

Health & Views

Health Newsletter for Sri Lankans & others, globally

August 3rd issue

2020



Is the Keto Diet Safe for Diabetes?



This diet cuts out added sugars and almost all carbs. But that doesn't mean it's a good idea for everyone with diabetes. Here's what you need to know.

[Read More >](#)

What's the Best Home Blood Pressure Monitor?

Find out which type of blood pressure monitor is most accurate, and why it may be a good idea to check your numbers at home.

[Read More >](#)

<https://www.youtube.com/watch?v=iTT2M4WvdS8>

How Soon Will We Have a Coronavirus Vaccine?

At last count, there were more than 160 potential Covid-19 vaccines in development.

The race is on to find a vaccine that works safely.

[Read More](#)



Vaccine claim: Russia has become the first country to [approve a coronavirus vaccine](#), but scientists are sceptical about the injections, which have not completed clinical trials.

11 Complications of Diabetes

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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Could zinc protect against COVID-19?

'Given the crucial role of zinc in regulation of immunity, its insufficiency may be considered as a risk factor for infectious diseases,' say the authors.

[READ ON →](#)

Why Your Middle and Upper Back Hurt

Even though this area is less prone to trouble than your lower back, it can still be a source of pain.

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Medical myths: Does sugar make children hyperactive?

Most parents are convinced that sugar causes hyperactivity in children. Surprisingly, scientific evidence does not back up this theory.

6 Supplements Doctors Say Women Can Stop Wasting Their Money On

Even if you follow a healthy diet, it's tempting to pop a supplement as "insurance." But guess what? There are some you don't really need.

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Heart Disease and Antioxidants

If you're thinking about taking supplements, keep in mind that they don't offer the same benefits as the antioxidants you get from food.

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'They wanted tandoori chicken' / Australia's slow embrace of regional Indian cuisine

Trump speaks at press briefing as US sees number of daily Covid tests drop – as it happened



The Safe Way to Cut an Avocado

Do you know how to halve, unpit, and slice an avocado without accidentally sending yourself to the emergency room?

[Watch Video >](#)

China's coronavirus vaccine trials could deliver the goods — what does that mean for Australia?

In the race for a viable coronavirus vaccine, China is one of the clear frontrunners. Here's a look at their trials, and how they may affect Australians.

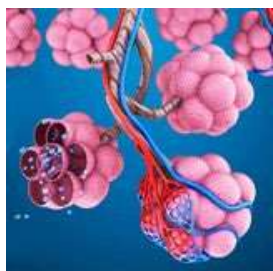


Start Walking for Fitness

Crohn's / IBD

[What to know about rectal discharge](#)

What are the causes of rectal discharge? Read on to learn more about rectal discharge, including its potential causes, symptoms, and treatment options.



SLIDESHOW

Your Lungs and COPD

COPD is a lung disease that results from obstructions in the airways of the lungs.

[Read more...](#)



Keep Your Joints Healthy

Whether you're reading, working, or watching TV, change positions often to avoid stiff joints. [Read more...](#)

12 Tips to Avoid Diabetes Complications

Getting enough sleep, eating healthy, and exercising are just a few things you can do to avoid diabetes complications. [Read more...](#)

Heart Disease

[Is it safe to fly with a blood clot?](#)

A person increases their risk of developing a blood clot when traveling long distances. Learn about the symptoms of blood clots and how to prevent and treat them.

Risk Factors for Breast Cancer

Several factors such as alcohol, obesity, and age may increase your chance of breast cancer. Learn how to lower your risk.

[Read more...](#)



SLIDESHOW

Control Your Blood Pressure

Hypertension is a very common condition in older adults. Learn how to keep it under control. [Read more...](#)

LIFE & STYLE NEWS

[Ayurvedic tips to stay healthy during monsoon](#)
[Male and female orgasms: Everything you need to know!](#)
[Does dairy products cause inflammation?](#)



Dizziness May Up Dementia Risk

Feeling woozy when you stand up may be a sign of increased dementia risk.

