

Sugar changes the chemistry of your brain

China locks more cities as coronavirus spreads to new countries

Chinese authorities are taking unprecedented precautions to stop the spread of the deadly coronavirus, including locking more cities and building a custom hospital at "ground zero", but cases of the illness continue to spread internationally.



Traditional Chinese Medicine History, Then and Now



SLIDESHOW

All About CBD Oil for Pain

It might help with arthritis, and some people say it helps relieve nerve pain (also called neuropathy). It may also help muscle...

[Read more...](#)

The lesser-known radioactive waste

Every year, oil and gas wells in the United States produce nearly 4 trillion litres of 'brine': **water contaminated with radioactive isotopes pulled up from beneath Earth's surface.** Because it is naturally occurring and exempted from some environmental regulations, brine has avoided the oversight and scientific scrutiny of nuclear waste. *Rolling Stone* investigates how this lesser-known toxic waste is affecting workers and communities.

Rolling Stone | 30 min read

Different Types of Diabetes

Even though type 1, type 2, and gestational diabetes are similar, the tools used to diagnose and treat them can differ.

[Read More >](#)

What authorities are doing to protect Australians from coronavirus (and how you can protect yourself)

Australia has a number of measures to help stop the spread of coronavirus — but with warnings the disease has a week-long incubation period, carriers could already be in the country.



Infections in China pass 20,000

- The number of people infected with the 2019-nCoV coronavirus in China **reached 20,438 on 3 February, after more than 3,000 new cases were reported in a day.** China's National Health Commission also reported another 64 deaths, bringing the total to more than 420 in mainland China. Media are also reporting the death of a man in Hong Kong, the second fatality reported outside the mainland. (Nature | continuously updated)
- It is possible that international efforts to quash 2019-nCoV will halt the outbreak — but what if they don't? **Epidemiologists explore two of the most probable future scenarios:** 2019-nCoV becomes a fifth “mundane” endemic human coronavirus that we don't pay much attention to, or it becomes another seasonal pathogen, akin to seasonal influenza. (STAT | 8 min read)
- In early January, **ophthalmologist Li Wenliang was targeted by police after he warned fellow doctors** that a SARS-like outbreak was happening at Wuhan Central Hospital. Li went public with the experience, and the local authorities have since apologized. But Li, and his parents, ended up infected with the virus themselves. (BBC | 5 min read)
- Nature Briefing



The Goop Lab is light on science but shines on women's health

Gwyneth Paltrow's Netflix series has dropped, and our health reporter is here to sift the good advice from the egregious.

[More >](#)

Kombucha's Health Benefits: What the Science Says

Nicknamed "the elixir of immortality," this tart fermented drink is bubbling with health claims. Some say it can help with conditions like diabetes, hardening of the arteries, and cancer. Here's what the science says.



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Does Sex Have Health Benefits?

Regular sex may sharpen your mind, cure your headache, help you sleep, and take care of your body in these other ways.

[Read More >](#)

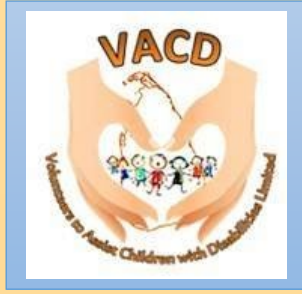
A Chinese doctor who was among the first to raise concerns about the spread of the coronavirus is critically ill, after becoming infected treating early cases of the then undiagnosed respiratory infection. Le Wenliang, 34, was accused by authorities of “making false comments” and “spreading rumours” after posting a warning on social media in late December about a cluster of cases of a flu-like disease at his hospital. The official death toll has risen to 563, with more than 28,000 reported cases. The World Health Organization has called for \$675m to stop the outbreak, cautioning that the bill will be much larger “if we do not invest in preparedness now”.

The Gaurdian

A big “Thank you” to the Young VACD Club members:

Young N G Gayathra Buddika Kumarawansa and energetic member of the VACD Sri Lanka board and Director of our VACD Badulla centre Deshamanya Kumarawansa) and his fellow classmates from Badulla Central College while awaiting their university entrance exam results, paid the VACD “Dora Jeanne centre for children with disabilities” in Badulla a surprise visit and entertained the children to a Christmas party. These young lads are members of our Young VACD Members’ Club and potential future leaders of our mission.

“Thank you” dear Gayathra and friends for this loving and magnanimous gesture.



