



5 Signs You Need to Eat More Carbs

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<https://www.facebook.com/yasirumultimedia/videos/1037747749933070/?t=18>

Keto diet is an acidic diet

Let the keto diet so catching up today, be for those who cannot drop their inches by other methods, as a part of management of epilepsy, and possibly Parkinson Disease. Those having diabetes type 1 and 2, should curtail their carb intake, not to the extent recommended in the keto diet (less than 50 gm/ day)

Going on a well-balanced diet, with plenty of fresh air, stress control, and daily 10,000 steps or more brisk walk, would be the way to go for health, increasing your defending immune system, wellbeing and longevity.

Include high fibre (prebiotic) in your diet, and cultured fermented foods (probiotics) for those friendly allies (microbiota) in your gut and elsewhere in the body.

Keto diet is an inflammatory diet, disturbing the normal metabolic system man has accustomed to from time immemorial.

You may get joint pains with this long-term use of the diet. It is an acidic diet eating meat (not grass fed) and other meat organs.

If you are on keto diet long term, please be aware of inflammatory processes that could occur, and get in touch with your doctor for further advice.

This is what we recommend to our Sri Lankans globally.

Editor

This link gives an alternate view.

<https://youtu.be/Dan8qtgQRi8>



Forget Celery, 2020 Is All About Cucumber Juice

Let's talk about cucumbers as the new health drink in town.



12 Surprising Health Benefits of Sex

Yes, sex can be a pleasurable and potentially healthy activity.

Trade promotional visit to Queensland under Economic Diplomacy Program



The Consulate General of Sri Lanka in Sydney in association with Honorary Consul Office in Brisbane organised a Sri Lankan promotional event in Brisbane from 3 to 5 March.

The Consulate General of Sri Lanka in Sydney in association with Honorary Consul Office in Brisbane organised a Sri Lankan promotional event in Brisbane from 3 to 5 March.

Consul General M.H.M.N. Bandara accompanied by Consul (Commercial) Abdul Raheem visited Brisbane and had series of meetings with Director/International Markets of Trade and Investment in Queensland David Phipps, and Manager/International Trade of the Chamber of Commerce and Industry of Queensland Diana Guerguiera, and discussed trade, tourism and investment opportunities in Sri Lanka and way forward in connecting the Australian companies in the Queensland region with their Sri Lankan counterparts.

Consul General Bandara also called on Director/Department of Foreign Affairs and Trade, State Office in Queensland Dereck Brown, and presented his Letter of Appointment as a Sri Lanka Consul General to Queensland. They discussed welfare of the Sri Lankan students and the community members in the region and also linking the Australian institutions such as TAFE, TIQ and Boarder Forces with Sri Lankan organisations for a mutual benefit of both countries. Consul General and Consul (Commercial) had the opportunity of meeting with Sri Lankan students in Brisbane and also visited Buddhist Temple in Brisbane.



Elegantly dressed-

Mignonne Gallander
Ranasinghe (Mig)

- Works at [NSW Health](#)
- Works at [American Express](#)
- Former Secretary in Project Development Special Programs at [USAID Sri Lanka](#)

Mig is the wife of retired Master Chef Suni Ranasinghe

Sugar Flower Creations by Sriyani



Sriyani lives in Sydney. She is a cake decorator and a sugar artist. Studied at Charles Sturt University.

She has won many prizes for her work of creation, and a member of the Cake Fix Cake community



Scientists find new way to save neurons in Alzheimer's disease

A recent study brings scientists closer to understanding the processes that lead to Alzheimer's disease, as well as uncovering a new way to measure neuronal death.

Is there a cure for COVID-19?

[Read More](#)

6 supplements for healthy joints

Many people choose to take supplements to support their joints and manage joint pain. Read about six of the best joint pain supplements here.



Early Symptoms of Parkinson's

Parkinson's is a progressive disease of brain cells that affect movement, loss of muscle control, and balance.