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Sinhalese Cultural Centre is Acquiring a Property in Seven Hills

The Sinhalese Cultural Centre is currently in the process of acquiring a property in Seven Hills to establish the Sinhalese Cultural Centre. The details are as [Read More >](#)

[Covid-19 lockdowns may worsen obesity epidemic, say scientists](#)

[Meditation-relaxation therapy likely to offer escape from sleep paralysis terror: Study](#)

Foods That Feed Your Libido

If you thought it was just an old wives' tale that oysters can put you in the mood, you're in for a big surprise. See what else can rev you up.

[Read More >](#)

PANDEMIC (COVID19) RULES THE WORLD. -Noor Rahim/08/08/2020

The good & the bad of the Pandemic we do see
In that it has taken hold of the world with such ease
The bad is that it evades all efforts of finding a cure
The good being it has brought the concept of “togetherness”
for sure

A clean-up of Mother Earth is clearly taking place

The sky remains now pristine & unpolluted; the way it
should be
No more do we see those nasty condensation trails so bizarre
No doubt giving us humans a wonderful sight and air so pure

Gosh! What a relief to see the Heavens spared of the aerial
blitz

And the receding of vehicular pollution that contributed to
the mess
Now making life take a pace in the slow lane with bliss
Mother Nature sure is taking back what is hers

We find families are much more together in these difficult
times

As we see them together at walks and at play near their
homes
A walk around the neighbourhood that reveals
The luxurious growth of flora & fauna that had remained
oblivious

The Covid sure has taught the humans to live frugal and wise

Sans the unnecessary luxuries that taunt our very life
And to live normal lives seeking spiritual guidance
Leading lives in the way the Almighty meant us to be

The Covid has really reinforced our Family Life;
Togetherness; & Love of Nature. Now it is up to find the
other half of “The Remedy”.

Health Secrets Your Nails May Reveal

Though many nail problems are harmless -
- a touch of white here, a rosy tinge there --
rippling or other defects may be a sign of
disease elsewhere in your body. See what
your nails may be saying about your
health.



[Read More >](#)

Hyperthermia (Heat-Related Illness)

Certain individuals, such as the elderly, young children or those with chronic medical conditions are at increased... [Read more...](#)

Blood Test May Diagnose Alzheimer's

A new blood test offers hope that doctors may soon be able to diagnose Alzheimer's disease with astonishing accuracy. In a study, it spotted signs of Alzheimer's two decades before symptoms appeared in people who were genetically predisposed to develop the disease.



[Read More >](#)

Is Alzheimer's Genetic?

Studies show it happens early and fairly often in some families.

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Surprising Ways to Ease Endometriosis Pain

From injecting Botox to switching to a gluten-free diet, see some unexpected ways you may be able to ease the pain and feel better.



[Read More >](#)

How to Feel Better About What's Going on in the World

We may have to be willing to let go of our attachment to how we want life to be.

[Read More >](#)

Types of Immunotherapy for Lung Cancer

Immunotherapy treatment helps your immune system fight cancer in much the same way it fights off colds and viruses.

[Read More >](#)

US developing strain of coronavirus for future vaccine tests

The strain of coronavirus could one day be injected into volunteers to test whether experimental vaccines are effective.... [Read more](#)

A new Alcohol and Drug Foundation survey has found one in eight Australians have been drinking every day since the coronavirus outbreak began. The foundation quizzed more than 1,000 people, [with a concerning number reporting](#) they were drinking more than usual.

Will Coffee Shop Culture Survive the Pandemic?

The days of lounging in comfy chairs inside coffee shops, tip-tapping on your laptop or reading a newspaper, appear to be a thing of the past, at least for now.

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What Are the Four Heart Sounds?

Heart sounds are generated by valves that control bloodflow in and out of heart's chambers.

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Comments by Lord Naseby on Sri Lanka elections 2020

Commenting on the General Election result in Sri Lanka, British Conservative peer Lord Naseby, President and founder of the All Party British Sri Lanka Parliamentary Group in the UK said:

'This is a truly remarkable result; yet again the ordinary people of Sri Lanka have turned out to vote at a level rarely seen anywhere in the World. This is true democracy at work. It would seem that the old order of the UNP and the SLFP have been consigned to history. In their place are the SLPP (Sri Lanka Podujana Peruma)- the party of the Rajapaksa brothers who now dominate Parliament, and, a new much smaller Opposition Party, headed by the young Sajith Premadasa, the Samagi Jana Balawegaya.

