

Health & Views

January 2nd issue
2022

[Confused About
COVID-19
Boosters?](#)

[How do you manage anxiety?](#)

Tell us about the strategies you use to cope and we'll share your experiences to help others.

[9 Reasons to Eat More Cottage Cheese](#)

Move over, yogurt. This versatile, protein-packed staple deserves a spot in your fridge too.

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[Losing Just This Much Weight Has Big Benefits](#)

Losing 5% of your body weight can have a big impact on your health, helping to improve blood sugar, cholesterol levels, and sleep, among these other perks.

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[CDC Clarifies COVID-19 Antibody Testing Specificity](#)

COVID test results do not indicate with certainty infections with SARS-CoV-2 coronavirus

[FULL ARTICLE](#)



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

[Can You Prevent Type 2 Diabetes?](#)

If you're diagnosed with prediabetes, you can still make lifestyle changes to help prevent developing type 2 down the line.

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[5 Ways to Support a Child With Diabetes](#)

While parents manage most things related to their child's health, a few strategies can make kids feel more involved and in control at any age.

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[Triglycerides and Diabetes](#)

High triglyceride levels don't cause diabetes, but they're a sign that your body isn't effectively turning food into energy. Here's what you can do about it.

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[When Should You Get Tested for COVID-19? Here's What Experts Say](#)

[Margarine May Now Be Healthier Than Butter](#)

Christmas with Fr Dilan



The initiative started when a group of friends in Brisbane (The Dream Team) was made aware of Fr Dilan and the much needed help he required to improve the living standards of the people in the district of Monaragala, Sri Lanka. Fr Dilan was the parish priest of Buttala, a town in that district which is known for its poverty.

In the period between 2006 and mid 2019, 157 homes for the poor have been built by Fr Dilan with the support of the "Dream Team" and many generous donors throughout Australia and overseas. The funds for this huge achievement were provided by a mix of individual donors who often funded construction of complete houses, families donating a house in memory of a loved one, many charity functions held to support the cause, and through many individual small personal donations.

All of the donations made between 2006 and 2019 were generously made to a cause which did not have the benefits to donors of a formal charity registration.

Rev. Fr. Dilan Perera omi
Parish Priest
Fatima Church
Colombo 10
0718445009

About Father Dilan

Fr Dilan Perera is First Councillor in the Colombo province of the Catholic religious congregation known as the Oblates of Mary Immaculate (Colombo province consists of 114 priests). He is also currently the parish priest at Our Lady of Fatima Church in Maradana, Colombo.



"Fr Dilan has dedicated his life to uplifting the poor whose life is an eternal struggle and to give them an opportunity to live with some dignity & hope. One only has to witness the wide smiles, or the tears that flow through the sheer joy of receiving a new home, to realise the positive impact [of Fr Dilan's work] not only on the parents, but on the children and their future. Most of these families have in fact kicked on with their new found dignity and filled the void with an optimism & penchant for life that was sadly missing!"

Fr Dilan Perera OMI, is a Man of God, who as it turns out, has and continues to devote his life offering his services to our brothers and sisters, tending to both their Physical & Spiritual needs!!"



How To Remove Oven Stains

This magic spray easily removes toughest oven stains without any scrubbing.

[Here's how to remove the toughest stains in seconds...](#)

DrClean Spray

Powered by LiveIntent



[THE 5 BEST POSITIONS FOR COUCH SEX](#)



[10 FOODS THAT CAUSE INFLAMMATION](#)



[High-Dose Fish Oil: "Intriguing" Results in COVID-19](#)



Side Effects Of Ginger And Who Should Not Consume It

Herbalists advise not to take more than 4 gms of ginger in a single day. Ginger if taken in large quantities can cause heartburn, gas, bloating, nausea or stomach distress. People with ulcers, inflammation, gallstones, bleeding disorders, pregnant women should not consume ginger.

