

What Does Your Pancreas Do, Exactly?

The Ultimate Guide to Meat Substitutes

Whether you're just trying out meatless Mondays or moving into a vegan lifestyle, here's what you need to know.

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Osteoporosis: Are Your Bones at Risk?

Osteoporosis is a disease characterized by low bone mass and density. Learn treatments, medications, and prevention tips.

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Drugs That Improve Insulin Sensitivity

These medications help your body make better use of the insulin made by your pancreas.

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What Is a Widow Maker Heart Attack?

What's New in Diabetes Technology

Just as innovation has changed the way we shop, bank, and search for information, it's transformed the way we manage chronic diseases like diabetes. These new technologies have made life easier for people with type 1 and type 2 diabetes.

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CGM Sensor Inserted into Stomach

How to Spot Insulin Resistance

Certain people are more likely to get this prelude to diabetes, and the symptoms can be hidden for years.

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An active brain

Numerous studies indicate that you may be able to lower the risk—or delay the onset—of age-related mental conditions like dementia and Alzheimer's if you have **"cognitive reserve"**—resilient brain networks that keep working even if other parts of the brain suffer damage. You can build up this reserve by staying actively engaged in learning new skills and continuing to socialize throughout your life.

"The best ways to keep your brain active and sharp is practicing activity that focuses the mind," Dr. Jani says. "In addition, constantly learning new things or expanding one's knowledge in the profession that they may be in also helps tremendously." For example, research shows learning complex skills like digital photography or quilting **enhances memory and cognitive function** in older adults. (Following this advice could be just one of the **50 reasons why you'll age better than your parents**.)



How 'Mindful Walking' May Help You

It may not burn many calories, but this meditative form of walking has other benefits for this blogger.

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13 Fruits and Vegetables You Shouldn't Peel—and 9 You Should

Experts share what fruits and veggies have edible peels. Here are some to avoid peeling to reap the most nutritional benefits.

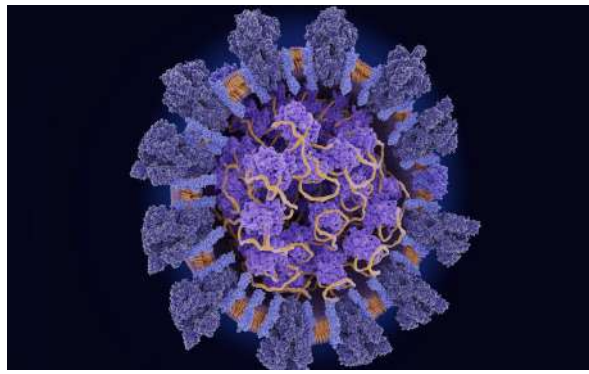
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The US formally announced its withdrawal from the World Health Organization

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A new coronavirus mutation is taking over the world. Here's what that means.

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The Truth About Mail-In DNA Tests

If you're curious about ancestors or concerned about genetic diseases, DNA tests make it easy to get some answers. The catch is, you may learn 'facts' about yourself that aren't quite factual.

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Can Probiotics Treat Depression?

People with depression have differences in gut bacteria than those without.

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Cases of broken heart syndrome increase amid pandemic stress

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10 Warning Signs of Alcohol Addiction

Just like other diseases, alcohol addiction has symptoms and signs. It's important that these warning signs are recognized early and treatment availed. Unfortunately, many don't recognize the warning signs of alcohol addiction until it is too late. Here's what you need to know. [Click here.](#)

Best Ways to Store Foods for Freshness

Do you know the best ways to store coffee, flour, tomatoes, or mushrooms to keep them fresher longer? We have the answers.

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Heartburn medication tied to higher COVID-19 risk — but don't panic

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COVID-19: Over 80% of young people may show no symptoms

A preliminary study from Italy suggests that many people aged 20 and younger may not experience any symptoms of SARS-CoV-2 infection.



SLIDESHOW

Facts About Gluten-Free Diet

People on a gluten-free diet need a sharp eye for labels. Some ingredient red flags are obvious.

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Singapore's ruling party re-elected as opposition make minor gains

Singapore's long-governing People's Action Party comfortably won Friday's general elections as expected, but faced a... [Read more](#)

Air Conditioning May Be Spreading COVID

As cases rise rapidly throughout the South, some scientists believe there could be an important, but overlooked factor in the spread of the virus in the region -- air conditioning.

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When Is the Pandemic Likely to End?

