

Who Was Jesus?

By [Owen Jarus](#)



Jesus was the Messiah (Christ), the Son of God who was crucified for the sins of humanity before rising from the dead, according to Christian Gospels and early Christian writings.

According to the Gospels, Jesus, who was born around 4 B.C., was able to perform supernatural feats such as healing a wide range of diseases by simply touching people or speaking to them. He supposedly also had the ability to walk on water, instantly create vast amounts of fish and bread, resurrect the dead, rise from the dead himself, calm storms and exorcise demons from people.

The stories told about him have led many scholars to explore these questions: What was Jesus really like? Did he really exist? Today, many of the supernatural feats Jesus is reported to have performed are regarded by scientists as impossible to do — certainly by someone who lived 2,000 years ago.

Read more

Who Was Jesus?

By [Owen Jarus](#) 7 days ago

His story is perhaps the most famous on Earth, yet we know relatively little about Jesus, the man.

Biblical War Revealed on 2,800-Year-Old Stone Altar

By [Owen Jarus](#)



A 2,800-year-old inscribed stone altar, found within a Moabite sanctuary in the ancient city of Ataroth in Jordan, may shed light on an ancient biblical war.

[The altar](#) bears two inscriptions. The words are in the Moabite language and script, while the numerals in the inscriptions are in Hieratic (an Egyptian writing system). The altar appears to date to a time after Mesha, king of Moab, successfully rebelled against the Kingdom of [Israel](#) and conquered Ataroth (sometimes spelled Atarot), a city that the Kingdom of Israel had controlled. By this time, Israel had broke in two with a northern kingdom that retained the name Israel and a southern kingdom called Judah.

The Hebrew Bible mentions the rebellion, saying that before Mesha rebelled, Moab had to give Israel a yearly tribute of thousands of lambs and a vast amount of ram wool. The rebellion is also described in the so-called [Mesha stele](#) discovered in 1868 in Dhiban, Jordan, which claims that Mesha conquered Ataroth and killed many of the city's inhabitants.

Related: [Biblical Battles: 12 Ancient Wars Lifted from the Bible](#)

Biblical War Revealed on 2,800-Year-Old Stone Altar



What would Jesus do? Things you're allowed to do if the religious discrimination bill passes

First Dog on the Moon

WHAT WOULD JESUS
THE HR MANAGER DO?



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Is Your Drinking Water Safe?



The film "Dark Waters" is a real-life horror story about PFAS, known as "forever chemicals," which can be found in numerous household products, food packaging, and even in your drinking water. Here's how they can harm you -- and how to avoid them.

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Buried Christian (and Pagan) Basilica Discovered in Ethiopia's 'Lost Kingdom' of Aksum

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30 Christmas Breakfast Casseroles in a 13x9 »

Merry Christmas and blessings throughout 2020

*"As the splendour of our world
is revealed to each and every
one of us without favour or
exception, may the peace
and joy of this season inspire
your lives and usher in a
future illuminated with
blessings to all"*

Photo of the iconic Knuckles Ranges in the Central Highlands of Sri Lanka by Cecil Perera



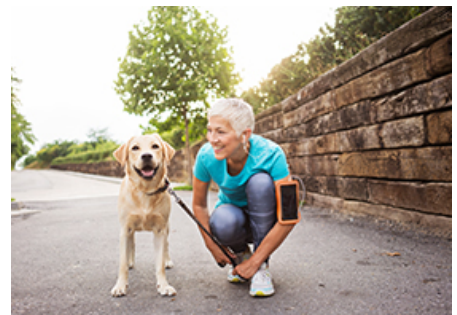
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Staying healthy in your
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Start with 2 minutes.

Early Signs of Diabetes

Some can be so mild and
progress so slowly that you don't
notice them for a while. Here's
what to look for.

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What Causes Diabetes?



XYREM treats 2 common symptoms of narcolepsy

Excessive daytime sleepiness—the
inability to stay awake and alert
during the day—is the main
symptom of narcolepsy, a serious
neurologic condition. But there are
treatment options.

Cataplexy—a sudden, usually brief
loss of muscle tone, often triggered
by strong emotions—is another
common symptom of [narcolepsy](#).



