

Health & Views

CORONAVIRUS

6 Over-the-Counter Medicines to Treat Mild Coronavirus Symptoms, According to Medical Experts

AUSLMAT NEWS

Wishing all our Readers a very Happy Christmas & Prosperous 2021

Must click

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

Vishwa and baby Ovisha Adrianna enjoying the Christmas gift just arrived in Mother Lanka

Soft toys were sent to Laurie and Marg –forming part of the gift for Christmas. Quintus de Zylva thanks with blessings to all those who supported AUSLMAT for the work that done for the poorest of the poor in Sri Lanka.

He further says that it took seven weeks to reach the gifts

AUSLMAT first met Vishwa when she was at St. Gabriel's Hatton. Sr. Ethel was a jewel that looked after Vishwa in her formative years.



Time for national approach to infections in children with cancer

CHILDREN with cancer receive potent chemotherapy and supportive care, which together have revolutionised survival from childhood cancer. A child with acute lymphoblastic leukaemia diagnosed in Australia...

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12 Habits That Can Lower Your Blood Pressure

There are plenty of things you can do every day to help get high blood pressure under control that don't involve medication.

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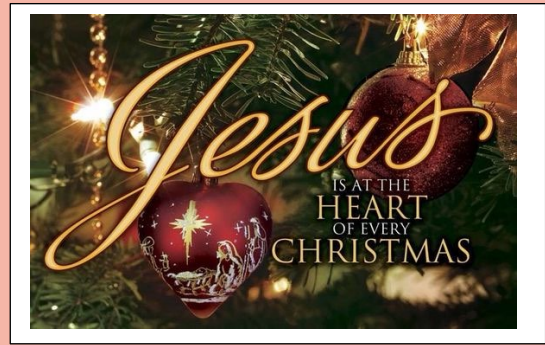
Christmas Message from Rev. Kanishka Raffel-Dean of Sydney



This year has been wretched in so many ways. First there was the grief of so many plans that had to be abandoned. Then, for many, there was real loss - of jobs, businesses, education, travel. We've not had the chance to celebrate birthdays, anniversaries, graduations. Perhaps hardest of all, the loss of loved ones has been made all the worse because we have not been able to gather with others for comfort, and fond recollection and thanksgiving for the lives of our dear ones. A whole new vocabulary has become commonplace - 'self-isolation', 'physical distancing', 'sanitise'. Perhaps this year, more than most, we long for the coming of the light. "The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shined", the biblical prophet Isaiah says. The coming of Jesus Christ into the world is the shining of the light of God's love upon a world that has wandered from him and fallen into darkness and gloom. He does not leave us in lonely isolation but comes among us as one of us, 'God with us'. He refuses to keep his distance though we often distance ourselves from him. He comes to wash us clean of guilt and fear and shame, and to dress us in Christmas robes of joy and peace and gladness. The angel says, "I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Saviour, who is Christ the Lord." We thank God that progress has been made in the development of a vaccine for covid-19, and that in Australia, unlike so many other places, the worst effects of the virus have been limited. But as this year has reminded us that we are not masters of our own destiny, Christmas assures us, we are not alone, and we are loved. News of great joy, for all the people, Christ the Saviour is born!

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Christmas Message from Pastor Lanil Gunasekera



We know we are approaching Christmas when we see Santa Claus, on T.V., Bill boards and in the papers. It is sad that the greatest event in the history of mankind has been replaced by a man who does not exist. The parents give gifts to their children and then lie about it that it came from Santa Claus. Or I have seen at shopping centers little ones been forced to take photos of someone dressed as supposed to be like Santa? To their dread. WHAT IS CHRISTMAS?

In the Bible the prophet Isaiah Writes:

"For a child is born to us, a son is given to us. The government will rest on his shoulders. And he will be called: Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. His government and its peace will never end. He will rule with fairness and justice from the throne of his ancestor David for all eternity. The passionate commitment of the Lord of Heaven's Armies will make this happen!"

Isaiah 9:6-7 NLT

Isaiah lived about 600 hundred years before Jesus Christ and this prophesy is about Jesus.

