

Health & Views

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

December
2nd issue

2020

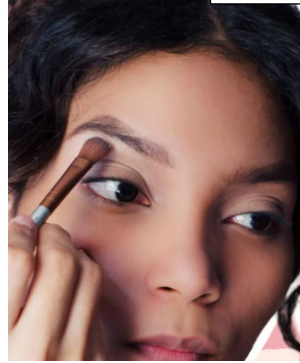
Celiac Disease Trigger Foods

Benefits When You Give Up Caffeine

Where Does Colon Cancer Spread?

BEAUTY

This No-Makeup Makeup Tutorial Will Help You Fake Perfect Skin in Less Than 9 Minutes



HEART DISEASE

I Had a Perfectly Normal EKG at My Check-Up—and the Next Day I Had a Heart Attack

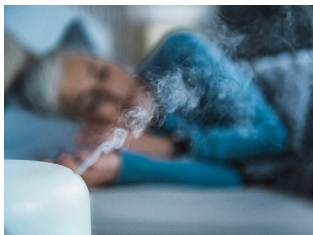


[Can Red Hot Chili Peppers Extend Your Life?](#)

COLD & FLU

This Is Why Some People Seem to Get Sick Way More Than Others

Natural flu remedies to try at home



Some natural remedies may help relieve symptoms of the flu. Find out what the research says and which ones are suitable for children and pregnant people.

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Best Anti-Aging Skin Care Ingredients

A number of ingredients in over-the-counter treatments may help your skin appear more youthful. See what might work for you.

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What Causes Heart Palpitations

Understanding what makes your heart race can help you avoid panicking when it happens and know when to call your doctor.

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SLIDESHOW

Prostate Cancer or Enlarged Prostate?

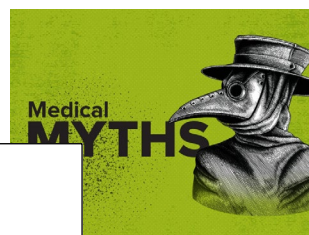
Two conditions can cause some symptoms that mimic those seen in prostate cancer... [Read more...](#)



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



Medical myths: Vitamins and supplements



In this edition of Medical Myths, we tackle some persistent myths about supplements, including multivitamins, probiotics, and antioxidants.

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FDA issue emergency use authorization for COVID-19 vaccine

Updated on December 14, 2020, at 8:00 a.m. PDT

- On Friday, the [Food and Drug Administration \(FDA\)](#) issued emergency use authorization for the Pfizer-BioNTech vaccine. The FDA concluded that the “potential benefits [of the vaccine] outweigh the known and potential risks [...]” The first [shipments](#) of the vaccine left FedEx and UPS facilities in Tennessee and Kentucky yesterday. Read more on this story [here](#).
- A new study finds that 32% of people who tested positive for SARS-CoV-2 were still experiencing at least one symptom 6 weeks after their tests. The most common of these symptoms were fatigue, shortness of breath, and a loss of taste or smell. Read *MNT*’s full coverage of the study [here](#).
- Today, Sandra Lindsay became the first healthcare worker to receive the Pfizer-BioNTech COVID-19 vaccine in New York. The intensive care unit nurse received the vaccine at Long Island Jewish Medical Center in Queens, one of the epicenters of COVID-19 earlier this year. Find more vaccine updates [here](#).

READ THE FULL UPDATE

Today's Must Read!

Four People Given the New COVID Vaccine in Clinical Trials Developed Bell's Palsy—Should You Be Worried?



How do COVID-19 vaccines compare with other existing vaccines?

In this Special Feature, we examine how the COVID-19 vaccine compares with the flu shot, the polio vaccine, and the one for measles, in terms of efficacy and safety.

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These Are the Statin Side Effects You Should Know About



Statins are one of the most widely prescribed and effective types of cholesterol-lowering medication. They also have a few potential side effects.

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Is there a link between ocean pollution and damage to human health?

A new report highlights how widespread ocean pollution contributes to increasing health risks in human populations all over the world.