“Thank you” Dear Lisa Parrett & friends from Sydney Australia:

My former work colleague and supporter of our mission, Lisa Parrett and her friends Philip Engelberts, Kylie Smith and Kylie Callanan who were on a holiday tour of Sri Lanka, took time off their busy schedule to pay a flying visit to the “Sir Robert Clark Centre for Children with Disabilities” in Bandarawela, spent time with our staff and children and donated loads of useful items for our children at the Bandarawela and Badulla centres. “Thank you” for this loving and caring gesture dear Lisa and friends. Your gifts, benevolence and love for those for whom we are the only hope is very much appreciated by all of us and deeply valued by our VACD children, their families and centre staff.



Our sincere thanks to all of you for your continued invaluable support, guidance, counselling and assistance and for being part of this incredible, challenging, immensely rewarding and fulfilling journey.

Many thanks, best wishes and warm regards.... Felix

Felix Stephen

Chairman of the Board of Directors - VACD Ltd. Sydney – Australia - <http://www.vacd.org.au/>

Member of the Advisory Board – VACD USA – <http://www.vacdusa.org/>

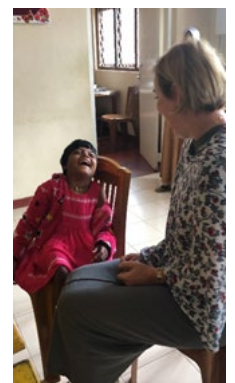
Member of the Advisory Board – VACD Sri Lanka
Senior Associate – Cognoscenti Group – Sydney – Australia- <http://www.cognoscenti.global/>

Consultant - Investment Committee - Lonsec - Sydney – Australia - <https://www.lonsec.com.au/>

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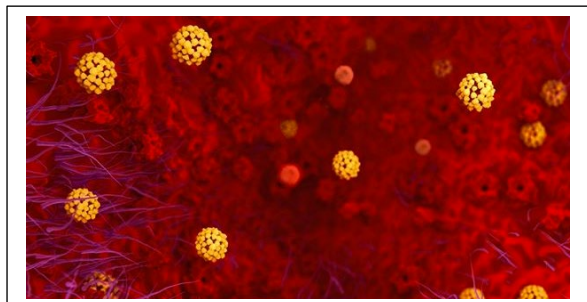


Restaurant warning as coronavirus case confirmed

'Anyone who ate here needs to be aware' [Read more on 9News](#)

Coronavirus Infections—More Than Just the Common Cold

JAMA



Anthony Fauci and colleagues review the emergence of pathogenic human coronaviruses (SARS-CoV and MERS-CoV) as background for discussing a rapidly spreading novel coronavirus (2019-nCoV) identified in 2019 in China and the public health strategies necessary to contain the threat.

[Start Learning](#)

10 Proven Ways to Fight Inflammation

You can fight inflammation by cooking with spices, stressing less, and sleeping well. Here are some other proven ways to fight inflammation.

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6 Surprising Benefits of Massage

Indulging in a massage might be more than just great self-care. Experts explain the surprising benefits and reasons you might want to book a treatment.

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Coronavirus: number infected hits 1,400 worldwide – today's developments



Did You Know Your Microwave Could Do This?

The multi-cooker may be the kitchen gadget of the moment, but don't ignore your microwave. We've got eight new ways to use it that will surprise and impress you.

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How to Make Peace With Food

While plenty of folks flock to plans like keto and low-carb, a growing number of people are turning their backs on traditional diets and embracing "intuitive eating." Should you try it?

[Read More](#) >



Bariatric Surgery for Obesity

Whole Grains and Belly Fat

Deadly Coronavirus Can Spread Between Humans



What is coronavirus and do Australians need to be alarmed?

Here is what we know about the novel coronavirus, or 2019-nCoV, that has infected hundreds of people in China, and how worried you should be.

[More >](#)

Why cancelling your private health insurance could have unintended consequences

Young people are leaving private health insurance because of the high costs, but one expert warns it could backfire on them in the future.

[More >](#)

US confirms first case of China virus



The city of Wuhan in China is the centre of the viral outbreak (STR/AFP/Getty)

A 30-year-old man in Washington state has been **diagnosed with the new coronavirus** after a trip to China, making the United States the fifth country to report the respiratory illness — and the first outside Asia. The virus emerged in the Chinese city of Wuhan, and can spread from person to person. All travellers leaving Wuhan for the United States will be routed through one of five airports that are screening arriving passengers for the virus.

