

Health & Views

Health Newsletter for Sri Lankans globally, & others

August 2020
2nd issue

[Protein From Plants a Recipe for Longevity](#)

Our Best Advice for Going Vegetarian

Whether you're just eating less meat or you're ready to fully commit, these shopping and cooking tips can help.

Depression

[CBD oil: Does it work?](#)

Research exploring the benefits of cannabidiol (CBD) oil is still at a relatively early stage, however more and more studies have started to demonstrate CBD's potential.

Why Gallstones Are Linked to Cholesterol

75 or Older? Statins Can Benefit Your Heart

[https://livesonline.rcseng.ac.uk/client/en_GB/lives/search/detailonmodal?ent:\\$002f\\$002fSD_ASS ET\\$002f0\\$002fSD_ASSET:374222/ada?qu=A.T.S.Paul&d=ent%3A%2F%2FSD_ASSET%2F0%2FSD_ASS ET%3A374222%7EASSET%7E1&te=ASSET](https://livesonline.rcseng.ac.uk/client/en_GB/lives/search/detailonmodal?ent:$002f$002fSD_ASS ET$002f0$002fSD_ASSET:374222/ada?qu=A.T.S.Paul&d=ent%3A%2F%2FSD_ASSET%2F0%2FSD_ASS ET%3A374222%7EASSET%7E1&te=ASSET)

TRUE STORY*

A sweet grandmother telephoned St Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?" The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?"

The grandmother in her weak, tremulous voice said, "Norma Findlay, Room 302." The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator returned to the phone and said, "I have good news. *Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal and her physician, Dr. Cohen, has scheduled her to be discharged tomorrow." The grandmother said, "Thank

you. That's wonderful. I was so worried. God bless you for the good news."

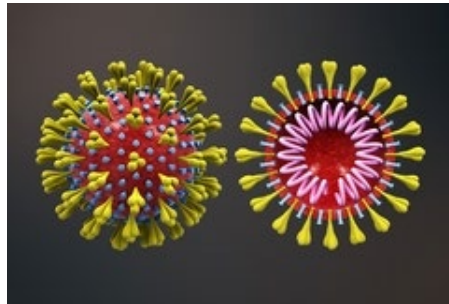
The operator replied, "You're more than welcome. Is Norma your daughter?"

The grandmother said, "No, I'm Norma Findlay in Room 302. No one tells me anything."

How Could Herd Immunity End the Pandemic?

You may have heard health officials mention it as a possible way to contain the spread of COVID-19. Here's what you need to know about herd immunity and how it could help stop the spread of the coronavirus.

[Read More >](#)



[Study reveals good gut bacteria helps reduce the risk for heart disease](#)

The bacteria's activity in the intestines reduces the production of a chemical that has been linked to the development of clogged arteries. After it's manufactured in the gut, the chemical enters the bloodstream and travels to the liver, where it is converted into its most harmful form.

Should You Be Taking Fish Oil Supplements?

Many people take omega-3 with the hopes of warding off heart disease. This cardiologist shares what he tells his patients.

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12 Reasons Your Knees Could Be Hurting

You use your knees a lot, so a lot can go wrong. And it might even be "referred pain" stemming from somewhere else in your body, like your hip or foot.

[Read More >](#)



Common Side Effects of Tamoxifen

For more than 30 years, doctors have prescribed it to treat breast cancer. Here's what you should know.

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eLanka

SriLankan Community in

Australia

Mobile: 0402 905275

Office: +612 9630 5362

Email: neil@elanka.com.au

Web: www.eLanka.com.au

Linked In:

www.linkedin.com/in/elanka

Facebook:

www.facebook.com/eLanka.com.au

[What is the truth about 5G? Four Corners spoke to leading experts and anti-5G activists to find out](#)

The global rollout of 5G has spawned wild conspiracy theories, and the coronavirus pandemic was the perfect environment for them to spread. Four Corners has investigated these claims and examined the science around whether the technology is a threat to our health.



Nutrition / Diet

[Best vitamin B12 foods: Supplements and RDA](#)

The best vitamin B12 foods include clams, liver, and trout. Fortified foods, such as cereals and nutritional yeast, are plant-based alternatives. Learn more [here](#).

