets are healthy ways of eating, and they have been linked to numerous health benefits as well as a lower risk of excess weight, heart disease, and some types of cancer.

That being said there are a few nutrients that are hard if not impossible to get sufficient amounts of from plant based foods, making it important to be aware of them and supplement your diet with them to maintain optimal health and physical performance.

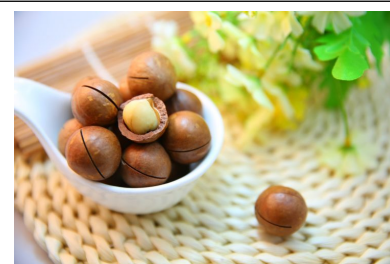
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The Body Changes When We Go Vegan

Going Vegan means that you don't eat or use any products coming from an animal. Vegetarian doesn't eat meat but can still eat dairy and use products such as leather if they choose to, and is not as strict as the nothing that comes from anything with a face as a vegan diet. Then you have flexitarian which is primarily plant based, but still eats and uses animal products; basically there are many styles of diet.

The vegan movement is gaining ground, and the number of self described vegans has increased by 350% in the UK alone; this change stems from various reasons such as concerns about animal welfare, religious reasons, concerns over hormones pumped into animals, and just in general wanting a healthier diet.

[Read the full story](#)



[The Top 5 Best Benefits of Macadamia Nuts](#)

Rapamycin May Slow Alzheimer's Disease

Rapamycin is an FDA approved drug that was originally used as an immunosuppressant often in the prevention of transplant rejection, but recently the drug has become one of the most promising anti-aging and longevity research drugs.

UT Health San Antonio research suggests that rapamycin may be able to slow the rate of brain related blood flow decreases and brain vascular deterioration. The brain uses a lot of energy but to function the brain also needs glucose and oxygen, with age blood flow reduces and so does brain performance. This study suggests that this decline may be slowed or even stopped with rapamycin, and offers the potential of reducing the rate of aging as well as the onset of Alzheimer's disease.

[Read the full story](#)



[Detox Diets: Don't Waste Your Time & Money](#)



[Cook At Home But First, Slow Down When Eating](#)

Health Benefits of Pumpkin

Just like their orange cousins, the carrot and the sweet potato, pumpkins are rich in beta carotene. Your body changes this antioxidant to vitamin A.

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Vitamin D Deficiency

Learn about the symptoms, causes, health risks, and treatments for a vitamin D deficiency. Find out why we need vitamin D. [Read more...](#)

Anti-Aging Secrets

Take years off your look with a skin care makeover. Explore these simple tips and helpful tricks. [Read more...](#)

[How fruit and vegetable compounds help prevent colorectal cancer](#)

While scientists have known for some time that flavonoids can help fight colorectal cancer, the mechanisms have not been clear. Now, a study has found one.

How to Avoid Diabetes Complications

High blood sugar can cause serious health issues if left unchecked. Here's how to stay a step ahead of problems.

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What Is 'Good' Cholesterol?

You might be focused on lowering your bad cholesterol, but it's worth raising your HDL if it's too low. These tips can help.

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The Backlash Against Meatless Meat

As products like the Impossible Burger and Beyond Meat get more popular, people are raising concerns. See what the bad reactions are all about.

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Is Dairy Good For You?

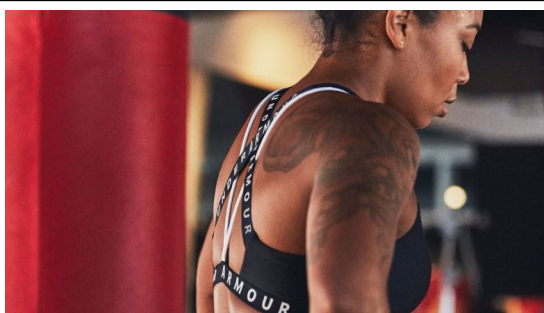
Is That Statin Doing You Any Good?

People taking these cholesterol-lowering drugs for "primary prevention" -- meaning they haven't been diagnosed with heart disease -- may not be getting any benefit at all.

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Why Sharing Your Goals Could Help You Lose Weight Faster



5 Signs You're Not Eating Enough Protein

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How to Treat Nerve Pain

Diabetes is one of a few health conditions that can cause this uncomfortable condition. See what you can do to get some relief.