Why Do We Hiccup?

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What Is the Dawn Phenomenon?

Higher morning blood sugar
readings can be caused by a
variety of things. Here's what
you can do about them.

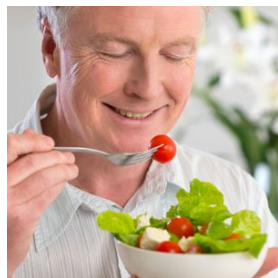
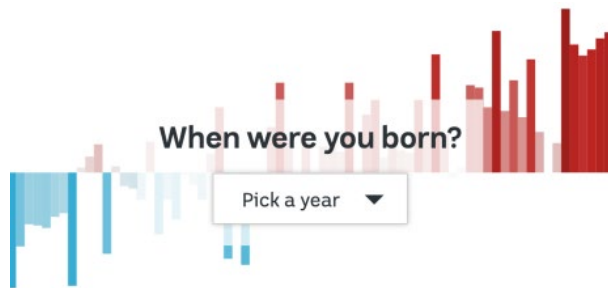
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Best and Worst Salads for Your Health

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David Sinclair video | Cracking and reversing the aging clock | Science Unlimited 2019 — Frontiers Forum



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Caffeine gives you a jolt of energy, but sometimes that jolt can mirror the symptoms of...

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Osteoarthritis is on the rise — here's what helps to manage the symptoms. [Read more](#)

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Effects of Road Rage on Your Body 🚗

When you live better, we're all better for it.

We know caring for yourself impacts everyone around you. That's why we've created Live Better, to help you towards a better, healthier life.

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8 Habits You Didn't Know Were Aging Your Brain



7 Top Benefits of Vitamin D For Your Skin



CBD Oil for Chronic Stress, Anxiety, and Panic Attacks: Does It Work?

WARUNI's GRADUATION

WARUNI ATHANAYAKA graduated from Ruhunu University with Upper Second Class Honours in Geography . She was educated at Sangamitta College in Galle and has lived with her mother and sister Pushpika at Habaraduwa.



Dr. Audrey and I first met her on the railway line soon after the 2004 tsunami. She was in a dazed state but well enough to ask me to take a photograph of herself. We have since kept in touch with her as she grew up to become a confident young girl.

She meets the medical team on each of our visits to Galle. She is now computer literate and we remain grateful to the many donors of laptops etc On her first visit to stay with us at Lighthouse Hotel we had to give her a gift of swim wear.

Waruni is one of the many children in southern Sri Lanka who have made our medical missions worthwhile.
Quintus de Zylva



The Ayurvedic Approach to Taming Trauma



The Effects of Nature on Mental and Physical Health

Surprising Reasons You're Gaining Weight

What if you're watching what you eat and moving more ... but the numbers on the scale are going the wrong way? Here's what could be happening.

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Are we overestimating cancer risk? AIHW to "seek advice"

THE Australian Institute of Health and Welfare (AIHW) "plans to seek advice" after new research finding that Australians' risks of being diagnosed with or dying from cancer may have been overstated....

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Australia has an incredibly opportunity in leading the world in renewable energy with our sun exposure , wind channeling abilities and massive potential for lithium and other rare metal exports.

And of course we have a massive effect on contributing to global warming with our coal and gas exports .

All doctors concerned about our patients health need to support climate action and wake up our federal politicians ! It's not just global warming harming our patients , local pollution creates alarming health issues apart from lower IQ in children and early senile dementia (maybe that's affected the climate deniers)

Ps: China and India are moving into renewable energy and leaving us behind, hopefully soon we won't have anywhere to send our coal . Just look at plans to send electricity to Indonesia from Northern Territory sun farms .

Adrian Skidmore/InSight

John Graham says:

[November 18, 2019 at 11:58 am](#)

A vision for the future

A lot of people don't know a lot about eyes or how interesting they can be. They are the window to the body and there are so many illnesses that cause complications in the eyes. As...