A child is born to us- This child is for everyone. Does not belong to one couple or to an individual but to all;

A son is given- note, "a Son and is given to us." Yes, He is a gift to all humanity

The Government will rest upon His shoulders- and then it goes on to say, "He will rule with fairness and justice from the throne of David for eternity. His reign or government will be an eternal. No one could replace Him nor could He be defeated. When we look at the things that are happening in the world today we see that nothing is the same as it was at the beginning of this year 2020. Countries are locked Down; People have lost their jobs; governments are going bankrupt, they are spending money they do not have. People are fearful even to get close to another human being.

But there is going to come an eternal government, the hall marks of which is fairness and justice.

He is called Wonderful Counselor, Mighty God Everlasting Father, Prince of Peace. Events have shown us that what we seek for Peace is unreliable.

Only He can bring Peace to you for the child born to us in that manger was none other than the Mighty Eternal God. LETS CELEBRATE THE REAL REASON FOR CHRISTMAS.



All happiness depends on a leisurely home-my humble warm and cozy cottage- cooked healthy Rice & Curry lunch, sitting in my back verandah overlooking paddy fields. The rice comes from the paddy field from the previous harvest, and now preparing for the next crop.

That delightful little hut, with mud walls, where I sit in the breeze which flutters the growing stalks

This is my get away home away from home spending my Christmas without the hustle and the bustle around me.

Pic. Sent by Rajiva Wijesinghe

Understanding Blood and Urine Test Results

Your blood and urine can reveal a lot about your health. Here's how to understand your lab test results.

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SLIDESHOW

How to Control High Cholesterol

Has your doctor prescribed a new heart medication? Learn more about different drugs.

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SEASON'S GREETINGS



The Perennial Festive Season.

The “nip in the air” brings out so much nostalgia of the Festive Season

It is a time for re-kindling our feelings for others in a very sincere fashion

Of all our pent up accumulations of feelings, with much passion

In addition the remembrance of the Creator of a Great Faith not to be forgotten

To add spice to the season comes the winter that makes it look forlorn

Bringing along the snow that covers the land with a carpet so pure & serene

So much of snow with loads being deposited on the roadways and gardens

Confining us to our homes and leading most of us into procrastination

The snow does or should remind humans of need of purity in our worldly sojourn

With the reflection of the sun creating a display of brightness to gladden

A reminder from the Heavens to share our love and goodwill to Family & Friends

And emulate the characteristic signs bestowed by the high heavens

The season also heralds the dawning of a New Year & its celebration

How nice is it to see the dawn with the dazzling display of the sun on the lawn

In these times of hardships let's pause a moment and think of the needy & want

Do charity with dignity to the affected in their struggle to survive the predicament

“A Very Merry Christmas & a Bright and Prosperous New Year”.

Noor Rahim – December 2020.

COVID-19 vaccine: Low-income countries lose out to wealthy countries

Written by Timothy Huzar on December 18, 2020

A coalition of experts and activists warn that next year, only 10% of people in 67 low-income countries will be vaccinated against COVID-19.

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Genes that give severe COVID

Researchers have identified [genetic variations that could make some people more susceptible to severe COVID-19 symptoms](#). Mutations in a gene called TYK2 can trigger an excessive immune response to COVID-19 and damage lungs. Mutations in a gene called OAS can keep the protein it encodes from doing its job, which is to stop viruses from replicating. And defects in the IFNAR2 can prevent the body from launching an early immune response, giving the coronavirus time to make a foothold. Researchers analysed more than 2,200 people who spent time in intensive care at UK hospitals to find the genetic mechanisms at play. The findings also point to existing drugs that might help to treat these cases. “It really is an example of precision medicine, where we can actually identify the moment at which things have gone awry in that individual,” says geneticist Vanessa Sancho-Shimizu.

[BBC | 5 minutes](#)

Reference: [Nature paper](#)

Antipasto barbecue chicken recipe

A deliciously easy mix, with juicy veggies, olives and feta.



How to Safely Enjoy Alcohol

If you want to celebrate the festive season with wine, beer, or a favorite cocktail, keep these guidelines in mind.

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Australians tell us: Why I don't drink alcohol

- A number of people with [long COVID](#) have reported an impact on their menstrual cycles. In a new feature, *Medical News Today* spoke with two medical experts and six individuals who have been experiencing these disruptive changes to their menstrual cycles. Read the full feature [here](#).



