

Health & Views

Discussing common health issues affecting us with age & sharing comments for better health & longevity.



November 3rd
issue
2020

Where
Does
Cholesterol
Come
From?

[Foods, Medicines That
Can Lower Colon
Cancer Risk](#)

**Australia may have vaccine
approved 'in weeks, if not sooner'**
Breakthrough as 'exciting' success rate
revealed [Read more on 9News](#)

FEATURED

Best Diets When You Have Diabetes

The right diet will help you control your blood sugar, get a handle on your weight, and feel better. These eating plans can give you the road map to do just that.

[READ MORE](#)

Foods That Are Bad for Your Heart

You don't need to cut them out of your diet completely, but know what to eat in moderation.

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How to Keep Your Lungs Healthy

Fun fact: When you laugh, you clear out stale air from your lungs and make room for fresh air.

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9 Foods That Fight Diabetes

Add these nutritional powerhouses to your weekly menu to promote better blood sugar.

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FEATURED NEWS

Lower Your Colon Cancer Risk

Certain nutrients, foods and medicines may help protect against colon cancer.

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FEATURED QUIZ

Best Predictor of Type 2 Diabetes

Type 2 diabetes or adult-onset diabetes makes up about 90% of cases of all diabetes.

[TAKE THE QUIZ](#)



<https://www.elanka.com.au/>



14 Low Blood Sugar Symptoms, Dangers, and Causes

Low blood sugar or hypoglycemia is a complication of type 1 and type 2 diabetes. It's usually caused by diabetes medications.

[Read more...](#)

https://mcusercontent.com/3bea046bd8680837e8404fbad/files/73c7f770-4edf-46ee-becc-3809e3b2f6c5/Liver_health_transcript_video_01.pdf



[Thanksgiving Feast: 4 Recipes for a Homemade Holiday Dinner](#)

Thanksgiving is my favorite holiday because it's so simple and so pure. It's about cooking, eating and sharing. Period.

[Read On](#)



[2 Thanksgiving Staples: Lovage and Sage](#)



[10 Thanksgiving Day Recipes](#)



[Recipe for Thanksgiving Leftovers: Turkey Tetrazzini](#)



[Baked Stuffed Apples](#)

With a month until Christmas and many countries are assessing Covid options to allow families to gather together for the festive season. In Australia, the Queensland [border will reopen to Sydney residents](#) and travel restrictions will be relaxed from 1 December. [Overseas, the situation is very different](#) with new [daily death toll records](#) for the second wave in Spain and [Italy](#). Spain recorded 537 new Covid deaths and has [limited Christmas gatherings to six people](#). The UK plans to let three households mix for five days over the festive period, but public health experts warn there [needs to be five days of tougher restrictions](#) to make up for each day of a looser regime

Apple Cider Vinegar Myths and Facts

Many people like the idea of using all-natural, non-toxic apple cider vinegar as a home remedy for various ailments because it is inexpensive and generally considered safe when used appropriately.

[READ MORE](#)



What Causes Heart Palpitations?

Your heart pounds, flutters, or seems to skip beats. You might call these feelings palpitations. [Read more...](#)



Finding Relief for Back Pain

Studies have shown that up to 80 percent of people are affected by back pain during their lives. [Read more...](#)

What are some of the top shoes for plantar fasciitis?

What are some of the best shoes for people with plantar fasciitis? We explain what to look for and avoid in a shoe and provide a list of options to try.

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Epidiolex (cannabidiol)

Epidiolex (cannabidiol) is a brand-name prescription drug used to treat seizures caused by three forms of epilepsy. Learn about cost, dosage, uses, and more.

[READ ON →](#)

Indigenous fashion is the future. It's time for First Nations people to reclaim it



Ahh, coffee...Even the smell of it is one of the best parts of every morning. And coffee has lots of health benefits too. But there can be some downsides too. Fortunately, today's article will show you the benefits of adding a little BAKING SODA to your daily cup of coffee to offset the downsides...

[4 benefits of adding baking soda to your coffee](#)



FEATURED NEWS

Another Promising COVID Vaccine

A third vaccine candidate shows good results in shielding recipients against COVID virus.

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FEATURED SLIDESHOW

How Colorectal Cancer Starts

Colorectal cancer is the third common non-skin cancer and can be cured if detected early.

