

Health & Views

Health Newsletter for the Sri Lankans & others,

January 2020

3rd issue

Many younger patients with stomach cancer have a distinct disease, Mayo research discovers ←

Australia assisted us at the time of need for the Tsunami disaster in December 2004 by providing \$25.8 million in assistance including \$ 5 million to the Asian (Sri Lankan) Tsunami Fund to re-establish essential services, transport and livelihoods,

Now, our turn has come to reciprocate that gratuitous act of the Australian government

Let us all Australian Sri Lankans in Sydney join hands on the 1st February and open our hearts and donate funds to assist the victims of the bushfire crisis.

Editor

Together for a worthy cause

SRI LANKANS IN SYDNEY

In Association with the staff of the Sri Lanka Consulate General Office Sydney invite you to join the inauguration of the.....

BUSH FIRE RELIEF FUNDRAISER



Event - Formal Dinner Gathering

Date - 01st February 2020

Time - 07.00pm onwards

Venue- The Croatian Club
Function Hall

921 Punchbowl Rd, Punchbowl
NSW 2196.

\$90
ENTRANCE



Event production partner
by courtesy
Event360(pty)Ltd.

Music By Courtesy
The Band "Mystery"



SALIYA 045223 1383 SAM 0402750571 NISHANTHA 04 133 14320 JAGATH 04 19404997 NIZAR SAPPIDEEN 0400986929 MADHU 0403757035

"Hearts Aflame"

#heartsAflame

13th January 2020

Dear All

HEARTS AFLAME

The bushfire emergency in NSW and other States and Territories Australia is an unprecedented national disaster at present. We are pleased to invite you to join hands with us to raise much needed funds for Rural Fire Services (RFS) for the Bushfire Emergency Relief.

A formal Dinner Gathering "HEARTS AFLAME" will be hosted by Sri Lanka Communities in Sydney in Association with the staff of Sri Lanka Consulate General Office in Sydney.
Date: Saturday the 1 February 2020
Venue: The Croatian Club Function Hall, 921, Punchbowl Rd, Punchbowl, NSW 2196
Entrance Ticket Price: \$90
Dress Code: Formal

All profits raised will be directly donated to the RFS through the official channels. Government and RFS officials engaged in disaster management will be present at the event.

Please refer to the attached flyer for further information.
Yours Faithfully,

SIGNATURE
Madhu Arampatta
Secretary-Hearts Aflame

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Chamara Jayasekera
Nizar Rizvi
M Sivakumaran
Walter Seneviratne
Mano Manoharan



This memorabilia is a World series Bat signed by Don Badman just before his demise, donated by Harry Solomons, worth \$10,000. to be auctioned.

In the picture from L to R: Walter Seneviratne, Harry Solomons and Saliya Tennekoon

Grief, frustration, guilt: the bushfires show the far-reaching mental health impacts of climate change

Fiona Charlson



Paleo diet and gut microbiota: inappropriate changes observed over the long term

Our gut microbiota's composition and metabolic activity is behind the close relationship between what we eat and...

Share: [f](#) [t](#) [in](#) [✉](#)

Ease Your Cough Without Medication

You don't have to take a syrupy cough medicine to feel better. We've got 12 different natural remedies that really work.

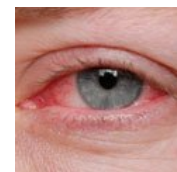
[Read More >](#)



Haemorrhoids Causes, Symptoms, and Treatment Relief

Haemorrhoids (Piles) are blood vessels located in the smooth muscles of the walls of the rectum and anus. They are located at the junction where small arteries merge into veins.

[READ MORE](#)



Why Are My Eyes Watery?

Many things can trigger tears. But there are eye problems and health issues that can make you tear up more often. [Read more...](#)

“The government response to the bushfire crisis has been evasive, tepid, tone-deaf and above all, too late

Kevin Rudd

8 Causes of Stiff Joints (and How to Find Relief)

As you get older, your joints may not move as freely as they used to. It sounds a little crazy, but the best thing you can do is keep on trucking. See how to treat the most common sources of stiff joints.