It's possible the virus will become what we refer to as "endemic" and become a part of the normal repertoire of viruses we have to contend with each year.

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Poisonous Products in Your Home

Bleach mixed with water is an effective way to sanitize surfaces, but it's important to use it safely. Get the facts about potential hazards you may have in your home.

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Can You Drink Coffee While Fasting?

The short answer: It depends on why you're fasting. Learn whether it's safe to have a cup of joe when fasting before surgery, before blood tests, or as part of an intermittent fasting diet plan.

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[What could WHO's COVID-19 origin investigation reveal?](#)

For months Chinese officials have sought to portray the virus as originating abroad. But with a World Health Organisation team headed to China to investigate the origins of the coronavirus, Beijing now faces an unusual challenge, writes Bill Birtles.



[Is the coronavirus airborne? Evidence is scant, infectious disease experts say](#)

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What Apple Cider Vinegar Can and Can't Do

If you believe the internet, it can do everything from treat diabetes to cure your dandruff. But does it really work? Here's what the science says.

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20 Foods That Can Save Your Heart

Some foods do more to protect your heart than others. How many of these are already part of your diet?

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9 Health Benefits of Hot Peppers

Banish headaches. Squash cancer cells. Help you live longer. Can hot peppers do all that? Find out. [Read more...](#)



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9 Types of Cooking Oils for Health

Are you picking the right oils for your dishes? Learn which are healthiest and how to use them.

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Bile Duct Cancer (Cholangiocarcinoma)

Bile duct cancer arises from the cells that line the bile ducts, the drainage system for bile that is produced by the liver. [Read more...](#)

COVID-19: Achieving herd immunity may occur sooner than previously thought

A new study suggests that herd immunity to SARS-CoV-2, the virus that causes COVID-19, may happen sooner than previously thought.

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Why a different way to measure 'good' cholesterol may be more useful

New research suggests that a nontraditional way of assessing good cholesterol levels could be more helpful in anticipating cardiovascular risk.

Cancer 'Remedies' You Should Avoid

Herbal remedies, cannabis oil, and cesium chloride are just some of the so-called cures that at best may relieve some symptoms -- and at worst can really harm your health.

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Synthetic antibody could prevent and treat COVID-19

Using mouse models, researchers from Tulane University identified a synthetic antibody that may be able to prevent and treat infections with SARS-CoV-2.



SLIDESHOW

Habits of Sexually Satisfied Couples

Want better intimacy and connection with your partner? Try these habits of couples who enjoy great sex. [Read more...](#)



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Early Treatment of Tendinitis

If your tendons get irritated and swollen, it might be tendinitis. The quicker you start, the better it... [Read more...](#)

What Are the Healthiest Cooking Oils?

Do You Need to Wear a Mask in Your Car?

If you've been on the road lately and noticed other drivers wearing face masks, you might've wondered if they know something you don't.

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17 Common Mouth Problems

Sores, painful gums, bad breath -- what's going on in your mouth? Learn about canker sores, cold sores, oral thrush, TMJ, and oral cancer.

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I've spoken to hundreds of women about sex. This is what I've learnt

I'm passionate about helping us all have better sex, and part of doing that is helping you see what I see: sexual struggles are common and diverse.



10 Things NOT to Do After Getting a Sunburn

You didn't mean to get a sunburn, but now the damage is done. Avoid these mistakes that will make it even worse.

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12 Clues to Spot a Narcissist

Experts say we're in an epidemic of narcissism. Do you know the telltale signs?

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What COVID-19 Does to Your Body

For most people, the symptoms end with a cough and a fever. But for some, the infection gets more severe. About 5 to 8 days after symptoms begin, they have shortness of breath. Here's what to watch out for if you become infected with the new coronavirus.

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Foods High in Vitamin D

It's an important part of your body's defense against germs. But you may not get enough if you're older, have dark skin, are obese, or have digestive problems.

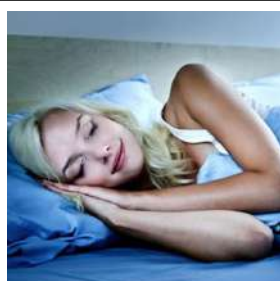
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Alzheimer's More Prevalent in Women

Why do women have more Alzheimer's disease-related changes in the brain than men?

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What Happens When You Sleep

All night long, your body and brain do quite a bit of work that's key for your health. There are two main types of sleep that we cycle in and out of when we rest.

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Look Younger Without Surgery

Stopping the aging process and living eternally has been an enduring human desire.