Satay salmon with crunchy cucumber and herb salad recipe

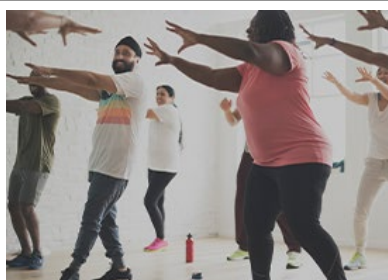
The perfect blend of fresh, juicy and creamy flavours, with a little kick of spice.

Tai noodle salad with marinated tofu recipe

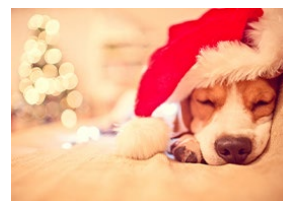
A rainbow-bright Asian noodle dish, packed with flavour and a healthy mix of vegetables

Rainbow salad recipe

Brighten your celebration with this fresh and colourful salad, sweet with the goodness of persimmons.



Learn the world's fittest dance



6 ways to keep your pets safe and happy over the holiday break

So You Have Diabetes: Now What?

Diabetes is a lifelong journey, and steps that you can take today will set you up for healthier days down the line.

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Opioid prescribing: personalised approach is way forward

WHETHER it comes to educating doctors or prescribing to patients, a personalised approach to pain management is the way forward, experts say. The past 15 years have seen a steep rise in opioid-related...

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Drop These Cancer-Causing Habits Now

While there's no way to guarantee you'll never get cancer, there are plenty of things you can do to decrease your risk.

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How is red meat linked to cancer?

A study looks at the mechanisms that underpin links between red meat and cancer. The authors home in on antibodies to a specific carbohydrate.

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What are some of the top running shoes for women?

What are some of the best running shoes for women? Learn what to look for in a woman's running shoe and find out about some specific products to try.

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Lifting the lid on fermented foods

Why some bacteria in food is good for you.

[Read more](#)

Mount Everest is marginally higher than previously thought.

China and Nepal have [agreed on a height of 8,848.86m](#), which settles a long-running conflict over the height of the world's tallest peak.

14 Natural Ways to Get More Sleep

Certain sleep aids and supplements may help you snooze without medication. Which ones look promising? What are the potential side effects?

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WEIGHT LOSS

You Can Definitely Use Walking for Weight Loss—Here's How to Do It the Right Way



Blood Type Does Not Influence the Effects of a Vegan Diet

Blood type does not influence the health benefits of vegan diets, according to a study published in the *Journal of the Academy of Nutrition and Dietetics*. Researchers with the Physicians Committee compared weight, body composition, and cholesterol levels with blood type in participants who either followed a vegan diet or made no dietary changes from a randomized control trial previously published in [JAMA Network Open](#). There were no differences observed in these health outcomes between blood types A, B, or O. Those who followed a plant-based diet increased their metabolism as measured by an increase in after-meal calorie burn of 18.7%, on average, when compared to the control group. These results debunk the “blood type diet” by finding that blood type was not associated with the effects of a plant-based diet on body weight, body fat, plasma lipid concentrations, or glycemic control. The authors note that there is no clinical reason to limit the potential health benefits of plant-based dietary interventions for chronic disease prevention and treatment based on blood type.

Reference

Barnard ND, Rembert E, Freeman A, Bradshaw M, Holubkov R, Kahleova H. Blood type is not associated with changes in cardiometabolic outcomes in response to a plant-based dietary intervention. *J Acad Nutr Diet*. Published online December 04, 2020. <https://doi.org/10.1016/j.jand.2020.08.079>



Biblical Goliath may not have been a giant

[Read More](#)

12 Things to Do After You Overeat

Everybody overdoes it sometimes, especially this time of year, so if your pants feel a little tight, don't beat yourself up. See what you can do immediately after a big meal as well as in the following days to feel better.



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Here's When the New Covid-19 Vaccine Will Most Likely Reach You

The first Covid-19 vaccine is closer to launch, but how long it will take until you get it may vary. Here's what experts want you to know about it.