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Yes ,the earth is warming yet again as it has done before with a peak this interglacial period of about 8000 years ago. Oddly enough it reached a current high level in 2016 and is now lower if you measure global average tropospheric temperature which is were green house warming happens. Australian local temperature may well be hotter than other parts of the world but other regions are having very cold weather too. Some experts say this time the warming is due to CO2 . I doubt that but let's go along with it although I note China, India, Russia and the USA do not and so a large number of people will burn coal anyway. I am constantly hearing of outrage against the Australian people with a litany of demands. If you are for real and this is an emergency and you want to shut down coal then you have no option other than to push for immediate nuclear base power and that is where your efforts should be . When you accomplish that then you may have some effect on CO2 as presumably world coal reserves will be less with Australian coal out of the picture. In any event we will have reserves to burn when the next ice age starts which can happen in as little as a decade, like the Younger Dryas 12000 years ago, and is now due. Incidentally Homo Sapiens has survived ice ages and flourished in the interglacial periods with hotter temperatures than now but our biggest problem has always been getting along with ourselves.

InSight

Curbing inappropriate antimicrobial use in children

ANTIBIOTIC use in Australia has been found to be highest...

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Research news in brief

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The first ever global report looking at trends in physical activity among 11–17-year-olds has found that 89% of....

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Type 2 Diabetes: Moving the Treatment Landscape Forward

A Mediterranean diet and exercise to reverse dementia? This trial will give the answer

This is the best time to drink coffee to boost your exercise routine



Archaeologists Identify 'Lost' Jerusalem Street Built by Pontius Pilate - the Man Who Condemned Jesus to Death

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10 Foods That Help Keep Our Hearts Healthy

One cannot deny that eating healthy provides a resolution to a variety of health problems. Among the many health benefits of a nutritious diet, reduction in the risk of developing cardiovascular disease takes one of the leading positions. Cardiovascular disease is a condition that affects an individual's heart and blood vessels...

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Brown Rice vs White Rice: What Should I Be Eating?

Polished white rice is proven to have an adverse effect on the body's metabolism as it has a high-glycemic index and raises the body's blood sugar immediately upon consumption. This can actually lead to insulin resistance in the long run...

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Why Do Some People Need Less Sleep Than Others?

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The Real Benefits of Apple Cider Vinegar

This natural remedy is said to help with weight loss and treat health problems like diabetes -- but does it really work? Here's what the science says.

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Omega-3 supplements improved attention in some youths with ADHD

New research finds that omega-3 fish oil supplements can improve attention in youths with ADHD who have low — but not high — blood levels of omega-3.

Trendy Almond Milk And Why It's Better For Your Health: After you've done your research, you slowly start realizing that just maybe, cow's milk is not all it's been hyped up to be. So is almond milk better for you and should you consider switching?

Dirty Air Is Deadly, Global Study Confirms

Air pollution -- especially the fine particles that you breathe into your lungs -- can shorten your life, a global study reports. The new research found that short-term exposure to air pollution...
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albuterol and ipratropium inhaler (Combivent Respimat)

What is albuterol and ipratropium inhaler, and how does it work (mechanism of action)? Albuterol/ipratropium is a combination product consisting of two bronchodilators, albuterol...
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The type and amount of exercise you should do changes as you age. And it stands to reason that you would want the best kind of gains as you get older without hurting your body and sabotaging your hard-earned efforts. We look at what the **experts recommend throughout your exercise lifetime.**

Weed: Can it kill you?



Most medical experts agree there is very little risk of death from using marijuana alone. Read this article to learn more about the potential health risks of cannabis use and what the research says about the risk of dying.

Inflammation drives tau damage in Alzheimer's

Inflammation drives neuron damage by tau protein accumulation in Alzheimer's and other neurodegenerative brain diseases, according to new research



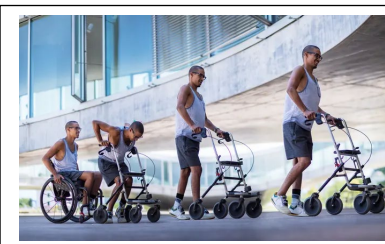
Food / Yotam Ottolenghi's one-pot recipes

There's a reason why you can't switch your brain off at night



Do you ever wake at night and find yourself worrying about life and trying to problem-solve issues, unable to get back to sleep? We now know what's happening in your brain to cause it.