[Read More >](#)



An RD Weighs in on a Keto-Vegan Diet

[READ MORE](#)

The 'golden language' lives on in New York

There are only around 700 people left in the world who speak Seke, a language that originates in Nepal — and [50 of them live in a single building in Brooklyn, New York](#). The environment offers linguists a microcosm where they can study the language, and explore with its speakers how it might stay alive.

[The New York Times | 8 min read](#)



SLIDESHOW

Prostate Cancer Warning Signs

Prostate cancer is the most common cancer in men. Learn the signs and symptoms along with causes and treatments.

[Read more...](#)



What Foods Sap Your Energy?

What you eat gives you energy. But some kinds of foods are more like a burst, while other types keep you going longer. Do you know what's got staying power and what's a quick hit?

Muscle Cramps: Foods That Help and Prevent Cramping

Muscle cramps happen when your muscles tense up and you can't relax them. Usually you can treat them yourself. [Read more...](#)



Make Your Own Medicine: Sage Tincture Recipe

Blood Pressure Patterns in Women

Women's blood vessels age faster than men's do and their blood pressure rises faster too.

READ MORE

Make Your Own Medicine: Making Tinctures



Herbal tinctures are easy to make. Combine a teaspoon of healing tincture with water or fruit juice for an herbal home remedy.

[Read More](#)

READ MORE



ARTICLE

Portal Hypertension

Portal hypertension is increased blood pressure in the blood vessels that lead to the liver. Liver cirrhosis is the most... [Read more...](#)



Fresh Plant Tincture Recipe

Cardio Is Good for More Than Your Heart

If your New Year's resolution includes lowering your cholesterol, remember that cardiovascular exercise also helps you lose weight, improve sleep, and generally feels good!

[Read More >](#)



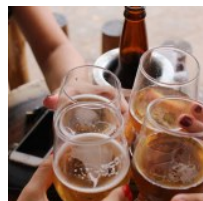
Peppers May Cut Heart Attack Risk

People in Italy who ate chili peppers at least four times a week had a 40% lower risk of death from a heart attack and a 50% lower risk of death from a stroke.

[Read More >](#)

[Analysis: Drink more this silly season? It's time to bust some myths](#)

With the holiday season well underway and New Year's Eve approaching, you might find yourself drinking more alcohol than usual. So it's time to bust some long-standing myths, writes Nicole Lee and Brigid Clancy.



Benefits of Black Seed Oil

It's been used for thousands of years for medicine, food, and even cosmetics.

[Read More >](#)

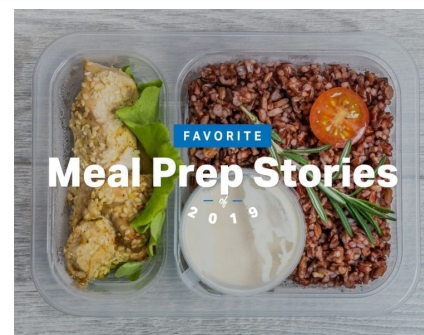
Pantry Pests: Check Your Food for These Bugs

Beetles in your flour, long trails of ants, so many worms, and more bugs that love to feast on stored food: Learn what you can do to get rid of common pests -- and stop them from coming back.



[Read More >](#)

Meal Prep Stories



11 Favourite Meal Prep Stories of 2019

[Cholesterol levels in young adults can predict heart disease risk](#)

A new study investigates cholesterol levels across decades. It concludes that high levels in young adulthood can impact heart disease risk later in life.

[Passing kidney stones: 2-drug combo may relieve pain](#)

New research in pigs suggests that combining a hypertension drug and a glaucoma drug may take the pain out of passing a kidney stone.

[Mindfulness training may lower blood pressure](#)

A recent study concludes that a specially designed mindfulness curriculum can significantly benefit individuals with high blood pressure.