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>

15 Silent Signs Your Body Might Be in Big Trouble

Subtle clues—from handwriting to snoring—can reveal the earliest warnings of illness. Here's how to read your own distress signals.

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What causes muscle cramps?

Cramps are annoying but also fairly common. Read on for tips on how to prevent and treat them.

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Health Benefits of Dried Foods

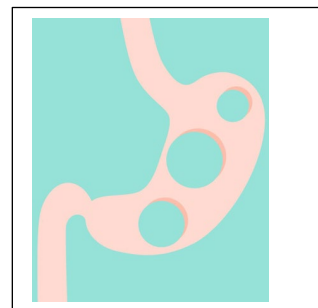


Some, like jerky, are good sources of protein, but dried fruit can pack plenty of calories and sugar. Here's what to keep in mind.

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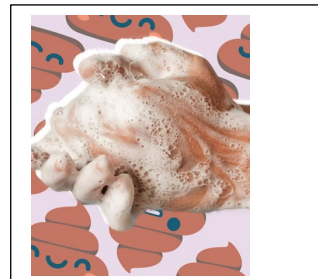
DIGESTIVE HEALTH

Does Stress Really Cause Stomach Ulcers? Here's What Gastroenterologists Have to Say



INFECTIOUS DISEASES

Not Washing Your Hands After You Poop Is More Dangerous Than Eating Raw Meat—Here's Why



Which Vegetables Are Better for You Raw?

The right type of heat can bring out the nutrients in some fruits and vegetables, but you'll need to eat others raw to reap the biggest benefit. Here's how to get the most out of your produce.



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Prediabetes: How You Can Turn It Around

This blood-sugar problem makes you more likely to develop type 2 diabetes. But you can take steps to prevent that from happening.



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What can cause heart palpitations and headaches to occur together?

Heart palpitations and headaches can occur together for a variety of reasons. Learn more about the potential causes and their treatment options here.

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How to stimulate sinus pressure points

Massaging the pressure points of the sinuses may help relieve nasal congestion, pain, or both. Here, learn to practice acupressure at home.

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What is paroxysmal nocturnal dyspnea?

Paroxysmal nocturnal dyspnea is a condition that causes a person to experience a sudden shortness of breath during sleep. Learn more about the symptoms, causes, and treatment options here.

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Very high dosages of vitamin D may delay frailty in old age

A new study in mice suggests that a dosage of vitamin D five times the current recommended amount for older adults could slow the development of frailty.

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SLEEP

9 Things to Do When You Can't Sleep Because Your Mind Is Racing

Going Vegan 101

Considering a switch to veganism? There are plenty of good reasons to do it, and plenty of ways to get it done.

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How to Get Your Omega-3s

Most Americans don't get enough omega-3s in their diets. It's best to get them from foods -- we've gathered up some terrific sources.

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Why Your Triglyceride Levels Matter

High triglycerides don't cause diabetes, but they're a sign that your system for turning food into energy isn't working properly.

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How to Choose Artificial Sweeteners

In addition to reading the labels, you'll want to pay close attention to this.

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Treating Diabetic Macular Edema

Learn about the different treatments your doctor may use to heal your retina and preserve your eyesight.

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FOOD

Health Benefits of Celery

All you need to know about cardiac ablation surgery

Cardiac ablation is a procedure to correct problems with the rhythm of a person's heartbeat, known as arrhythmia, by eliminating or scarring tissue.

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How Much Caffeine Are You Really Drinking?

You have a cup of coffee or tea to start your day. But what about that can of soda with lunch, or that midafternoon energy drink?

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10 Health Benefits of Pumpkin

What to know about the health benefits of sunlight

Sunlight offers several health benefits, mainly due to the vitamin D that it provides. These benefits range from maintaining bone health to improving mental health.

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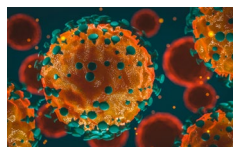
Alternative Xanax treatments for falling asleep

Xanax is a benzodiazepine doctors may prescribe to help with anxiety or sleep issues. Read on to learn about Xanax and alternative methods for getting to sleep.