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[WATCH VIDEO](#)



Thought it was OK to have two alcoholic drinks a day? Think again



Fiber in Fruits and Grains Protects Against Diverticulitis

Our diets are overly refined. Eating more whole fruits, especially apples, pears and prunes, can help our digestive health.

By Jane E. Brody

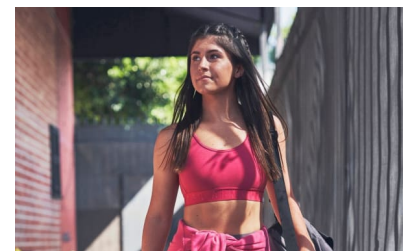


Doctors Are Trying to Use CRISPR to Fight Cancer. The 1st Trial Suggests It's Safe.

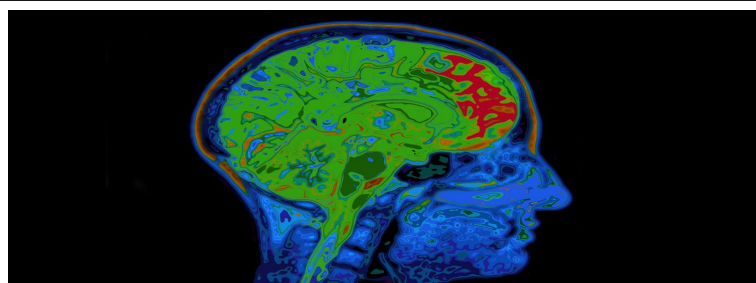
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Is 10 Minutes of Walking a Day All You Need?



5 Easy (and Fun) Things You Can Do Now to Avoid Getting Sick



How Many Calories Can the Brain Burn by Thinking?

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Heart Disease Warning Signs

Mention heart disease, and most people picture a heart attack. But the term covers several conditions that can hurt your ticker and keep it from doing its job.

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Best Exercises to Lower Blood Pressure

These exercise and eating tips can help keep your numbers steady and even help make blood pressure medications work better.

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Marijuana: Effects of Weed on Brain and Body

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Conditions That Blur Your Vision

If you're having trouble reading the computer screen or street signs, it may simply be that you need new glasses. Or it could be something else.

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Intermittent fasting increases longevity in cardiac catheterization patients

Intermountain Medical Center



Frailty: Rising Global Health Burden For An Aging Society

Frailty is a medical condition, and not an inevitable result of aging; it is not simply an adjective associated with old age, rather a medical condition on its own with significant medical, social and economic implications. However, the biological mechanisms underlying the development of frailty are still not fully understood and translation from research to clinical practice remains a challenge.

[Read the full story](#)



SLIDESHOW

Burning in Your Feet

The feeling of burning in your feet isn't just an annoyance. It might also be a sign of a more serious condition. [Read more...](#)

Get Your Best Night's Sleep

You may have terrific sleep hygiene, but what happens when you actually get to bed? What else can help you sleep better?

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Blue Light Exposure May Be Aging You

Research suggests that exposure to blue light from technology goes beyond damaging your eyes, and you may not even need to see it to experience the harmful effects according to a study published in the journal Aging and Mechanisms of disease.

[Read the full story](#)

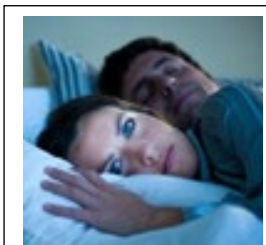
“The mass production of meat is the single biggest cause of land clearing around the world, if not directly for the animals themselves then indirectly for the monocultures such as corn or soy that feed them,” says economist [Dr Gillian Hewitson](#) from the University of Sydney.

What would a 'climate diet' look like in Australia?



Signs of Sleep Deprivation

If you haven't gotten enough rest the night before, the telltale sign could sit right on top of your nose. [Read more...](#)



[7 Reasons Why Everything Baobab Needs To Be On Your Food List](#)



[Men's Health: Vitamins and Nutrients To Help Combat Stress and Depression](#)



9 Ways to Get Vitamin K

Vitamin K is an essential nutrient that helps your blood clot and your bones grow the way they should. It also may help prevent the bone disease osteoporosis and protect you against heart disease. You can get vitamin K from...

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Humans Will Never Live on an Exoplanet, Nobel Laureate Says. Here's Why.

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Is It Safe to Stand in Front of Microwave Ovens?

