

Wishing all our readers a happy & a prosperous New Year hopefully eradicating COVID 19 viruses

Health & Views

January 2021

1st issue

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



SLIDESHOW

3 Key Symptoms of Parkinson's

Parkinson's disease is a fairly common age-related and progressive disease of brain cells that affect... [Read more...](#)



How To Care For Your Bones And Joints After 30

By the time you're "thirty and flirty," your bones are at their prime, you have peak bone mass and your joints feel healthy. Then life happens.

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SLIDESHOW

All About Cooking Oils

Best all-around award goes to olive oil. Find out which oils come with lot of health benefits. [Read more...](#)

The Trouble With 'Low-Fat' and 'Fat-Free'

When it comes to your health, the type of fat you eat can be more important than the total amount of fat in your diet.

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The Best Lazy Sex Positions

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Coronavirus vaccine could be ready for Americans by April, Fauci says

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As we Awaken to a Wonderful New Year.

Another “wonderful” New Year dawns
With so much uncertainty in the air
But fret not as we will surmount the pains
As we often do with nary a care

Having Faith in The Almighty is the panacea for any downfalls
And it is up to individuals to surmount the fear
With resolve and tenacity which is inherent in us all
Thinking positive will always be the need of the hour

The past year has seen us confront so many pitfalls
To be shrugged off now as a bad memory that has cost us so dear
So, let’s herald the New Year with bravery and new strengths
To ward off such obstacles that may be a bad barrier

Let’s all get together in unity and to fulfil
The thoughts and wishes of all dear and near
To eradicate all difficulties with sincere goodwill
And march forward to fulfil our wishes for the New Year

Noor Rahim
December 31 2020.

Prostate Problems in Men

Benign prostatic hyperplasia or BPH is another term for enlarged prostate.

TAKE THE QUIZ



7 HEALTHY RECIPES FOR WEIGHT LOSS



FEATURED NEWS

Seafood With a Side of Microplastics

Those mussels, oysters and scallops on your plate may come with a secret ingredient.

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FEATURED SLIDESHOW

Unhealthy Teeth and Gums

Can bacteria in your mouth contribute to heart disease and stroke?

VIEW SLIDESHOW



CORONAVIRUS SYMPTOMS VS COLD: HOW DO THEY COMPARE?



Agnes & Michael from Sugar Valley - avid readers of our Health Newsletter sends New Year Greetings



Agnes was the author of the book, *The Gentiles, A History of Sri Lanka 1498-1833*

Studied South Asian History at [University of Oxford](#)

Went to Holy Family Convent Collegiate School, Jaffna, Sri Lanka

Studies at St. Antony's College, University of Oxford, UK

Lives in [Sugar Land, Texas](#)

Michael was awarded "Most Outstanding International Professional Award" by Canadian Tamils Chamber of Commerce. He is a PhD from Manchester University. UK.

Studied at St Patrick's in Jaffna. Worked at Schlumberger

Airports to officially reopen by end of January: Tourism Minister

Tourism Minister Prasanna Ranatunga said that airports are expected to be officially reopened by the end of January in accordance with the health guidelines.

He stated this at the Mattala Airport premises before the first group of tourists from Ukraine arrived in the island on the 28th of December.

[Read More](#)

MASSSES GATHER TO OBTAIN ANTI-COVID-19 TONIC FROM ...

Dec 25, 2020 — "He (**Dhammika**) has been deprived of credit for developing a cure for ... also pointed out that individuals who had consumed the **syrup** have

Rajiva Wijesinghe sends a link to his latest series in Ceylon Today, which might remind of a long ago column by Tarzie Vittachi



<https://ceylontoday.lk/news/the-warhog-and-the-mock-turtle>

Reckless Drivers in Sri Lanka

Thirty-nine people have been killed in fatal road accidents in the country within nine days from December 20 till this date, Police Spokesman DIG Ajith Rohana said. He said the total number of accidents during that period was around 527. "During that period 122 persons have been critically injured while 238 people have received minor injuries," he said. Meanwhile, the police spokesman said, as per the previous reports, the highest number of accidents in the country had taken place between December 20 and January 5. He said the police had launched special operations during the period to prevent such accidents are taking place. The highest number of people have been killed were pedestrians, motorcyclists and three-wheeler drivers, he said. (Daily Mirror Online, 29.12.2020)

'Dhammika Syrup' referred for clinical trials

The Ayurveda Ethics Committee of the Rajarata University has approved the use of anti-Covid-19 syrup produced by Dhammika Bandara for further investigation. Accordingly, this step will allow the syrup to be referred for clinical trials.