[Nature | 3 min read](#) (this story will be continuously updated with news about the Wuhan respiratory illness)

The health cure for cancer

Our best weapons against cancer are not expensive and sophisticated drugs, argues haematologist and oncologist Vinay Prasad. **Estimates indicate that public-health policies — such as cutting air pollution and eliminating socio-economic disparities — would save many more lives.** “In my cancer clinic, I often wish I had more effective drugs for the person in front of me,” says Prasad. “But what I really wish is that the person I’m treating did not have cancer at all.”

[Nature | 5 min read](#)



Antibiotics Tied to Future Obesity

Will antibiotic use early in life directly affect future weight and obesity risk?

[READ MORE](#)

https://www.marthastewart.com/featured/StriveWhyIsVitaminESoImportant?sm_r=WfLLad

Fears for Aboriginal sites damaged in fires

Thousands of **ancient Aboriginal sites and artefacts have probably been damaged or destroyed by the catastrophic fires in Australia.** Tens of thousands of sites — including rock art, stone-tool sites and trees that have been altered for traditional uses — are at risk from fires and from the water dropped to fight the flames. One small ray of hope: in at least one case, fires opened up areas of dense vegetation and revealed previously undocumented finds.

[Nature | 4 min read](#)



Stress-Relieving Sound Therapy

This self-care technique that applies sound and vibration to acupuncture points can help you relax, relieve stress, and have a profound impact on your well-being.

[Read More](#)

How to Lose Weight When You're Over 40

We're not going to lie: Shedding pounds isn't as easy at this age as it was 20 -- or even 10 -- years ago. But these tips can help you reach your weight loss goal.



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Why You Should Eat More Potatoes

Have you been avoiding the lowly spud because you heard it wasn't good for you? Good news! They're packed with nutrients, for relatively few calories.

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Prostate Cancer Warning Signs

Prostate cancer is the development of cancer cells in the prostate gland (a gland that produces fluid for semen). [Read more...](#)

How to Quiet Your Mind

When it seems impossible to stop the thoughts pinging through your head, these simple actions can help you feel more relaxed and clear-headed.

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[Don't be fooled by different names for added sugar](#)

The Checkup

Lessons for Americans, From a Chinese Classroom



Observing how Chinese 2- and 3-year-olds navigated a second language, I wondered whether I could have done this for my children.

By Perri Klass, M.D.

Signs You're Low on Vitamin B12

Your body needs vitamin B12 to keep blood cells healthy and to make your nerves work right. But what happens when you run low?

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[Eating More Veggies Won't Stop Prostate Cancer: Study](#)

Meal Planning for Diabetes

Knowing what to eat, when to eat, and how much to eat can make it easier to manage your blood sugar.

[Read More >](#)



The Most Addictive Slow Cooker Recipes You're Not Making Yet »



35 Slow Cooker Lunch Recipes We Love »

What Is the Purpose of Fat?

Are you carrying too much body fat? What is a healthy body fat percentage? Learn all about fatty foods. [Read more...](#)

Could Drinking More Coffee Help You Lose Weight?

If losing weight sits high atop your list of New Year's resolutions, you might want to reach for another refill of your favorite cup of java.

[Read More >](#)



Our All-Time Favorite Skillet Recipes »

Do Alternative Diabetes Treatments Work?

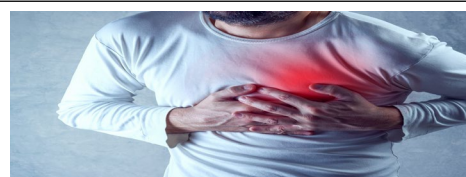
Natural remedies might seem pretty harmless, but they're not always effective, or even safe.

[Read More >](#)



Scientists Discover 4 Distinct Patterns of Aging

[Read More](#)



Can You 'Catch' Cancer or Obesity from Other People?

[Read More](#)

11 Ways Diabetes Harms Your Health

High blood sugar can lead to painful, lasting damage throughout your body. But there are steps you can take to prevent problems.

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[What Is the Ketogenic \(Keto\) Diet?](#)

[What Are Prebiotics, Probiotics, Synbiotics?](#)

[Vitamin D Deficiency Risk Factors](#)

[Weight Loss: The No-Diet Approach](#)

[How Muscles Work and How They Respond to Exercise](#)

[The Always Popular Mediterranean Diet](#)

[Top-Ranked DASH Diet](#)

[Type 2 Diabetes Diet Plan](#)

[Health Risks From Obesity](#)

WHAT PRICE FREEDOM??????