[READ MORE](#)

I think I have coronavirus. What do I do?

Here's what you should do, where you should go and how to get tested if you think you have coronavirus.

[More >](#)



QUIZ

The Many Stages of Kidney Disease

What is kidney disease? Learn about chronic kidney disease, polycystic kidney disease, signs, stages, diet, and... [Read more...](#)

What to know about hydroquinone

Hydroquinone is a chemical that people may use to lighten their skin when they have a hyperpigmentation condition. Learn more here.

Everything you need to know about empty calories

Empty calories come from foods that have little to no nutritional value. They include cakes, candies, soft drinks, solid fats, and more.

What is calisthenics?

Calisthenics is a form of workout that utilizes the person's body weight. Learn more about these exercises and how to do them here.

Chronic kidney disease is on the rise

A recent, large-scale investigation concludes that chronic kidney disease is becoming increasingly prevalent. The authors call for greater attention.



Coronacast answers your questions about COVID-19

Listen as we break down the latest news and research to help you understand how the world is living through an epidemic.

[More >](#)



How does coronavirus spread? Can I catch it twice? The questions Australians are asking Google, answered

The novel coronavirus has dominated global headlines and closed borders, and Australians are turning to the internet for answers.

[More >](#)



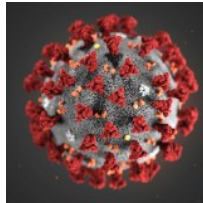
How to Keep Your Liver Healthy

Every day, you make choices – what you eat, drink, and do -- that can protect this vital organ or endanger it. See what you can do to help keep it healthy.

[Read More >](#)

Everything you need to know about coronavirus

Here's a rundown of all the facts about coronavirus, and how you can make sure you're protected.



Where you can and can't travel amid coronavirus outbreak

Travel advice is constantly being revised by authorities as new cases of coronavirus are detected around the world. Here's where the travel warnings stand.

What are the main risk factors for heart disease?

"The main risk factors for atherosclerotic cardiovascular disease (coronary artery disease, heart attack, stroke) include high blood pressure, overweight, diabetes, tobacco use..."

[See the full answer +](#)



As a coronavirus pandemic looms, experts say now's the time to get ready

Coronavirus is now hitting populations in Europe and the Middle East. It appears a pandemic is inevitable, experts say, and we all need to start preparing.

[More >](#)



Failure of Alzheimer's drug trial 'devastating', as researchers grapple with where to go next

Some scientists say 'we're on the right path'. Others insist it's time to 'go back to square one'. Where to next for Alzheimer's disease?

[More >](#)



Are Foods Labeled 'Low Sugar' Misleading Consumers?

Food and drink claims like "just a tad sweet" or "healthy" may mask high levels of added sugars.

By Anahad O'Connor



The Paris Center for Microbiome Medicine aims to use gut microbiome science to create new tools for medicine



Kombucha: What to Know Before You Sip

Nicknamed 'the elixir of immortality,' this tart fermented drink is bubbling with health claims. It's made of black or green tea, sugar, and a blob-like culture of 'good' bacteria and yeast called a scoby.

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Celebrities Who Are Open About Addiction

Addiction affects people from all walks of life. See celebrities who've battled drug and alcohol use disorders and shared their... [Read more...](#)



SLIDESHOW

Vitamins You Need as You Age

Your body needs more of certain vitamins and minerals as you hit your 40s and beyond. Find out which... [Read more...](#)

Drop These Cancer-Causing Habits Now

There are lots of things you can do to reduce your risk of getting cancer. See which habits can help, and which ones you should avoid.

[Read More >](#)

<https://www.yahoo.com/news/chef-shows-remove-coconut-meat-070000261.html>

Rats are New Yorkers, too!

A genome study offers insights into rats' uncanny ability to conquer cities such as New York, where there are thought to be about 2 million of the creatures. Geneticists identified dozens of genes involved in diet, behaviour and movement that might have helped rats to thrive in the Big Apple. "As both an evolutionary biologist and a New Yorker, I can't help but be amazed by the ways that rats have adapted to urban environments," says population-geneticist Arbel Harpak.