Electrical stimulation and a bionic exoskeleton / New tech to help disabled people



Long-Sought Village Jesus Visited After Crucifixion Possibly Found

Secret sustainability / Why industry is going green on the quiet 

7 Tips to Stop a Nosebleed Fast

Nosebleeds are common in dry climates during winter months, and in hot dry climates with low humidity. People taking blood clotting medications, aspirin, or anti-inflammatory medications may...
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Can Apple Cider Vinegar Really Melt Belly Fat?

The tartness of a few drops of crystal-clear amber Apple Cider Vinegar (ACV) can elevate any salad or meal with its distinctive bite. And while foodies and chefs have embraced this delightful ingredient, its health benefits are winning it a new wave of followers...

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 What's the difference between depression, exhaustion and burnout?

How does the Christmas message God incarnate effect us?

It effected: Angels

The angels multitude of them praising God, yet it had nothing to do with them; For their message was “Then the angel said to them, “Do not be afraid, for behold, I bring **you** good tidings of great joy which will be to all people.” Luke 2:10 NKJV. (Emphasis added)

It effected : The solar system

The star of Bethlehem did something very unusual, yet it had nothing to do with the solar system; It effected the Magi: The wise men came from afar, from the East, because they were people who read the signs of the stars. They would have traveled for days or months following the star which lead them to the manger. They, then worshiped the baby that was born in the manger with gifts of gold, Myrrh and Frankincense;

The Shepherds risk losing their livelihood leaving their flock and traveling to see why the angels were so jubilant. Shepherds never leave their flock out in the open without watching over and protecting them.

Something Unusual happened for all these groups of people to leave what they were doing and travel; Something that even effected the solar system.

Christmas is the beginning of beginnings for mankind to celebrate to be jubilant, for the angels put it in a nut shell, **“good tidings of great joy.”**

Jesus Christ came to establish an everlasting covenant between God and all mankind.

People ask many questions that need answers.

Why is there sickness?

Why is there death?

Why do bad things happen to good people?

What is after death? Does this life end with death?

Jesus Christ, God in the form of Man, came to answer all these questions.

At the very beginning when God created the first man and woman, He created them as intelligent, moral responsible people.

He also gave them the ability to choose. Life is full of choices. Daily we make choices. Some are good and some are bad. We face the consequence of the choices we make.

The first man and woman that were created were given the choice of life and death. Life if you follow God and trust Him and obey Him; Death if you reject God and disobey Him. This choice is applicable even today. Unfortunately They chose to disobey Him and thereby rejected God, the very source of life. This is sin.

Now enters, therefore, sickness, death and calamities in to the human realm. That choice even effected our genes. Medical science has proven that we carry the genes of our forefather's. Genes that carry all manner of sicknesses.

It is that choice our first parents made that effects all of humanity. On that first Christmas Jesus Christ came into this world (God incarnate) to bring us back to the source of life, God Almighty. To reconnect us with Him. That when all things are made new by Jesus Christ in the age to come, sickness, death, calamity's will all be eradicated. Every tear will be wiped away. For now it's work in progress. Science cannot; Wealth cannot, power cannot; But only Jesus Christ can do it and He is in the process of doing it.

That is why Christmas is a celebration. A time to rejoice. A time to feast with family and friends. A time to give gifts to one another. For God gave us the greatest gift His Only begotten Son Jesus Christ. Who came to take our wrong choice upon Himself face the consequence of it death, and bring us back to the source of life, God Himself.

Jesus Christ is the Way, the Truth and the Life.

So this Christmas let us celebrate with understanding. It's not about Santa Clause. It's about Jesus Christ who came with the greatest gift, ETERNAL LIFE. Wish you all a blessed Christmas.

Pastor Lanil Gunasekera- Sydney



Is Alcohol Really Good for Your Heart?

You’ve probably heard in the media, and maybe from your doctor, that a “moderate” amount of alcohol is good for your heart ..