[VIEW SLIDESHOW](#)

AstraZeneca's 'Oxford' vaccine 70% effective

Updated on November 23, 2020 at 8:00 a.m. PDT

- According to a [press release](#), the experimental COVID-19 vaccine developed by Oxford University and AstraZeneca prevents 70.4% of people from developing COVID-19. Although this is lower than the Moderna and Pfizer vaccines, using a different dosing regimen might increase the figure to 90%. Read more about the vaccine in our [live updates](#) article.
- According to a recent analysis, in the first 6 months of 2020, 53% of deaths from COVID-19 in 88 hospitals across the United States were Black or Hispanic patients. The analysis results appear in the journal [Circulation](#). Read more about the study [here](#).

[READ THE FULL UPDATE](#)

Dilemma of emergency vaccine approvals

Scientists are concerned that the early deployment of promising COVID-19 vaccines could compromise ongoing clinical trials that seek to show conclusively how well they work. Following the release of early data from phase III trials on 9 November, vaccine makers [Pfizer and BioNTech](#) have sought regulatory permission to deploy their vaccine under emergency-use rules. The developer of another leading vaccine, [Moderna](#), is expected to do the same within weeks. Once a vaccine is granted emergency approval, trial participants who received a placebo will be understandably keen to get the real thing. But [if too many people cross over to the vaccine group, the companies might not have enough data to establish the long-term effects](#) of the vaccines, including safety, how long protection lasts and whether the jab prevents infection or just the disease.

[Nature](#) | 6 min read

How Long Does Coronavirus Live on Surfaces?



The 6 Best Herbs For Immunity Building According To Ayurveda

Ayurveda recommend herbs such as amla, turmeric, ginger, aloe vera, mulethi, and Ashwagandha for a stronger immunity. Incorporate these into your diet for a healthy immune system.

[READ MORE](#)

What can cure erectile dysfunction in older adults?

Erectile dysfunction can affect many older adults. Learn more about the potential treatment options and cures for erectile dysfunction here.

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What are the effects of Ritalin?

Ritalin is a stimulant drug that has proven effective for ADHD, but has some short-term and possible long-term effects. Learn more.

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What are the symptoms of dementia in older adults?

Dementia is an umbrella term for a range of conditions that affect memory, problem-solving, language, and judgment. Learn more about the symptoms here.

[READ ON →](#)

What to know about anal warts

Anal warts result from the human papillomavirus — HPV. They can cause itching, bleeding, and other symptoms, and various treatments can help. Learn more here.

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[This daily routine can help your aging skin stay healthy.](#)

Your skin goes through many changes as you age. All you need to do is look in the mirror. Aging skin loses fat and becomes thinner and drier. Red and pimply spots can appear on the face (a condition known as rosacea). Spots also can become waxy and pink, particularly around the nose, eyebrows, ear, and hairline (a condition called seborrheic dermatitis). Years of sun exposure can cause extra wrinkles and dark spots. But your skin (and face) is not defenseless against the effects of time and life.

COVID-19: Could immunity last at least 6 months?

Updated on November 17, 2020 at 8:00 a.m. PDT

- A new study finds that 6 months after mild, moderate, or asymptomatic COVID-19, the blood still contains immune cells that recognize SARS-CoV-2. This research suggests that reacquiring the infection may be rare. The study has not yet been peer-reviewed and appears on the preprint server [bioRxiv](#). Read more [here](#).
- A recent study concludes that flow and mindfulness might help us cope with the mental burden of lockdowns and quarantines. Flow occurs when someone is absorbed in an activity, and mindfulness is a state in which a person becomes fully conscious of their internal and external circumstances. Read *MNT*'s full coverage of the study [here](#).

[READ THE FULL UPDATE](#)

What are the side effects of not releasing sperm?

In most cases, it is not harmful for a person to ejaculate, however, it depends on the cause.

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[High Protein Diets: Good or Bad?](#)

Medical myths: All about diabetes

In this edition of Medical Myths, we focus on diabetes. We discuss natural "cures," physical activity, driving, prediabetes, and more.

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Vegan diets raise concerns for iodine deficiency

According to a new study, vitamin B12 levels do not differ between a vegan diet and a mixed one. However, iodine deficiency was common among vegans.