Walking Stories

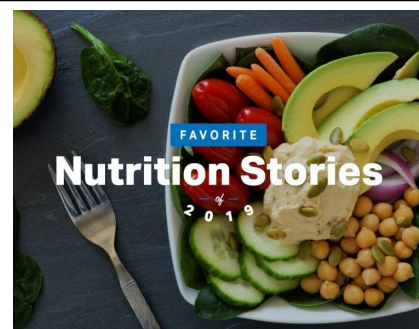


11 Favourite Walking Stories of 2019

[How do fruit and veg reduce colorectal cancer risk?](#)

Researchers may have uncovered how flavonoids may protect against colorectal cancer. The authors hope their findings will lead to a preventive drug.

Nutrition Stories



11 Favourite Nutrition Stories of 2019

Heart Disease: Your Genes Don't Have to Be

5 Reasons You Need Magnesium: Are You Getting Enough?

There's a good chance you're not -- almost half of us don't. See what this mineral does for your body and which foods are good sources.

[Read More >](#)



[Intermittent fasting can help ease metabolic syndrome](#)

A new clinical trial shows that time-restricted eating, also known as intermittent fasting, helps relieve symptoms of metabolic syndrome.

Top 5 ways to reduce crippling hand pain



Hand pain is more than just annoying. The stiffness and swelling that go along with hand pain can sap strength and diminish the ability to carry out routine functions, like buttoning clothes. One common cause of hand pain is osteoarthritis — when the shock-absorbing cartilage between bones in the finger joints and at the base of the thumb becomes worn or damaged. Hand pain can also result from nerve conditions, like the pain and tingling you feel when there is pressure on the median nerve in the wrist or the ulnar nerve near the elbow. Sometimes hand pain results from tendinitis, an inflammation of the tissue that attaches muscles to the bones. Here are five methods to help manage hand pain, retain hand function, and avoid surgery.

[Read more »](#)

[Researchers discover new autoinflammatory condition](#)

A previously unknown autoinflammatory condition has come to the fore thanks to a team of global experts, who were also able to identify its root cause.

[Should we all be eating more protein?](#)

A new analysis concludes that consuming increased levels of protein only benefits people who are dieting or participating in strength training.



Certain Foods May Help Postmenopausal Women Sleep Better

Eating foods like vegetables and nuts with a low glycaemic index were tied to sounder sleep.

By Nicholas Bakalar

Calories, Energy, and Your Metabolism

They get a bad rap, but your body needs calories. Discover exactly what a calorie is, how many your body needs each day, and more.

[Take Quiz >](#)

[Health Benefits of Hot Peppers](#)

[Top Digestive Disorder Myths](#)

16 Resolutions for Better Eating Habits

Is eating better one of your New Year's resolutions? Get tips for healthier eating habits to incorporate into daily life on-the-go.

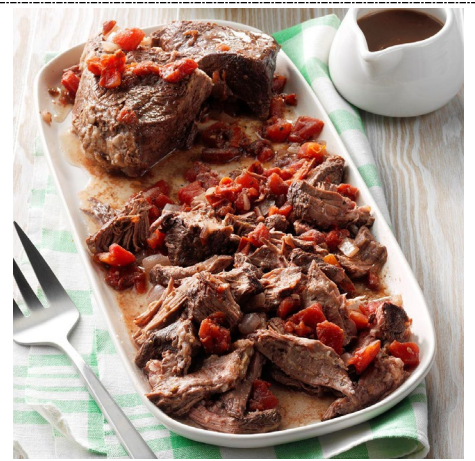
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Grandma's Secret Recipes for Keeping You Toasty This Winter »



35 Cold Weather Recipes That Are Just Like a Hug From Grandma »



15 Twists on Pot Roast Your Dinner Rotation is Missing »



29 Quick and Easy Cast-Iron Skillet Suppers »



Life could have emerged from lakes with high phosphorus

How to start working out, getting strong, a 9-minute strength workout and, of course, [how to start running](#)

Hands-on: Natural First-Aid Kit: Fire Cider, Bitters, And Green Healing Salve

Join herbalist Nicole Telkes, who has more than 20 years of experience making, using, and teaching others to make herbal medicine as first aid. This series of workshops may be taken individually or together, and participants go home with three remedies for home first aid that can treat many different health complaints. Nicole covers how to use the remedies, safety considerations, and tips and tricks to make your remedies extra potent.