Written by Noor Rahim, Canada

Freedom is an important factor which is sought after very so intently and with much tenacity and perhaps courageously by all human beings; and it comes in many forms, depending on the wants and needs of one. More often there is the tendency for individuals to clash over this facet of life – Be it right or wrong. For remember it is an age old saying – “One persons’ meat is another persons’ poison”. Freedom is defined as “Being Free” or “Independence”....

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In Australia, Rain Falls, But Wildfires Expected to Intensify, NASA Says

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Controversial Claims About Alzheimer's

Does aluminum or zinc cause Alzheimer's disease?

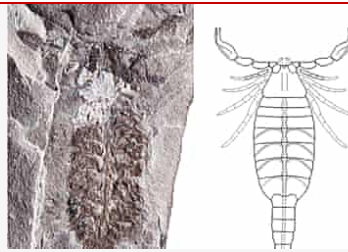
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6 Ways to Lower Your Alzheimer's Risk 🚗

Living With Early-Onset Alzheimer's 🚗

The Truth About Activated Charcoal's Health Benefits

Evolution / Ancient fossil 'may prove scorpion was first land-dwelling animal'



Diet Soda May Be Hurting Your Diet

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What Happens When You Drink Enough Water

You know you're "supposed" to drink water, but do you know why? We share 10 good reasons, from sharper thinking to lower odds for kidney stones.

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RA Tied to Heart Disease, Other Problems

People with rheumatoid arthritis face an added risk for heart disease, blood clots, and sleep apnea, researchers say. And people with certain health conditions may be at increased risk for RA.

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Signs of Lewy Body Dementia

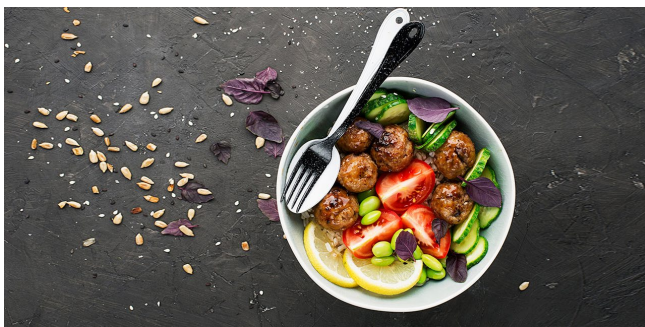
A shuffling walk and violent movements during sleep are two physical symptoms of this common form of dementia. It can also affect your thinking and mood.

[Watch Video >](#)



High BP begins at early age in women than men

Blood pressure begins to increase at younger ages in women than in men, and it goes up at a faster rate, a study reports. On average, women who develop heart disease are about 10 years older than men who develop it. But this report suggests that high blood pressure begins at a younger age in women than men, and rises faster.



How to Create a Balanced Meal

If you've been listening to anything we've been saying, you're also probably wondering what a balanced meal looks like for your unique metabolic personality (prakruti). We'll get there in a bit. But first, let's address the killjoy: overthinking...

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Everything You Need To Know About Ejaculation Dysfunction

Although not life-threatening, ejaculation issues are bothersome. It can even lead to quality of life problems that can be relationship-threatening. Most men do not appreciate meager, lackadaisical ejaculation and orgasm, or if the process occurs too rapidly, too slowly or not at all...

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Natural Treatments For Degenerative Disc Disease

All that wisdom you gain with passing years may come at the cost of a few aches and pains as your body ages. The wear and tear from a lifetime of daily, random activities affects your spine as well and fall under the category of degenerative disc disease...

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Does This Cause Cancer?

It seems as if carcinogens are everywhere. But how many of those rumors are true?

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You May Be Harming Your Liver and Not Know It

It takes more than just saying no to a cocktail to protect this vital organ. You may be surprised to see what else can cause damage.

[Read More >](#)

Causes of leg and ankle swelling

Some causes of swollen legs and ankles are relatively harmless, while others can be more serious. Discover the different causes and their associated treatments.



Sweet potato and apple quinoa salad recipe

Mint and parsley give this recipe a fresh and summery twist. [Read more](#)

What is the autonomic nervous system?

The autonomic nervous system is a complex network of cells that control the body's internal state. Read on to discover how it works.

What is water brash?

People with gastroesophageal reflux disease may experience a symptom called water brash. Read more about the causes and treatment of water brash here.