Nature | 4 min read

The long read / Why your brain is not a computer



<https://roar.media/english/life/in-the-know/conversations-with-a-circumciser-female-genital-mutilation-sri-lanka>

The Truth About Sugar Substitutes

Sugar substitutes are typically hundreds of times sweeter than sugar and have few to no calories. Each type has its own set of pros and cons, including some health concerns.

[Read More >](#)



Common IBS Myths

Irritable bowel syndrome is lifelong for many people. But some can trace their condition back to a bout of food poisoning or traveler's diarrhea.

[Take Quiz >](#)



Siva and his wife holidaying in New Zealand.

Siva is well known as a Hotelier and now his passion is to cater for big functions in Sydney.

He is also the director of Siva&Jey pty Ltd.

He is very hard working and needs a good holiday for another year of providing tasty cuisines for Indian and Sri Lankan functions.



Harry Solomons in New Zealand- Over seventies ODI

A decent innings vs Wellington NZ. Following on a poor 2 runs in Christchurch; I managed a decent 40 not out (retired). Next it our first ODI VS NZ. Aust. Over 70s tour of NZ.



Consul General Nimal Bandara posing with Police chief

Meeting with Consul Generals and Sydney based Diplomats with Commander Gavin Wood, Sydney City Police Area Command on 26th February 2020

Dairy milk intake may up breast cancer risk by up to 80%

Researchers, including those from Loma Linda University in the US, said the observational study gives "fairly strong evidence that either dairy milk, or some other factor closely related to drinking dairy milk is a cause of breast cancer in women".



Chitran Duraisamy, aka Chittysamy is an upcoming budding MC becoming known as an MC for most functions in Sydney.

He is seen paying host to a bunch of reputable doctors recently at the convention centre: "breakfast meeting and symposium on music therapy".

The other MC of repute we have in Sydney is Duke Suren Ramachandran.



Debating the Value of PSA Prostate Screening

In many men identified as having prostate cancer following PSA screening, the disease is neither aggressive nor likely to kill them before something else does.

By Jane E. Brody

At what age should I start taking care of my heart?

"It is never too early to be heart healthy. A well balanced diet, 150 minutes of physical activity a week, tobacco avoidance, maintaining an optimal body mass index..."

[See the full answer +](#)

6 Reasons Turmeric Is Good for Weight Loss

Those who keep up with weight loss fads may know that turmeric is a common ingredient in weight loss products and that turmeric tea is a favorite with weight watchers. This golden spice from the East has anti-inflammatory properties and can prevent and manage a number of conditions like diabetes, arthritis, Alzheimer's, and cancer, thanks to curcumin...

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[Saudi Arabia blocks pilgrims as Japan plans school closures over coronavirus](#)

Saudi Arabia suspends arrivals by foreign pilgrims and tourists from two dozen countries where the new coronavirus has spread, while Japan's Prime Minister asks all schools to close in March.



Julian Assange's lawyers have argued his motivations for publishing classified documents **were explicitly political**, given "political offences" are exempted from the UK-US extradition treaty.

Navy and Air Force personnel, who have been deployed in selected areas in Colombo to assist the traffic policemen, are seen controlling the traffic to ease congestion.



Pix by Pradeep Pathirana

Should I cancel my travel plans because of coronavirus?

International travellers are being forced to navigate flight disruptions, city lockdowns, travel bans and quarantine rules. It's making careful holiday planning more important than ever.



These 'scientists and professionals' say there is no climate emergency. So who are they?

A petition signed by over 500 people worldwide (including 75 Australians) asserts there is no climate emergency. They call themselves "scientists and professionals", but who are they? RMIT ABC Fact Check



Can Ginger Lower Cholesterol?