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[Morning sickness is still not well understood, but new guidelines aim to tackle misconceptions](#)

Despite the fact that some nausea and vomiting in pregnancy is very normal, it's still not well understood, even by health professionals. A new set of guidelines aims to correct this.

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[What is cleft palate and how is it treated?](#)

From a tiny scar running between the lip and nose, to a large opening in the roof of the mouth, cleft palate and lip is one of the most common birth defects.

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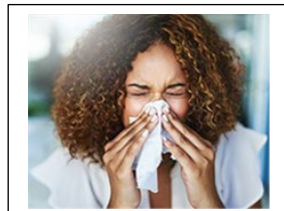


Tips to Improve Your Smile

Cosmetic dental procedures not only improve your smile but also your oral health.

[VIEW SLIDESHOW](#)

What Triggers Allergic Reactions?



Allergies may be seasonal but they may also be associated with certain chronic conditions.

[TAKE THE QUIZ](#)



[When an obsession with healthy food wreaks havoc on your mental health](#)

Megan Williams had lost weight, was regularly exercising and seemed healthier than ever. Deep down, she was struggling with her body image.

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Myth: Carrots are the best food for the eyes.

Fact: Carrots, which contain vitamin A, are indeed good for the eyes. But fresh fruits and dark green leafy vegetables, which contain more antioxidant vitamins such as C and E, are even better for eye health. Antioxidants may even help protect the eyes against cataracts and age-related macular degeneration. Just don't expect them to prevent or correct basic vision problems such as nearsightedness or farsightedness

Myth: It's best not to wear glasses or contact lenses all the time. Taking a break from them allows your eyes to rest.

Fact: If you need glasses or contacts for distance or reading, use them. Not wearing your glasses will strain your eyes and tire them out instead of resting them. However, it will not worsen your vision or lead to eye disease.

Myth: Staring at a computer screen all day is bad for the eyes.

Fact: Using a computer does not damage your eye healths. However, staring at a computer screen all day can contribute to eyestrain or tired eyes. People who stare at a computer screen for long periods tend not to blink as often as usual, which can cause the eyes to feel dry and uncomfortable. To help prevent eyestrain, adjust the lighting so it doesn't create a glare or harsh reflection on the screen, rest your eyes briefly every 20 minutes, and make a conscious effort to blink regularly so that your eyes stay well lubricated

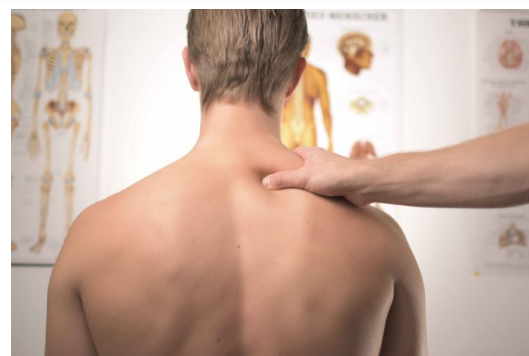
Harvard Medical School



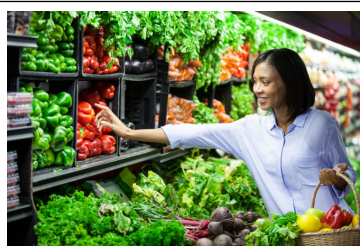
12 Types of Lung Infections

The body's respiratory system includes the nose, sinuses, mouth, throat (pharynx), voice box (larynx), windpipe (trachea), and lungs. Upper respiratory infections affect the parts of the...

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[CBD Oil for Pain Management: Studies Says It Works](#)



[Join The Movement And Stop Food Waste](#)
[#StopTheWaste](#)



[10 Ways to Motivate Your Kids To Get On The Yoga Mat](#)

[Causes and treatments for pain in the arch of the foot](#)

The arch of the foot plays a vital role in supporting movements such as walking. In this article, learn about what causes pain in the arch, as well as about the possible treatments.

[Ways to manage or stop heavy periods](#)

A range of home remedies can help reduce heavy periods. When the bleeding is severe, doctors may also recommend medication or surgery. [Learn more here](#)

Amyloid PET scans for Alzheimer's

Scientists have developed new techniques that allow them to detect in the living brain the presence of amyloid plaques, the hallmark of neurodegenerative diseases like Alzheimer's. Amyloid plaques are tangles of proteins that aggregate and stick to one another in the brain, leading to the disruption of cellular structure and eventually cell death. To confirm the presence of amyloid plaques, one technique involves PET scans that use chemical tracers, which bind specifically to amyloid deposits, allowing them to show up clearly on brain scans. The type of amyloid PET scan most widely available is called a florbetapir PET scan.