[Learn more](#)



Health ranks as top concern for veterans immediately after military service

Veterans Affairs Research

Communications



Our Best Rye Bread Recipes »

A brief history of alcohol

By Rod Phillips, directed by Anton Bogaty
Nobody knows exactly when humans began to create fermented beverages. The earliest known evidence comes from 7,000 BCE in China, where residue in clay pots has revealed that people were making an alcoholic beverage from fermented rice, millet, grapes, and honey. So how did alcohol come to fuel global trade and exploration? Rod Phillips explores the evolution of alcohol.

[View the animation »](#)



Prostate Health Tincture Guidelines



Craft-beer boom linked to record-number of US states growing hops

Penn State



Is Sobriety the Next Big Thing?

More than 1 in 5 Americans plans to participate in Dry January – a month of abstinence – this year. See why so many people are making the decision to drink less alcohol.

[Read More >](#)

Could Intermittent Fasting Boost Your Health?

Intermittent fasting is a legitimate option for people who want to improve or maintain their health, claims a new review in the New England Journal of Medicine.

[Read More >](#)

What's Making You So Hungry?

If you think hunger is purely a result of your body needing fuel, you'll be surprised to see how many other factors come into play.

[Take Quiz >](#)

Red meat plays vital role in diets, claims expert in fightback against veganism

As millions cut out animal products, farming conference hears that fruit and vegetables have been drained of nutrients

Advocates of red meat will begin a fightback against the growth of veganism this week at the UK's biggest farming conference, with claims that eating lamb and beef is vital because some plants and fish are being drained of their nutrition.

In a speech at the Oxford [Farming](#) Conference, Alice Stanton will tell ministers, farmers and environmentalists that key nutrients in some fruits, vegetables and grains have dropped by up to 50% over 50 years.

Stanton, professor of cardiovascular pharmacology at the Royal College of Surgeons in Ireland, said nutrition levels had dropped because farmers were trying to meet a demand for cheap food. "For plant-based foods, there's been drops in vitamins and key electrolytes by up to 50% over the past 50 years because of the genetic selection for large volume and uniformity of shape and appearance, so the things look good on the shelves. There hasn't been selection for nutrient content," she told the *Observer*.

Growing interest in veganism and flexitarianism – people trying to eat less meat – led to a drop in sales of red meat last year of about £185m, according to market researchers Nielsen. [Research for veganuary](#), which promotes plant-based diets on health and ethical grounds, showed that [more than 1.3 million people gave up animal products](#) in January 2019. Retailers and food companies have [launched thousands of products aimed at vegans](#) – nearly a quarter of all launches had a vegan claim, according to Mintel – including Gregg's vegan sausage roll, vegan BBQ ribs and vegan smoked salmon.

[Read more](#)

[Veganism](#) / Red meat plays vital role in diets, expert claims

Targeted Ultrasound Destroys Cancer Cells

“Sugar Belly”

Many scientists now believe that added sugar is a main culprit in the obesity epidemic, but normal-weight people can suffer the same health problems associated with too much sugar. [A 15-year study](#) found that eating high amounts of added sugar doubles the risk of heart disease, even for people who aren't overweight. Added sugar [has also been implicated](#) in an increased risk for Type 2 diabetes, cancer, stroke and even Alzheimer's disease.