In addition to helping your body fight off ailments like heart disease and high blood pressure, it may also help you lower your LDL.

[Read More](#) ➤



Food Inflation Rises To 26-Month High

Island-wide food inflation hit a 26-month high of 13.7% on a year on year (YoY) basis last month (January), led by rising vegetable and rice prices, official data released by the Census and Statistics Department on Monday (24), showed.

Food inflation last hit a figure higher than this in November 2017, with a number of 15.7%.

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From Ceylon Today

Photos from the Ceylon Society of Australia – Quarterly Meeting with Guest Speaker Dr Raja C. Bandaranayake



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11 Silent Signs of Heart Trouble You Shouldn't Ignore

If you can usually finish a run with ease, but are suddenly hit with severe fatigue, it could be a subtle sign of heart trouble.

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15 Foods Anti-Aging Experts Eat Every Day

Eat the foods that slow signs of skin aging, increase bone density, keep our minds clear and our hearts pumping with good health.

[Read More](#)



Why do people fear the wrong things?

By Gerd Gigerenzer, directed by Mateus Moretto

A new drug reduces the risk of heart attacks by 40%. Shark attacks are up by a factor of two. Drinking a liter of soda per day doubles your chance of developing cancer. These are all examples of a common way risk is presented in news articles, and can often be misleading. So how can we better evaluate risk? Gerd Gigerenzer explores the difference between relative and absolute risk.

[View the animation »](#)

Signs You May Have Cirrhosis

You may not notice any problems at first. As it gets worse, you might start to feel more tired and less hungry. Eventually, your liver may shut down.

[Read More >](#)



Is Adrenal Fatigue Real?

While you may not have any physical signs of illness, you may feel tired and "gray" and crave salty snacks.

[Read More >](#)



SLIDESHOW

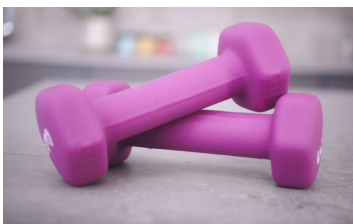
What Are Kidney Stones?

Kidney stones are small masses of salts and minerals that form inside the kidneys and may travel down the urinary tract. [Read more...](#)

When you are young, you use your health to chase your wealth; when you are old, you use your wealth to buy back your health. The difference is that, by then it is too late



What should I look for when reading a nutrition label?



What can I do to boost my metabolism?



Home Meat Curing

Learn the art of home meat curing and producing sausages from farm-fresh meats.

[Read More](#)



12 Research-Based Health Benefits Of Coconut Water

Until a few years ago, coconut water was not hailed as the elixir it is regarded as today in the Western countries. But did you know that during World War II, coconut water was used as a short-term intravenous hydration and resuscitation fluid?...

[READ MORE](#)



6 Hormones You Need To Reset To Lose Fat Faster

Are you careful about what you eat but still can't seem to lose the extra weight? Is your battle with the bulge a never-ending story? If you're like so many others who seem to be reasonably active and not especially bad about what they eat, a hormonal imbalance may be to blame...

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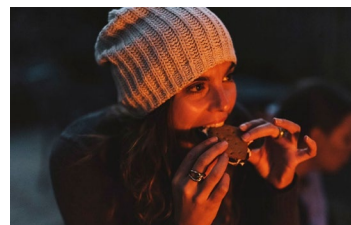
The Most Common Pushup Mistakes to Avoid

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Foods for Fullness: The Key to Weight Loss

[READ MORE](#)



How Long Before Bed Should You Stop Eating?

[READ MORE](#)



This nostalgic Iced VoVo tart is not only a crowd-pleaser but it'll also compliment any summer barbecue.

[GET COOKING](#)



Should You Wash This Food?

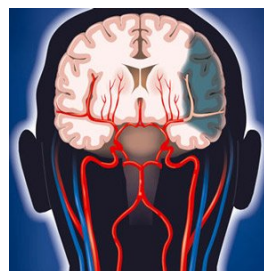
Should you rinse that raw chicken? Here's what to wash, what not to wash, and how to wash it.