[Read More](#)



New Study Debunks Blood Type Diet

ABO blood types benefit similarly from plant-based diets, according to research from the Physicians Committee published in the *Journal of the Academy of Nutrition and Dietetics*. Read more about the study [here](#)!

How do mRNA vaccines work?

mRNA vaccines deliver information to the body's cells that allows them to make viral or bacterial proteins. The immune system reacts to the proteins and builds up immunity to the disease.

[READ ON](#) →

Aerobic conditioning for Arthritis

Exercise that increases your heart rate and breathing rate has many benefits, including lowering your chances of developing conditions such as diabetes, stroke, and heart disease. It's especially important for people with rheumatoid arthritis because they are more prone to developing heart disease than people without RA. When choosing aerobic activities, people with rheumatoid arthritis should consider low-impact exercises such as swimming, bicycle riding, and walking.

Harvard Medical School

Warning Signs of Kidney Problems

Your kidneys filter waste from your blood and ship it out in your pee. When your kidneys don't work right, toxins can build up. That can lead to several different -- and surprising -- symptoms.



[Read More](#) >

2/16/2020 09:01 GMT — How have we developed vaccines so quickly?

As countries begin rolling out vaccines, *Medical News Today* spoke with a number of medical experts to learn how scientists have created COVID-19 vaccines so swiftly without compromising safety.

Read the feature [here](#).

2/18/2020 09:09 GMT — NICE publish guidelines on vitamin D and COVID-19

Yesterday, the National Institute for Health and Care Excellence (NICE) released a review of recent studies on vitamin D and COVID-19. Overall, they conclude that there is "not enough evidence to support taking vitamin D solely to prevent or treat COVID-19."

The review was conducted in collaboration with Public Health England and the Scientific Advisory Committee on Nutrition.

The experts reviewed data from both observational studies and randomized controlled trials. They conclude that "It was not possible to determine a direct relationship between vitamin D and COVID-19 based on the available evidence."

However, because the primary source of vitamin D is sunlight, they advise taking the vitamin during the autumn and winter.

The report also recommends that researchers continue investigating the relationship between COVID-19 and vitamin D in high-quality randomized controlled trials. NICE will continue to review research as it is conducted.

Dr. Alison Tedstone, the chief nutritionist at Public Health England, advises that "everyone, particularly the elderly, those who don't get outside, and those with dark skin, takes a vitamin D supplement containing 10 micrograms [400 international units] every day."

Read the full report [here](#).

15 Natural Treatments for Hair Loss

The internet has plenty of ideas as to what can prevent hair loss. See what really works -- and a few things that don't.

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CORONAVIRUS

What to Expect Before, During, and After You Get the COVID-19 Vaccine

The Pros and Cons of Drinking Coffee For Weight Loss

Humulin R (insulin human)

Written by Alex Brewer, Pharm.D., MBA on December 18, 2020

Humulin R (insulin human) is a brand-name drug that's used in adults and children with diabetes. Learn about dosage, alternatives, how it works, and more.

[READ ON →](#)

How COVID vaccines were made so fast — and what it means for other diseases

Before COVID-19, the mumps vaccine in the 1960s was the fastest any vaccine had been developed: it took four years, from viral sampling to approval. The Pfizer–BioNTech vaccine became the first fully tested immunization to be approved for emergency use against the coronavirus within a year. [The world was able to develop COVID-19 vaccines so quickly](#) because of years of previous research on related viruses and faster ways to manufacture vaccines, enormous funding that allowed firms to run multiple trials in parallel and regulators moving more quickly than normal. What we learnt from the process looks likely to change the future of vaccine science forever.

[Nature](#) | 10 min read

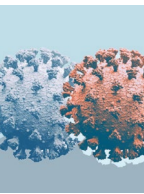
SKIN CONDITIONS

What Are Milia—and How Do You Get Rid of Them?



CORONAVIRUS

A New Coronavirus Strain Has Been Discovered in the UK—How Worried Should You Be?



How Bad Is It to Brush Your Teeth Only Once a Day?