Sinus tachycardia: Everything you need to know

Sinus tachycardia is when the sinus node in the heart sends electrical impulses faster than the normal rate, resulting in an increased heart rate. Learn more in this article.

What to know about sharp lower back pain

There are many possible causes of sharp lower back pain, from a mild muscle strain to some potentially more serious underlying conditions. Read this article for information, treatment options, and when to see a doctor.

WHAT 2,000 CALORIES LOOKS LIKE IN A DAY: KETO EDITION



What 2,000 Calories Looks Like in a Day (Keto Edition)

11 Natural Remedies For Diabetic Neuropathy You Should Try

If you’re diabetic, chances are you have some form of neuropathy or nerve damage, a condition that’s common in almost 60–70 percent of those with diabetes. An all-encompassing term for the group of nerve disorders that affect those with diabetes, diabetic neuropathy is brought on by the constant high levels of blood sugar...

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Want to Live Longer? The Right Attitude May Help

Think life is great and expect that to continue? You may have a good chance of living to a ripe old age, a new study suggests. The study found that [optimistic people](#) tend to live longer than those with a less rosy view of the world. That conclusion comes from a study of more than 69,000 female health professionals ages 58 to 86, and more than 1,400 male veterans ages 41 to 90, who were followed for 10 to 30 years. At the start of the study, participants (who were all in the U.S.) answered questions to gauge how optimistic they were, such as "overall, I expect more good things to happen to me than bad."

The study found that participants who reported the highest levels of optimism were 50% to 70% more likely to live to age 85 or beyond, compared with those who reported the lowest levels of optimism. Read more

Want to Live Longer? The Right Attitude May Help.



Image: © Shutterstock)

WHAT 15 GRAMS OF FAT LOOKS LIKE AT BREAKFAST (KETO DIET)



What 15 Grams of Fat Looks Like at Breakfast (Keto Diet)



Ketone Drinks: Hype or Magic Supplement?



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[Woman Who Ate 'Unusually Large' Amount of Wasabi Developed Broken-Heart Syndrome](#)

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[What to know about thoracic outlet syndrome](#)

Thoracic outlet syndrome occurs when something compresses the nerves, arteries, or veins that pass through the thoracic outlet. Learn more about this condition, including symptoms and treatment options, here.

[Through my eyes: Living with shoulder arthritis](#)

My name is Rudy Kadlub, and I'm a 70-year-old powerlifter. This is my story of how I continued to break world records after shoulder surgery.

[Lung cancer: AI shows who will benefit from immunotherapy](#)

A team of researchers has developed a machine learning model able to predict which individuals with lung cancer will most benefit from immunotherapy.

[Colon cancer: Changes in gut bacteria may lead to new blood test](#)

A new study conducted in mice and humans suggests that imbalances in gut bacteria may play a key role in the development of sporadic colorectal cancer.

[8 yoga poses to relieve constipation](#)

Constipation is a common complaint, but yoga poses can help by stimulating the digestive system and relieving gas. Learn more about yoga poses for constipation here.

[Vitamins for constipation: Do they work?](#)

While increasing fiber intake and taking over-the-counter laxatives are commonplace constipation treatments, vitamins may also work for some people. Learn more in this article.

The analysis, published in JAMA Network Open, found that birth by  cesarean section was associated with a 33 percent higher risk of autism and a 17 percent higher risk of attention deficit disorder.

Can You Be Allergic to Kissing?

If you think of allergies as hay fever or reactions to food, these allergens will surprise you: Money? Balloons?

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SLIDESHOW

Swollen Feet and Ankles

Swollen feet can happen for a variety of reasons. Several medical conditions may cause these symptoms. [Read more...](#)

How ADHD Is Different in Girls (and Women)

Because their symptoms differ, girls may not get diagnosed as much as boys. Many females don't find out until they're adults, if they find out at all.

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The Symptoms and Signs of Gout

Gout is a type of arthritis that causes sudden joint inflammation, usually in a single joint. [Read more...](#)

8 Easy Health Habits You Can Start Doing Today

You don't have to take drastic measures in order to live a happy and healthy life. In fact, there are plenty of steps you can start today, right now, that will help you live a happy, healthier life. [Keep reading...](#)

Peas and beans: Can they improve heart health?

