

SYDNEY RESIDENTS
Reminding Sri Lankans
in NSW to attend the
SPRING BALL
Organised by the Sri
Lankan Association of
NSW Inc. on 19th
October

Health Newsletter for the Sri Lankans worldwide

Health & Views

OCTOBER 1st issue 2024

Compiled & edited by Dr. Harold Gunatillake

Why paracetamol is all you need to cure a bad headache, study finds



Scary Good Ways To Enjoy Pumpkin

Pumpkin is unavoidable during the fall season. And why would you want to? Pumpkin is packed with health benefits. Here are 14 ways to enjoy it.

[Superfood status](#)



6 Signs You May Have Iron Deficiency

If you're feeling tired, weak and constantly cold, it could be a sign of iron deficiency. Here are some signs to look for.

[Iron matters](#)



Everything You Need To Know About Antioxidants

Learn why antioxidants are so important for your overall health and the best way to make sure you're getting all you need.

[Fight free radicals](#)

3 Benefits of Spearmint Tea

Spearmint tea contains both flavonoids and rosmarinic acid. Learn how these antioxidants can positively impact your health.

[Soothing, subtle and sweet](#)



Does Alcohol Cause Weight Gain?

Wondering if that happy-hour cocktail will erase all of your weight-loss progress? Here's how you can have a healthy balance between drinking and losing weight.

[Empty calories](#)



6 popular herbal supplements linked to potential liver risks

[Written by Corrie Pelc](#)

Eating This Every Day May Help Fight Dementia, Says Study

Slowing cognitive decline is reason enough to eat more of these foods, but they can also improve your heart, gut and even skin health.

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This Calming Exercise Surpasses Cardio in Reducing Blood Pressure

If your blood pressure is inching up, your doctor will likely suggest you improve your diet and exercise more often. But are all workouts equal?

[Read More >](#)



Managing chronic inflammation with psoriasis

[Written by Jillian Kubala, MS, RD](#) **10 studies cited**

Here's How Long Foreplay Should Last, a Sex Therapist Says

Does the timeline really matter when you're getting frisky? Here's what the science says.

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Why Do I Have a Dry Cough at Night and in the Morning?

At night when you sleep, mucus trickles down and collects in your throat and lungs. When you wake up, the mucus begins... [Read more...](#)

New study challenges amyloid-beta theory on cause for Alzheimer's disease

New research suggests that the lessening of amyloid-beta in the brain is behind cognitive decline in Alzheimer's and boosting brain protein amounts may offer cognitive benefits.

[READ ON →](#)

[Increasing energy levels for sex](#)



Billions Deficient in These Essential Nutrients. Are You?

Over half of the world's population isn't getting enough micronutrients essential to human health. These deficiencies are contributing to global health problems, such as...

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This Is the Healthiest Way to Make Eggs

Dos and Don'ts After a Bad Night's Sleep

You're dragging after a night of tossing and turning. It's probably going to be a tough day at work. What can you do to make things a little easier and make sure you sleep better tonight?

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Don't Let Anxiety Control Your Life

It's natural to worry during stressful times. But some people feel tense and anxious day after day, even with little to... [Read more...](#)

The Best Sleep Position for Your Health

Do you sleep on your back, side, or belly? Are you choosing the best sleeping position for your situation? Sleep posture is... [Read more...](#)

What Are Uncommon Symptoms of Asthma?