Here's what happens to your mouth, teeth, and gums—beyond morning breath—when you miss one of the two daily recommended brushings.

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13 Food Rules of an Anti-Inflammatory Diet

An anti-inflammatory diet can help you achieve optimal health while also helping you fight disease. Here are the foods to eat more of.

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FEATURED SLIDESHOW

Surprising Causes of Lung Damage

Carpets, mold, and flour are some of the unexpected things that can hurt your lungs.

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Why Bananas Are So Appealing

Bananas are delicious and chock-full of good-for-you nutrients. Here's what you should know about this golden fruit and why it should be a part of your diet.

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Best Foods to Enjoy as You Age

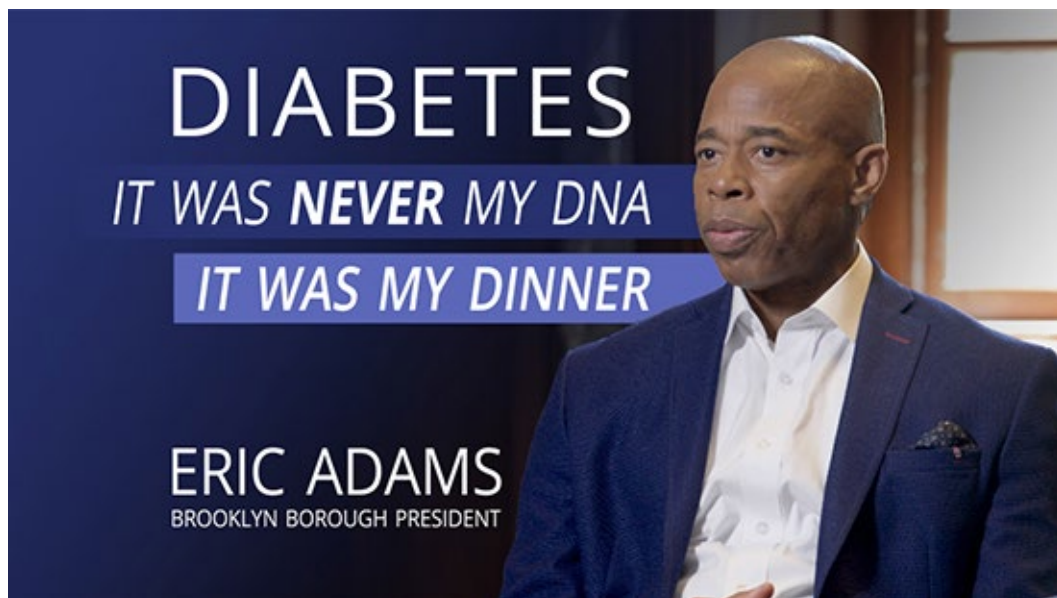
Your nutritional needs change as you get older. Find out which nutrients to look for, and which foods offer plenty of them.

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Avoid Unpleasant Metformin Side Effects

Most side effects aren't serious, but they can be uncomfortable. Here's what you can do to make them less likely.

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This Diabetes Awareness Month, we are sharing a powerful success story from Brooklyn borough president Eric Adams who reversed his type 2 diabetes diagnosis after adopting a plant-based diet. For more resources on diabetes prevention and reversal with plant-based diets, visit PCRM.org/Diabetes.

Eat More of These Grains. Here's Why

Grains like quinoa, barley, and bulgur can help you gain less weight than people who fill up on refined grains like white rice or pasta. But that's not the only reason to add more of them to your diet.

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[Creamy Roasted Cauliflower Soup](#)



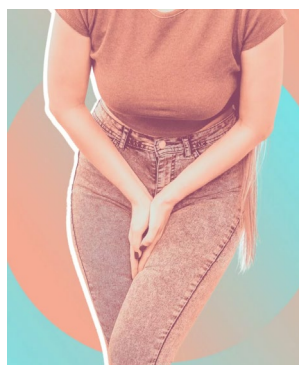
[8 Winter Squash Recipes and Tips From a Dietitian](#)



[Science Says Stretching Can Boost Your Heart Health](#)

INCONTINENCE

What to Know About Overactive Bladder, Including Causes, Symptoms, and Treatment Options





ARTICLE

What Is a Nervous Breakdown?