What to know about alcohol and depression

Alcohol is a depressant and can amplify or trigger depression symptoms in some people. Learn more about the links between depression and alcohol in this article.

What are the symptoms of throat cancer?

Throat cancer is a rare form of cancer. This article outlines the symptoms and signs of throat cancer, as well as its causes and process for diagnosis.

What are the benefits of cold and hot showers?

Cold showers and hot showers may have different effects on the body. In this article, learn about the potential benefits of each, as well as some risks.

Cardiomyopathy: What to know

Cardiomyopathy is a disease that involves a weakened heart muscle. The condition makes it difficult for the heart to pump blood throughout the body. Read more here.

What is the difference between anorexia and bulimia?

People with anorexia tend to severely restrict their food intake, while those with bulimia go through periods of overeating followed by unhealthy behaviors to 'purge.' Learn more here

Why You Should Eat More Cucumbers

They can help you stay hydrated and benefit your ticker. Just don't forget the seeds, which have their own special nutrients.

[Read More >](#)



Processed foods

Green Tea Drinkers May Live Longer

Researchers found that adults who drank green tea at least 3 times a week were less likely to suffer a heart attack or stroke.

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Foods That Go Straight to Your Belly

When you're trying to lose -- or avoid adding -- fat around your midsection, certain foods are more likely to cause problems than others.

[Read More >](#)

New study could 'drastically' change how we understand Parkinson's

New findings about Parkinson's disease mechanisms may change doctors' understanding of its development and even alter the way in which they treat it.

Surprising Reasons for High Blood Pressure

Salt, worry, and anger aren't the only things that can spike your blood pressure. See what else might be bumping up your numbers.

[Read More >](#)



Capturing CO2 from trucks and reducing their emissions by 90%

Secrets to Diabetes Success

Sticking to your medication plan is only part of the equation. Make sure you're doing these other things, too.

[Read More >](#)



Are We Paying for Convenience With Obesity?

The convenience and lower cost of processed foods are hard to resist. But new research suggests that ready-to-eat meals and snacks are making Americans obese and unhealthy.

[Read More >](#)

The Pharmacologics of Exercise: Yes, Exercise Is Medicine!

US Surgeon General: *"Physical activity is one of the most important steps that people of all ages & abilities can take to improve their health. What are you doing this Holiday Season to ↑ your physical activity? Check out the CDC for helpful tips and ideas to Move Your Way."*

CDC: *"The evidence is clear—physical activity fosters normal growth and development, can reduce the risk of various chronic diseases, and can make people feel better, function better, and sleep better. Some health benefits start immediately after activity, and even short bouts of physical activity are beneficial."*

Dr. Nicholas DiNubile: *"Indeed, 'motion is lotion' and exercise/physical activity is the closest thing to the fountain of youth than anything we know of for longevity, durability, disease prevention, stress reduction, healthy aging and so much more. Get moving!!! Learn more..."*

[Read the full story](#)

Short Stature Linked with Higher Risk of Type 2 Diabetes

[WATCH VIDEO](#)

[WATCH VIDEO](#)



The Keto Guide to Fruit: Which to Eat or Avoid

To reap the benefits of the keto diet, you have to cut out lots of foods long considered nutritious — including many fruits. After all, just about 5% of your daily calories can come from carbohydrates on the diet.

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Vitamin B: Are You Getting Enough of All Kinds?

You may have heard of vitamin B12 and folic acid. But did you know there are other important B vitamins? Find out more from this slideshow.

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Know Your Teas and Their Benefits

Tea leaves contain antioxidants that counter free radicals, which can damage cells. Antioxidants may reduce or help prevent..

[. Read more...](#)

20 Foods That Can Save Your Heart

Black beans, edamame, barley, and tofu may help lower your cholesterol. Drink a glass of red wine to your health? Yes, please.

[Exercise may boost sperm quality](#)

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Dealing With Leaky Gut Syndrome

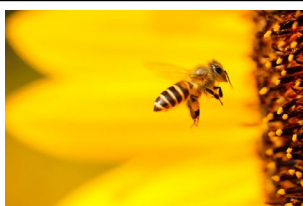
Leaky gut syndrome may be underlying what other mysterious health issues are plaguing you; from weight gain to skin problems, depression, autoimmunity, to food allergies and more leaky gut may be at the bottom of it. As Hippocrates said over two thousand years ago *"All disease begins in the gut."*

[Read the full story](#)



Dash Diet: 6 Great Reasons To Adopt This Diet In 2020

The DASH (Dietary Approaches to Stop Hypertension) diet become one of the most effective ways to address high blood pressure. But there are other reasons as well to consider this diet. We take a look.