Getting to know your gut microbiota

Do you know the surface of your digestive tract? How many kilos does it weigh? A new infographic from GMFH gives an overview of the fascinating world of gut bacteria...

Best Veggies to Eat When You're Watching Carbs

Look at more than just carb content when choosing your vegetables -- fiber and other nutrients matter, too.

[Read More](#) >



First phase III candidate vaccine trial begins in the US amid rising numbers of cases

Updated on July 27, 2020 at 8:00 a.m. PDT

- Today saw the start of a phase III clinical trial to test whether the experimental COVID-19 vaccine mRNA-1273, which many know as the Moderna vaccine, can prevent COVID-19 in adults. Meanwhile, the number of confirmed COVID-19 cases and deaths in the United States continue to rise. Read more updates [here](#).
- A new study by researchers from the University of Arkansas, Fayetteville, AR, highlights how many people are harboring thoughts of suicide during the pandemic. About 10% and 15% of respondents fell into the categories of moderate and high risk, respectively. Read our coverage of the results [here](#).

[READ THE FULL UPDATE](#)

Natural Treatments for Diabetes

Can drug-free remedies for blood sugar problems help on their own, without medication?

[Read More](#) >

Best Diets When You Have Diabetes

See which eating plans will help you shed pounds without compromising your blood-sugar goals.

[Read More](#) >

Ellen DeGeneres' Aussie wife speaks out amid show allegations [Breaks silence](#)
[Read more on 9Honey](#)

Diabetes

[How many carbs per day for a person with diabetes?](#)

The number of carbs per day for people with diabetes varies depending on age, weight, physical activity, and other lifestyle factors.



[Fermented foods and gut health: what science says today?](#)

Fermented foods are trendy and consuming them is good for your gut health. Learn more about the science behind...

The Truth About Insulin

What makes your body unable to make its own, or use it well? Is it always needed to treat diabetes? Here's what you need to know.

[Take Quiz >](#)



Foods and Drinks That Can Wreck Your Bones

What you choose to eat, drink, and do can have a tremendous effect on your bones. See what you might need to give up.

[Read More >](#)

16 Things Doctors Eat for Breakfast Every Day

This is what doctors and other medical experts eat for breakfast, from peanut butter and banana to a glass of chocolate milk.

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[>](#)



What It Means to Have Prediabetes

Think of this diagnosis as a chance to take action and turn your health around.

[Read More >](#)

This Is What Happens to Your Brain When You Have Sex

Here's why the brain is the most powerful sex organ.

[Read More](#)



What to Do for Diabetic Peripheral Neuropathy

This nerve damage is a common complication of both type 1 and type 2 diabetes. Find out how to prevent it, slow its progression, and deal with symptoms.

[Read More >](#)

Why Is Cellulite So Dang Hard to Get Rid Of?

Even after you lose weight, those stubborn lumps never seem to smooth out. What gives?

[Read More](#)

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 protective vaccine.

[Read More](#)



What's Behind the Collagen Craze?

Learn what collagen, one of today's most popular nutritional supplements, can do for your skin, bone, joint, and gut health.

[Read On](#)

11 Reopened Places That May Never Be Clean Enough

Even with stricter cleaning protocols in place, these spots may never be as clean as we would like.

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10 Things that Will Dehydrate You Fast

Nutrition experts reveal the unexpected things that will dehydrate you, from gardening to drinking a lot of coffee, and how to stay hydrated.

[Read More](#)

The Serious Reason You Need to Stop Keeping Hair Ties Around Your Wrist

Your handy carrying spot could be a major health risk.