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Fruits With the Most (and Least) Sugar

No fruits are off-limits for a diabetes eating plan, but some have more natural sugar than others. Here's how they compare.

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Stroke: Before, During, and After

When the brain's blood supply is inadequate, a stroke results. Without treatment, brain cells damage or die, resulting in brain injury, serious disability, or death.

[READ MORE](#)

13 Myths About Alzheimer's Disease

Is there any difference between Alzheimer's disease and dementia? Find out the truth about Alzheimer's disease and its... [Read more...](#)



Five-Spice Koji Lomo Recipe

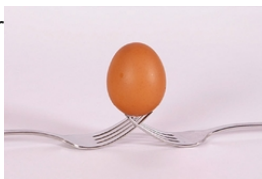
Preparing for Coronavirus: Dos and Don'ts

Public health officials are urging people to prepare -- not panic -- for COVID-19. See what else you can do, and what you should avoid.

[Read More >](#)

Is an Egg a Day OK After All?

For decades, we've gotten dietary whiplash from the back-and-forth science on whether eggs are beneficial. Here's why a major new study will have many egg-lovers relieved.



[Read More >](#)

How often should you get your teeth cleaned?

We take a look at how, when and why you should get your teeth cleaned. [Read more](#)

How to Keep Your Kidneys Healthy

Your kidneys process everything you eat or drink, including medications, supplements, and anything that's bad for you. Follow these tips to keep them in good working order.



[Read More >](#)

The best way to care for your teeth

What your dentist wants you to know about keeping your teeth in check. [Read more](#)



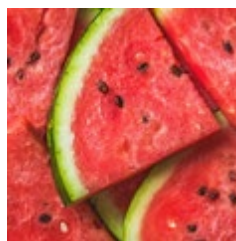
Reasons Why Outdoor Exercises Make You Age Less Quickly

People who are consistent with their fitness routine appear to be a few years younger than their actual age. Ever wondered why?



Seven Health Benefits of Using Ashwagandha For Longevity

Why you should be looking at Ashwagandha for its health benefits.



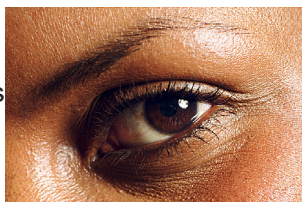
16 Foods to Boost Your Immune System

Fight illness with foods that improve your immune system. Reach for bright-colored antioxidant and vitamin-rich fruits and vegetables.

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How Eye Color Can Predict Health Problems

Do people really find brown-eyed faces more trustworthy? If you're blue-eyed, are you more likely to get cancer? The answers may surprise you.



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Keep Your Kidneys Working Well

With diabetes comes an increased risk of kidney problems. Here's how to protect yours from damage.

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Could You Live Better with Overactive Bladder?

OAB can be frustrating. Get personalized suggestions that may help keep things under control.

[Get Started >](#)



10 Breakfast for Dinner Recipes Under 400 Calories

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Baked Parmesan Zucchini Chips With Black Bean Salsa

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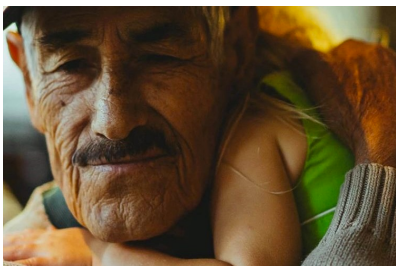
Everything You Need to Know About Peanut Butter

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How to Trigger Your Stress Response Less

[READ MORE](#)



Millions Still At Risk Of Cancer, Here's What We Need To Do

The UICC commissioned a global survey to form an up-to-date picture of the public's experiences, views, and behaviors around cancer. This is what they found.