Congratulations, Your Almond Milk Obsession Is Killing The World's Bees

Our increasing reliance on almond milk may be damaging our bee populations. Should we then be giving up this healthier dairy-free alternative?

Practical Steps To Staying Healthy

Over the holiday season, or any event it is easy and rather common to let one's self overindulge in food and drink. But this practice is not good especially for those who care about their fitness and those with conditions that should care about their fitness more.

Now that things are starting to wind down, it is important to get back on the health wagon and this may include creating a healthy living plan. January typically brings about the time of year when many people make promises to lose weight, get fit, and live healthier, which is why detox and cleansing programmes are popular this time of year, to add to this fad diets and drinks making health claims seem to be everywhere trying to catch your eye.

[Read the full story](#)

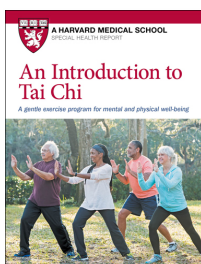
Practicing Yoga With Arthritis

Gentle yoga may help to provide a lifeline for many people suffering with rheumatoid arthritis. Many people in desperate need to find a better way to deal with their condition are turning to gentle yoga which is more slow, and less physically challenging version of the discipline.

Gentle yoga may be good for those who are dealing with conditions such as endometriosis, fibromyalgia, arthritis, back pain, as well as those recovering from surgery. However, like any routine or change it is best to consult with your doctor or certified medical professional to make sure of what is best for your needs.

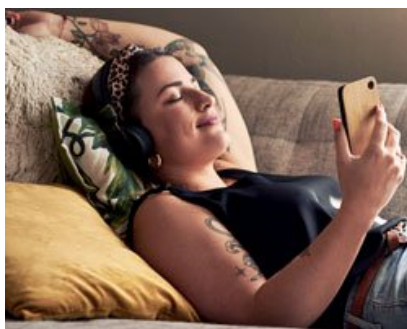
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Get your copy of *An Introduction to Tai Chi*



Mind-body exercises, such as tai chi and yoga, have been gaining popularity over the past few decades. This is not surprising, given the increasing number of studies on the positive effects of these gentler forms of exercise—everything from lowering blood pressure and managing depression to building strength and improving balance. There is even evidence that tai chi may help you live a longer, more vital life.

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FEATURED NEWS

The Risks of Physical Inactivity

More than 15% of US adults are physically inactive, which raises many health problems.

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AI Accurately Detects Heart Failure From One Heartbeat

Using a new artificial intelligence driven neural network doctors may be able to detect heart failure from a single heartbeat with 100% accuracy in the future according to a recent study published in Biomedical Signal Processing and Control Journal.

[Read the full story](#)



Why Vegan Diets Are Causing Hidden Hunger Among The Wealthy

Whether you fall into the wealthy veganism bracket or not, hidden hunger is a concept that can affect anybody with a dietary imbalance.



Drowning In Dementia Is A Real Life Story

Editors Choice: This story could be yours. Dulcie's story is brutally honest and provides useful insights on how to identify and then cope with a disease that's challenging millions around the world.

Foot Problems as You Age



Diabetes can damage your nerves so that you may not feel small cuts or other wounds. See some other problems that age can bring, and find out what you can do about them.

[Read More >](#)

Signs of High Blood Pressure

Hypertension can sneak up on you, making diabetes-related health issues like heart disease and kidney problems worse.

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12 Natural Cough Remedies

Elderberry extract can make your cough go away sooner, while honey may cut mucus production.

[Read More >](#)

Can supplements help boost your immune system?

During the winter months, you've likely seen ads for products that claim to give your immune system a boost to help you ward off colds and the flu. But can something in a bottle, whether a vitamin formulation or probiotic, really rev up your immune system to help you stay healthy?

[Prolong your life with plant-based protein?](#)

Is bladder training really beneficial?



ASK THE DOC: I suffer from mild urinary incontinence. A friend suggested that I try bladder training. Is this a real treatment?

You Can Turn Prediabetes Around

If your blood sugar isn't above the cutoff for diabetes, you can take steps to avoid that diagnosis down the line.

[Read More >](#)

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