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Other countries prepare to follow UK in rolling out COVID-19 vaccine

It's been only a week since the UK announced that it had approved the Pfizer vaccine, but in that time the number of other countries announcing plans to roll out immunisations has accelerated. Here's what's happening in other parts of the world.



When will COVID-19 vaccines start to make a difference?

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Chinese-made COVID-19 vaccine is 86% effective, early data suggest

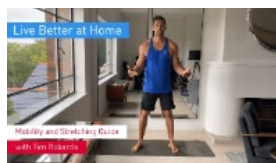
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Pfizer vaccine closer to authorization in US

Updated on December 9, 2020 at 8:00 a.m. PDT

- Last month, Pfizer and BioNTech announced that their vaccine candidate was 95% effective against COVID-19. They are currently working with the Food and Drug Administration (FDA) to secure approval for emergency use. Yesterday, the FDA released documents declaring no issues with safety or efficacy. Read more in our [live vaccines update article](#).
- Yesterday, [The Lancet](#) published the results of phase 3 clinical trials investigating AstraZeneca's so-called Oxford vaccine. The study involved people in the United Kingdom, Brazil, and South Africa. Overall, the results show that the vaccine candidate protects against the symptomatic disease in 70% of cases. Read more in our [live vaccines update article](#).
- After an 83-year-old passenger tested positive for SARS-CoV-2, a Royal Caribbean cruise ship departing from Singapore had to return to dock. The crew had to confine all passengers to their cabins. Find more live updates [here](#).

[READ THE FULL UPDATE](#)



Spine Mobility and Stretching Guide with Tim Robards

Join Tim Robards, founder of The Robards Method, as he takes you through a mobility and stretching guide, focusing on the spine.

[Read more](#)

COVID Vaccine for Cancer Survivors

Cancer survivors are at a high COVID risk. Should they be first in line for COVID vaccine?

READ MORE

Is Diabetes Insipidus Life-Threatening?

Diabetes insipidus is a rare and complex disease. It has nothing to do with blood sugar levels.

READ MORE

Australia received a climate change wake-up call this week — and our health is at stake

A growing number of Australians are experiencing devastating health problems arising from climate change. Could a coordinated national health strategy help?



UK licenses vaccine against COVID-19

Updated on December 2, 2020 at 8:00 a.m. PDT

- The Medicines and Healthcare products Regulatory Authority (MHRA) in the United Kingdom have [authorized](#) the Pfizer/BioNTech vaccine for emergency use. The U.K. has already purchased 40 million doses of the vaccine, and the first 10 million doses should arrive this month. Find more details in our live vaccine updates [article](#).
- On Tuesday, Food and Drug Administration (FDA) Commissioner Stephen Hahn said it was possible that the FDA would approve Pfizer's experimental vaccine by the end of 2020. However, in the ABC News interview, he [explained](#) that "it's hard to predict. [...] We need everything to fall into place." Read more about the vaccine push in the United States [here](#).
- In a recent [study](#), scientists developed an equation that can help determine the likely number of people who might contract SARS-CoV-2 from a single person with the virus at different types of events. They also investigated which interventions would be most effective in the different scenarios. Read more about the study [here](#).

Unexplained high cholesterol. High cholesterol is sometimes the only evidence of an underactive thyroid in an older person. Because this sign may stand alone, high cholesterol warrants a thyroid evaluation.

Joint or muscle pain. Vague joint pain is a classic hypothyroidism symptom. It sometimes is the only symptom of hypothyroidism in an older person. Many people experience general muscle aches, particularly in large muscle groups like those in the legs.

Cognitive decline. Older people with a very underactive thyroid gland can sometimes be misdiagnosed as dementia. That's why doctors usually order thyroid testing in people with new cognitive decline. If you or a loved one is being evaluated for dementia, make sure that a thyroid test is part of the evaluation.