World's First Completely Robotic Heart

The world's first completely robotic heart may end the need for transplants from dead humans in as few as 10 years, the hybrid heart made of soft artificial muscles and sensors is hoped to eventually end the need for human transplants. [Read the full story](#)

Hold The Side Order Of Microplastics Please

Plastics are all around you in clothing, food packaging, and even inside of you. A study from the University of Newcastle published in the World Wide Fund For Nature looked at the data surrounding ingestion of microplastics; findings suggest that people are at risk of ingesting 5g of microplastic per week which is equal to the average credit card weight. Microplastics were defined as being plastic particles under the size of 5mm. Primary microplastics are released directly into the environment in the form of small particulates such as shower gel microbeads and secondary microplastics arise from the degradation of larger plastic items such as biodegradable bags. [Read the full story](#)

Cherries May Help to Improve Sleep And Boost Heart Health

Cherries are full of essential vitamins and nutrients that carry a variety of health benefits. They are available in different varieties ranging from sweet to tart to suit your preference to contribute to overall good health. One cup of raw pitted cherries provides 97 calories, 1.63 grams of protein, 3.23 grams of fiber, 24.7 grams of carbohydrates, 18% of the daily recommended value for vitamin C, 5% of the recommendation for manganese, and 10% of the DRV for potassium according to the US Department of Agriculture. [Read the full story](#)



Slow Cooker Chicken Pibil Tacos

Cataract surgery: What to expect before, during and after

Cataract surgery is one of the oldest procedures still being performed today. Ancient Egyptians used a surgical technique known as "couching," in which a sharp needle was used to slide the cloudy lens out of the field of vision and into the vitreous cavity in the back of the eye. Later, the Romans used a method called "needling" to slice up the cataract into pieces small enough to be reabsorbed.

Both procedures improved vision, but they couldn't provide completely clear sight because they didn't replace the lens. That breakthrough didn't come until the 1940s, when English ophthalmologist Harold Ridley invented the intraocular lens.

Unlike the surgeries of antiquity, today's cataract surgery uses small incisions and suction to remove the cloudy lens, and then replaces it with an artificial plastic lens.

Get your copy of *Clearing the Fog of Cataracts*

Clearing the Fog of Cataracts clears away the confusion and misinformation around cataracts. Discover the truth about whether you really need cataract surgery. Plus resources to find the right surgeon and a step-by-step guide to everything you need to know about surgery if you choose to have it. Even better, you'll find out the secrets to preventing cataracts and maintaining your youthful vision at any age.

READ MORE

Lens extraction is done using one of two procedures: phacoemulsification or extracapsular surgery. After your cloudy lens is removed, it will be replaced with an implanted clear artificial lens called an intraocular lens (IOL). Your eye doctor will select a lens with appropriate focusing power based on measurements of the eye that were made before surgery, as well as discussion of your lifestyle needs.

Preparing for cataract surgery

Cataract surgery is generally safe, but if you have a condition such as high blood pressure, diabetes, or heart disease, your eye doctor might want you to have it under good control before you go ahead with the procedure.

Cataract surgery doesn't generally cause major bleeding, though your ophthalmologist might recommend that you stop taking aspirin or anti-clotting drugs ahead of your procedure as a precaution. But don't stop taking any medications on your own without first checking with the doctor who prescribed them.

Let your eye surgeon know if you take or have ever taken an alpha blocker, such as alfuzosin (Uroxatral), doxazosin (Cardura), silodosin (Rapaflo), tamsulosin (Flomax), or terazosin (Hytrin).

Your surgeon may prescribe antibiotic or anti-inflammatory eyedrops for a few days before your procedure to reduce the risk of complications.

What to expect

Cataract surgery is typically performed as an outpatient procedure. You'll most likely spend two to three hours at the surgical facility. The procedure itself usually lasts less than half an hour.

You will be awake, but you may receive a sedative intravenously to relax you. You'll get local anesthesia to prevent block pain.

Operating room staff will apply various drops to the eye before and after the surgery, according to the doctor's orders.

