

Compiled by a Sri Lankan doctor to the expat Sri Lankans world-wide

Pandemic's beginnings traced to Wuhan market

Three studies, which have not yet been peer-reviewed, reveal intriguing clues about how the COVID-19 pandemic started. Two of the reports [trace the outbreak to a huge market that sold live animals in Wuhan](#), China. A third indicates that the coronavirus SARS-CoV-2 spilled over from animals — possibly those sold at the market — into humans at least twice in November or December 2019. Last May, virologist Michael Worobey, an author on two of the papers, led a letter published [in Science](#) in which he and other researchers pressed the scientific community to keep an open mind about whether the pandemic stemmed from a laboratory leak. Now, converging evidence strengthens the idea that the pandemic's origins lay in wild animals sold as products, he says. "When you look at all of the evidence, it is clear that this started at the market," says Worobey.

Nature | 8 min read

References: [Research Square preprint](#), [Zenodo preprint 1](#) & [Zenodo preprint 2](#)

HEART DISEASE

Can stress cause a heart attack?

Written by Mary West on February 27, 2022

Stress can increase a person's risk of having a heart attack, but it does not directly cause them. Learn more about heart attack causes and prevention.

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News

Climate change is outpacing adaptation

Rising greenhouse-gas emissions could soon outstrip the ability of many communities to adapt. A report from the United Nations Intergovernmental Panel on Climate Change (IPCC), authored by more than 270 researchers from 67 countries, finds that [the negative impacts of climate change are mounting far faster than scientists predicted just a few years ago](#). Many effects are unavoidable and will hit the world's most vulnerable populations hardest, it warns. "Any further delay in global action on adaptation and mitigation will miss a brief and rapidly closing window of opportunity to secure a livable and sustainable future for all," says climate scientist and co-author Maarten van Aalst.

Nature | 6 min read

Reference: IPCC Sixth Assessment Report: Impacts, Adaptation and Vulnerability

SLIDESHOW

Advanced Meal Prep Tips and Tricks

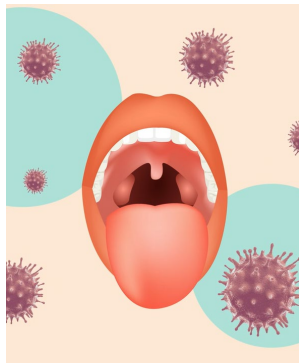
Cooking more meals at home is good for your health and your wallet. With a little pre-planning, you can tackle more work. [Read more...](#)

Is Lupus an Infectious Disease?

How Can GERD Be Treated?

CORONAVIRUS

'COVID Tongue' Might Be a Sign You Have Coronavirus, Doctors Say—Here's What It Looks Like



NUTRITION / DIET

10 high calorie snacks for weight gain

Written by Zawn Villines on February 27, 2022

If a person is trying to gain weight, they may want to try adding high calorie snacks to their diet. [Learn more.](#)

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FEATURED

Which Foods Should You Wash?

Should you wash raw chicken? Should you wash prewashed foods again? Here's what to wash, what not to wash, and how to wash it.

[READ MORE](#)

STROKE

What to know about the warning signs of stroke in males

Written by Rachel Nall, MSN, CRNA on February 27, 2022

Strokes tend to be more common in younger males than females. Read on about the signs and symptoms, when to call a doctor, risk factors, and more.

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MEDHELP DISCUSSION

Astigmatism, Dry Eye, Ghosting

I have been highly myopic since childhood, but with mostly stable vision. Since 2000, I have mostly worn contact lenses... [Read more.](#)

Skin Conditions Linked to High Blood Sugar

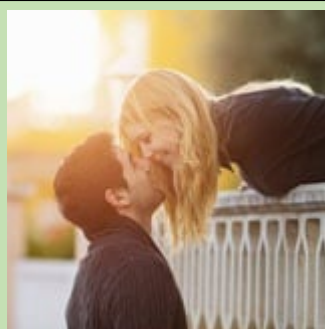
These problems aren't just unsightly and uncomfortable. In some cases, they can cause complications if not treated.

[Read More](#)

Dietary Supplements for Diabetes

What Your Hemoglobin A1c Means

Causes of Blood Sugar Spikes



SLIDESHOW

What Is Mono or the Kissing Disease?

Infectious mononucleosis is a common infection caused by the Epstein-Barr virus (EBV). Symptoms include fatigue... [Read more...](#)

5 Ways to Treat Diabetes at Home

There are many things you can do at home to help you manage your diabetes and help you feel in control of your health.