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How to Get Rid of Skin Dryness?

It's a common complaint - itchy and dry skin, brittle nails. Get tips on how to deal with it.

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Tips to Unzip Your Sex Life

Learn sex tips such as better communication, focusing on pleasurable sensations, and scheduling... [Read more...](#)

[New Blood Test May Improve Liver Cancer Screening](#)

Ghislaine Maxwell charged with facilitating Jeffrey Epstein abuse

British socialite Ghislaine Maxwell, the longtime friend of Jeffrey Epstein, has been arrested in the US in relation to... [Read more](#)

- A recent study using a mouse model demonstrates that a synthetic antibody could neutralize SARS-CoV-2. This would help prevent infection as well as treating COVID-19 in those who have it. Read our full coverage of the study [here](#).



FEATURED NEWS

Inactivity Raises Cancer Death Risk

Sitting too much could increase your risk of dying from cancer by 82 percent.

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Who Gets Dry Eye Syndrome?

What are the natural ways to manage eye dryness? Certain foods can help eyes health.

[TAKE THE QUIZ](#)

35 Ways Nutritionists Sneak More Protein Into Their Diet

If you're trying to gain muscle mass, strength, or more energy, get ready to pack in the protein. Here's how to get more protein easily.

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>



The Real Difference Between Aspirin and Ibuprofen—and When to Take Them

You might think aspirin and ibuprofen are interchangeable when it comes to pain relief, but they're not.

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>



DID YOU KNOW?

IF HUMANS KILLED EACH OTHER AT THE SAME RATE THAT WE KILL ANIMALS, WE'D BE EXTINCT IN 17 DAYS.



DID YOU KNOW?

Tea is the Most Consumed Drink in the World after Water.

How to Prevent Muscle Cramps

Get information on muscle cramps, including leg cramps, common causes, treatments, home remedies, and prevention tips. [Read more...](#)



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Is Depression a Normal Part of Aging?

Explore the myths and facts about depression. Learn about the unusual symptoms and many ways to recover from depression.

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Lower Blood Pressure

Did you know that regular exercise helps improve the effectiveness of blood pressure medication?

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https://www.youtube.com/watch?v=P54_r9EXNuM&feature=youtu.be

<https://youtu.be/NYxZvNYAwwQ>



[Roasted Vegetable Calzones](#)



[Everything You Need to Know About Avocados](#)

[New research casts doubts on long-term Covid immunity](#)

Levels of an antibody found in recovered Covid-19 patients fell sharply in 2-3 months after infection for both symptomatic and asymptomatic patients, according to a Chinese study, raising questions about the length of any immunity against the novel coronavirus.

The 'Honeymoon Phase' of Type 1 Diabetes

Your levels may be easier to control during this time, but it doesn't mean you're cured, or that you never had diabetes to begin with.

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Diabetes Pills vs. Insulin

Whatever your care team recommends, be sure to ask about the pros and cons of each type of medication.

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How Your Body Uses Glucose

Understanding this important process will help you have a better sense of how diabetes impacts your body.

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Are Carrots Okay to Eat?

Carrots can be a good choice if you have diabetes because they're a non-starchy vegetable with a low glycemic index.

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[Safe physical distancing is about more than the space between people](#)

[More >](#)



Evaluating the Efficacy of Adjunctive Therapies Used to Treat COVID-19: The Role of Famotidine, Melatonin, and Thiamine

New mutation of coronavirus spreads 'three to nine times' faster 'This is now the dominant form' [Read more on 9News](#)



Does charcoal toothpaste really whiten teeth?

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Is It Safe to Go Out to Eat?

Many people are eager to sit down for a meal they didn't cook, at someplace other than home. Yet as coronavirus cases continue to climb, and crowds at some eateries reflect pre-pandemic levels, some wonder: Is COVID on the menu tonight?

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Habits That Lower Your Breast Cancer Risk

Eat 5 cups of plant-based food per day, drink no more than one alcoholic beverage a day, and follow these other strategies to help reduce your odds.

[Read More >](#)

Breastfeeding With Breast Cancer: Is It Possible?

You won't pass cancer on to your baby, but if you're taking certain medicines or getting some treatments, it might not be safe.

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Whole foods

Experts agree the best diet for preventing age-related damage and disease starts with **whole, natural foods**. "A healthy diet includes fewer processed foods without added sugars, fats, and salt," Dr. Epstein says. Avoiding unhealthy sugar and fats can help prevent inflammation, diabetes, and heart disease. (Here's a list of **foods anti-aging experts eat every day**.)