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[How Bad Is It to Brush Your Teeth Only Once a Day?](#)

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

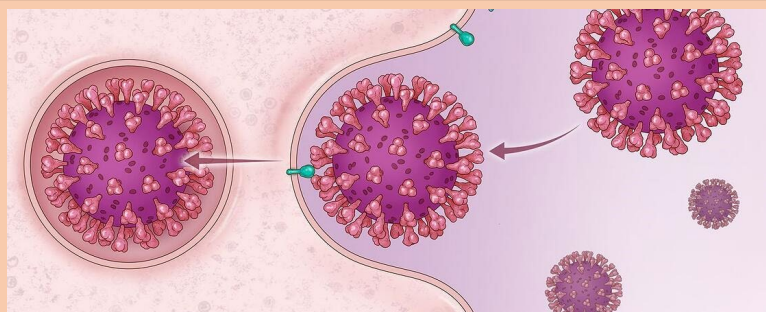
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[10 Best Pajamas for Women, If You Can't Sleep Naked](#)

[Here are the best pajamas for women, by fabric. Plus, a sleep doctor explains why wearing the right pajamas could help you sleep better.](#)

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[#3: How SARS-CoV-2 Immune Responses May Differ by Sex](#)

By Catherine Offord

Males and females show differences in gene expression, cell activation, and antibody production in response to some viral infections, but whether these influence COVID-19 outcomes is still unclear.

[Keep Reading](#)

[The 5 Major Signs of a Stroke](#)

[Stroke is a medical emergency, and without treatment, the result can be serious disability or death. Here's how to recognize the signs.](#)

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10 Harmful Effects Of Soft Drinks You Must Remember

Not only do soft drinks offer no nutrition, they also contain harmful chemicals. Their high sugar content, often high-fructose corn syrup, can cause diabetes and affect the heart and liver.

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4 Types of Headaches and Their Symptoms

When you have a headache, it's hard to think about anything else. The more you know about each type and which ones affect you, the better you can manage them.

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Why Metabolic Syndrome Is So Dangerous

It's not a single disease, but a group of related health problems: too much belly fat, high triglycerides, cholesterol trouble, high blood pressure, and high blood sugar.

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Eat On A Banana Leaf For Healthier Immune System

Banana leaves contain a polyphenol called EGCG also found in green tea. They fight off free radicals which cause ailments like cancer and heart disease.

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Healthy Home

Boost your health—and sleep—by keeping your bedroom clean.

[This Is How Often You Should Really Clean Your Sheets, According to a Pro](#)

[6 Things in Your Bedroom You Need to Throw Away NOW](#)

[How Often Should You Be Washing Your Pillows?](#)

Surprising Things That Can Hurt Your Kidneys

Overtraining, eating too much protein, taking certain heartburn drugs: See some unexpected ways you might be damaging your kidneys.

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Best Foods to Eat Before Sex

The right foods can ramp up your sex life -- and the wrong ones can spoil the fun. See what to avoid and what to put on your plate to rev up your libido, enhance the romance, and more.

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FLU

[Common Flu Shot Side Effects to Know, According to Experts](#)

Why Exercise Matters as You Age



Foods To Avoid If You Have Kidney Stones

General advice across different types of stones is to reduce sodium intake, in table salt and processed foods, and limit animal protein in your diet, particularly in the case of uric acid stones.

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13 Amazing Health Benefits Of Walking Every Day

As a moderate-intensity exercise, brisk walking every day for at least 30 minutes will reduce weight gain and inhibit multiple diseases such as diabetes, hypertension, dementia, and cardiac issues.

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Heart Health

Learn the warning signs of high blood pressure, the "silent killer".

[These Are the High Blood Pressure Symptoms You Should Know About](#)

[Here's What Your Blood Pressure Numbers Really Mean](#)

[If You've Seen Your Blood Pressure Rise During the Pandemic, You're Not Alone](#)

What Are the Top 11 Cancer-Fighting Foods?

Foods that fight cancer include phytochemicals, berries, turmeric, onions, and more. Learn how you can lower your risk of developing cancer through your diet.

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[Some Antidepressants May Reduce COVID-19 Severity](#)

[US COVID-19 Vaccine Doses Top 440 Million](#)

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