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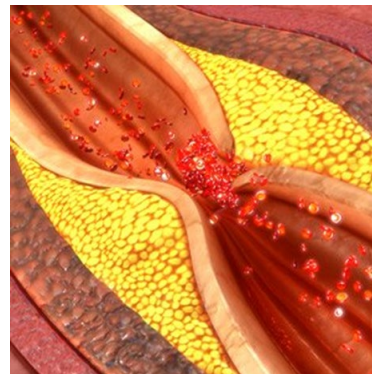
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Lockdown sparks and sex after 60

/// The meeting of minds is a great aphrodisiac



Hopes have been raised after researchers said Oxford University's experimental coronavirus vaccine is safe and generated a strong immune response. Scientists [were more than happy with the first results](#), which showed good immunity after a single dose of vaccine. The UK prime minister, Boris Johnson, called the results "very positive news", adding: "There are no guarantees, we're not there yet and further trials will be necessary – but this is an important step in the right direction." [Trials of an experimental drug that is inhaled](#) have also found a significant reduction in hospital patients with Covid-19 needing to be put on a ventilator or dying from the disease, researchers say.

From The Guardian

Cholesterol Levels: What the Numbers Mean

Do you know the different cholesterol levels and what they mean? Learn about tests, treatments, and critical foods from eggs to avocados.

READ MORE



12 Refreshing Summer Mocktail Recipes

HYDRATE



12 Smart Ways to Cut Sugar From Your Diet

GET
STARTED

A blood test can pick up cancers up to four years before symptoms appear, researchers say, in the latest study to raise hopes of early detection. A team led by researchers in China say the non-invasive blood test – called PanSeer – detects cancer in 95% of individuals [who have no symptoms](#) but later receive a diagnosis. The Guardian



Lighter, Quicker Eggplant Parmesan

TRY IT

When Breast Cancer Spreads

Even if your metastatic breast cancer isn't curable, there are treatments that can help manage your symptoms. See what your doctor may recommend.

[Read More >](#)



What Is Inflammatory Breast Cancer?

This type of breast cancer may not show up on a mammogram and is often misdiagnosed as an infection. Know the symptoms.

[Read More >](#)

Exercising During Cancer Treatment

Get tips for stretching, aerobic activity, strength training, movement, and other forms of exercise.

[Read More >](#)

How Diabetes Leads to Heart Disease

Report of the Dedicated services rendered by the Volunteers to Assist Children with Disabilities, Bandarawela, Sri Lanka

What do we do?

Most children with disabilities are from impoverished single parent rural communities where the breadwinners are low skilled casual labourers or subsistence farmers. In a majority of instances, it is the maternal grandparents who care for these children so that the mother can generate an income for the family.



Given that these parents lack the means or facilities to care for their children or even take them for medical assessments, health checkups, medication and rehabilitation etc. at government hospital clinics, we intentionally established our centres in townships bordering areas where the numbers of children with disabilities were known to be significantly higher.

VACD centres provide our children with training in numeracy, literacy, personal health, life skills, computer literacy, sports, music, vocational and leadership, and children with academic potential are given monthly allowances for educational purposes.

We provide nutritious meals and give financial aid for medication, medical aids, and travel for specialist consultations. Health records of individual children are maintained at our centres, and our staff liaise with the local pediatric clinics to ensure that our children undergo regular checkups, medication, and rehabilitation and coordinate visits to our centres by medical specialists.

We provide the parents with financial support, leadership and vocational training and arrange microfinance for their homebased income generating ventures.

We conduct seminars and workshops for our parents and hold regular health, rehabilitation and educational camps for children and parents.

Cultural, social and community awareness programs are conducted by us to eliminate community and public discrimination and abuse of children with disabilities and their families.

Photo Gallery:



Our Australian and Sri Lankan teams consists of a total 115 members, of whom 107 are volunteers and only 8 are salaried staff. The number of teaching staff will increase by another seven later this year to cope with increasing needs. We presently have 330+ children registered with us across the Uva province in Sri Lanka and expect the number of children in our fold to grow significantly as we broaden our outreach across the Uva Province.

Donations can be made to VACD Australia (with tax deductibility for Australian taxpayers only) in the following ways:

Via the VACD webpage: (from any country)

<https://www.vacd.org.au/index.php/donations/cba-credit-cards>

where you can make regular or ad hoc donations via your credit card, PayPal, electronic transfers, or a direct bank deposit.