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Potatoes Maintain Blood Sugar Control Overnight in Those With Type 2 Diabetes

Contrary to popular dietary guidance, eating potatoes may help those with type 2 diabetes control their blood sugar overnight, according to a study published in *Clinical Nutrition*. Twenty-four participants with type 2 diabetes ate one of four experimental dinners that included potatoes prepared multiple ways versus a dinner with basmati rice. Researchers funded by the Alliance for Potato Research and Education (APRE) tracked blood sugar levels from blood samples before, after, and at 30-minute intervals for two hours after the meal. Participants wore blood glucose monitors overnight, as well. Results showed no differences in glucose response between meals, whereas overnight glucose response was more controlled after a potato dinner than the rice meal. Based on these results, the authors stress that clinicians consider foods in the context of meals and not exclude high glycemic index, affordable, and nutrient-dense foods such as potatoes for patients with type 2 diabetes.



What is post-COVID-19 neurological syndrome?

This article was first published on [Pursuit](#). Read the [original...](#)

[Read more →](#)

Soy increases the risk of breast cancer

As it stands, there is no convincing evidence that eating soy-based foods increases the risk of breast cancer in humans.

This misunderstanding might stem from earlier [studies](#) in rodents. Scientists showed that when these animals received large amounts of soy compounds called isoflavones, they were more likely to develop breast cancer. However, humans process soy differently from rodents.

A [study](#) published in February 2020 searched for associations between soy, dairy intake, and breast cancer risk. The scientists had followed 52,795 cancer-free women in the U.S. for an average of 7.9 years.

They found no clear association between soy intake and breast cancer, but they did identify a link between dairy milk and breast cancer.

However, the full picture is, perhaps, slightly more complex. Some women use soy-based supplements as a natural alternative to hormone therapy during menopause. One large [study](#) investigated whether these supplements might be associated with breast cancer risk.

The researchers found “no association between past use of soy supplements and breast cancer.” But, they also found that taking soy supplements, for some women, might increase the risk of breast cancer, particularly for those with a family history.

Overall, as the [American Cancer Society](#) explain:

“The evidence does not point to any dangers from eating soy in people, and the health benefits appear to outweigh any potential risk. In fact, there is growing evidence that eating traditional soy foods [...] may lower the risk of breast cancer, especially among Asian women.”

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Medical myths: Vegetarian and vegan diets

In this edition of Medical Myths, we take a look at eight misconceptions about vegan and vegetarian diets. We tackle protein, B12, pregnancy, and more.

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Real-Life Aphrodisiacs

The right foods can ramp up your sex drive. See how spinach, strawberries, avocado, and these other foods may give it a boost.

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13 Ways to Strengthen Your Immune System

Did you know that savoring things you enjoy can actually strengthen your body's defense system? See what else may help you stay well.

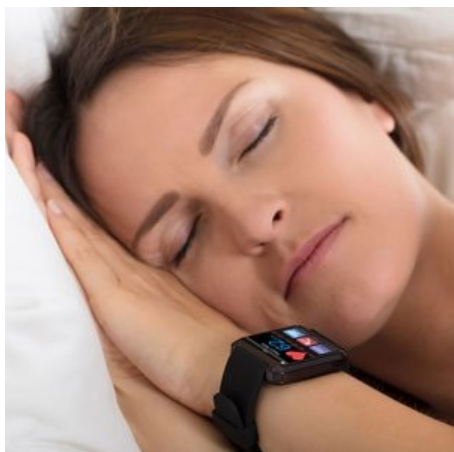
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Cardio Exercise at Home

Staying active is more important than ever these days, for your physical and mental health. Here are a few ways to get moving indoors.

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FEATURED

13 Benefits and Ways to Get Beauty Sleep

Are you a night owl? Your late hours might show up on your face, so check out this slideshow to see why you need your beauty sleep.



SLIDESHOW

Common Spine Problems

That stack of little bones along the center of your back has a key role to support and control your body. [Read more...](#)



FEATURED SLIDESHOW

Who Can Get Multiple Sclerosis?

Most people are diagnosed between the ages of 20 to 50, though it can also occur in kids.