[Read More](#)





Leg Cramps, Pain? It Could Be PAD

Pain or cramping in your legs during physical activity may be an early sign of this condition.

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Can flavonoids help fend off forgetfulness?



The foundation of a healthy diet is a vibrant rainbow of fruits and vegetables, like rosy red strawberries, dark green spinach leaves, or sunny yellow peppers. Their colors often come from flavonoids, powerful plant chemicals (phytochemicals) that appear to contribute to many aspects of health. And now a large Harvard study published online in Neurology in July suggests that flavonoids may also play a role in protecting cognition.

[Continue reading »](#)

FEATURED QUIZ

Which Foods Are Super Healthy?

Delicious and rich in antioxidants, some fruits and vegetables top the list.

[TAKE THE QUIZ](#)

Another of Natures' Wonderful Seasons – Spring Time.

The last of the snow and ice are beginning to melt away
Exposing what laid under it and was hidden away
Very soon the white carpet will turn green to our envy
Followed by the green leaves/branches, the breeze will sway

The warmth too follows in the wake of the day
To make us doff the clothes so bulky and did weigh
Out comes the clothes so fashionable and trendy
With colours and shades to match as one should fancy

Spring is the season most appreciated in every way
As the buds & blooms pop out in myriad ways
Walking outside is such a pleasure and a treat so savoury
As you swing from side to side as the trees & the leaves doth sway

So dear reader do think about the season and weigh
For no one can deny Mother Natures' eye pleasing way
So do savour every moment of the Almighty's' give away
Undoubtedly the season will end and you pray for it, to always stay

Noor Rahim
March 14 2022

Why Sugar Is So Bad for You

Too much of the sweet stuff isn't just bad for your teeth and blood sugar. It can hurt your heart, liver, and even your joints.

[Read More](#)

Sources of Salt and How to Cut Back

It's important to check food labels for salt content as well as carbs and sugar - and these foods pack a surprisingly high amount.

[Read More](#)

15 Ways to Stay in Control of Your Blood Sugar

Sticking to these simple but important habits can help you keep your blood sugar in a healthy range.

[Read More](#)

4 Reasons Prostate Cancer Can Spread



China / Province of 24m people locked down as new Covid infections rise

Jilin residents ordered to stay at home and reservists sent to disinfect streets as 1,437 new cases reported across China

9 Ways to Help Prevent a Stroke

For people with diabetes, strokes present a double health risk. Thankfully, there's plenty you can do -- with your doctor's help -- to make them less likely.

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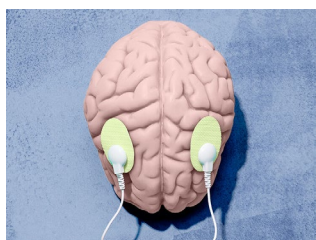
The Link Between Diabetes and Gout

If you have type 2 diabetes, your chances of getting gout are higher. And gout boosts your chance of diabetes, too.

[Read More](#)

Newer Rheumatoid Arthritis Drug May Increase Risk of Cardiovascular Events and Cancers in Some Patients

Long COVID: Can brain stimulation treat 'brain fog'?



New research suggests that brain stimulation may help reactivate silenced cells of the nervous system in long COVID by increasing their oxygen supply.

[READ ON →](#)

One Drink a Day May Change Your Brain

Heavy drinking is linked to health problems, but you might not think a nightcap is much of a threat. New evidence suggests even one drink a day is linked to detectable changes in the brain.



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7 New Ways to Serve Cauliflower

Yes, when it's boiled to death, cauliflower can get rather aromatic. But that won't happen when you try these tasty ideas.

[Watch Video](#)

Best Diets When You Have Diabetes

Not every weight loss plan is good for people with diabetes. These are the ones that can help you control your blood sugar, get a handle on your weight, and feel better.



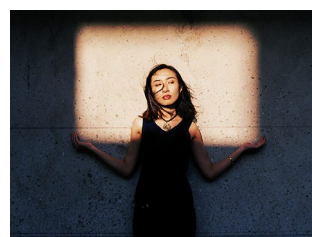
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10 SIGNS OF LEUKEMIA EVERYONE SHOULD KNOW