Dr. Epstein recommends "whole grains, such as whole wheat and brown rice; lean meats and fish, poultry, and eggs; beans, peas, and legumes; and five or more servings of fruits and vegetables a day." Studies reveal that eating whole foods **boosts your body's supply of nutrients** that keep cells healthy, reduce inflammation, and reduce the risk of major chronic diseases associated with age.

Other research has found that proper nutrients also **help keep the brain functioning better longer**. "Like so many aspects of our body, what we eat also affects the mind," says Jyotir Jani, MD, primary care physician with Piedmont Healthcare. "Eating food that is natural, home-cooked with love, and limiting red meat help keep the brain sharper."

The Healthy.com



ANABGD/GETTY IMAGES

Eating more plants

Adding more plant foods to her diet is one of **Christie Brinkley's age-defying secrets** to make 65 look like 34. "Following a plant-based diet—or one that emphasizes foods like fruits, vegetables, and whole grains—can support healthy aging by providing important nutrients to brain and body health," says Abby Sauer, MPH, RD, a registered dietitian with Abbott. "However, plant-based doesn't have to mean plant-exclusive. Other foods like eggs, low or reduced-fat dairy, and seafood can also contribute important nutrients."

The **Mediterranean diet**, which includes some animal products, is a great example of a plant-based diet, she says. "Research suggests it may lead to **lower cholesterol and triglycerides**, and a lower risk of heart disease and other health conditions."

The Healthy.com



ETORRES/SHUTTERSTOCK

Getting enough protein

But eating mostly plants shouldn't mean missing out on protein. Studies show protein is especially important in **maintaining muscle mass as we age**. "People over the age of 40 may lose up to 8 percent of their muscle mass per decade, and the rate of decline may double after the age of 70," Sauer says. "Yet a recently published study from researchers at Abbott and The Ohio State University found that more than one in three American over 50 **aren't getting the recommended amount of protein**."

She recommends adults snack on protein sources like nuts, Greek yogurt, or string cheese. Also, "add protein-toppers to meals, such as hummus to a turkey sandwich, diced chicken to pasta, or beans to salad, and aim to eat 25 to 30 grams of protein at every meal," she says. (Learn the **15 best sources of plant-based protein**.)

The Healthy.com

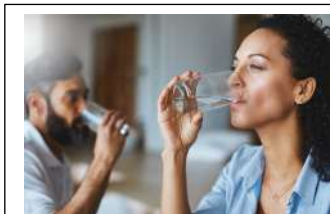
<https://www.youtube.com/watch?v=3006OeYrCPg&feature=share>

Keeping your gut healthy

Research has found the collection of "good" bacteria in your intestines, called the gut microbiome, may have implications for how your body ages; . It may even protect you from some **age-related diseases such as dementia**. In one study published in the journal *Cell*, the presence of certain gut bacteria actually **slowed the rate of aging** in worms, which may lead to anti-aging bacterial treatments for humans in the future.

"About 70 percent of your immune system resides in your gut, so maintaining gut health as you age is important to your overall health," Sauer says. "Among other things, your gut provides protection from infections, regulates metabolism, supports your immune system, and promotes a healthy gastrointestinal function." To encourage healthy gut flora as you age, Sauer recommends choosing prebiotic and probiotic foods such as fiber-rich fruits, vegetables, kefir, yogurt, sauerkraut, and kimchi. Exercise, fiber, and fluids can also help keep things moving through your digestive tract. (Still confused? **Learn the difference between prebiotics and probiotics**.)

Staying hydrated



As you get older, your kidneys work less efficiently, you may not be as sensitive to thirst signals, and you may take medications that lower your body's fluids. Altogether, this helps explain why the **elderly are more prone to dehydration**. In a vicious cycle, dehydration derails the normal function of vital systems in your body and even cause dementia-like confusion.

Because of these risks, "it's especially important to stay hydrated as we age," Sauer says. "Water is critical as it makes up about 60 percent of adults' body weight, and our bodies need water for important functions such as regulating body temperature, maintaining healthy skin and joints, digesting food, and removing waste." To keep these systems working better longer, drink even if you aren't thirsty, and consume foods with high water content, such as fruits, vegetables, and soups, she says. (Not drinking enough water is just one of the **22 habits that are making you age faster**.)