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What causes leg cramps? Risk factors and remedies

Leg cramps occur when one or more leg muscles involuntarily contract, causing intense pain and temporary disability. Learn about the causes, prevention, and treatment.

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Combo 'Polypill' Cuts Heart Risk

A single pill loaded with blood pressure meds and a statin can reduce your heart risk by 40%.

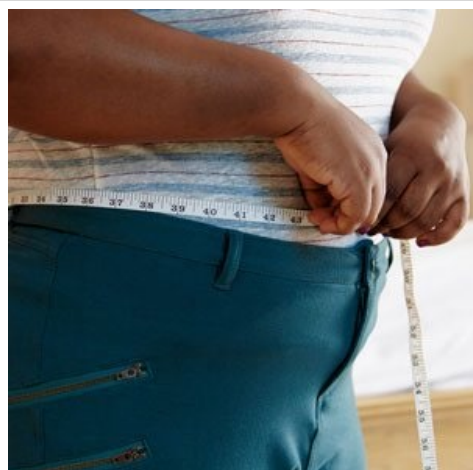
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Exercises to Relieve Joint Pain

Stretching keeps you flexible and helps you lower your odds of pain and injuries.

[VIEW SLIDESHOW](#)

4 Surprising Reasons You're Having Stomach Problems



FEATURED

Reasons You're Not Losing Belly Fat

Unhealthy eating is the biggest driver of big bellies. Too many starchy carbohydrates and bad fats are a recipe for that midsection to expand.

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[Joints Affected by Osteoarthritis](#)

[Is Psoriasis Curable?](#)

[Foods High in Protein](#)

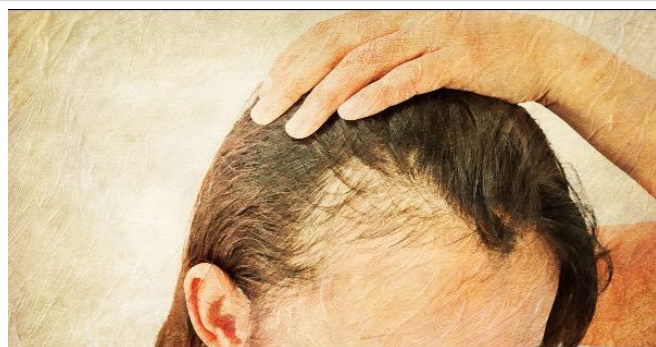
[Sleep Hygiene and Sleep Facts](#)



SLIDESHOW

Tips for Flat Abs

Many people are on a mission to get flat abs. These nine simple exercises and lifestyle tips really work. [Read more...](#)

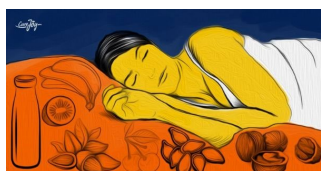


7 Natural Treatments For Hair Loss Due To Hypothyroidism

If hypothyroidism is the underlying cause of your hair loss, you will notice hair thinning across the scalp as well as in the outer edges of the eye brows.

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Rising average temperatures and levels of carbon dioxide are increasing extreme weather events in Australia, [a new report by the nation's two government climate science agencies](#) has found. We've entered a new era of sustained extreme events such as dangerous bushfires and heatwaves. While the current decade is the warmest in the last century, it's likely to be the coolest of the century ahead. The director of CSIRO's Climate Science Centre says the report's findings may be "confronting" but show "now is the time to act".
The Guardian



12 Foods That Help You Sleep: Have These And Snooze Better

If you've been struggling with sleepless nights, it's time to enlist some food power for help! Having foods with components like tryptophan, serotonin, and melatonin can help you sleep better. Tank up on tart cherries, pumpkin seeds, bananas, cow's milk, and walnuts for a good night's sleep.

[READ MORE](#)

Remembrance Day Approaches & So does Winter.