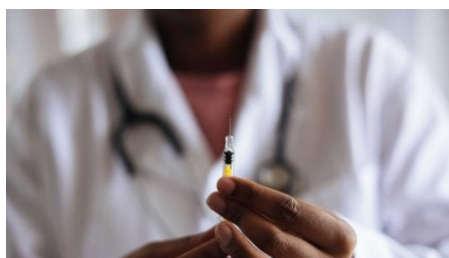
20 Tips to Beat Insomnia

Good sleep hygiene leads to better sleep. Discover how pets, electronics, and...

VIEW SLIDESHOW

We've had thousands of questions on the COVID-19 vaccine. The experts say some can't be answered

So far this year, the ABC has received 5,368 questions related to COVID-19 vaccines. And according to the experts, there are some that can be answered, some unknowns — and some are firmly in the 'too speculative' basket.





FEATURED

14 Signs You're Burned Out

Do you drag yourself out of bed to get to work in the morning? Burnout is a kind of work-related stress characterized by three specific things.

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Your Guide to Sex After 60

Sex after 60 can be better than ever

than before, but aging does bring some

changes. Learn how to work with

and around them. [Read more...](#)



ARTICLE

What Triggers Rheumatoid Arthritis (RA)?

Rheumatoid arthritis can cause chronic joint inflammation as well as damages skin, eyes, lungs, heart and blood vessels. [Read more...](#)



SLIDESHOW

14 Ways to Shed Pounds After 40

Changes in your activity level, eating habits, hormones, and how your body stores fat all play roles in weight gain with age. [Read more...](#)

Tylenol: Is it an NSAID?

Tylenol is the brand name for the drug acetaminophen. This drug works by disrupting pain signaling in the body. Learn more here.

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Is it normal for diarrhea to last for a week?

While most cases of diarrhea last for a few days, some cases can result in diarrhea lasting for a week or longer. Learn more about it here.

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What bodybuilding supplements may help with muscle growth?

What are some of the best bodybuilding supplements? In this article, we look at possible benefits of various supplements and provide a list of products to try.

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For Better Heart Health, Put Down the Diet Soda

A large, new study shows that people who regularly drank artificially sweetened beverages had a higher risk of heart disease and stroke, versus people who avoided those beverages.

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Reasons to Eat More Shrimp

If you're one of those people who can't resist shrimp, good news: Shrimp has numerous health benefits. Learn more about this nutrient-packed, easy-to-cook seafood.

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Health Benefits of Having Sex

Science says regular sex is more than a good time. It can lower your stress, improve your thinking, and even help you live longer.

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God's Creation of the Marvellous Palm/Coconut Tree.

How blessed we were in the Tropical Lands; beyond our present domicile
To have experienced and enjoyed Nature's gift that we always took for granted
Along the coastal region did we see; and more so, along the sea shore
Wavering in the harshest wind with the rustling of the leaves; but never did it yield

Often did I listen to the rustling of the leaves in the gentle breeze
Only wary of the falling branches and nuts that were a hazard
Perhaps a reminder of the nuts that yields the water, kernel and oil for our cuisine
Not forgetting the intoxicating drink of Toddy and the Arrack brewed

In life we tend to take a lot of things for granted; don't we?
There's very much more that this marvelous tree doth yield for our good
It not only sustains life; it also provides heat, shelter and other myriad use
A tree that indeed has its' uses from the roots to the very top - in assisting mankind

The trunk of the tree is used for construction purpose
Be it supports for house, fencing or for small bridges across the ford
The leafs thatched would provide the roofing and sides of the house
The husk of the nut provides the coir for the rope that bind

So, Dear Reader please take a few moments and think of this wonderful tree
For Mother Nature has surely blessed these lands with a gift that one can afford
A tree that will endure the rigors of time, wear and tear
Cherish and nourish it with respect and let Nature's Gift be forever loved

Noor R. Rahim
October 18. 2013

Deadly Listeria Outbreak in 3 States

The CDC has issued an alert about an outbreak of food poisoning. All 10 infected people were hospitalized, and one death was reported in Florida.

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Early Signs of Type 2 Diabetes

Because symptoms in the early stages are often mild, 1 out of 3 people with the disease don't know they have it. Here's what to watch for.