[VIEW SLIDESHOW](#)

The Truth About Fasting's Health Benefits

Can restricting when you eat really help you manage high blood pressure, lower LDL cholesterol, and even live longer?

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What you eat for breakfast has a HUGE impact on how much fat you burn the rest of the day. **Because certain foods can either turn ON or OFF your body's most powerful fat burning hormones.** So, which foods should you eat and which should you avoid to burn belly fat all day? Find out here:

==> [Best foods to eat for breakfast to burn belly fat all day \(and through the night\)](#)

To your success,

Joel

How Acid Reflux Can Harm Your Health

More than 60 million Americans have heartburn from acid reflux at least once a month. With holiday indulgences around the corner, here's what you need to know about where it starts, how to treat it, and when to see your doctor.

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Best Veggies for a Diabetes Diet

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

[Read More >](#)



[Your Body Has Multiple Circadian Rhythms \(Which Impacts Weight Loss\)](#)

Are You Aware of these Important Advances in Women's Health?

- Calcium supplements may make some women as much as 7 times more likely to develop dementia
- The diabetes symptoms — and complications — that are more common in women than men
- Your mammogram could reveal early signs of heart disease — what to ask your doctor to find out
- The new treatment for depression that reduces symptoms by at least 50% and requires no medication
- You can rejuvenate your skin and look as young as you feel — no surgery needed!
- The foods that turn your body into a “probiotic factory” filling you up with inflammation-fighting good bacteria

Harvard Medical School

Natural Appetite Suppressants

You don't need to take pills to convince your body to eat less. Each of these foods and drinks can help you stay satisfied for longer.

[Watch Video](#) >

[What Are Postnasal Drip Medications?](#)

Postnasal drips refer to the feeling of mucus collecting or dripping inside the throat from the back of your nose (postnasally). This may occur when there is excess mucus formation, when the mucus...

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[Pretzel-Crusted Chicken Strips](#)

[Immune-Boosting Juice Recipe](#)

Right now, immunity has gained importance. In this article, I explain the concept of immunity according to Ayurveda principles.

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11 Hidden Benefits of Cardio Exercise

You probably know that aerobic activity helps your heart and can improve your blood sugar. But it can also boost your immunity, help you sleep better, and provide these other perks too.

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10 Yotam Ottolenghi recipes in season for Australian summer



[10 Ways Your Body Changes When You Start Drinking Enough Water](#)

[Staying hydrated is one of the healthiest habits you can adopt. Here are the ways your body and brain improve when you get enough fluid.](#)

[Read More](#)



The benefits of sexercise and how to practice it

Sexercise is exercise a person does to improve their sexual performance and function. Physical fitness can make sex both easier and more satisfying.

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What to know about pain in the front of the knee

Many factors can cause pain in the top of the knee, ranging from minor injuries to health conditions. Learn about the causes and treatments for knee pain here.

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Best Diets When You Have Diabetes

Which popular eating plans are safe and effective? The right diet will help you control your blood sugar, get a handle on your... [Read more...](#)



SLIDESHOW

Common Eye Problems

Eye diseases can cause damage and blindness if not treated soon enough. Learn the warning signs and symptoms of... [Read more...](#)

COVID-19 vaccines: The new technology that made them possible

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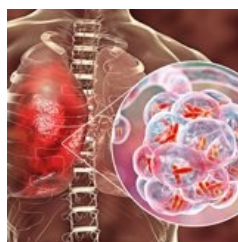


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12 Foods to Watch When You Have AFib

Think twice before you eat or drink these foods to help keep your heart healthy.

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SLIDESHOW

13 Types of Lung Infections

Is your cough caused by a cold, flu, pneumonia or something else? Learn causes of respiratory infections like... [Read more...](#)

Don't Wait: Do These 15 Things for Your Health Today

Getting into shape and maintaining your good health don't have to take a lot of effort. Each of these ideas is small on its own. But taken together, they can make a big difference in your well-being.

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The Best Cheeses You Can Eat

Yes, cheese has fat and cholesterol. But if you choose wisely, you can also get plenty of protein, calcium, and other vital nutrients.

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Reasons Your Hands and Feet Tingle

A pinched nerve, certain medications, or one of these other things could be to blame.

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Website: www.Doctorharold.com