A nervous breakdown is a general term used to describe a period of overwhelming mental distress including depression... [Read more...](#)

What to do about pigmentation

Pigmentation, or discoloration of the skin, can respond to home remedies, including the application of aloe vera and apple cider vinegar. Learn more here.

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The Facts About Belly Fat

One fact about stomach fat you should know is this: It's not just that squishy layer right under your skin.

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What medications may cause erectile dysfunction?

A wide variety of medication types can potentially lead to erectile dysfunction. Learn more about these types and available treatment options here.

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These Are the Best Diets When You Have Diabetes

If you're trying to shed pounds while keeping your blood sugar in line, here's what to keep in mind.

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Type 2 diabetes: Drug duo may remain effective for 2 years

A trial suggests that for patients who are no longer responding to metformin, a two-drug combination yields clinical benefits for at least 2 years.

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The 3 Kinds of Exercise You Should Do

Does your fitness routine cover all the bases? Find out which moves help manage diabetes.

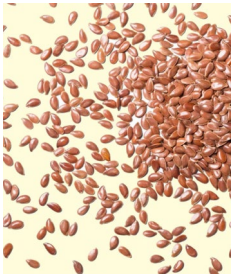
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[15 Healthy Instant Pot Recipes Under 450 Calories](#)

NUTRITION

10 Health Benefits of Flaxseed, According to a Nutritionist



Are These Things Helpful After 70?

Vitamin D, fish oil supplements, and weight training have long been touted for their...

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9 Amazing Health Benefits of Hot Peppers

Banish headaches. Squash cancer cells. Help you live longer. Can hot peppers do all that? Find out.

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Diabetes drug shows promise in treating and reversing heart failure

The diabetes drug empagliflozin significantly improved the heart function of people with heart failure. For many, it led to a reversal of the disease. rn

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Cynical hostility might lead to cardiovascular disease

New research suggests that prolonged cynical hostility — a person's negative reactions to stressful situations — may pose a risk for cardiovascular health.

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What's Causing My Loss of Smell and Taste?

When your sense of smell goes south, taste usually follows. That's because the olfactory area in your nose controls both.

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Laxatives for Constipation

Laxatives are often used to relieve constipation. Common causes of constipation include diets low in fiber, side effects of...

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SLIDESHOW

What Do You Know About Wine?

Red wine can be a healthy and enjoyable part of life if you don't drink too much. Find out more about the ancient drink wine. [Read more...](#)



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Frighteningly Fattening Fall Foods

What are the diet-spoilers to watch out for this fall? Here are some tips on how to avoid or improve them. You can make it to... [Read more...](#)

What Your Favorite Coffee Order Reveals About You

The kind of coffee you drink can reveal secrets about your personality—and your genetic code.

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14 Feel-Better Foods to Eat When You Have a Cold

Do you know which foods amp up your protection against colds and the flu the most? We asked top nutrition experts to reveal the key immune-system boosters.

[Read More](#)



How to Stop Snoring

About half of U.S. adults do it from time to time. Whether you're the one sawing logs every night or your partner is, we've got tips that can help.

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A Different Kind of Diabetes Medication

SGLT2 inhibitors help your body process less glucose through your kidneys, but they don't work as well as some other meds.

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SLIDESHOW

Healthy Uses for Lemons and Limes

Whether you squeeze the juice into water or onto a tasty dish, these tangy citrus treats can help provide you with the same vitamins and minerals as other citrus fruits. [Read more...](#)



[Are the Benefits of Multivitamins All in Your Head?](#)

7 Proven Health Benefits Of Custard Apple

Custard apple has strong medicinal properties, like wound healing and pain relief. An extract can greatly help minor injuries. It also has the ability to lower blood glucose levels.

READ MORE



7 Science-Backed Side Effects Of Drinking Too Much Water

While drinking a lot of water through the day doesn't hugely affect a healthy person, having more than 1 L water per hour can strain the kidneys and the heart. If you're sweating, or retaining water in your body due to a medical condition, overhydration can lower the sodium and potassium levels dangerously.

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Delicious Calcium-Rich Dishes

Tender stuffed chicken, Spanish cheese, and almond cake top this photo gallery of delicious food packed with calcium. This green vegetable tastes a little... [Read more...](#)

Nutrients to Improve Eyesight

The eyes are prone to damage by free radicals. This damage may result in...