Via the VACD Bank account: (online from any country by electronic/ direct deposits)

Name of account: Volunteers to Assist Children with Disabilities Limited

Bank: Commonwealth Bank of Australia

Branch: Cnr of Liverpool & Castlereagh Streets, Sydney NSW 2000

Account No: 1130 2156

BSB: 062-016

Donations in Sri Lanka rupees can be made via the VACD Sri Lanka bank account as follows (within Sri Lanka):

Name of account: Volunteers to Assist Children with Disabilities Private Limited

Bank: Seylan Bank

Branch: 240 Badulla Road, Bandarawela, Sri Lanka

Account No: 046035439722001

We will consider granting any major sponsor/supporter the naming rights to the new Welimada centre, similar to how it was done with our Bandarawela ("Sir Robert Clark Centre for Children with Disabilities") and Badulla ("Dora Jeanne Centre for Children with Disabilities").

Felix Stephen

Chairman of the Board of Directors - VACD Ltd. Sydney – Australia -

<https://www.vacd.org.au/>

Ways to Treat Non-Small-Cell Lung Cancer

There are several different ways to treat your non-small-cell lung cancer. Here's what you need to know about radiation, immunotherapy, chemotherapy, and other approaches.



[Read More >](#)

What Is Non-Small-Cell Lung Cancer?

About 80% of people who have lung cancer have non-small-cell lung cancer. And you may not have any symptoms.

[Read More >](#)

Types of Immunotherapy for Lung Cancer

Immunotherapy helps your immune system fight cancer in much the same way it fights off colds and viruses. Here's how it works.

[Read More >](#)

Stop Making These Cholesterol Mistakes

Don't skip getting your cholesterol checked -- unhealthy numbers typically don't cause symptoms. See how many other no-nos you might be guilty of.

[Read More >](#)



10 Surprising Things Muscle Spasms Reveal About Your Health

Although occasional muscle spasms are normal, a persistent one can spell trouble. Here's what's going on, and when to seek help.

[Read More](#)



How Long Do Coronaviruses Live on Surfaces?

Download or print our chart showing how long they can live on everything from jewelry to cardboard boxes.

[Read More >](#)

Is It Safe to Take Elderberry Syrup?

Elderberry syrup seems to have antiviral properties and may help if you have the flu. Is there evidence it can help with COVID-19 -- and is it safe?

[Read More >](#)

Why You Need to Talk to Your Doctor Before You Start Taking Supplements

Thinking of starting a new supplement routine? Talk with your doctor first before popping a pill.

[Read More](#)



Depression

[Serotonin deficiency: Symptoms and treatment](#)

Learn about the causes and symptoms of serotonin deficiency here. We also discuss how to raise serotonin levels and how doctors test and diagnose low serotonin.

Endocrinology

[What to know about ghrelin](#)

Ghrelin is a hormone that regulates appetite. It also facilitates the function of the pituitary gland, controls insulin, and protects cardiovascular health.

Mistakes You're Making With Antibacterial Wipes

Did you know that some wipes are only approved to kill bacteria, not viruses? That's just one of the mistakes you may be making. Here's what you need to know.

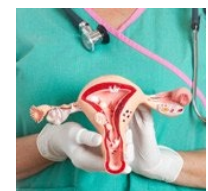
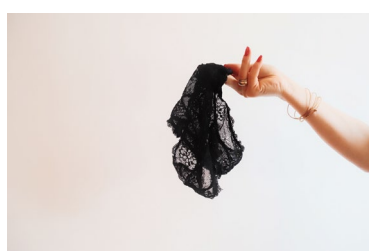
[Read More >](#)



8 Underwear Mistakes That Can Mess With Your Health

Wearing the wrong kinds of underwear can increase your risk of infection. Make sure not to make these underwear mistakes.

[Read More](#)



Are Ovarian Cysts Dangerous?

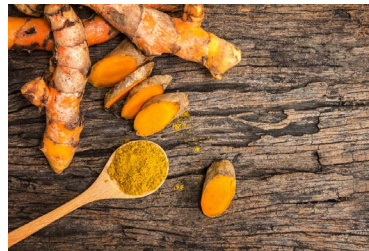
What causes an ovarian cyst? What are the potential risk factors for developing these cysts?

[Read more...](#)

13 Food Rules of an Anti-Inflammatory Diet

What exactly is an anti-inflammatory diet? It can help you achieve optimal health while also helping you fight disease.