This is a new dawn for Sri Lanka, a fresh era creating the opportunity for the country to come together and finally put to bed the idea of any Tamil Eelam independence movement.

Now is the time for the West to understand the new mood in Sri Lanka; the desire on all sides for reconciliation to become realistic without any interference from the West or the UN Human Rights Council.

This is a sea change never before witnessed in Sri Lanka; I for one recognise it - so too should the UK Government and the factions of the diaspora in the UK and elsewhere.

The old order since Independence has been cast aside. I congratulate Mahinda Rajapaksa and his Parliamentary colleagues on such an outstanding campaign and victory, without bloodshed, all in the midst of COVID-19, which they have handled so well.

Sri Lanka, a founder member of the Commonwealth, located at the crossroads of world trade, now at last has stable Government to allow the talents of its people the freedom to develop. I wish them all well and particularly the Prime Minister, Mahinda Rajapaksa, all possible success.'

Please enjoy reading this newsletter & share with friends

Why Your Mouth Tastes Like Metal

If it tastes like you've got a penny in your mouth, there could be several explanations for it -- some more serious than others.

[Read More >](#)

Is It Aging or Alzheimer's?

Learn the difference between memory problems that can happen to all of us as we get older and the real warning signs of dementia.

[Read More >](#)

Is It Heartburn or Something Else?

Heartburn brings a burning pain in your chest or throat, a sour taste in your mouth, maybe a cough. But other conditions can have similar symptoms.

[Read More >](#)

Watermelon's Surprising Health Benefits

Sure, it's juicy and sweet, summer's perfect food. But did you know that watermelon also offers some impressive health perks? See how to choose the right one, and what really happens if you swallow a seed.



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19 Old Wives' Tales You Should Stop Believing By Now

Will you catch a cold with wet hair? Will your potato salad go bad in the heat? We have the answers that debunk common old wives' tales.

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[>](#)



Fighting Hair Loss? Fenugreek Seeds Will Save The Day

For centuries, fenugreek has been used as a traditional remedy for hair loss. On the skin, it fights dandruff and irritation, so you won't keep scratching and breaking hair.

[READ MORE](#)



Medieval medicine remedy could provide new treatment for modern day infections

University of Warwick



Top 10 Moringa Benefits You Didn't Know About

All the edible parts of moringa, from the roots to the leaves and seeds are packed with vitamins, calcium and good quality protein.

[READ MORE](#)

Immunity: Balance vs. Imbalance

The immune system is a complex network of organs, cells, and chemical ammunition that shields you from disease and keeps you healthy.

[READ MORE](#)



Why Soaking Almonds In Water Is Better Than Eating Them Raw

Ayurveda and Chinese medicine suggest soaking almonds overnight and eating the peeled nuts the next morning.

[READ MORE](#)



Our Best Casseroles for August »



32 Zucchini Casserole Recipes You'll Love »



Beyond Human - BBC Reel

<https://www.bbc.com/reel/video/p08lzgyr/your-dna-is-not-your-destiny>

Covid-19 Alert: Talk to Your Doctor if You're Taking This Heartburn Drug

Research suggests that popular heartburn drugs may be linked to a higher risk of Covid-19—but don't stop any medications just yet.

[Read More](#)

11 Genius Tricks to Guarantee You'll Drink Enough Water

Here are the sneaky ways to power up your daily water intake and stay hydrated.

[Read More](#)

35 No-Cook Lunches for Anyone Working from Home »

People Are Dying, Going Blind From Hand Sanitizer

The story of hydroxychloroquine tells us everything that's wrong with 2020

Thanks to social media, the anti-malarial drug is no longer a potential COVID-19 treatment but an ideological position.

8 Things That Happen to Your Body When You Don't Eat Enough Fruits and Veggies

You might not love 'em, but there are plenty of reasons why you should eat your fruits and veggies anyway.

[Read More](#)



Treating a Herniated Disk

Things usually start to improve within a few weeks. But sometimes, symptoms are severe enough to disrupt your life.

[Read More >](#)

A spinal cord injury wouldn't stop Dinesh becoming a doctor — but the system almost did

When Dinesh Palipana was hit by a spinal cord injury in 2010, he was told to reconsider his dream of becoming a doctor. He is sharing his story in the hope of changing the future for people with a disability.