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SLIDESHOW



QUIZ

Vertigo and Balance Disorders

Are vertigo and lightheadedness really the same sensation? Do you ever feel like the environment around you is moving? [Read more...](#)



Why you should move — even just a little — throughout the day

How much time do you spend sitting each day? If you're like most people, more than half of your waking hours are spent parked on a chair or sofa. Even if you dedicate at least 30 minutes a day to structured exercise (such as brisk walking, cycling, or swimming), it's still important to get up and move for at least a few minutes, many times throughout the day.

Additional News from Harvard Health Publishing

Stretching may improve blood vessel health

Moderate amounts of coffee are the best

Stress-induced brain activity linked to chest pain from heart disease



7 THINGS YOU PROBABLY DIDN'T KNOW ABOUT YOUR VULVA, BUT SHOULD



How You Can Walk Off Belly Fat

FIND OUT



What Happens to Your Body on Carbs



Gnocchi-Cauliflower Skillet Casserole

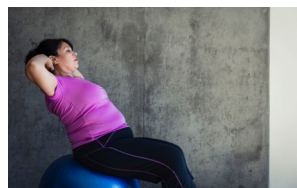
Cancer 'Remedies' That Don't Work

Research shows that up to 30% of people with cancer have tried a so-called 'cure' that doesn't have any benefits. Some of these 'remedies' are dangerous to your health and may affect how well other cancer treatments work.

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HEALTH BENEFITS OF CELERY



Excess Belly Fat Can Be Deadly But Is Easy to Lose

What Triggers Psoriasis?

Psoriasis treatment involves managing triggers and controlling symptoms by...

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Fish Oil Supplements Do Not Protect Heart

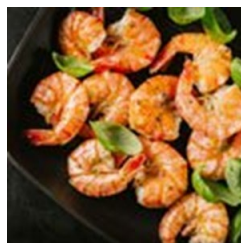
Fish oil supplements do not protect against cardiac events or atrial fibrillation, according to new research presented last week at the virtual American Heart Association Scientific Sessions. Data from the VITAL Rhythm Trial found no difference in risk for irregular heartbeat in participants who took omega-3 fatty acid supplements compared with those who took placebos. Other results from the OMEMI trial showed no benefit for supplementation against stroke, heart attack, or death from bypass surgery among elderly participants who either experienced a heart attack or who were at greater risk for a cardiac event. Lastly, data from the STRENGTH trial showed no protective effect against heart disease from fish oil supplements in those with an increased risk for heart disease or preexisting arterial blockages.

These findings support [previous research](#) that [showed](#) omega-3 supplementation did not reduce the risk for cardiovascular events in those with type 2 diabetes.



References

1. Cook NR, Pester J, Moorthy V, et al. The Vital Rhythm Trial: Omega-3 fatty acid and vitamin D supplementation in the primary prevention of atrial fibrillation. Presented at: American Heart Association's Scientific Sessions 2020 virtual meeting; November 13-17, 2020; Virtual meeting.
2. Nicholls SJ, Garcia M, Bash D, et al. STRENGTH Trial: cardiovascular outcomes with omega-3 carboxylic acids (Epanova) in patients with high vascular risk and atherogenic dyslipidemia. Presented at: American Heart Association's Scientific Sessions 2020 virtual meeting; November 13-17, 2020; Virtual meeting.
3. Myhre PL, Tveit SH, Laake K, et al. Effects of N-3 fatty acid supplements on clinical outcome after myocardial infarction in the elderly: Results of the Omemi Trial. Presented at: American Heart Association's Scientific Sessions 2020 virtual meeting; November 13-17, 2020; Virtual meeting.
4. Abdelhamid AS, Brown TJ, Brainard JS, et al. Omega 3 fatty acids for the primary and secondary prevention of cardiovascular disease. *Cochrane Database Syst Rev.* 2018;7(7):CD003177-CD003921. doi: 10.1002/14651858.CD003177.pub3.
5. The ASCEND Study Collaborative Group. Effects of n-3 fatty acid supplements in diabetes mellitus. *N Engl J Med.* 2018;379(16):1540-1550. doi: 10.1056/NEJMoa1804989.