[Read More](#)



What to know about eye irritation

The term eye irritation describes feelings of dryness, itchiness, pain, or grittiness in the eye. Many factors can cause eye irritation. Learn more here.



Body Scanning Meditation

Relax your body and mind through the practice of body scanning meditation. Meditation is about learning to relax rapidly, to focus better, and to manage thoughts and emotions more intelligently.

[Read On](#)

The Benefits of Natural Oils for Skin and Beauty

They are touted as alternatives to condition hair, moisturize skin, fight acne, and strengthen nails. Take a stroll down the beauty aisle of your drugstore and you'll find them in many products. Do they work?

[READ MORE](#)

COVID-19 May Spike Blood Sugar, Raising Death Risk

Bodies stressed by severe COVID-19 could produce abnormally high blood sugar levels, even in people without diagnosed diabetes.

[Read More >](#)

Prevent Diabetes-Related Eye Damage

To avoid losing your vision to complications from diabetes, stick to these healthy habits.

[Read More >](#)



Home Remedies for Psoriasis

Looking for a way to ditch the itch? Discover home remedies for psoriasis and help heal irritated skin. [Read more...](#)



SLIDESHOW

How Diabetes Affects Your Feet

Diabetes can cause serious foot complications such as nerve damage, infection, and ulcers. [Read more...](#)

QUIZ

Lung Cancer Quiz

What are the early signs of lung cancer? What causes it? What are lung cancer screening tests? Take this quiz to find out.

[Read more...](#)



How to stop your glasses steaming up – and 19 other essential facts about face masks



Covid-19 / Baby boy infected with coronavirus in womb



Can Coronavirus Spread Through Food?

We know the virus is mostly spread person-to-person through close contact, but can you also catch it from food?

[Read More >](#)

Fruits With the Most (and Least) Sugar

No fruits are truly off-limits when you have diabetes, but keep their sugar content in mind when you're deciding what to eat.

[Read More >](#)



Signs of Wet Age-Related Macular Degeneration

Its symptoms may start suddenly or develop gradually, and can mimic eye problems caused by diabetes.

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Insulin Resistance: Know Your Numbers

Certain blood test results can show that you're on your way to developing diabetes. Here's what the numbers mean.

[Read More >](#)

How Vietnam protected every life

Vietnam has a population of 97 million people, limited health-care capacity and a border shared with China. Yet it has had [fewer than 400 confirmed cases of COVID-19 and no deaths](#).

Analysts from the Johns Hopkins Center for Health Security look at how Vietnam achieved it: preparedness, an early and aggressive response, good public communication and an emphasis on testing, tracing and quarantine.

[Outbreak Observatory | 5 min read](#)

Endocrinology

[COVID-19: Doctors round up evidence of damage outside the lungs](#)

Doctors on the frontline of the COVID-19 outbreak have published the first comprehensive review of the disease's effects on systems beyond the lungs.

Heart Disease

[Research associates COVID-19 with spike in broken heart syndrome](#)

According to a study, the psychological stress of the COVID-19 pandemic may be responsible for the increase in cases of "broken heart" syndrome.

Ear, Nose, and Throat

[What are the best nasal decongestants by age?](#)

What are the best nasal decongestants for different ages? Read on to discover the best nasal decongestants by age and current research.

Do You Have to Give Up Meat?

Eating fish high in omega-3 fatty acids can lower your risk of dying from coronary heart disease. But what about eating beef, chicken, pork, and turkey?

[Read More >](#)

Best and Worst Foods for Your Liver

Certain nutrients and antioxidants can do wonders for your liver -- and some foods can make it harder for your liver to do its job. See which foods to try -- and which to avoid.

[Read More >](#)



Statins Beneficial for Older Hearts, Too

Older adults with healthy hearts probably would benefit from taking a cholesterol-lowering statin, a new study says.

[Read More >](#)

Ways to Protect Your Heart Without Meds

You don't necessarily need pills to take care of your heart. These habits can make a big difference.

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What Your Sleep Position Says About You

Your sleep position can be linked to back pain, snoring, and how often you wake up at night. It may even say some things about your personality.

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Do You Have to Give Up Meat?