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How to Spot the Signs of Mental Illness

There's no simple test to tell you whether you or someone you know has a mental illness. Often, you or people around you will notice small changes in how you act long before the symptoms seriously affect you.

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[Asthma and Your Diet](#)

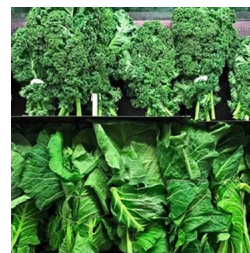
[Blood in the Urine? Is It Bladder Cancer?](#)

[Best Diets When You Have Diabetes](#)

[Nutrients to Improve Eyesight](#)

Type 1 Diabetes: What Are the Symptoms?

Type 1 diabetes is a chronic condition that usually starts in childhood, but can occur in adults also. [Read more...](#)



Top Foods High in Iron

How much iron do you need each day? It depends on your age and sex. Let us show you which foods to choose that are high in iron -- and tasty, too!

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Signs You're Low in Vitamin D

Your body uses vitamin D to absorb minerals like calcium and phosphorus, and support your muscles, nerves, and immune system. But a lot of us may not be getting enough.

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What causes headache, dizziness, fatigue, and neck pain?

Causes of headache, dizziness, fatigue, and neck pain range in severity, each requiring a different type of treatment. Learn more about these causes and their treatments here.

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What are the benefits of keratin-rich foods?

Keratin is a protein that helps maintain the structure of hair, nails, skin, and the lining of the internal organs. Certain nutrients support keratin production.

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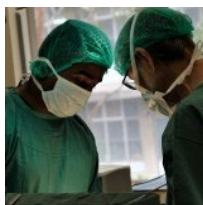
Valerian root vs. melatonin for sleep

Valerian root and melatonin are two natural sleep aids. This article discusses their effectiveness, dosage, side effects, interactions, and more.

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A COVID patient with sepsis was given a megadose of vitamin C. The change in him was 'remarkable'

A young Australian man who was critically ill with COVID-19 and suffering early stages of sepsis made a remarkable recovery after being given massive doses of vitamin C, according to his doctors.



What is cardiac rehabilitation, and what does it involve?

Cardiac rehabilitation is a tailored education and exercise program that can reduce the risk of complications in people with heart conditions. Learn more here.

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You May Be Harming Your Liver: Here's How

Overdoing alcohol isn't the only way you can hurt this vital organ. You may be surprised by some of the things that can damage your liver.

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CONSTIPATION

6 natural stool softeners: Including those safe for pregnancy and children

6 natural stool softeners: Including those safe for pregnancy and children. Find out how to treat constipation naturally and safely here.

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What are some of the best iron supplements?

What are some of the best iron supplements? Read on to learn more about the role of iron in the body and get a list of some iron supplements to try.

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The causes of frequent solid bowel movements and how to prevent them

Frequent bowel movements that are not diarrhea can have a wide variety of causes. Learn about causes, treatments, prevention, and when to see a doctor here.

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This Woman Said She Had an Allergic Reaction to COVID-19—But Can That Really Happen?



Medical Myths: All about hypertension

In this edition of Medical Myths, we challenge some common misconceptions that surround hypertension. We cover medication, risk factors, salt, and more.

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FEATURED NEWS

Coffee, Green Tea Helps With Diabetes

If you have type 2 diabetes and you love coffee and green tea, it might extend your life.

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11 REASONS YOUR NECK HURTS—AND WHAT TO DO ABOUT IT



What to know about somatic symptom disorder

Somatic symptom disorder causes excessive feelings or behaviors relating to health concerns. Learn about the causes, symptoms, diagnosis, and treatment.

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Why is my sciatica not going away?

Sciatica is a type of nerve pain that radiates down the back into the hip and leg. It often goes away in a few weeks, but it can be chronic.

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FEATURED SLIDESHOW

Natural Ways to Boost Testosterone

Find out what changes you can do to raise your testosterone levels naturally.

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FEATURED QUIZ

Sex and Love: What Do You Know?

What is the proper order of the human sexual response cycle? What causes low libido?