Best and Worst Seafood Dishes for Your Health

What makes the difference in these seafood dishes? You'll want to consider what's in the dish, how it was cooked... [Read more...](#)



SLIDESHOW

How to Lower Your Risk of Cancer

Cancer is the world's leading cause of death, but about 1 in 3 cases can be prevented, according to the... [Read more...](#)



Bladder Infection Symptoms You Need to Know, According to Urologists

Bladder Cancer (Cancer of the Urinary Bladder)

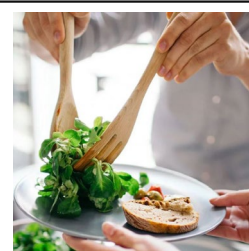
Bladder cancer is an uncontrolled abnormal growth and multiplication of cells in the urinary bladder. The most common... [Read more...](#)



SLIDESHOW

Is Low Blood Pressure Bad?

The heart circulates blood throughout the body with every beat. Low blood pressure results in inadequate blood... [Read more...](#)



15 Portion Control Tips From Nutritionists

What's So Great About Mushrooms?

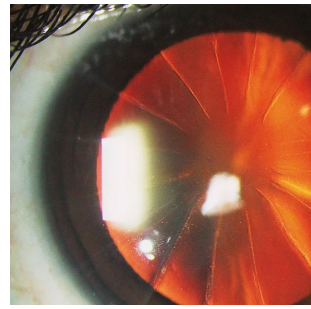
Mushrooms are a perfect example of "don't judge a book by its cover." No, they're not pretty. But there are plenty of reasons to love them. [Read More >](#)

FEATURED NEWS

How to Lower Your Blood Pressure Fast

High blood pressure (BP) is dangerous. It can lead to many health problems, including...

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THIS TYPE OF
EYE SURGERY
CAN ACTUALLY
MAKE VISION
WORSE



Today's Health Topic

Osteopenia: When you have weak bones, but not osteoporosis



Like their names suggest, osteopenia and osteoporosis are related diseases. Both are varying degrees of bone loss, as measured by *bone mineral density*, a marker for how strong a bone is and the risk that it might break. If you think of bone mineral density as a slope, normal would be at the top and osteoporosis at the bottom. Osteopenia, which affects about half of Americans over age 50, would fall somewhere in between.

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Surprising Symptoms of Lung Cancer

You probably already know that lung cancer often causes coughing, wheezing, and chest pain. But these other, lesser-known effects can show up too -- in places you might not expect.

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Pancreatic Cancer Warning Signs

They call pancreatic cancer a "silent killer," but it can definitely have symptoms. Here's what you need to know about diagnosis, treatment, and more.

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Vitamins You Need as You Age

As you get older, your body requires more of certain nutrients. Here's how to make sure you're getting enough.

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The Early Signs of Stroke You Need to Know—Even If You're Young

Arthritis drug may improve COVID-19 survival in older adults

New research finds that baricitinib, a drug used for treating adult rheumatoid arthritis, eases COVID-19 severity in older adults.

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Mediterranean diet

People who live in countries ringing the Mediterranean Sea, like Italy and Greece, have traditionally eaten a diet consisting mainly of fruits and vegetables, nuts and seeds, whole grains, fish, and olive oil — the same foods that experts recommend to bring down inflammation. Over the years, researchers began to discover that people who followed this style of eating had lower rates of disease and lived longer than people in the United States who ate a Western-style diet.

The Mediterranean diet is ranked high among doctors and dietitians, and for good reason. Studies show it protects against diseases linked to inflammation, including cardiovascular disease, metabolic syndrome, and type 2 diabetes. And, because it includes a variety of foods, the Mediterranean diet is relatively easy to follow and stick with.

DASH diet

Although its name may suggest the "grab-and-go" section of the supermarket, DASH is anything but a fast-food regimen. DASH stands for Dietary Approaches to Stop Hypertension. It was originally developed to lower blood pressure without medication, but is now widely considered to be one of the healthiest eating patterns around. It includes foods low in total fat, saturated fat, and cholesterol, and lots of fruits, vegetables, and whole grains. Protein is supplied by low-fat dairy, fish, poultry, and nuts. Red meat, sweets, and sugary drinks are limited. DASH is high in fiber, potassium, calcium, and magnesium and low in sodium.

Dr. Andrew Weil's anti-inflammatory diet

Another anti-inflammatory diet with science to back it up comes from Harvard-educated integrative medicine practitioner Dr. Andrew Weil. He started talking up anti-inflammatory measures decades ago, long before the idea began trending. His anti-inflammatory diet could be described as a Mediterranean diet with Asian influences. About 40% to 50% of calories come from carbohydrates, 30% from fat, and 20% to 30% from protein.