Afterward, the surgeon may cover the eye with a bandage or shield, which you can remove later that day or on the following day.

You will rest in the recovery area for about 30 minutes, and then will receive instructions on how to care for your eye. Once you're ready to go, someone will need to drive you home.

Recovery at home

You will see your ophthalmologist for several postoperative visits—typically one day, one week, one month, two months, and six months after surgery. At each appointment, the doctor will examine your eye, test your visual acuity, and measure your eye pressure. Within one to three months after surgery, your doctor will determine your eyeglass prescription if recommended for driving or reading.

For a few weeks after your surgery, you will apply prescription antibiotic and anti-inflammatory eyedrops several times a day to prevent infection and reduce inflammation. For about a week after surgery, you'll wear an eye shield to protect your eye while you sleep. Sunglasses to wear outside may be recommended or provided.

You should be able to return to most sedentary activities on the night of your surgery. Driving is typically allowed once your doctor has tested your vision the day after surgery. How long you must wait to exercise depends on the type of surgery you had.

For more tips on preparing for cataract surgery, check out [Clearing the Fog of Cataracts](#), a Special Health Report from Harvard Medical School.

Image: seb_ra/Getty Images

Share this story:



How Viruses Easily Infect People Via Their Eyes & During Outings

Viruses can survive outside of the human body for varying lengths of time after being expelled from the infected host. First the nasty will remain inactive in a non-hostile liquid, wet or moist medium, when that environment dries out the virus can then remain dormant in a dry state for weeks to months depending on the type of virus.

Viruses are expelled out from an infected body into the air after a person sneezes or coughs. Unless covered up a sneeze can eject at over 100 miles per hour and as many as 50,000 individual aerosolized micro droplets of saliva and other moisture can be expelled to travel for a distance between 19-16 feet according to research from MIT.

[Read the full story](#)

Could Walking Help You Live Longer?

The short answer: Yes. You don't have to walk for miles and miles, and you don't even need to work up a sweat.

[Take Quiz >](#)

12 Foods That Make Inflammation Worse

If you're suffering from pain or swelling, take a look at what you're eating. Avoiding these inflammation-causing foods will have you feeling better.

[Read More](#)

[>](#)

10 Silent Symptoms of Anemia You Shouldn't Ignore

If you're constantly feeling run-down, it might be time to boost your intake of iron and vitamin B12. Keep one eye out for these other anemia symptoms.

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[>](#)

9 Best Vitamins for Sleep

Sometimes vitamin deficiencies can cause sleep disruption. So one or more of these nutrients may be all that's standing between you and restorative rest.

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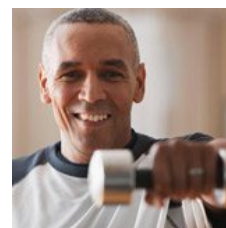
[>](#)



The Reason Why Your Breasts Are Two Different Sizes

If one of your breasts is bigger than the other, you're not alone. Uneven breasts are quite common. Here's what doctors have to say about it.

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SLIDESHOW

Natural Ways to Boost Testosterone

Find out what you can do to raise your testosterone levels naturally, including changes to your diet and lifestyle. [Read more...](#)

Are Bananas Radioactive?

Just a tiny bit, it turns out -- not enough to be dangerous. Here are some other facts about this fruit you might not know.

[Take Quiz >](#)

[Marijuana a use linked to higher risk of stroke in younger adults](#)

[Grain or seed of the month: Wheat](#)

Cervical cancer could be eliminated within a century

Université Laval





Earth's most biodiverse ecosystems face a perfect storm

Lancaster University

Air pollution impacts can be heart-stopping: Lancet Planetary Health paper

University of Sydney



Algae shown to improve gastrointestinal health

University of California - San Diego



Inflammation Basics and the Role of Diet and Exercise

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5 Riffs on Avocado Toast Under 300 Calories

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10 Things You Need to Know About the Zone Diet