A new analysis concludes that eating more legumes may reduce heart disease risk. However, according to the authors, the evidence is not of high quality.



Best and Worst Sushi for Your Health

This Japanese standard, in its broadest definition, is vinegared rice that comes in different forms with many variations. Often it contains raw fish. The potential is there for some real healthy eating -- if you play it right.

[READ MORE](#)

Lazy bowel: What to know

Lazy bowel is a term for slowed digestion. Here, learn about the causes and treatment of a lazy bowel and the other symptoms that may accompany it.

Can the gut microbiome unlock the secrets of aging?

A new study finds that gut bacteria from old mice can help rejuvenate the neurons of younger ones, suggesting that gut bacteria are key to aging.

Everything you need to know about choline

Choline is an essential nutrient that humans need for neurodevelopment and many other bodily functions. Learn more about choline here.

Make Delicious Diabetes-Friendly Meals

Get tips for swapping out processed carbs for whole grains and veggies in almost every recipe.

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The World's Oldest People Might Not Be As Old As We Think

By [Isobel Whitcomb](#) a day ago [Health](#)

Poor record-keeping and fraud may be inflating the numbers.



The Science of Mindfulness

Understand the science behind the art and practice of mindfulness and the positive effects it has on helping to keep the brain healthy.

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[Does Drinking Chamomile Tea Really Help People Fall Asleep?](#) ←

What's the secret to a superlong life? Ask someone who's had one, and they'll say it's their [daily glass of whiskey](#), [avoiding men](#), or [eating delicious things](#). But a new study suggests the secret instead could be exaggeration and a touch of fraud. At least, that could explain the handful of regions around the world known as "blue zones," where residents famously live well past 100.

Sardinia, Italy, and Okinawa, Japan, are among these blue zones. Both of these regions have one thing in common (aside from their quaint seaside villages): a remarkably high number of supercentenarians, or residents who live past 110 years. But there's a catch. One would expect communities within these blue zones to have high life expectancies. In fact, the opposite is true. These regions that boast some of the oldest people in the world also have some of the lowest life expectancies, the new study, published to the preprint journal BioRxiv on July 16, finds.

RELATED: [Extending Life: 7 Ways to Live Past 100](#)



Fun ways to get kids to eat more vegetables

Meal times are hard enough without your mini me refusing to eat their veggies.

[Read more](#)

What is resistant starch?

Resistant starches are starches that the body cannot break down and use for energy. Read this article to learn about the types of resistant starch and their potential health benefits.

Early Christian 'Church of the Apostles' Possibly Unearthed Near Sea of Galilee

By Tom Metcalfe 8 days ago

Jesus is said to have healed a blind man and split bread at this holy site.



The Circulatory System: An Amazing Circuit That Keeps Our Bodies Going

By Kim Ann Zimmermann a day ago

The heart, lungs and about 60,000 miles of blood vessels work together to keep blood pumping through our bodies.



Why Your Weight Isn't Budging Even Though You're Exercising

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Plant based diet may reduce cardiovascular death risk by 32%



More plant based foods and fewer animal products may be the key to optimal heart health and lowering the risk of heart attacks or strokes.

Replacing 'beef with chicken' could reduce breast cancer risk



The role of nutrition in cancer is a hot topic. A new study concludes that red meat increases the risk of breast cancer, but poultry may reduce risk.

What to know about the link between diet and cancer



A person's diet may affect their risk of developing cancer in several ways. Some diets may also help prevent cancer, or help a person recover. Learn more here.

Osteoporosis drugs may lower mortality risk by 34%

Two recent studies reveal that people who take the correct medication for osteoporosis appear to have a significantly lower risk of premature death.



Best and Worst Foods for Acne

Food alone doesn't cause acne. Your genes, lifestyle, and what you eat all play a role in the condition. [Read more...](#)

Blueberries Linked To Blood Pressure, Memory & Anti-Aging Benefits

Many studies have previously associated blueberries with various health benefits, these berries appear to contain the highest content of anti-aging antioxidants as well as other phytochemicals that may help to lower blood pressure, improve memory, and make aging a healthier process.