Eating fish high in omega-3 fatty acids can lower your risk of dying from coronary heart disease. But what about eating beef, chicken, pork, and turkey?

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[This label might soon be on all alcoholic drinks, can you spot what's different?](#)

The alcohol industry in Australia is arguing that proposed changes to labelling would cost too much, but a prominent medical researcher says this argument is "an absolute furphy".



[7 Trusted Mosquito-Repelling Products You'll Actually Want to Use](#)

[You don't have to be sticky and uncomfortable to avoid mosquito bites. Here are the best products to ward off mosquitoes this summer.](#)

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[Heartburn Meds Tied to Higher COVID Risk](#)

Popular heartburn medications may inadvertently up your chances of catching COVID-19.

[READ MORE](#)

[Symptoms of Hiatal Hernia](#)

The majority of people who have hiatal hernias don't even realize it. Those who do know typically find out when visiting a health care provider because of chronic heartburn.

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[This Is the Best Time of Day to Drink Coffee \(It's Not When You Wake Up\)](#)

[A morning cuppa could be more effective if you have it at this specific time.](#)

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[Mistakes That Can Affect Your Cholesterol](#)

Don't skip getting your cholesterol checked -- unhealthy numbers typically don't cause symptoms. See how many other no-nos you might be guilty of.

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[Which Has More Saturated Fat?](#)

Ice cream or Greek yogurt? A slice of cheese pizza or potato chips? You may be surprised when you learn which items will raise your "bad" cholesterol more.

[Read More](#) >

[What Dieting Does to Your Body](#)

Diets don't work. At least not in the long run. Sure, you can lose weight, but after a year, at least 1 in 3 of us gain it back. After 5 years? Almost no one keeps it off. And the more your weight fluctuates, the more likely you are to have these problems.

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[How Your Hormones Affect IBS](#)

No one knows the exact reason for irritable bowel syndrome, but experts are certain about one thing: Your gender plays a role.

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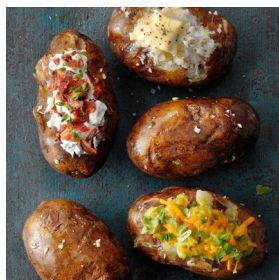
[Signs of Wet Age-Related Macular Degeneration](#)

Things may look twisted or distorted, like you were seeing them in a mirror that's out of shape.

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[Surprising Things That Can Damage Your Liver](#)

'A wicked enemy' / Why Australia's second wave of coronavirus will be tougher to fight



Jackie Kennedy's Favorite Foods »



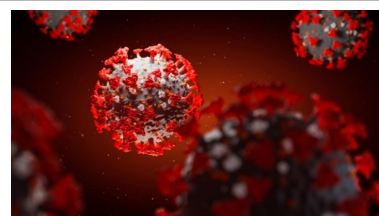
30 Vintage Recipes For a Ladies' Luncheon »



10 Probiotic Foods That Help Digestion

Probiotics are beneficial bacteria and yeasts found in probiotic foods and fermented products. They provide health benefits ...

[Read more...](#)



Common FDA-approved drug may effectively neutralize virus that causes COVID-19

Rensselaer Polytechnic Institute



30 Recipes June Cleaver Would Have Made »



10 Recipes Inspired by Little Women »



We Made Judy Garland's Vegetable Salad »



Benefits of Vegetarian Diet

One of the benefits of the vegetarian diet is that it is delicious. Make your meals from a variety of fruits, vegetables, whole grains, and beans.

Clinical Trials / Drug Trials

[Drug that calms 'cytokine storm' may reduce COVID-19 mortality](#)

New research finds that people with COVID-19 on ventilators who received tocilizumab had a 45% lower risk of dying compared with controls.

[What to know about morning breath](#)

Morning breath is the term many people use to describe bad-smelling breath on waking up. It is a very common problem that people can take simple steps to remedy.

[How to get rid of hard skin: Natural and home remedies](#)

Natural and home remedies can help get rid of hard skin on the hands, feet, and body. A person can also use preventive strategies to avoid getting hard skin.

Conditions That Can Cause Hallucinations

Hallucinations are when you see, feel, hear, smell, or taste things that aren't there. You might be surprised to learn how many different conditions can cause them - some of them quite serious.