What's causing your IBS

While the exact cause of irritable bowel syndrome, or IBS, is unknown, studies have suggested that IBS might be related to a few specific changes in the body. Some symptoms may be caused by spasms, uncontrolled contractions in the muscles of the colon. The nerve endings in the intestines also may become unusually sensitive, magnifying pain. The reasons for these changes are not



always known, but factors that have been linked with IBS include bacterial overgrowth, use of antibiotics, and stress, among others.

Psychological factors. The brain and gut are intimately connected. Your thoughts and emotions can trigger symptoms in the gut, and the health of your gut can shape your mental well-being. Stress can cause more contractions in the intestines and increase sensitivity. It's not clear whether stress or other psychological factors may be a cause of IBS or vice versa. However, we do know that people with IBS often have higher levels of stress and anxiety and that this distress also can make IBS symptoms worse. A 2017 study in the Journal of Neurogastroenterology and Motility found that people with IBS have higher levels of depression and anxiety compared with those who don't have the disorder. IBS also is more common among people who experienced psychological trauma as children

Antibiotics. The human digestive tract contains trillions of bacteria, viruses, and fungi known collectively as the gut microbiota or gut flora. These microorganisms play several critical roles in our health, including digestion and immune system function. When we take antibiotics to combat bacterial infections, the drugs also kill helpful bacteria in the gut. Repeated treatments or long-term use of antibiotics may alter the gut flora in a way that disrupts the colon's normal function. Some animal and human research suggests that this disruption may lead to IBS in some cases. However, studies have not had consistent results, so more research is needed.

Bacterial overgrowth. Some people with IBS also have a surplus of bacteria in the small intestines, a condition called small intestinal bacterial overgrowth (SIBO). It's unclear whether SIBO can be a cause of IBS, but people with IBS are more likely than others to test positive for SIBO. In addition, some research has found that IBS symptoms often decrease after antibiotic treatment that focuses on bacteria in the small intestine.

SIBO occurs when extra bacteria in the colon back up into the small intestine. In this situation, people often have symptoms typical of IBS such as bloating, constipation, abdominal pain, and diarrhea. Estimates vary about how many people diagnosed with IBS also have SIBO, but research in the March 2017 issue of Gut and Liver suggested it may be between 19% and 37%. Most studies diagnose SIBO with a breath test that measures gases released by the body's breakdown of sugars such as glucose and lactulose. There is a debate, however, about whether this test is reliable.

For more information about the causes and treatment of IBS, buy [Managing Irritable Bowel Syndrome](#), a Special Health Report from Harvard Medical School.

Breast Cancer Today

Get up-to-date information on mammograms, what to do if you find a lump, and how hormone therapy can help.

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[Vegan food might be everywhere, but it's still a minority movement](#) ←

Just 1 per cent of the nation identifies as vegan, according to the ABC's Australia Talks National Survey, with older people more likely to choose the diet for health concerns rather than for animal welfare.



Top Doctor Has Advice for Stopping Joint Inflammation



Foods That Help You and the Planet

Eating right is not only good for you, it's good for Mother Earth as well, a new study shows.

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The aging eye: when to worry about eyelid problems

Age, certain diseases, and some cosmetic treatments can affect the muscles and skin of the upper and lower eyelids. Often the problem affects your appearance and nothing more, but in other cases it may interfere with vision or cause eye irritation.

Blepharitis. Blepharitis is inflammation of the eyelids. It can be caused by a problem with the oil glands near the base of the eyelids, a bacterial infection, or skin conditions like rosacea or seborrheic dermatitis (dandruff of the scalp and eyebrows).

Though blepharitis usually doesn't affect your sight, it can make your eyelids red, itchy, and swollen and leave your eyes red and watery.

Your ophthalmologist might recommend treatments like artificial tears or a short course of steroid eye drops to relieve discomfort from blepharitis. You'll also get treated for the cause of the problem, for example, with anti-dandruff shampoo or antibiotic eye drops. It also helps to regularly clean your eyelids with a warm washcloth.