Where Dr. Weil's diet wins is in its emphasis on plant-based foods and healthy protein sources, as well as specific elements (fatty fish, fruits, vegetables, oils, nuts, and seeds) that help to reduce inflammation. It also minimizes highly processed foods, which can contribute to inflammation.

Harvard Medical School

How to Spot a Gallbladder Attack

Your gallbladder stores a fluid called bile your liver makes. When bile can't get into or out of the organ, it causes symptoms like these.

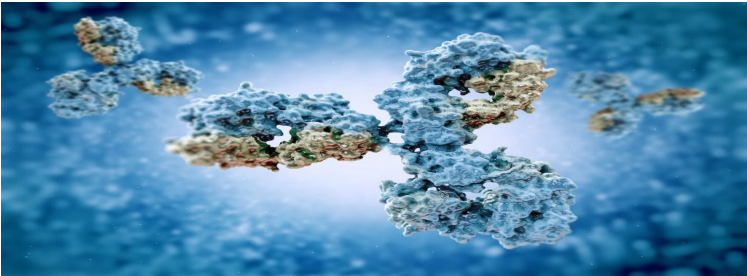
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What Vitamin C Can Do for Your Skin

When you're trying to fend off a cold, you reach for orange juice. But vitamin C's antioxidants also make it a powerful ingredient in anti-aging products. See what it can do for your skin.



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What are monoclonal antibodies? (And why do we need them?)

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How Pills and Insulin Work Differently

There's no one-size-fits-all regimen. Your doctor will consider the pros and cons of each for your unique needs.

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Is hemp oil effective in treating skin conditions?

Some studies have found preliminary evidence that molecules and chemicals found in hemp oil may benefit skin health. [Learn more.](#)

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Choosing the best potassium supplements

Taking potassium supplements may help prevent potassium deficiency. Learn about the benefits and risks of these supplements here, plus some options to try.

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Legumes Benefit Human Health and the Environment

Policies that encourage a diet that includes legumes, such as chickpeas, lentils, and peas, would benefit human and environmental health, according to an article published in *Nutrients*. These foods are affordable and nutritious and have seen increased consumer interest during the COVID-19 pandemic. The authors note that some consumers are hesitant to follow bean-centric eating patterns due to lack of cooking knowledge or experience. Education about legumes' culinary versatility, sustainability, and healthfulness can help increase consumer demand. Legumes can affordably produce a wide variety of dishes and meals, reduce greenhouse gas emissions and provide fiber, plant-based protein, and micronutrients associated with weight management and reduced disease risk. Policymakers should focus public nutrition education to motivate consumers to take advantage of the benefits of bean-centric diets.



Reference

Didinger C, Thompson H. Motivating pulse-centric eating patterns to benefit human and environmental well-being. *Nutrients*. 2020;12(11):3500-3512. doi:10.3390/nu12113500.

Should I get a flu shot this year?

Q: I'm debating whether I need to get a flu shot this year. Do you think it's worthwhile?

A: The answer to this question is an emphatic yes. It's more important than ever to get a flu shot this year for a number of reasons. First, it will reduce your likelihood of contracting, being hospitalized for, or dying from influenza, which should be reason enough to roll up your sleeve. In addition, if you do get sick with the flu after being vaccinated, the vaccine can reduce the severity of your illness. [Continue reading](#)

Do Statins Really Have Side Effects?

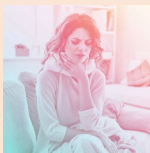
Most of the side effects blamed on cholesterol-lowering statins may be 'all in your head'.

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How Can You Prevent Diabetes

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

Dr Gunatillake-Health editor is a member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery, Member of the International Societies of Cosmetic surgery, Fellow of the International College of Surgery (US), Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery, Board member of the International Society of Aesthetic Surgery, Member of the American Academy of Aesthetic & restorative Surgery, Life Member of the College of Surgeons, Sri Lanka, Batchelor of Medicine & Surgery (Cey). Government scholar to UK for higher studies
Website: www.Doctorharold.com



13 WAYS TO SOOTHE A SORE THROAT

FEATURED QUIZ



Eye Problems and Conditions

Take this quiz to learn about common eye problems, diseases, and conditions.

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