[Read More >](#)

Acid Reflux / GERD

[The different types of antacids and how they work](#)

Learn more about the different types and brands of antacids. We also discuss their side effects, when to take them, and foods to avoid to limit acid reflux.

[READ MORE](#)

Quora

Are fried onions still good for you or must onions be eaten raw for health benefits?

[Harold Gunatillake](#)

[October 23, 2018](#)

FRCS Cosmetic Surgery & Nutrition, Faculty of Medicine, University of Colombo (Graduated 1957)

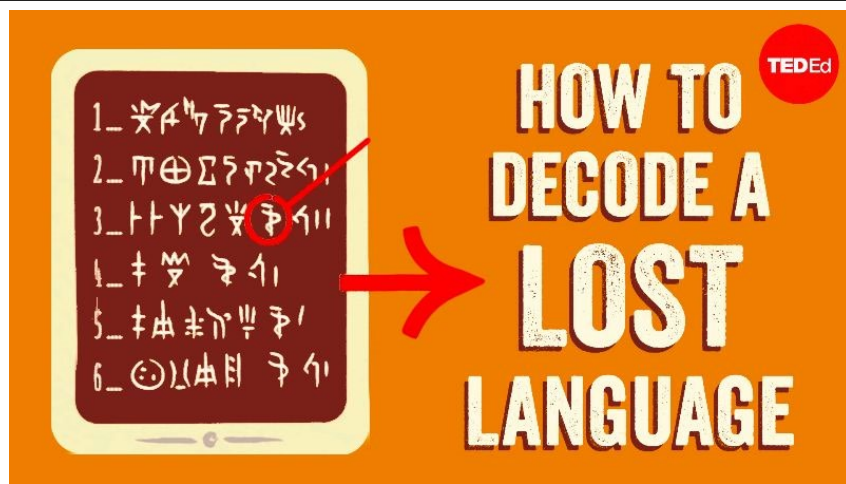
Any food item when fried could be unhealthy as it loses most of the nutrients. Deep frying is the worst. Stir frying, as the Chinese do on the wok uses little oil, but unfortunately the food is cooked at very high temperatures. True, the time taken is about five minutes, with all the smoke emanating. This too can be unhealthy. Nutrients are sacrificed for taste. Eating raw onions has its health benefits. Ladies may not like it because of the smell it gives. It is well accepted that onions increase the sensitivity of insulin. Onions cooked with Asian curries seem to be healthier, because the ingredients are boiled in water with added spices. Onion contains natural sugar, vitamins A, B6, C and E, minerals such as sodium, potassium, chromium, dietary fibre. In addition, onions are a good source of folic acid. All these micronutrients, except fibre may be destroyed during frying. Eating raw onions incorporated in salads is a treat. Frying food in oil adds to your calories, too

This Is What Happens to Your Body When You Don't Have Your Morning Coffee

Coffee plays a key role every morning for billions of people. But what happens when you skip it entirely?

[Read More](#)

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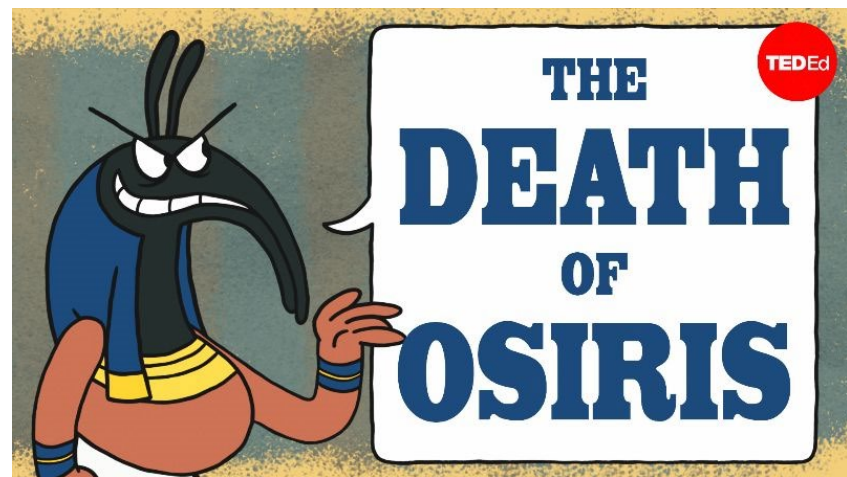