[Read the full story](#)

Reducing Saturated Fats Lowers Blood Cholesterol & Risk Of CVD

Here we have it, the Queen has spoken; a study published by the Scientific Advisory Committee on Nutrition on the role of saturated fats and health has concluded that reducing saturated fat intake lowers blood cholesterol and risk of cardiovascular disease, and there is no need to change current advice.

[Read the full story](#)

Schwann cells / Scientists discover new pain-sensing organ



Foods That May Help With Constipation Issues

Constipation at best it is uncomfortable and at the very least it can become downright debilitating. Sooner or later everyone experiences this to some degree which can be treated with medications but a gentler approach may be turn to food as medicine, some of which may remedy the situation almost immediately.

[Read the full story](#)

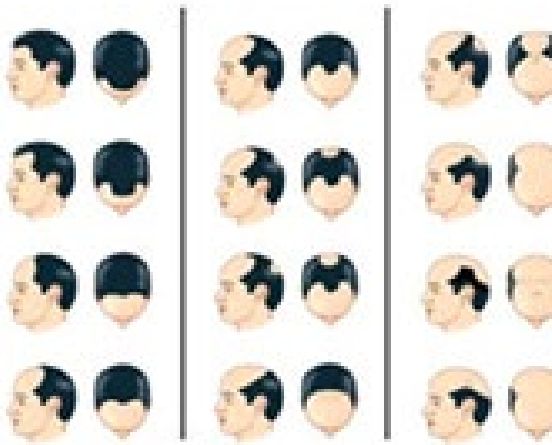
America's Obesity Epidemic May Mean Some Cancers Are Striking Sooner



Male-Pattern Baldness: Types, Treatments, Solutions

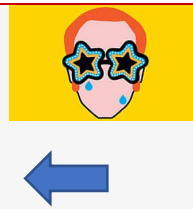
Receding hairlines, thinning, bald spots -- learn to prevent further hair loss and make the most of what you've got. Let us show you solutions from hair products to surgery.

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Artificial intelligence / AI can read your emotions. Should it?



Threat From Obesity-Linked Cancers

Cancers long linked to obesity are striking the middle-aged more than ever before.

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The Value of Local Medicine

FEATURED SLIDESHOW

25 Hormone Imbalance Signs

Hormone imbalance may debilitate you. It affects every cell and system in the body.

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FEATURED QUIZ

Is Crohn's Disease Curable?

Crohn's often runs in families. The exact cause of this disease is still unknown.

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Food trends / My search for the perfect salad



How Many Fruits and Veggies Do You Really Need?

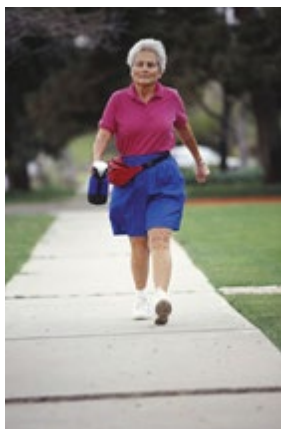


Fast-Food Joints Nearby? Heart Attack Rates Likely to Go Up



Do You Know Your Cardiorespiratory Fitness Level?





Step lively to a longer life?

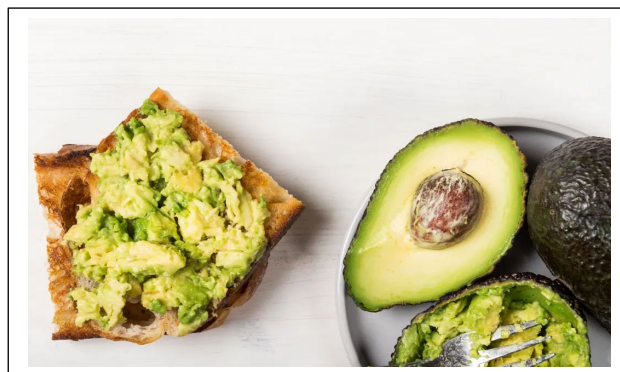
People who walk at a brisk clip may live longer than those who walk slowly — regardless of how much they weigh, a new study finds.