As is the norm in the waning months of the year
One can feel the change in the temperature so very clear
Forcing one to bring out the heavier clothes & outer-wear
Not forgetting the woolen toque to cover the ear

The cold does bring the skin to the sear
For frost bite is one that brings much fear
Confining ones' activities to their abodes & centred
around the heater
To keep ones' self-warm & keep the innards healthy and
in order

In addition the Pandemic has taken & persists in its share
By frightening us to forced confinement which tastes so
sour
All we can do is look out the window and leer
At Mother Natures' beauty which is perennial & brings
much pleasure

The cooler & fresh air brings in so invigorating an
atmosphere
As we breathe it unhesitatingly and with all composure
But being November, let's not forget our War Veterans
galore
That gave us theirs for our tomorrow, with guts glory and
valour

Noor R. Rahim
November 03 2020.

SEXUAL HEALTH

This Kegel Exerciser Strengthens Your Pelvic Floor for Better Sex and Bladder Control

Timing Your Eating Won't Help Weight Loss

Eating most of your calories early in the
day won't boost the benefit of a healthy
diet, new research suggests. Find out what
happened when two groups ate the same
food at different times.

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Are Dried Foods Good for You?

Drying, or dehydrating, makes foods last longer and keeps
them safe to eat. But what does it do to the nutritional
content?

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In Praise of Cottage Cheese

Once the darling of dieters, cottage cheese has taken a
backseat to superfoods like yogurt. Now it's time to
rediscover this nutritious protein.

[Read More >](#)

How Does COPD Affect the Lungs?

Damage to the
lung tissue over
time causes
physical changes
in the lungs.

VIEW

SLIDESHOW

Does Fish Oil Really Help Your Heart?

12 Common Teeth-Cleaning Mistakes That Make Dentists Cringe

We asked dentists to reveal the dental mistakes that make them cringe, from
rushing your toothbrushing to overusing whitening products.

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16 Condiments That Are Secret Health Bombs (And What to Eat Instead)

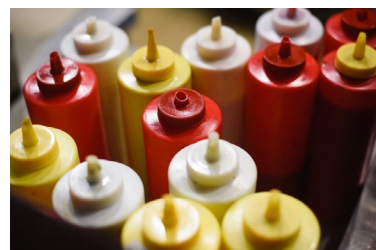
If a little drizzle of your favorite condiment always
turns into a dollop, it could mean extra salt, fat, and
sugar.

[Read](#)
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Opioid Misuse Disorder

Opioids can cause a
euphoric or 'high'
sensation and some
may abuse them for
recreation.

TAKE THE



7 Clear Signs You Might Have an Unhealthy Gut

You need the right balance of bacteria to maintain gut health—here's how to know when your microbiome might be out of whack.

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>



What to know about natural steroids

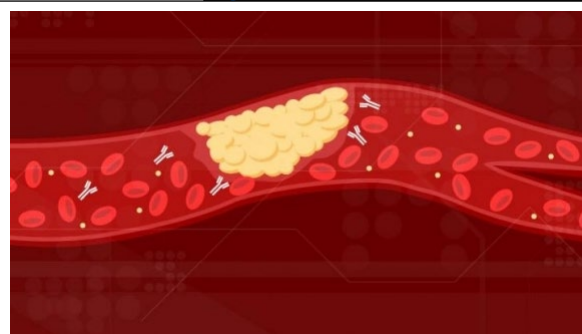
What are natural steroids and do they exist? Read on to find more about natural steroids, safety concerns, benefits, risks, and ways to build muscle.

[READ ON →](#)

Walking may be one of the most powerful “medicines” available.

It can help lower your risk of heart disease, cancer, and diabetes, lower blood pressure and cholesterol levels, and even keep your memory sharp.

The Surprising Reason We Eat Eggs for Breakfast



New cause of COVID-19 blood clots identified

Michigan Medicine - University of Michigan



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.

[Read More](#)

>



10 Foods That May Help Lower Cholesterol

Protect your heart by eating more foods that have a beneficial effect on cholesterol. Here are the experts' favorites.

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Ants are skilled farmers: They have solved a problem that we humans have yet to

University of Copenhagen

What Is True About COPD?

Is COPD (chronic obstructive pulmonary disease) the same as adult-onset asthma?

[TAKE THE QUIZ](#)

The biggest trees capture the most carbon: Large trees dominate carbon storage in forests

Frontiers



Moderate amounts of coffee are the best

SEXUAL HEALTH

'Stealthing' Is a Dangerous Type of Sexual Abuse—Here's What You Need to Know About It



Best and Worst Drinks for Your Waistline

Don't want to give up your favorite cocktails and fancy coffees? Try these lower-sugar swaps instead.