The race to decode a mysterious language

By Susan Lupack, directed by Gavin Edwards

In the early 1900s, archaeologist Sir Arthur Evans uncovered nearly 3,000 tablets inscribed with strange symbols. He thought the script, dubbed Linear B, represented the Minoan language, while others came up with their own theories. Was it the lost language of the Etruscans? Or an early form of Basque? Its meaning would elude scholars for 50 years. Susan Lupack explores the mysterious inscriptions.

[View the animation »](#)



The Egyptian myth of the death of Osiris

By Alex Gendler, directed by Keegan Thornhill, Gerta Xhelo

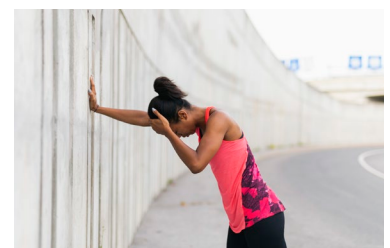
Long jealous of his older brother Osiris, the god who ruled all of Egypt, the warrior god Set plotted to overthrow him. Hosting an extravagant party as a ruse, Set announced a game— whoever could fit perfectly in a wooden chest could have it as a gift. But the chest was a coffin, trapping Osiris inside. Will his sisters be able to find and free him? Alex Gendler details the myth of Osiris.

[View the animation »](#)

8 Medical Conditions That Could Be Making You Dizzy

Feeling dizzy? Here are the symptoms and treatments for dizziness, which can be caused by a range of medical issues from mild to more serious.

[Read More](#)



Does alcohol make you poop?

Alcohol affects the gastrointestinal tract in several ways. Learn how alcohol may affect the bowels, how to prevent it from doing so, and how to get regular.

Bones / Orthopedics

What causes pain in the ball of the foot?

There are many reasons why the ball of the foot can be painful. Learn more about the possible causes and treatment options for ball of foot pain here.

Gastrointestinal / Gastroenterology

Gut bug may help prevent heart disease and promote longevity

On average, people who live for 100 years or longer have 15 times more of the bacterium *Eubacterium limosum* in their gut, a new study suggests.

10 Factors Affect Alzheimer's Disease Risk

Immune System / Vaccines

Weakness in legs: Why it happens and remedies

Weakness in the legs may have many potential causes, including autoimmune or neurological conditions. Learn about weakness in legs and when to see a doctor.

What to know about having a thin penis

What is considered a thin penis, and does size matter? Read on to discover if size is relevant, tips for better sex, and penis enlargement methods.



FEATURED

Food Frauds That Wre Your Diet

These 21 foods may seem healthy, but they can be shockingly high in fat, sugar, and calories. See better options that still taste great.

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Vitamin D Supplements

If you don't get enough sun exposure, food is unlikely to give you the amount of vitamin D your body needs. [Read more...](#)

Three COVID-19 vaccines show promise

Three new vaccines [produce an immune response to the new coronavirus](#). Two of the vaccines — one from China's CanSino Biologics and the other from a collaboration between Oxford University and Astrazeneca — use an altered adenovirus that mimics the coronavirus and, when injected in humans, triggers the creation of antibodies against it. The third, from Pfizer and German biotech BioNTech, relies on messenger RNA (mRNA) that synthesizes a crucial part of the coronavirus called the receptor-binding domain. They join US biotechnology company Moderna, which last week [published](#) evidence that its mRNA-based vaccine provoked immune responses in its early-stage trial. Next comes the all-important large phase III trials that will show whether these vaccines actually protect people from the new coronavirus. "What this means is that each of these vaccines is worth taking all the way through to a phase III study," said vaccine researcher Peter Jay Hotez. "That is it. All it means is 'worth pursuing'."

[New York Times | 6 min read](#)

Reference: [The Lancet paper 1](#), [The Lancet paper 2](#) & [medRxiv preprint](#) (not yet peer reviewed)

**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
Website: www.Doctorharold.com