[TAKE THE QUIZ](#)

What are the long-term effects of COVID-19?

COVID-19 can cause lasting symptoms, complications, and distress, but doctors are still unsure of its full long-term effects. Learn more here.

[Which Cancer Is Hereditary?](#)

What to know about sudden extreme fatigue

Sudden, extreme fatigue can happen when a person does a lot of physical activity, is ill, or has a medical condition.

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Respiratory failure in COVID-19 usually not driven by cytokine storm

New research could change the way doctors treat severe COVID-19 cases. The findings may explain why anti-inflammatory drugs only work for some people.

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What to know about asthenia (weakness)



What is asthenia? Read on to discover the conditions that might cause asthenia and find out how doctors diagnose and treat it.

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What High Blood Pressure Can Do to Your Body

Your arteries should be sturdy, springy, and smooth to move blood easily from your lungs and heart, to your organs... [Read more...](#)

What Is a Good Heart Rate for My Age?

A good heart rate differs from individual to individual, and it depends upon your age and the kind of physical work you do. [Read more...](#)

10 Fruits That Are Lower in Carbs

Fruit has natural sugars that add to your daily carb count. It also has vitamins and minerals your body needs. Use this guide to make every carb count.

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12 Types of Depression and How They Differ

Many of us are struggling these days. It may help to know that depression isn't a one-size-fits-all illness. It comes in many forms, each with slightly different symptoms.

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SLIDESHOW

Frighteningly Fattening Fall Foods

What are the diet-spoilers to watch out for this fall? Here is a look at some of the season's most...

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12 Ways Spinach Does a Body Good



Spinach is a leafy vegetable full of nutrients that are good for your body in several ways. From boosting the immune system to helping your heart, its advantages might surprise you.

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Are You Getting Enough Water?

You might be surprised at how well your body works when you drink enough water. Find out exactly what can go right when...

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[What Are the Four Stages of Rheumatoid Arthritis?](#)

15 Reasons Your Teeth Hurt

Your pain may be coming from somewhere other than your choppers. See what else may be to blame.

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What Is the Main Symptom of Endometriosis?

Endometriosis is one of the most common gynecological diseases, affecting more than 5.5 million women in North America. [Read more...](#)



Sent by Agnes Thambynayagam

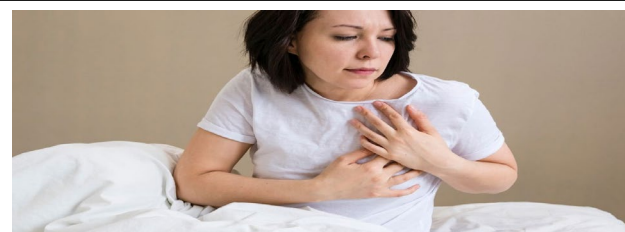
" Prabo Ganapathim " –a Beautiful Tamil Dance by 1000 Dancers Openair (full screen and sound)

<https://youtu.be/X0rzIJy2hr8>



Ice melt in Alaska threatens to unleash unprecedented 'mega-tsunami,' scientists warn

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Young women may be likelier to die after heart attacks than men

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Remdesivir has 'no meaningful impact' on COVID-19 survival, huge study finds

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Cocaine's effects on the heart can cause long-term damage, as well as immediate emergencies, such as heart attacks. Learn more here.

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Is It Ever Safe to Drink Alcohol?

Most people with diabetes can enjoy a drink on occasion. But alcohol could trigger a jump or dip in your blood sugar. Here's what to keep in mind.

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11 High-Fiber Soup Recipes Under 345 Calories



Is a Low-Protein Diet Better For Longevity or Weight Loss?



SLIDESHOW

Osteoarthritis Active Living

You don't have to sacrifice your favorite activities when you have arthritis. Here are tips to keep up... [Read more...](#)

What face washes are suitable for people with oily skin?

What are some of the best face washes for oily skin? Find out what face wash for oily skin should contain and what products to try.