For Better Brain Health, Preserve Your Hearing

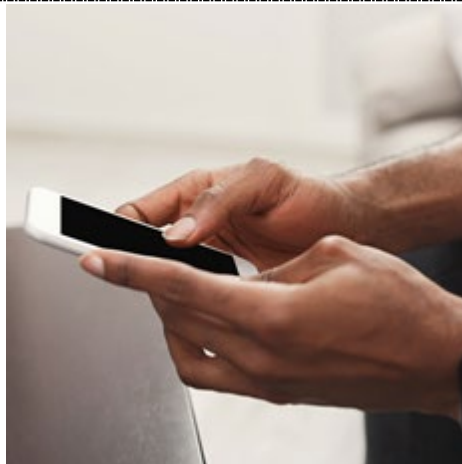
Hearing loss is the largest modifiable risk factor for developing dementia, exceeding that of smoking, high blood pressure, lack of exercise and social isolation.

By Jane E. Brody

Having a Dog as a Child Is Tied to a Lower Risk of Schizophrenia as an Adult

But, researchers found, there was no significant effect of exposure to cats.

By Nicholas Bakalar



No More Excuses Not to Exercise

Many people say they don't have the time to work out. But most of us spend hours each day viewing screens.

By Gretchen Reynolds



Five Tips for Living Longer in 2020

There are steps you can take to avoid deadly risks like falls, colon cancer and breast cancer, and increase your chances of living longer.

By The New York Times



Eat Better, Feel Better? Food Advice From the Year in Well

Intermittent fasting, drinking less alcohol and eating more oysters are some of the steps you can try.

By The New York Times



Tackling Inflammation to Fight Age-Related Ailments

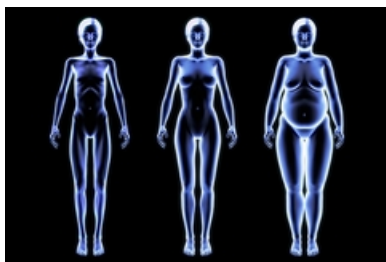
Body-wide inflammation is tied to most chronic diseases, limiting people's health and longevity.

By Jane E. Brody

What Your Body Shape Says About You

Your frame and where you tend to carry your weight can say a lot about the state of your health. Find out how to interpret your shape, and which details matter.

[Read More >](#)



[What's changing in 2020? This is what you need to know](#)

January 1 brings some good news for first home buyers, working parents and pensioners buying medications. Here's what else you need to know about what's changing from today.



FEATURED NEWS

Alzheimer's 'Tau' Scan Predictions

Researchers can predict which brain regions are going to get damaged by Alzheimer's.

[READ MORE](#)

Joint-Friendly Fitness Routines

With RA, the immune system attacks the joints. Exercise is the no. 1 non-drug treatment.

[VIEW SLIDESHOW](#)



FEATURED SLIDESHOW

Health Benefits of Hot Peppers

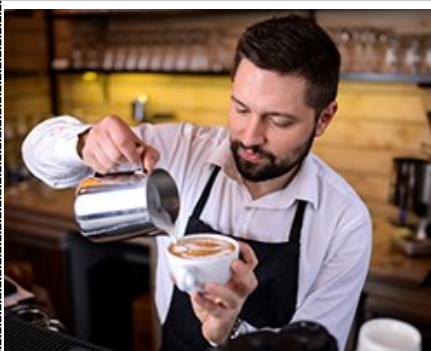
Pop a pepper, and you might live longer. The capsaicin chemical might help you.

[VIEW SLIDESHOW](#)

[Too much vitamin D may harm bones, not help](#)

There's no question that vitamin D can help build strong bones. But there may be a sweet spot when it comes to how much. People often assume that if some is good, more is better. This is generally not the case, and certainly is not true of vitamin D.

[Should you use probiotics for your vagina?](#)



FEATURED QUIZ

Do Food and Drinks Impact Your Mood?

Moods are contagious. Certain foods and drinks can affect dopamine levels in the brain.

[TAKE THE QUIZ](#)

Do You Really Need a Multivitamin?

Which vitamins protect your eyesight? Can B12 give you more energy? What's the difference between vitamins and minerals? Here's what you need to know.

[Take Quiz >](#)



Move Your Body, Bolster Your Brain

Exercise doesn't just strengthen your muscles, it can also be good for your mind and memory. Fitness advice from the year in Well.