Ptosis. Over time, the upper eyelids may start to sag as the muscles that support them lose their strength. Eye injury, nervous system problems, and disease (such as diabetes or myasthenia gravis) can also cause this condition. Botox injections to eliminate wrinkles in the brow and forehead may also cause drooping, which can last as long as three months.

Although upper eyelid drooping is often only a cosmetic concern, it can interfere with sight if the lid is so lax that it covers or partially covers the pupil. Before trying any treatment, you will need a medical exam to identify the cause. If a disease caused your ptosis, the drooping usually improves when the disease is treated. If the problem is caused by Botox injections, it should resolve in about three to four months when the injection wears off.

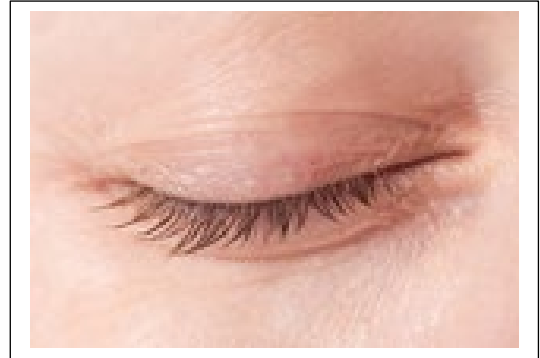
If a droopy eyelid is unattractive or interferes with your vision and is not caused by a treatable disease, you may want to consider surgical repair. The ptosis repair procedure removes excess tissue and lifts the lid. It can be performed under local or general anesthesia on an outpatient basis. Many health insurers will cover this operation, but only if the ptosis affects your vision. Your ophthalmologist or oculoplastic specialist can determine whether you qualify for coverage.

Blepharochalasis. When eyelid skin loses elasticity and sags, it creates new folds that can droop over the lashes and block the upper field of sight by covering the pupil. In blepharochalasis, just the skin of the lid begins to droop, not the entire lid as in ptosis (which is caused by muscle weakening). A surgical procedure called blepharoplasty can correct this condition. As with ptosis, most health insurers will pay for this repair only if the condition interferes with vision.

Ectropion. This condition occurs when the muscles of the lower lid weaken, making the lid sag and turn outward, away from the eyeball. As a result, the upper and lower lids no longer meet when the eye is closed, and the eye may tear excessively. The constantly exposed cornea and conjunctiva may become red and irritated. In mild cases, no treatment is needed. You can use over-the-counter artificial tears and a plastic eye shield at night to hold moisture in your eye. If the symptoms or appearance bother you, surgery can tighten the lower eyelid and surrounding muscles. After the surgery, you may need to wear an eye patch for a few hours and apply antibiotic ointment for a few days.

Entropion. In this condition the lower lid rolls inward toward the eye. Because the lashes constantly rub against the cornea, entropion may produce irritation, a feeling of something in the eye, tearing, and blurring. In mild cases, it can help to tape the lower lid to the cheek every night so the edge of the lid and the lashes are in the proper position. Ask your doctor if this approach might work for you and find out how to do it properly. A surgeon can also correct this disorder with a relatively simple procedure that removes a piece of your lower eyelid to tighten the skin and muscles there.

For more information about keeping your eyes healthy, read [The Aging Eye](#), a Special Health Report from Harvard Medical School.



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[How Do You Get Breast Cancer?](#)



[A Better Approach to Cancer Care](#)



Please read and share with friends

Morning exercise helps shed more kilos than working out later in day

Folks who exercise in the morning seem to lose more weight than people completing the same workouts later in the day, according to a new study. Observers of the study found out that those people who usually worked out before noon had lost more weight, on average, than the men and women who typically exercised after 3pm

Want to prevent dementia?

The World Health Organization has some advice for people who want to reduce their risk of dementia — pay attention to your overall health. Specifically, the organization's new guidelines recommend regular exercise, maintaining a healthy weight, regulating blood sugar levels, and keeping cholesterol within recommended limits.

What Your Cholesterol Numbers Mean

Do you know the different cholesterol levels and what they mean? Learn about tests, treatments, and critical foods from eggs to avocados.

[READ MORE](#)

Climate change / Crisis may be increasing jet stream turbulence, study finds



What Is a C-Peptide Test?