[Read More >](#)

MIND & BODY

Plus CBD Oil Is the Best Brand for Beginners—Here's Why



Why Isn't Everyone on This Diet?

This easy-to-follow, heart-smart eating plan is rich in produce, lean protein, whole grains, and healthy fats, and helps lower your blood pressure and cholesterol levels.



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SLIDESHOW

Fighting Cancer by the Plateful

No single food can prevent cancer, but the right combination of foods may help make a difference. [Read more...](#)



FEATURED

Corticosteroids and Anabolic Steroids: What You Need to Know

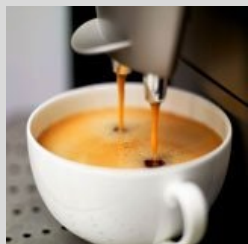
They've gotten a bad rap over the years due to illegal use, but steroids can help treat a variety of health conditions. Learn more about the different types and what they do.

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Insomnia Treatment: Sleep Aids and Stimulants

Learn about insomnia, and treatments including over-the-counter medicine, herbal supplements, and prescription... [Read more...](#)



9 Benefits When You Quit Caffeine

What would happen if you gave up caffeine? Find out what health benefits could be in store for your... [Read more...](#)

What to know about computer eye strain

Prolonged periods of screen time can lead to a condition called computer eye strain. This is sometimes known as computer vision syndrome. Learn more here.

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SLIDESHOW

Solutions for Joint Pain

Dealing with joint pain and arthritis? Here are some solutions for joint pain and tips to protect your joints from damage. [Read more...](#)

[Tips and suggestions to stop diarrhea fast](#)

What methods can help to stop diarrhea fast? Read on to discover tips to stop diarrhea quickly in both adults and infants and learn what not to do.

How Walking Mindfully Can Help With Your Diabetes

[Massage measurably reduces stress](#)

A 10-minute massage or period of relaxation measurably increases psychophysiological relaxation, according to the results of a recent study.

[Mattresses and beds for those with spinal cord injuries](#)

Spinal cord injuries can result in a person needing to remain in bed for a long time. Learn more about some mattress and bed options here.

[What causes high diastolic blood pressure?](#)

High diastolic blood pressure can increase the risk of adverse health events. Learn about the causes of high diastolic blood pressure and how to treat and prevent it.

[How to treat receding gums naturally at home](#)

Receding gums can expose the sensitive areas of the teeth, leading to an increased risk of tooth decay. Some remedies may help. Learn more.

[What are the effects of high and low uric acid levels?](#)

High uric acid levels can increase the risk of gout, which is a type of arthritis, and lead to other health problems. Learn more about uric acid here.

[What to know about an itchy foreskin with no rash](#)

There are many possible causes of an itchy foreskin with no rash. Learn about six of the most common causes and the available treatment options.

[What causes a puffy face in the morning?](#)

Facial puffiness tends to result from fluid retention, and this can have many causes. Here, learn why this puffiness is common and how to reduce and prevent it.

[Advil PM vs. Tylenol PM: Similarities and differences](#)

When a person has trouble sleeping due to pain or illness, they may be interested in trying Advil PM or Tylenol PM. This article reviews their differences.

[What can cause neck and shoulder pain together?](#)

Neck and shoulder pain can occur due to simple things, such as sleep position issues or injury. However, they can sometimes have a more serious cause. Learn

[Nausea during period: Causes, treatments, and prevention](#)

Nausea during or before a period is common, and a range of remedies and professional treatments can prevent or ease the issue. Learn more here.

[Two-fifths of plants at risk of extinction](#)

Plant “species are disappearing faster than we can find and name them”, says Alexandre Antonelli, the director of science at the Royal Botanic Gardens, Kew, which has released a report on the state of the world’s plants and fungi. [Two-fifths of the world’s plants are at risk of extinction](#), says the report. And some things are getting worse: almost 40% of vascular plants are under threat today, compared with 21% in 2016. We are “ignoring the potential treasure chest of wild species” that offers potential fuels, foods and medicines to humanity, says conservation scientist Colin Clubbe.