Researchers looked at data from nearly 475,000 adults in the United Kingdom Biobank study, which recruited middle-aged participants from 2006 to 2010. The participants, most of whom were slightly overweight, were asked to describe their usual walking pace as slow, average, or brisk.

Those who reported walking briskly had longer life expectancies, regardless of their body mass index, or BMI. For BMI values ranging from less than 20 to 40 or higher, fast-walking women and men had life expectancies of more than 86 and 85 years, respectively.

Harvard Medical School

How to eat: avocado toast



Fittingly for a fruit whose original Nahuatl name, *āhuacatl*, also means testicle, there has been some right old balls written recently about avocados and, specifically, [How to Eat's](#) subject this month, [avocado toast](#).

This brunch favourite of upwardly mobile, trendy young urbanites — for argument's sake, let's call them hipsters — has become a prism of anger through which many (older) people see a world they no longer understand. Columnists and [wealthy entrepreneurs](#) have railed against supposedly skint millennials frivolously spending £9 on brunch, drawing harrumphing support from the kind of people who get unreasonably upset about the abbreviation “avo toast” and how we don't have national service any more.

This is The Apprentice view of personal finance. The belief that “anyone under 35 unwilling to work 18-hour days seven days a week doesn't deserve to buy a house” is more psychological disorder than reasoned argument. Millennials are no more self-indulgent than any post-boomer generation and as the prospect of saving for big things, such as houses, becomes ever more distant, why bother? Bring on the bottomless brunch!

[Read more](#)

[How to eat / Avocado toast](#)

[Tight Blood Pressure Control Could Help Save Aging Brains](#)



How to Know If It's Bronchitis

Acute bronchitis is the inflammation of the bronchial tubes in the lungs. See common symptoms, causes, and treatments. [Read more...](#)



QUIZ

What Are the Early Signs of Lung Cancer?

How much do you know about lung cancer? Test your knowledge and get the facts on this common cancer of the lungs. [Read more...](#)

Thinking about getting laser eye surgery? Here's everything you need to know

Before you choose to walk stumble — down path of having laser surgery, there's a few things you need to know about your eyes and the procedure.



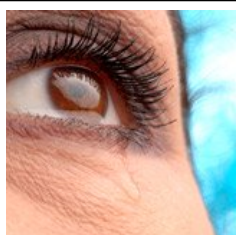
SLIDESHOW

Diabetes Management and Preventing Complications

From controlling blood sugar to diet and exercise, discover simple ways to better manage your diabetes. [Read more...](#)

My friend has cancer. How do I help?

When someone close to you is diagnosed with cancer, it can be difficult to know what to do. Here's some advice from someone who's been there. [Read more](#)



SLIDESHOW

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Always tearing up? Everyday things can make your eyes water, but so can some medical conditions. [Read more...](#)



SLIDESHOW

Bipolar Disorder Meds

Bipolar disorder causes extreme mood shifts. Learn about symptoms, treatments, and more. [Read more...](#)

Muscle Spasms and Cramps: Causes and Treatments

By [Katherine Gould](#) 4 days ago [Health](#)

Reference Article: Facts about muscle

spasms, or cramps, and how to avoid them. Muscle spasms are the sudden, intense and uncontrollable contraction of muscles. They're painful and frustrating, and can stop athletes in their tracks or jolt someone awake in the middle of the night. Also called a muscle cramp or charley horse, a muscle spasm happens when the [muscle](#) is fatigued and becomes unable to relax. Stretching is the best remedy, and regular exercise and maintaining a healthy lifestyle can help prevent muscle spasms from occurring.

Cramping during the menses phase of menstruation causes similar discomfort as muscle cramps but for a different reason. Doctors may suggest certain medications or contraceptives to minimize period cramping, although extreme or persistent cramping could be a sign of a more serious health issue.

[\[Diagram of the Human Muscular System \(Infographic\)\]](#)

[Muscle Spasms and Cramps: Causes and Treatments](#)



[Many People with Diabetes Can't Afford 'Good' Insulin. What Should They Know About Switching to the Cheaper Stuff?](#)

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