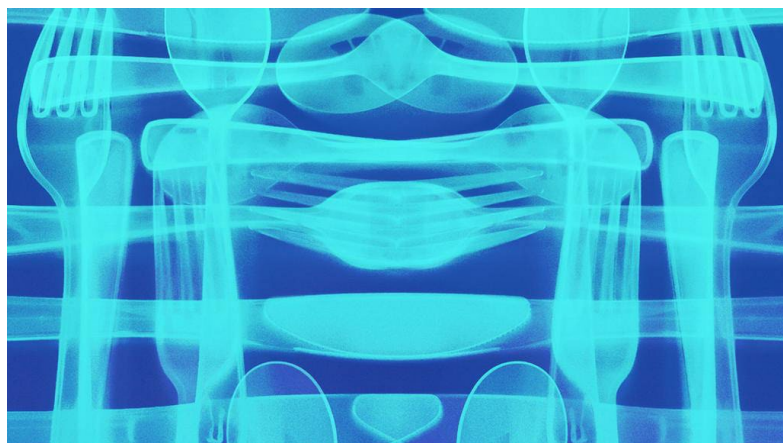
8 TYPES OF ASTHMA—AND WHAT TO KNOW ABOUT EACH

COVID-19: Why vitamin D levels may be key



New research into vitamin D levels and COVID-19 outcomes finds that people lacking vitamin D are 14 times more likely to experience severe COVID-19.

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MNT's Sunday Supplement: Researchers identify a gene that links eating less to living longer

We know from laboratory studies conducted in a variety of animals — rats, mice, fruit flies, microscopic worms, and more — that limiting the amount of calories an organism consumes can increase or even double lifespan. Is the same true of humans, and how much should a person reduce their intake of calories to reap the benefit?

A new study covered by *Medical News Today* this week set out to [investigate the potential of calorie restriction in people](#). It found that rejuvenation of the thymus, a gland that supports the immune system, is implicated. Furthermore, researchers identified a gene coding for a specific protein, PLA2G7, as a critical piece in the calorie restriction puzzle, one that is instrumental in allowing the immune and metabolic systems to communicate.

Another finding was that calorie restriction need not be as strict as the 40% reduction used in some animal studies. The researchers found that thymus function could be maintained at a healthy level by reducing calories by a modest 14%, a level that should be sustainable for many people over a long period of time.

However, a registered dietitian *MNT* spoke to warned against misinterpreting this study: "Calorie restriction does not mean you eat just 15% less of your favorite junk food."

To learn more about this study and how eating less can lead to longer life, jump to "[Calorie restriction trial reveals gene that may prolong healthy life](#)."

Also this week, *MNT* reported on the latest research to link [vitamin D deficiency and severity of COVID-19](#), news of the first patient to receive a [personalized cancer vaccine](#), and tips for [coping with the growing threat of climate change](#) to our mental health.

We will return with our regular daily newsletter tomorrow. Please get in touch [by email](#) if you have any feedback, comments, or questions about this week's Sunday Supplement.

Tim Snaith
Newsletter Editor, *Medical News Today*



SLIDESHOW

Foods, Vitamins, and Nutrients to Improve Eyesight

Just like every other part of the body, eyes age and do not work as well as we get older. What causes wear and tear on... [Read more...](#)

11 Health Benefits of Cinnamon

Cinnamon, from the bark of the cinnamon tree, has long been used as both a spice and a traditional medicine. As a supplement, you'll find it in capsules, teas, and extracts.

[READ MORE](#)



SLIDESHOW

Foods That May Age You

Some like it hot ... and some like it bubbly. The more spicy foods, sodas, and energy drinks you consume, the quicker... [Read more...](#)



SLIDESHOW

Foods to Lower Dementia Risk

Biologically, the way you feed your body affects your brain as well. The brain requires certain nutrients to function smoothly. [Read more...](#)

Why You Need to Get Enough Sleep

Getting enough quality shut-eye has so many benefits beyond just feeling refreshed the next day. It's even linked to lower odds of diabetes.

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Don't Ignore Blurry Vision

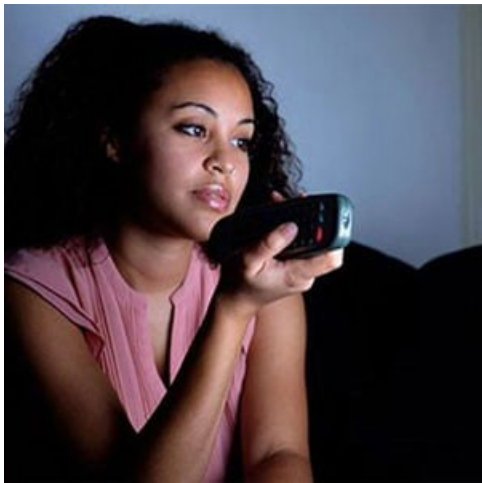


SLIDESHOW

Surprising Reasons Why You're Gassy

Do you get more gassy than other people or more than you used to? Is it causing you pain or discomfort? [Read more...](#)

Lemon-Garlic Chicken



FEATURED

How Binge-Watching Affects Your Health

Before you settle in to re-watch the entire first season of your favorite show, find out more about what binge watching can do to your body.