[BBC | 3 min read](#)

Reference: [State of the World’s Plants and Fungi report](#)

https://mcusercontent.com/3bea046bd8680837e8404fba/d/files/1d211cea-12e6-4626-b6dc-eeac5df47dc0/Liver_disease_and_failure_video_and_trans

SEX

Why Can't I Orgasm? What to Do If You're Having Trouble Reaching Climax



SLIDESHOW

The Stages of Colon Cancer

Colorectal cancer is the third most common non-skin cancer diagnosed in men and women in the U.S. [Read more...](#)

SLEEP

How Much Sleep You Need, According to Experts



FEATURED

Common Pantry Pests and How to Deal With Them

Are moths, weevils, mealworms, and other pantry pests spoiling your foods? Here's how to get rid of them and keep them away.

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SLIDESHOW

How Vaping Affects Your Body

You may think that vaping and e-cigarettes are safer than tobacco use, but that doesn't mean they're without risk. [Read more...](#)

United Kingdom: Excess cardiovascular deaths during pandemic revealed

New research finds an increase in cardiovascular deaths during the pandemic in the United Kingdom, prompting worries that people may not have sought care

8 home remedies to reduce puffy eyes from crying

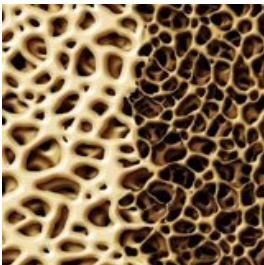
There are a number of home remedies to reduce puffy eyes from crying, from applying tea bags to making dietary changes. Learn more about home remedies here.

What to know about freezing meat

How long can you freeze meat? Read on to learn more about safely storing meat and the best practices for storing and freezing different meats.

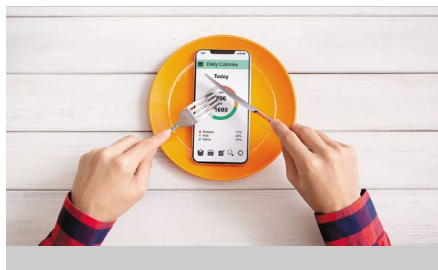
8 causes of sensitive nipples

There are many possible causes of sensitive nipples, most of which are benign. However, in rare cases, this symptom may be due to a severe condition that requires treatment.



Are Your Bones at Risk?

Osteoporosis causes symptoms of weak, thin, fragile bones. Learn the treatments used to fight... [Read more...](#)



[Stop counting calories](#)

Most people have been taught that losing weight is a matter of simple math. Cut calories — specifically 3,500 calories, and you'll lose a pound. But as it turns out, experts are learning that this decades-old strategy is actually pretty misguided. The truth is that even careful calorie calculations don't always yield uniform results.

How to Treat Liposarcoma

The main choices for this cancer that starts in your fat cells are surgery, radiation, and sometimes chemotherapy. There are some new treatments available too.

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Should You Try Acupuncture for Cancer?

This ancient practice is sometimes used to help people cope with symptoms of cancer or chemotherapy. Here's what you should know.



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What Causes Polycythemia Vera?

This rare blood cancer causes your body to make too many red blood cells, which thickens the blood and can lead to complications.

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Here's How to Lower Your Cholesterol

The thought of changing your diet and lifestyle can be overwhelming. But you don't have to make huge changes. Small steps -- like using this simple way to judge portions and eating more omega-3s -- add up.



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The Truth About Alcohol and High Cholesterol

Studies show that drinking in moderation may lower heart disease risk and raise "good" cholesterol. But how much is too much?

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[Fructose in diet may exacerbate inflammatory bowel disease](#)

New research in mice finds that a diet high in fructose makes IBD worse and that changes in microbiota may explain this effect.

[What are the safest ED pills?](#)

Any ED pill that a doctor prescribes is safe. However, as with all medications, a person may experience some side effects. Learn about the safest ED pills here.



SLIDESHOW

Before, During, and After a Stroke

Learn about stroke symptoms like sudden numbness or confusion. How can stroke be prevented? [Read more...](#)

Hormone Therapy (Estrogen/Progestin Therapy)

Hormone therapy refers to treating menopause symptoms with either estrogen or combined estrogen/progesterone. [Read more...](#)

Fending Off Asthma Attacks During a Pandemic

Falling leaves, pumpkins and apples are signs of fall. And so is asthma. Asthma attacks tend to increase in early autumn. During the coronavirus pandemic, it's especially important for people... [Read more...](#)



SLIDESHOW

Sunlight and Your Health

While too much time in the sun can be bad, small doses can be good for you in several ways.