The C-peptide test is a tool your doctor uses to test whether you have **type 1 diabetes**, when the immune system attacks and destroys cells in the **pancreas**, or type 2, when your body doesn't use insulin as well it should. It shows how well your body makes **insulin**, which moves **sugar** (or “glucose”) from your **blood** into your cells.

The test can help your doctor decide whether you need to take **insulin** to control your condition.

Where Does C-Peptide Come In?

Beta cells in your **pancreas** make insulin. During that process, these cells also release C-peptide.

This substance doesn't actually affect your **blood sugar**. But your doctor can measure the level of it to help her figure out how much insulin you're making.

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[Keto Diet May Help Control Type 2 Diabetes](#) 



Could You Have Congestive Heart Failure?

Congestive heart failure is a condition in which the heart's function as a pump is inadequate to meet the body's needs. [Read more...](#)



SLIDESHOW

Psoriatic Arthritis Meds

Psoriatic arthritis is a type of arthritis accompanied by inflammation of the skin (psoriasis). [Read more...](#)

Painful Sore Throat and Strep

Is it true that strep bacteria is also known as the dreaded 'flesh-eating bacteria'?

[TAKE THE QUIZ](#)



Surprising Sources of Hidden Sugar

Sugar can hide in the foods you least suspect. See where sugar may be hiding and find options that are better for your health and your diet.

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Routine Screening for Pancreatic Cancer Not Warranted, Expert Panel Says

(HealthDay News) -- There's nothing to be gained by screening for [pancreatic cancer](#) in people with no signs or symptoms of the lethal [tumor](#), according to an influential U.S. panel of experts. Looking over the accumulated data on the subject, the U.S. Preventive Services Task Force (USPSTF) on Tuesday reaffirmed its prior recommendation against routine screening for [pancreatic cancer](#). The USPSTF is an independent, volunteer panel of national experts in prevention and evidence-based medicine.

"[Pancreatic cancer](#) is an uncommon, but devastating disease with low survival rates, even in those detected at early stages," task force member Dr. Chyke Doubeni, noted in a USPSTF statement.

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Digestive Health: Discover Probiotics

Health Tip: Dealing With a Chronic Cough

A chronic cough is defined as one that lasts more than eight weeks, says Cleveland Clinic. The clinic mentions a few treatment options for pneumonia or bronchitis, antibiotics such as Azithrocin...

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How to Fight the Aging Process

There may not be a fountain of youth, but there are plenty of things you can do to fight the effects of Father Time.

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A New American Diet

Our eating habits need help. Fast food, high-calorie desserts, sweet drinks, and more have filled us up -- and out. Most adults and 1 in 3 children in the U.S. are overweight or obese. Changing the way you eat can be easy. To start, learn about some of the worst food offenders and how to replace them with healthier choices. Then try some portion-control tricks.



Calorie-Bomb Food Favorites

Most of our calories come from foods high in fat and sugar. Sweets like cookies and cakes, along with yeast breads, top the list. We also load up on calories in chicken dishes (often breaded and fried), sodas, and energy and sports drinks. Pizza, alcohol, pasta, tortilla dishes, and beef dishes pile on more calories. Unless you count fries and chips, fruits and vegetables don't even make a dent in our daily calorie count.

Eat Less

Just two problem foods -- solid fats and added sugars -- count for about 800 of our daily calories. That's almost half the calories an average woman should have in a day. U.S. dietary guidelines say we should limit solid and saturated fats as while as rotally eliminate trans fat. Cut back on fast foods and refined grains, like white bread. While you're at it, cut down on sodium (salt), too. Most of us get too much, raising our chances of high blood pressure and heart and kidney disease.

Eat More

Add more nutritious foods to your diet.

Instead of fatty meats, choose lean protein and seafood. Shoot for at least 8 ounces of fish a week.

Instead of solid fats like butter or margarine, use olive, canola, and other oils that are good for your waistline and heart.

Instead of baked goods and cereals with all white or refined grains, make at least half of your grains whole grains.

Other healthy choices: nonfat or low-fat dairy foods, eggs, beans, and lots of fruits and vegetables. WebMD



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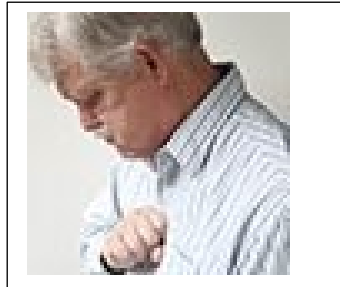
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