[READ MORE](#)

10 Surprising Things That Can Cause You to Lose Muscle

Don't let those squats in the gym go to waste—learn from experts the habits and foods that can cause your muscle to wither.

[Read More](#)

[>](#)

4 Household Products that Kill Coronavirus

Not sure what cleaning products to use? Have no fear: you might already have everything you need at home.

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Life With Insulin Injections

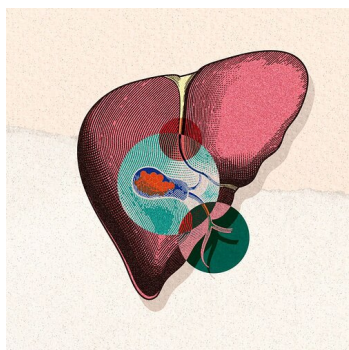
Once you get the hang of how to give yourself the shots, it's not that hard to fit them into your daily routine.

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Nerve Damage Inside Your Body

Neuropathy doesn't only affect your hands and feet. It can slow digestion, cause night sweats, and hamper intimacy with your partner.

[Read More](#)



5 Signs Your Gallbladder Is Inflamed—and What to Do About It



7 Benefits of an Orgasm You May Not Have Known About

What Just 10 Minutes of Movement Can Do

Here's a reason to get moving: If everyone between 40 and 85 years of age were active just 10 minutes more a day, it could save more than 110,000 U.S. lives a year, a large study reports.

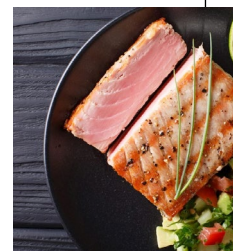
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14 Foods You Had No Idea Could Give You Food Poisoning

Food experts reveal the foods that are the most likely to give you food poisoning; plus, tips on how to avoid getting sick.

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How to Go Vegetarian

Find out how to make meat-free living work for you, whether you choose to eat this way all the time or to include some vegetarian meals in your week.

[Read More](#)

WHO Says COVID Boosters Needed, Reversing Previous Advice

Must-Know Symptoms of Multiple Sclerosis

MS is a chronic disease that damages the nerves in the spinal cord and brain, as well as the optic nerves. Get the facts about warning signs, diagnosis, treatment, and more.



[Read More](#)

12 Things Super-Healthy People Do

It doesn't take Herculean efforts to get healthy! Adopt a handful of simple habits -- like super-healthy people do -- and see how easy it is to eat better, move more, sleep well, and feel better. What are you waiting for?



[Read More](#)

11 Daily Habits to Ease Inflammation

Your body needs some inflammation to fight infection. But too much for too long can lead to problems, such as heart disease and arthritis. Here are some ways to help keep the flames at bay.



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What to Do if You Feel Lonely in Your Relationship

The biggest sign of loneliness in a relationship is that you feel worse, not better, when you're with your partner. Watch for these red flags.

[Read More](#)

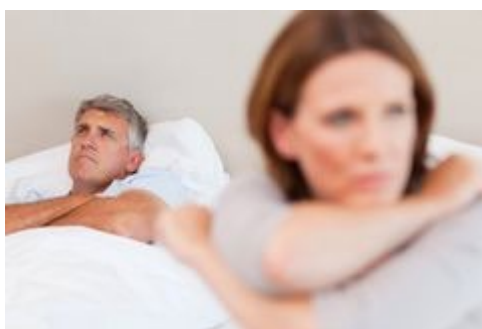
How Diabetic Macular Edema Is Diagnosed

This condition often doesn't cause symptoms that you'd notice, so you might not know you have it.

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What Happens When You Stop Having Sex

Believe it or not, a lack of sex could weaken your immune system, raise your blood pressure, and even affect your prostate. See eight other ways your health might suffer.



[Read More](#)

Hidden Toxins in Your Home

There are lots of ways your house can make you sick if you're not careful. Find out where the potential problems are and how to guard against them.

[Read More](#)

Moves That Ease Depression

It may be the last thing you want to do when you're feeling down, but even gentle exercise releases feel-good chemicals in your brain that can help your mood.

[Read More](#)

Eat to Fight Cancer

No single food can prevent cancer, but the right combination of foods may help make a difference. Check out better and worse choices for your plate.

[Read More](#)

What Are the Health Benefits of Hemp Seeds?

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