The Healthy.com

Healthy digestion



Because older people, especially those who are overweight, are prone to acid reflux, you may think of your stomach acid as the enemy. But you need a healthy supply of digestive acids to absorb vital vitamin B12—it helps keep your brain sharp. **Atrophic gastritis**, which affects 10 to 30 percent of older adults, reduces stomach acid, and therefore absorption of B12. "Deficiency in vitamin B12 can contribute to decreased cognitive function," Dr. Epstein says. In addition, "acid-reducing medicines, and medicines like Metformin for diabetes, can decrease the absorption of nutrients such as vitamin B12."

To prevent this, supplements and fortified foods may be necessary. You can also get B12 from fish, eggs, poultry, and dairy products. "Again, this shows the importance of a diet high in nutrients without being high in calories, not only as we age, but throughout our lives," Dr. Epstein says. (Here are **11 silent signs you're not getting enough B12**.)

The Healthy.com



Tricks to Keep Produce Fresher, Longer

Did you know that storing cucumbers and tomatoes together can make them spoil faster? Learn useful tips based on the science of food that will help you make your food last longer.

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Psoriasis Causes and Prevention

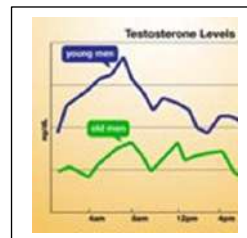
Psoriasis is a genetically programmed inflammatory disease that affects about three percent of individuals in the U.S. [Read more](#)



ARTICLE

What Does Testosterone Do?

Testosterone peaks during early adulthood. Once you reach middle age, testosterone levels decline by approximately 1% a year.



Oxytocin:

Benefits& How To Boost The Love Hormone

You may know it as the love hormone, but there's more to oxytocin than the feel-good emotions it creates when you give someone a long and warm hug. It also plays a pivotal role in how we feel about ourselves and how we bond with others. Find out how you can boost your levels naturally. [Read more.](#)

[Deadly New Synthetic Opioid 'Iso' Hits American Streets](#)



How to Treat Epilepsy

Learn about symptoms and treatments for this disorder of the brain's electrical system. [Read more...](#)

7 Clear Signs You Need to Move More

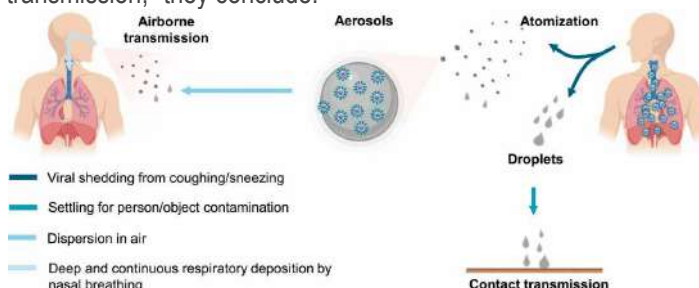
You'll be surprised at how many ways exercise and movement can radically improve your health and well-being. [Read More](#)

Lockdown in China fared better. Face mask could be the key

The use of face coverings could be central to determining the success of a lockdown and the possibility of a second wave of coronavirus infection, new studies find.



- **What they say:** "Wearing of face masks in public corresponds to the most effective means to prevent interhuman transmission, and this inexpensive practice, in conjunction with extensive testing, quarantine, and contact tracking, poses the most probable fighting opportunity to stop the Covid-19 pandemic, prior to the development of a vaccine," the researchers from the universities of Texas A&M, Texas at Austin, California San Diego, and the California Institute of Technology write in [their paper](#), published in the *Proceedings of the National Academy of Sciences*.
- **Data:** The authors analysed the outbreak in Wuhan, Italy and New York City, and the different mitigation policies implemented between January 23 to May 9; in the case of Italy and NYC, they analysed the projected growth of infection before the advisory to wear a face mask to the actual numbers after the policy was implemented. "Our analysis indicates that face-covering reduced the number of infections by over 78,000 in Italy from April 6 to May 9 and by over 66,000 in NYC from April 17 to May 9," the authors write.
- **The differentiator:** The authors suggest authorities worldwide, from the World Health Organisation (WHO) to US Centers for Disease Control and Prevention (CDC), underestimated the scope of airborne transmission of SARS-CoV-2, and thus delayed the advisory on face masks. By comparing the impact of lockdowns in Wuhan, Italy and NYC, the authors said the Chinese city's restrictions fared better because it mandated the use of face masks along with social distancing, thereby reducing the chances of airborne transmission — not just surface or contact transmission. "The inability of social distancing, quarantine, and isolation alone to curb the spread of Covid-19 is also evident from the linearity of the infection curve prior to the onset of the face-covering rule in Italy on April 6 and in NYC on April 17. Hence, the difference made by implementing face-covering significantly shapes the pandemic trends worldwide."
- **On airborne transmission:** "Face covering prevents both airborne transmission by blocking atomisation and inhalation of virus-bearing aerosols and contact transmission by blocking viral shedding of droplets. On the other hand, social distancing, quarantine, and isolation, in conjunction with hand sanitising, minimise contact (direct and indirect) transmission but do not protect against airborne transmission," they conclude.