Patients suffering from episodes of asthma do not always have the typical symptoms like shortness of breath, wheezing... [Read more...](#)

Fibromyalgia Pain Relief Exercises

Don't let the muscle pain and fatigue of fibromyalgia keep you on the sidelines. You can -- and should -- get moving. [Read more...](#)

Signs Your Blood Sugar Is Out of Whack

STROKE

Stroke: Signs and Symptoms to Know

What Air Conditioning Can Do to You

Air conditioning can be a blessing during the hot summer months. But it affects your body in ways you may not expect. [Read More](#)

I Ate Eggs Every Day for a Week—Here's What Happened

They're a quick and convenient source of protein, vitamins, and nutrients...but does the cholesterol disqualify eggs from being a daily dish? Here's what an expert told us. [Read More >](#)

12 Ways to Relieve Back Pain

Back pain is among the most common ailments. Unfortunately, there are almost too many treatments for it. This makes... [Read more...](#)

The Best Walking Workout for Older People

A strength and nutrition coach offers a walking workout tailored to all fitness levels. [Read More >](#)

Ultra-Processed Doesn't Always Mean Bad -- Here's How to Tell

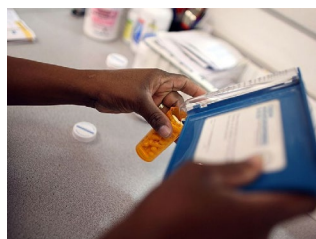
Heart Symptoms You Should Never Ignore

Problems with your heart can appear as more than just chest pain -- swollen feet, sweating, even erectile dysfunction can all be signs. [Read More](#)

14 Everyday Habits That Can Help Prevent Colon Cancer

Colon cancer is striking adults at increasingly younger ages. Here's the heads-up on practices doctors say we should all be following. [Read More >](#)

Common antibiotics may increase IBD risk by damaging key gut layer



A new study in mouse models of inflammatory bowel disease (IBD) suggests that common antibiotics may increase the risk of developing a form of IBD by damaging the protective mucus layer of the gut.

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Drinking coffee in moderation linked to lower diabetes, heart disease risk



Recent research has found an association between moderate coffee and caffeine consumption and a lower risk of cardiometabolic diseases, such as diabetes and heart disease.

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Sometimes
Kidney
Stones
Need a
Little
Nudge

Stroke
Rates
Rising in
Adults and
Kids With
Sickle Cell
Disease

Diabetes
Treatment
Might Ease
Gum
Disease,
Too

PLEASE
SHARE
THIS
HEALTH
NEWSLET
TER WITH
FRIENDS

WEEK IN REVIEW

Can you reduce your cholesterol without taking a drug?

It's one of the most common questions people ask their doctors: How do I lower my cholesterol? Many of them hope to avoid taking drugs, while others are interested in natural cholesterol-lowering medications, like the *Heart Letter* reader who wrote to us recently.

She's an active, slender 76-year-old who follows a heart-friendly diet (mostly organic fruits and vegetables, grains, and lean meats, but no red meat and no alcohol). Her blood pressure and blood sugar levels are normal, but her LDL ("bad") cholesterol is 157 milligrams per deciliter (mg/dL), which is considered borderline high.

[Continue reading »](#)

13 Fruits and Vegetables You Shouldn't Peel

Plus, nine others you **should** peel to reap the most nutritional benefits.

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Getting Enough A, B, C, D, E, and Omega-3 in Your Diet?

Tired, dry skin, or fighting a cold again? If you feel like something is a little off, you may lack some key vitamins or minerals.

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Can a common diabetes drug slow aging? New study shows promise

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MNT RECOMMENDS

Best Fish Oil Supplements

Fish oil may have various health benefits, but does the evidence support this? Read on for some options to consider.

[READ ON](#) →

How to Get Rid of Hemorrhoids

Do you know what a hemorrhoid is? Learn how to get rid of hemorrhoids, the difference between them, and the... [Read more...](#)

12 Surprising Things That Raise Your Cholesterol

You may link high cholesterol levels to fatty foods. But stress or certain medications can also be to blame. [Read More](#)

The Best Time of Day to Drink Coffee

The 12 Healthiest Dried Fruits to Add to Your Snack List

An Overlooked Cancer Risk Factor: Alcohol

Prediabetes: You Can Turn It Around

It's when your blood sugar is higher than normal, but not high enough to be called diabetes. You won't necessarily notice any symptoms... [Read more...](#)

Easy Everyday Tips for Eczema

Although there's no way to get rid of eczema for good, plenty of things you do each day can soothe and protect your skin. Learn the everyday tips to... [Read more...](#)

How Your Health Affects Your Hair

Are things like hair loss or an itchy, flaky scalp just minor annoyances or signs of a more serious problem? Find out what to look for. [Read More](#)

Cataracts Gone Without Surgery? New Science Suggests It's Possible

Could Antidepressants Give Memory a Boost?