NATIONAL

We need to flatten carbon curve

The leader of alarming new climate research writes that there are lessons from the COVID response to give the planet hope, writes Australian Research Council laureate fellow Steven Sherwood. SMH



Not all Meat Substitutes Are Healthy, Here's How To Choose

There's an increasing number of meat substitutes out there. Unfortunately, not all of them are healthy.

Camille Skoda, dietitian at leading American hospital, Cleveland Clinic, explains how to choose them. [READ MORE.](#)

The results of a phase I/II study show that the Oxford neutralizing antibodies and a T cell response.

[READ ON →](#)

Is Bread Really So Bad for You?

Which keeps you full for longer -- sourdough or pumpernickel? How much fiber should a slice of bread have? And can bread raise your blood pressure?



[Take Quiz >](#)



Random testing in Indiana shows COVID-19 is 6 times deadlier than flu

[READ MORE](#)

Ways to Protect Your Heart Without Medicine

Taking medication isn't the only way to reduce your risk of heart disease. Simple steps like these can make a big difference.

[Read More >](#)



**First Americans
may have arrived
to the continent
30,000 years ago**

[Read More](#)

Coronavirus / New antibody mix could form 'very potent' Covid-19 treatment, say scientists



[Beginner bedtime yoga routine](#)

[Dexamethasone, Oral Tablet](#)
Dexamethasone oral tablet is a prescription medication used to treat conditions such as inflammation, allergic reactions, ulcerative colitis, and adrenal insufficiency. It's available as a generic drug and as the brand-name drugs DexPak and Decadron. Learn about side effects, warnings, dosage, and more.



[Cooking the Mediterranean way](#)

Personal Health

The Link Between Parkinson's Disease and Toxic Chemicals

A new book calls the increasing prominence of Parkinson's "a man-made pandemic."

By Jane E. Brody

Meditation May Be Good for the Heart

People who meditated had lower risk of high cholesterol, hypertension, diabetes, stroke and coronary artery disease.

By Nicholas Bakalar

[VIDEOS](#)

[RECIPES](#)

[NUTRITION](#)

7 Satisfying Snacks for Better Blood Sugar

Regularly snacking between meals can help to stabilize blood sugars throughout the day. Try these ideas to help curb hunger and promote stable blood sugar levels.

[Read More >](#)



[The global search for a vaccine has entered a new chapter — and Australia is manoeuvring](#)

This week, the global search for one of the most important medical prizes ever entered a new chapter and the UK Government made moves to ensure its supply. Back in Australia, the moves understandably triggered a question: so the UK has its plan ... but what are we doing?



COVID-19 and face masks: To wear or not to wear?

Many countries recommend face masks in public to curb the COVID-19 pandemic. We look at common reasons why some people do not wear them.

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10 Early Diabetes Symptoms

They can start gradually, and may even be mistaken for other health problems.

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The no-drug approach to erectile dysfunction

Erectile dysfunction (ED) is one of the more common health issues older men face, especially those with cardiovascular disease and diabetes. Some estimates suggest between 50% and 70% of men ages 50 to 70 experience mild to moderate ED. ED drugs are a standard solution for most men, but they have their downsides, like possible side effects and over-reliance on using them. But pills don't have to be your first or only choice.

Stroke

What causes a throbbing headache?

A throbbing headache can occur due to migraine, tension, or neuralgia. Learn the causes, treatments, and remedies for this type of headache.

<https://mcusercontent.com/3bea046bd8680837e8404fbad/files/1fcd-e8b8-ea8a-4fcf-9d17-c1c09b4806a2/Liver health transcript video.pdf>

How to Use the Glycemic Index

This tool can help you fine-tune your carb counting for better blood-sugar control.

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Electric cars /

They have few downsides except price. One company is looking to change that

Singapore man admits being spy for Chinese intelligence in US

A Singaporean man pleaded guilty in the US to working a foreign agent for China, as diplomatic tensions between... [Read more](#)



13 Signs You're Dealing With a Psychopath

"Psychopath" might evoke the image of a fictionalized villain, but these psychopathic signs can help you notice one on a daily basis.