The bottom line: The study is the latest to highlight the significance of aerosols in transmission. A study published last month said aerosols released while talking loudly in a room lingered in the air for eight to 14 minutes (Check our [May 17 newsletter; story #2](#)). Another [modelling](#) by the Cambridge and Greenwich universities said 100% use of face masks could crush a second- and third wave of infection.

Times of India

Has Everything We've Been Taught About Aging Wrong?

It's an undeniable truth that aging is inevitable. Or is it? What if almost everything we have been taught about aging is wrong? What if we could change how long we live? In other words, could we choose our lifespan? David Sinclair, a Harvard professor, medical researcher and author of *Lifespan*, was recently a guest on the Aspen Brain Lab "expert" series. He explained to host Dr. Marc Hodosh why he believes we can really influence our longevity. [Read more.](#)

What Does High Blood Sugar Feel Like?

Controlling Diabetes When You Travel

Checking your pulse rate is discussed-by Dr harold Gunatillake



The Pulse rate which you determine at the wrist is directly in communication with your heart rate, and to be more exact to the contractions of the left ventricle of the heart.

12 Signs of Hashimoto's Disease Everyone Should Know

In Hashimoto's disease, the same immune system you depend on to fight infection turns on you, producing antibodies that attack your thyroid gland.

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8 Unexpected Reasons You're Always Thirsty

Feeling parched all day long? Check out these reasons why you might always be reaching for a glass of water.

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How Insulin Lowers Blood Sugar

Your body uses injected or inhaled insulin much the same way it does the kind your body naturally produces.

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Antibacterial Soap vs. Regular Soap: Which Should You Be Using?

Turns out when it comes to a hand soap that's most effective at fighting the novel coronavirus—and in general—there's a clear winner.

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If You Take These Supplements, You Could Be at Risk of Cancer

You've probably heard good things about vitamin B. Well, step away from those supplements, at least until you read this alarming news from scientists.

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Subtle Signs You May Have Clogged Arteries

These surprising clues can point to clogged arteries and underlying heart disease, according to Joel K. Kahn, MD.

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Less waste, low effort / simple kitchen swaps to cut down on single-use items



Asthma does not seem to increase the severity of COVID-19

Rutgers University

Important Daily Habits for Diabetes

A few small tweaks to your routine -- even changing how you organize your meds -- can help you stay in control.

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Pink Himalayan Salt vs. Sea Salt: Which Is Better for You?

Health experts discuss what you need to know to choose between sea salt and pink Himalayan salt, and how eating salt affects your health.

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Research finds coronavirus had a bigger impact on women's drinking and experts aren't surprised

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What makes a good, happy life?

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4 exercise trends to try

One of the best ways to sustain an exercise regimen is to find an activity that appeals to you. And four new exercise trends may pique your interest. They're not age-specific and most can be tailored to your needs. But they do have pros and cons.

Most yoga is frustrating for me, so I've turned to Bollywood dancing



Ruhi Lee

The 14 Healthiest Vegetables on Earth

Does Drinking Lots of Water Kill the Coronavirus?

The suggestion is that drinking every 15 minutes would wash any virus down the esophagus so it can't get into your lungs. Is there any truth to this?

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7 Alzheimer's Disease Stages and Symptoms

Learn to spot these seven stages and symptoms of Alzheimer's disease. Find out what to expect from each stage. [Read more...](#)

Compiled, edited & published by
Dr Harold Gunatillake
To unsubscribe 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
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13 Tips to Help Strengthen Your Immune System

Make it a point to unwind and do things you enjoy. Too much stress over a long period can weaken your immunity.

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The Five Types of Schizophrenia

Schizophrenia is a chronic, severe, debilitating mental illness characterized by disordered thoughts, abnormal behaviors, and anti-social behaviors.

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