Mathematicians discover new class of shape

Good news, tilers: mathematicians have [described a new class of shape — soft cells](#). These shapes have corners that are deformed into thin points with internal angles of zero, which let them tessellate on a 2D plane with no gaps. Soft cells are common in nature, from the inside of onions to mollusc shells, but this new work is the first time they've been formally described. "Simply, no one has done this before," says mathematician Chaim Goodman-Strauss. "It's really amazing how many basic things there are to consider."

[Nature](#) | 6 min read
Reference: [PNAS Nexus](#) paper

NEWS

Is Cinnamon Safe to Eat? What to Know About Reports of Lead in the Popular Spice

COVID origin at Wuhan market, says study

The hunt for the origins of COVID-19 has circled back to an animal market in Wuhan, China that was linked to many of the earliest cases of the disease. Researchers reanalysed genomes collected from the market shortly after it was shut down on 1 January 2020. They identified several animal species that could have passed SARS-CoV-2, the coronavirus that causes COVID-19, to people. The study [establishes the presence of animals and the virus at the market](#), although it does not confirm whether the animals themselves were infected with the virus. The researchers argue that their reanalysis adds weight to the market being the site of the first spillover events, in which animals infected humans.

Should kids take anti-obesity drugs?

As more adults turn to anti-obesity drugs such as Ozempic and Wegovy, attention is shifting to [whether they should be prescribed to children](#). Some of the drugs, which mimic the effects of the appetite-suppressing hormone GLP-1, are already approved in the United States and Europe to treat obesity in teenagers. Now a trial has shown that they work in children as young as six. But there is concern about whether people must stay on the medications for life to maintain the benefits. And the long-term effects of these drugs on kids' growing bodies is unknown.

Nature | 6 min read

Reference: [The New England Journal of Medicine paper](#)

If You Don't Eat a Banana Every Day, This Might Convince You to Start

They're not just a great topping for oatmeal...bananas are one of the healthiest fruits you can reach for.

[Read More >](#)

6 Signs of a Stroke You Might Be Ignoring

#1: Don't blame this vision symptom on old age or fatigue.

'Bad' Foods That Help You Lose Weight

Eat eggs for breakfast, pasta for lunch, and steak for dinner to lose weight? These tempting treats can actually help you drop some pounds.

[Read More](#)

AI shows flair for scientific originality

An artificial intelligence (AI) ideas generator [came up with more original research ideas than did 50 scientists](#), according to a preprint study. The ideas were blind evaluated by reviewers, who scored AI-generated concepts as more exciting, but slightly less feasible, than those from people. Critics say that pitting scientists against an LLM that can generate thousands of ideas in hours isn't exactly a fair fight. "You have to compare apples to apples," says computational social scientist Jevin West.

Three Mile Island nuclear plant to restart

Part of the infamous Three Mile Island nuclear power plant in the United States will be [reopened to power Microsoft data centres](#). Unit 1, which was closed in 2019, will be renamed the Crane Clean Energy Centre. Unit 2, which experienced a partial meltdown in 1979, will remain closed. It's rare that a nuclear plant is restarted — this is only the second such programme in the United States — but the move could become more common as tech giants seek low-carbon energy sources for power-hungry artificial-intelligence (AI) systems. Microsoft has invested in [an AI chatbot trained on nuclear regulations](#) in the hopes of streamlining the multi-year process of getting a new nuclear-power plant approved.

Financial Times | 5 min read & [The Wall Street Journal](#) | 6 min read (paywall)

How to Start Running, Safely