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14 Foods That Can Reduce Your Risk of Stroke

Lowering your blood pressure is the best way to protect yourself from stroke. Following these diet guidelines could cut your risk by 27 percent.

[Read More](#)



17 Face Masks with a Sense of Humor

These face masks will put a smile on everyone's face—even though you can't see it.

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This is What Happens to Your Body When You Drink Tea Every Day

From heart-healthy benefits to cancer-fighting properties, find out just what happens when you start drinking tea every day.

[Read More](#)



3-Ingredient Recipes That Don't Require a Trip to the Store »



25 No-Bake Cheesecakes for an Easy, Indulgent Dessert »

SLIDESHOW

High-Fiber Super Foods

High-fiber foods such as fresh fruits and whole grains boost your energy, lower cholesterol, and aid in digestion. [Read more...](#)



45 Desserts That Are Even Better with a Scoop of Ice Cream »

Woman leaves New Zealand to become a nun - YouTube

[www.youtube.com](https://www.youtube.com/watch) › watch



FEATURED

Best and Worst Meals for Diabetes

Discover the best and worst meals for diabetes-savvy dining. See how to avoid carbs and control your blood sugar with healthier meal combinations.

[READ MORE](#)

Chocolate May Be Good for Your Heart

If the stress of the current pandemic has you reaching for chocolate, a new review may give you just the excuse you need: People who eat chocolate regularly may be 10% less likely to have heart disease.

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Dozens of hand sanitizers contain a toxic ingredient. How do you know yours is safe?

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Listen

What do we know about the long-term effects of Covid-19? [There is growing evidence from around the world](#) that some people continue to experience debilitating symptoms months after contracting the virus. They have been dubbed the “long-haulers”. On Full Story today, Melissa Davey explains how patients in Australia who were diagnosed in March and April are faring more than three months later.

Full Story is Guardian Australia’s daily news podcast. Subscribe for free on [Apple Podcasts](#), [Spotify](#) or any other podcasting app.

7 Great Proteins That Aren't Meat

Plenty of foods beyond meat (including some plant foods) are considered high-quality proteins. Some of them may surprise you. [Read More >](#)

[Causes and treatments of a burning sensation in the nose](#)

Irritation, infections, and allergic reactions can cause a burning sensation in the nose. Here, learn about the treatments and home remedies that can help.

11 Ways to Ease Hip Pain

Stiffy, achy hips make it hard to stand up, hard to walk, hard to simply enjoy your daily life. Try these proven ways to ease the pain -- and most of them you can do right now, on your own.

[Read More >](#)



Alzheimer's / Dementia

[Can the 'love hormone' oxytocin treat Alzheimer's?](#)

New research suggests that oxytocin can restore brain cells' plasticity, which is key for memory and learning and may, therefore, help prevent Alzheimer's.

Heart Disease

[What can people do to lower diastolic blood pressure?](#)

There are many different ways to lower high diastolic blood pressure, including lifestyle and dietary changes. Learn more about 17 of them here.

Sleep / Sleep Disorders / Insomnia

[10 stretches to try before bed](#)

Stretching before bed may help improve sleep quality and ease insomnia. It carries few risks. Learn about 10 stretches to try before bedtime here.

[Can you get rid of heel spurs?](#)

Surgery can get rid of heel spurs by removing the excess bone. However, exercises and other nonsurgical treatments can relieve pain and inflammation.

[Vegan diet may promote healthy aging](#)

New research adds to the mounting evidence that following a vegan diet can help promote healthy aging and prevent age-related disease.



SLIDESHOW

Ulcerative Colitis Symptoms

Ulcerative colitis is a form of inflammatory bowel disease and is different than Crohn's disease. [Read more...](#)



ARTICLE

Who Is at Risk for Kidney Failure?

Signs of kidney failure are due to the build-up of waste products that may cause weakness, confusion, lethargy, and more. [Read more...](#)

[Watery diarrhea: Treatments, remedies, and prevention](#)

Watery diarrhea has many potential causes, including viral infections and certain foods. Home remedies and medications can help treat symptoms. Learn more here.

Asthma

[How does the respiratory system work?](#)

Learn more about the respiratory system here. This article covers how it works, what it looks like, and some diseases and conditions that can affect it.