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Performing brain surgery without a scalpel

By Hyunsoo Joshua No, directed by Luisa M H Copetti

Every year, tens of thousands of people have brain surgery without a single incision: there's no scalpel, no operating table, and the patient loses no blood. Instead, this procedure uses a machine that emits invisible beams of light at a precise target inside the brain. So how exactly does this treatment work? And what does it do to the tumors it targets? Hyunsoo No explains radiosurgery.

[View the animation »](#)

9 Tips for Fighting RA Fatigue

The fatigue that comes with rheumatoid arthritis can be so severe that you think you have the flu. What helps?

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How to Strengthen Your Immune System

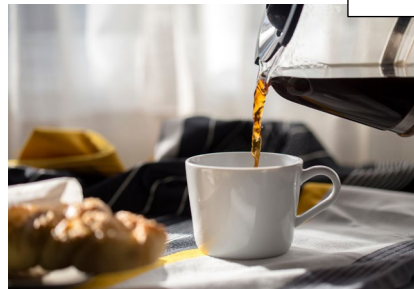
With RA, you have a harder time fighting off illness. Here are 13 ways to give your immunity all the advantages you can.

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7 Things That Happen to Your Body When You Drink Coffee Every Day

We love our coffee, for sure—but what does it actually do to your body?

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SLIDESHOW

All About Cooking Oils

Are you picking the right oils for your dishes? Learn which are healthiest and how to use them. [Read more...](#)

What Is MSG—and How Bad Is It, Really?

Do you get headaches or feel tingly after eating Chinese food? It may be from the flavor enhancer monosodium glutamate, better known as MSG.

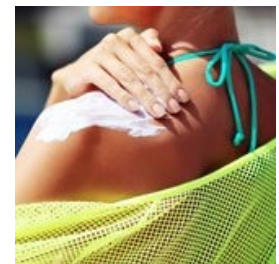
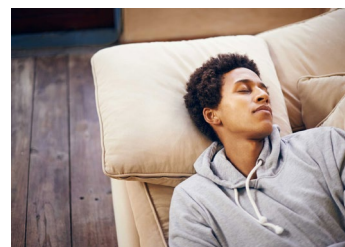
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9 Things That Can Happen to Your Body When You Get Too Much Sleep

Lots of us struggle to get enough shut-eye—but sleeping too much isn't good for you, either. Here's what happens when you overdo the z's.

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How to Keep Your Skin Beautiful

Your skin protects your body, but that's not all. The choices you make every day affect how your skin looks. [Read more...](#)

16 Ways to Ease Pain and Other RA Symptoms

Capsaicin gel blocks pain signals when you put it on your skin, and a splint may help prevent crooked fingers. See which other methods might bring you relief.

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SCIENCE

Mother's milk could help fight coronavirus, study finds

9 Signs You Don't Get Enough Sleep

Here are some red flags that say you need to catch more winks. And some of them, like waking up with dry mouth, could point to a medical issue.

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LIFESTYLE

The history of vindaloo, Portugal's precious gift to Indian curry

HAVE AN APPLE

Maybe the old saying should get revised to "an apple a day keeps the pounds away." Just make sure you're including the peel.

Apples with the peel offer ursolic acid, a natural compound **that's been shown** not only to increase brown fat, but also to increase muscle mass and strength. This is particularly important for weight loss because muscles also burn calories at a faster rate, so you're getting a two-fer calorie burner with one humble apple. BY [ELIZABETH MILLARD](#)

Climate crisis / Rising levels of carbon dioxide increasing extreme weather events in Australia, report finds

Compiled, edited & published by
Dr Harold Gunatillake
To unsubscribe email:
haroldgunatillake1@gmail.com



Is Kale Healthier Than Broccoli?



8 Sustainable Ways to Lose Weight Without Fad Diets

Pulmonary Fibrosis: Symptoms, Stages, Causes, and Life Expectancy

Pulmonary fibrosis is scarring throughout the lungs. In a condition known as hypersensitivity pneumonitis, fibrosis of the lung can develop following a heightened immune reaction to...

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