By Gretchen Reynolds

15 Habits You Never Knew Were Aging Your Brain

From the walk you skipped this morning to the snacks you'll have before bedtime, your daily choices may speed the decline of your mind.

[Read More](#)



American Life Expectancy Continues To Drop

According to a study published November 26, 2019 in the Journal of the American Medical Association American life expectancy continues to decline with midlife mortality rates increasing for all populations groups: findings suggest that *"US life expectancy has not kept pace with that of other wealthy countries and is now decreasing."*

Midlife mortality was defined as mortality for individuals between the ages of 25-64, which has increased across all racial groups and was caused by *"drug overdoses, alcohol abuse, suicides, and a diverse list of organ system diseases."*

[Read the full story](#)

How to make new year's resolutions you'll actually keep

Use the power of positive psychology to keep your resolutions.

[Read more](#)



8 Ways You Can Literally Lose Weight in Your Sleep

Still dreaming about your weight-loss goals? Make them a reality with these scientifically backed ways to shed extra pounds while catching some shut-eye.

Why Do I Pee So Often? Incontinence and Overactive Bladder

You went to the bathroom to pee just a few minutes ago. Now you need to go again. What's going on? Here are some possible reasons.

[READ MORE](#)

This Is What Happens to Your Brain on a Diet

Your body and brain crave stasis, and naturally fight against losing weight. But that doesn't mean you can't diet healthily and sustainably.



[Read More](#)

Foods That Keep Things Moving

If you're constipated, what you eat can go a long way toward flushing your pipes. Find out which foods in particular can help you poop.

[Read More](#) >

9 Sex Therapists Reveal What They Get Asked the Most

The number one question sex therapists get from clients, by far, is "Am I normal?" Read on to find out just how common other sexual issues really are.



[Read More](#)

Potential Of Puerarin To Help Manage Diabetes

A review published in The American Journal of Chinese Medicine has summarized the beneficial effects of puerarin on diabetes mellitus, its complications, and the mechanisms underlying these effects authored by researchers from the Zunyi Medical University and the University of Macau.

[Read the full story](#)

Rapamycin May Slow Skin Aging

Once you hit a certain age you start to see subtle changes and many begin to search for options to hold onto the appearance of youthfulness for as long as they can in the form of lotions, potions, creams, supplements, serums, diets, and concoctions among others. Soon there may be a new addition to the anti-aging lineup, that being rapamycin which is an FDA approved drug that is normally used to prevent organ rejection after transplant, the drug may also be helpful in slowing in aging skin according to a recent study published in Geroscience.

[Read the full story](#)

9 Things That Happen When You Stop Drinking Alcohol

No one is saying drinking in moderation (a drink a day for women and two for men) is a bad thing. But cutting back a bigger intake has some health perks.

[Read More](#)

>

Does a Breast Lump Mean Cancer?

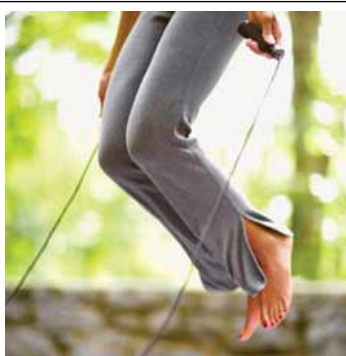
What's Lurking in Your Fast Food?

French fries seem like they shouldn't need more than three ingredients: Potatoes, oil, and salt. But those irresistible fast-food fries can have more than a dozen.

[Read More](#) >



The Best Workouts for Long-Term Health



Controlling Diabetes with Exercise

The Benefits of Yoga: Transform Your Mind, Body and Spirit

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

Dr Gunatillake-Health editor is a member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery, Member of the International Societies of Cosmetic surgery, Fellow of the International College of Surgery (US), Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery, Board member of the International Society of Aesthetic Surgery, Member of the American Academy of Aesthetic & restorative Surgery, Life Member of the College of Surgeons, Sri Lanka, Batchelor of Medicine & Surgery (Cey). Government scholar to UK for higher studies