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Slow Cooker Chicken Tortilla Soup

COPD (Chronic Obstructive Pulmonary Disease) Quiz

What is COPD? What causes COPD? Learn the symptoms, stages, treatment, exacerbation, life expectancy, and... [Read more...](#)

How to Wash Your Hands

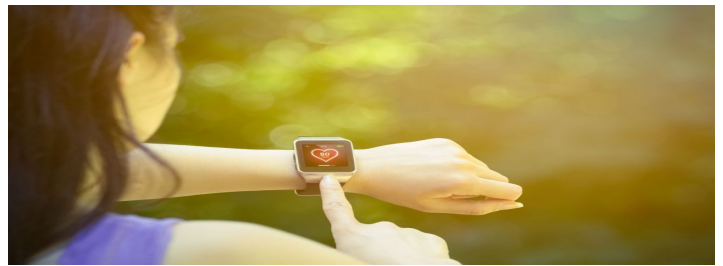
A quick rinse won't protect you. Here's how to do it correctly.

[Watch Video >](#)



Hidden baby Jesus revealed under Leonardo da Vinci's 'Virgin of the Rocks'

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A 'normal' resting heart rate may not be so normal after all

[Read More](#)

Cooking of the West: History of the chuck wagon then and now

Kent Rollins has been featured on popular food programs (including "Throwdown with Bobby Flay," "Chopped Grill Masters," and "Cutthroat Kitchen") as well as "CBS Sunday Morning." He and his wife, Shannon, host a popular YouTube show where each week more than 800,000 subscribers tune in to learn about cast iron and Dutch oven cooking, grilling, live fire cooking, and the history of the West. In this presentation, Kent explores the past of the chuck wagon and its significance in shaping the West. He also shares stories and pictures of cooking for traditional working ranches today with his 1876 Studebaker chuck wagon. View the complete Texas MOTHER EARTH NEWS FAIR program guide online now [here](#).

Top Foods for Probiotics

See which foods contain good bacteria that can help boost your digestive health. Learn how to include them in your diet

[. Read more...](#)

10 Serious Conditions That Can Mimic Heartburn

That burning feeling in your chest or throat after you eat could be heartburn. But other conditions, like angina or a heart attack, can have similar symptoms.

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11 Health Benefits of Cinnamon

Cinnamon, from the bark of the cinnamon tree, has long been used as both a spice and a traditional medicine. As a supplement, you'll find it in capsules, teas, and extracts.

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World Health Organization Updates



SLIDESHOW

Foods to Lower Dementia Risk

Biologically, the way you feed your body affects your brain as well. The brain requires certain nutrients to function smoothly. [Read more...](#)

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CRISPR gene-editing creates 'designer' immune system cells that can fight cancer cells.

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Instant Pot Butternut Squash and White Bean Chili



Focus on concentration

Everyone's attention can drift at times, like when you lose your concentration for a moment while doing routine tasks. Many people shrug off these lapses in focus as "senior moments," but they might be related to a vulnerable brain process called executive function.



Slow Cooker Chicken Adobo With Pineapple



Instant Pot Rotini With Chicken and Bell Peppers

Longevity is a complicated topic and we're not close to immortality, I'll tell you that. But we have made strides in identifying genes that play an important role in longevity. By understanding these genes, we can adjust our lifestyle choices and diets to optimize our body and health.

Oxidative stress has been linked to over 200 human diseases, so it only makes sense to start your journey there.

There are 3 important genes that have an effect in reducing oxidative stress: SOD2, SOD3 and KLOTHO.

Quick Note: What Is Oxidative Stress?

Oxidative stress occurs when your body can't produce enough antioxidants to handle the elimination of free radicals. Excess free radicals result in damage to your cells and DNA, which leads to many chronic health issues such as inflammation, brain fog and neurodegenerative diseases.

Selfhacked

The Truth About Processed Food

Processing makes some foods better for you, but here's what you should watch out for.

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