[How can you naturally increase stomach acid?](#)

This article will provide some natural ways to increase stomach acid. It also covers causes and risk factors associated with low stomach acid.



SLIDESHOW

Get a Grip on Rheumatoid Arthritis

People with RA may experience an increase in symptoms – called flares – that can last for days or weeks. [Read more...](#)



10 Things to Know Before Trying the Anti-Inflammation Diet

Epilepsy

[What to know about CBD oil for seizures](#)

CBD oil may help with some symptoms of seizures and epilepsy, though the isolated CBD compound may be the preferred treatment in most cases. [Learn more.](#)



7 Alzheimer's Disease Stages and Symptoms

Learn about the symptoms for each of the seven stages of Alzheimer disease. Know which signs to look out for. [Read more...](#)

The Truth About 12 Frozen Desserts

The frozen treats section offers more choices than ever before. Here's what you need to know to choose the best options for your health and waistline.

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[Cast-Iron Broccoli and Ricotta Pizza](#)

GIVE
IT A
TRY



[Dijon Chickpea and Egg Salad](#)

TRY
THE
RECIPE

[What factors affect the size of a penis?](#)

Is penis size genetic? Do other factors affect penis size? Read on to discover how much genetics affects penis size and what role other factors play.

[9 Silent Signs of Liver Cancer You Shouldn't Ignore](#)

[Although liver cancer is rare, your doctor might recommend regular screenings if you're at high risk.](#)

[Read More](#)

Constipation

[Causes and treatments for a full stomach](#)

If a person's stomach feels full, they may have indigestion or constipation. However, this can also be a symptom of a longer term condition.

[10 Yoga Stretches That Help Banish Belly Bloating](#)

[We all get hit with digestive discomfort from time to time. To find some natural relief, look to yoga to ease bloating, indigestion, and gas.](#)

[Read More](#)



[What can cause vomiting and diarrhea alongside stomach pain?](#)

Conditions that cause vomiting, diarrhea, and stomach pain vary from relatively harmless to potentially life threatening without treatment. [Learn more here.](#)



SLIDESHOW

Low-Testosterone and Aging

Testosterone levels decrease as men age. Learn about signs, symptoms, and treatments... [Read more...](#)



SLIDESHOW

How to Treat Deep Vein Thrombosis

A painful, swollen leg may signal a dangerous clot. See signs and treatments for DVT. [Read more...](#)



SLIDESHOW

Hair Loss in Men and Women

Hair loss is extremely common, affecting 50 million men and 30 million women in the U.S. [Read more...](#)

Sugar vs. Artificial Sweeteners

In order to reduce your sugar intake, is a switch to artificial sweeteners the right move?

[READ MORE](#)

Surprising Things That Raise Your Blood Pressure

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

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Germany says COVID-19 vaccine unlikely before mid-2021

The United States, the European Union and the UK have been making pre-orders with pharmaceutical companies in the hope of... [Read more](#)

'Stage 3 is not ending in three weeks': Melburnians warned to prepare for long haul

After yesterday's record Victorian COVID case numbers, some experts are calling for the immediate introduction of stricter stay-at-home measures, including an urgent rethink of what is an "essential industry" to try to drive down the virus.



Can Your Ears Show a Sign of Heart Disease?

A crease in your earlobe could mean heart problems. Here's what else your ears can tell you.

[Read More >](#)

Seaweed extract may be more effective than remdesivir

Updated on July 30, 2020 at 8:00 a.m. PDT

- The authors of a recent study conclude that extracts from seaweed might be more effective at treating COVID-19 than remdesivir, the current leading antiviral drug for SARS-CoV-2. The results of their study appear in the journal [Cell Discovery](#). Read our full coverage of the research [here](#).
- The preliminary results of a recent [study](#) show that an inhaled version of interferon-beta reduced breathlessness and increased the chances of recovery in people with COVID-19. The study included data from 101 patients at nine hospitals in the United Kingdom. Find more live updates from MNT [here](#).

[READ THE FULL UPDATE](#)

Is Coffee Good for You or Not?

Caffeine can get a bad rap, but caffeinated coffee doesn't seem to raise the risk of developing high blood pressure, or worsening existing hypertension problems.

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