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Best and Worst Foods for Acne

Food alone doesn't cause acne. Your genes, lifestyle, and what you eat all play a role in the condition. [Read more...](#)



SLIDESHOW

13 Types of Lung Infections

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

Is it possible to lower cholesterol quickly?



A few key changes in diet and lifestyle can help a person lower their cholesterol naturally. There is no instant fix, but some may notice changes in weeks.

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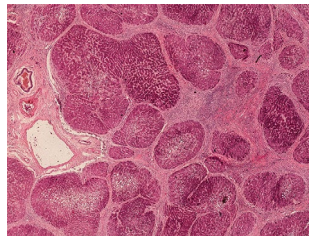
What new ED treatments are available?



Newer ED treatments build on existing therapies, but scientists are exploring new treatments, including stem cell therapy and platelet-rich plasma therapy.

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What to know about liver failure and liver disease stages



Liver failure is when the liver is losing or has lost all of its function. Multiple types and stages of liver disease can lead to liver failure. Learn more here.

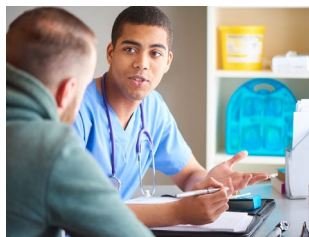
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What are some of the best creatine supplements?

What are some of the best creatine supplements? Read on to learn more about creatine, its different types, its effectiveness, and a list of products to try.

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How effective are erectile dysfunction injections?



There are many types of erectile dysfunction injections. Here, we review some of the best erectile dysfunction injections a doctor can prescribe.

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Obesity could create problems for a vaccine

Researchers fear that vaccines might not be as effective in people who are obese — a population that is already highly vulnerable to COVID-19. Obesity can cause chronic inflammation and curtail gut microbes, both of which can affect immune response. Studies of vaccines against influenza, hepatitis B and rabies have shown that responses in people who are obese are reduced compared with those in people who are lean. The good news is that there might be ways to compensate, such as by giving people who are obese extra doses of vaccine.

Nature | 7 min read

Boost Your Immunity

Here's what actually helps—and harms—your immune system.

- 6 Habits That Weaken Your Immune System
- How to Boost Your Immune System, According to Experts
- 'Immune Boosting' Supplements Are All Over the Internet—But Can They Really Keep You Healthy?

Sleep Soundly

Having trouble sleeping lately? You're not alone. Here's how to get back to restful zzz's.

- 9 Ways to Fall Asleep When Your Mind Is Racing
- 7 Evening Snacks That Can Help You Sleep
- This Small Bedroom Change Will Seriously Improve Your Sleep

Don't Make These Food Safety Mistakes

Lots of "routine" food-handling habits can spread bacteria. They can also make you and your family very sick. Are you making mistakes without knowing it?

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8 Foods High in Vitamin D

Vitamin D is important for your bones, blood cells, and immune system. You get most of it from sunlight on your skin, something many of us are missing now. Here's how to get it from food.

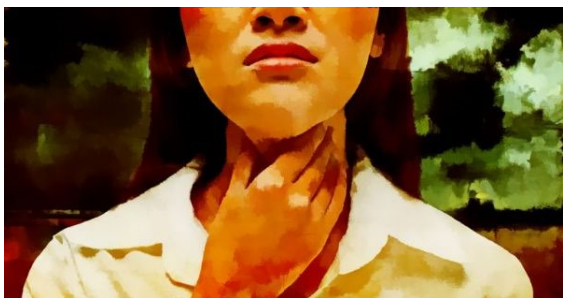
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Exercise and Your Brain

You already know that working out is good for your body, but it also benefits your brain in several ways. See what it can do for you.

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9 Natural Remedies To Get Rid Of Mucus In Your Throat

Allergies and infections can cause excess mucus (phlegm) which irritates your throat. Sipping on warm fluids like chicken soup, thyme or aniseed tea, or just a plain glass of warm honey-lemon water can help loosen up or thin out the mucus, making it easier to expectorate. Equally soothing can be gargling with salt water and inhaling the eucalyptus-scented steam.

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What are the side effects of 5-HTP?

5-HTP side effects may include headaches, diarrhea, and anxiety. 5-HTP supplements may improve mood, but it is important to be aware of the side effects and risks.

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Should You Buy Organic?

Organic foods are usually good for the environment. But they're often hard on your wallet. When is it worth the cost?

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Easy Ways to Relieve Tired Eyes

Staring at a screen for hours each day can make you feel weary. Here are some simple, inexpensive remedies you can try at home.

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Side Effects Of Masturbation You Should Know

Masturbation is a normal part of sexual life for most people. But you may be worrying about possible health risks.

You do run the risk of bruises and swelling due to extreme and rough masturbation. However, if it is bordering on or has turned into an addiction, it could ruin relationships and cause emotional effects on yourself and others.

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Diabetes: Coffee and green tea might reduce death risk

A recent study found that in people with type 2 diabetes, drinking green tea and coffee was associated with reduced odds of dying during follow-up.

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What are some of the top natural energy drinks?

What are some of the best healthful and natural energy drinks? Read on to learn more about natural energy drinks and a list of products to consider.

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The false promise of herd immunity

The term ‘herd immunity’ used to be typically discussed as a desirable result of wide-scale vaccination programmes. During the pandemic, it has become a shorthand for allowing the coronavirus to run its course. It’s a shift that horrifies many public-health researchers. “We have never successfully been able to do it before, and it will lead to unacceptable and unnecessary untold human death and suffering,” says Kristian Andersen, an immunologist at the Scripps Research Institute in La Jolla, California. *Nature* digs deep into the misunderstandings that fuel the arguments in favour of the approach and sets out the relevant facts.

Nature | 11 min read

What are some of the top zinc supplements?

What are some of the best zinc supplements? Read on to find more about zinc, its benefits, side effects, and products a person may consider trying.

[READ ON →](#)

What to know about gout in the big toe

Gout in the big toe can be painful. Learn more about how to identify gout, how to ease the pain, and a person should seek help, here.

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6 of the best probiotics for females

Probiotics are microorganisms that may have health benefits when consumed. We review six of the best probiotics for females and discuss how probiotics work.

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ARTICLE

Neck Pain (Cervical Pain)

Neck pain can come from a number of disorders and diseases and can involve any of the tissues in the neck. [Read more...](#)



QUIZ

Thyroid Function Screening

Thyroid disease becomes more common with normal aging. Risk factors for thyroid disorders include... [Read more...](#)

Pain scale types:

Benefits and limitations

A pain scale chart can help people describe the pain they are feeling. Here are the different types, pros and cons, and a chart with faces.

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How Many Eggs A Day Are Good For Heart Health

Eggs might be nutrient-rich, but you can't ignore the almost 200 mg of cholesterol an average egg contains. Which is why you need to be mindful of how many eggs you have every day or every week. If you have a high cholesterol issue or are living with diabetes or cardiovascular problems, you might need to dial down that love for eggs.

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COVID-19's effects on the heart: Here's what we know so far

[More >](#)



Carnivore diets can tick nutritional boxes, but that doesn't mean they're optimal



Burning in Your Feet

The feeling of burning in your feet isn't just an annoyance. It might also be a sign of a more serious condition. [Read more...](#)

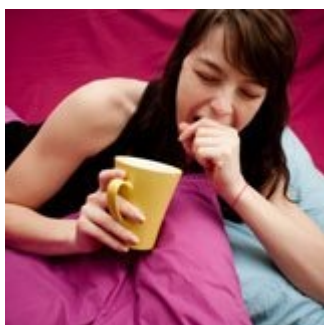


FEATURED

9 Ways to Get Vitamin K

Vitamin K is an essential nutrient that helps your blood clot and your bones grow the way they should. It also may help prevent the bone disease osteoporosis and protect you against heart disease. You can get vitamin K from...

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SLIDESHOW

Signs of Sleep Deprivation

If you haven't gotten enough rest the night before, the telltale sign could sit right on top of your nose. [Read more...](#)



SLIDESHOW

Causes of Heart Palpitations

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

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