

Health & Views

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Curated by Dr Harold Gunatillake

3 Benefits of Apple Cider Vinegar

Apple cider vinegar has a variety of uses, including preservation, flavoring, pickling, and medicinal applications. Here are three key benefits of apple cider vinegar:

1. ****Blood Sugar Control and Diabetes Management****

Studies have indicated that apple cider vinegar can enhance insulin response and lower blood sugar levels after meals. Consuming apple cider vinegar before bedtime has also been shown to reduce fasting blood sugar levels in the morning.

2. ****Eliminates Harmful Bacteria****

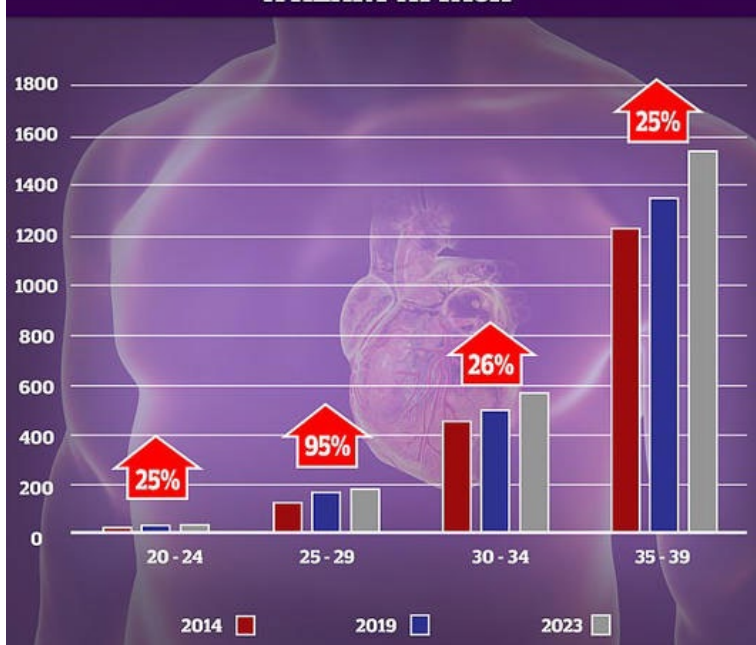
Apple cider vinegar is commonly used as a preservative in Korea, as it can inhibit the growth of harmful bacteria, such as E. coli and norovirus, in food.

3. ****Potential for Weight Loss****

When taken before or during a meal, apple cider vinegar has been shown to aid in weight loss and increase the feeling of fullness.

**Want To Reduce Your
Dementia Risk? Eat These 4
Foods, Study Says**

NUMBER UNDER 40S TREATED BY NHS ENGLAND FOR A HEART ATTACK



NHS data shows a rise in the number of younger adults suffering from heart attacks over the past decade. The biggest increase (95 per cent) was recorded in the 25-29 year-old demographic, though as numbers of patients are low even small spikes can look dramatic

**New Study Reveals Dairy's Complicated Role in
Blood Pressure, Cholesterol Levels—What You
Need to Know**

**Bread Can Be a Sneaky Ultra-Processed Food—
Here's How to Pick the Healthiest One**

**New Study: 90% of Americans Are Lacking in This Cancer-Preventing
Nutrient**



Avocados ©Elena Pavlovich/Shutterstock

This green fruit, best enjoyed smashed on toast and topped with a poached egg or mashed to make guac and served with tortilla chips, may be a rather controversial food, but its health benefits are undeniable. While its high-fat content puts some off, it doesn't, as avocados are filled with healthy, monounsaturated fats—the type that helps to reduce bad cholesterol in your body.

Each pear-shaped fruit contains approximately 0.5oz of fiber, which helps to aid and support a healthy digestive system. Known for their ultra-creamy consistency, avocados also deliver vital nutrients such as vitamins C, E, and K, as well as magnesium and potassium. Finish your avocado dish with a squeeze of lemon to boost your vitamin C intake, and add a sprinkling of chilli flakes and sea salt for extra flavour.



Pesto

While it's known for having a higher fat content than a tomato-based sauce, this doesn't mean you have to forgo your midweek pesto pasta fix. "Pesto can be a nutritious addition to your meal, particularly when it's made with extra virgin olive oil, which is rich in heart-healthy monounsaturated fats and antioxidants," says Walpole.



Popcorn

Looking for a satisfying snack to graze on? This crunchy cinema favorite could be the one for you. "Popcorn is a healthier snack option because it's a whole grain that is high in fiber, which can promote digestion and help you feel full," says registered nutritionist [Jen Walpole](#). "It's naturally vegan and gluten-free, making it a suitable choice for those with dietary restrictions or preferences, too."



24. Ham ©

Not only is it a good source of protein, ham is also rich in selenium, a nutrient known to fight off infections and promote reproduction. The meat slice also contains high levels of other important nutrients, including zinc, potassium, iron, and magnesium, meaning you can snack away happily, providing you opt for healthier varieties.

Help Your Immune System Fight Infection

Full-fat yogurt

Despite its high calcium content and numerous nutritional benefits, full-fat yoghurt is another food that diet culture labels 'unhealthy'. Although it primarily comprises saturated fat, studies have demonstrated that consuming these fats from whole milk products promotes HDL (the good cholesterol), thereby reducing the risk of heart disease.

Fitter Folks Have Better Odds Against Cancer

High-Fiber Diets Linked to Gut Health & Fewer Harmful Bacteria

Fatty Muscles Increase Heart Disease Risk

FDA Approves Spravato Nasal Spray for Treatment-Resistant Depression

Nutrition Labels Only Slightly Effective in Cutting Calories

Pregnancy Increases Mental Health Risk in MS Patients

Best Ways to Lower Your Triglycerides

High triglycerides can lead to clogged arteries and even a heart attack or stroke. See what to eat and what else you can do to help bring your levels down.

[Read More](#)

What to Do (and Not to Do) After Sex

No need to hop into the shower. Here's how you can quickly freshen up and reduce your chances of getting a UTI or other infection.

[Read More](#)

8 Supplements That Help Digestion

Can licorice help with heartburn? Does artichoke leaf extract ease indigestion? See which natural remedies may tame your stomach troubles.

[Read More](#)

11 Foods to Avoid When Trying to Lose Weight

Some people seem to gain weight even when they are making healthy eating and exercise a part of their daily regime. Here are 11 of the worst foods for... [Read more...](#)

Can Erectile Dysfunction Become Permanent?

Having erection problems? Learn about erectile dysfunction causes and treatments such as drugs, pumps, and more. There are...

[Read more...](#)

How Long Does It Take to Rehydrate After Dehydration?

The severity of your dehydration will influence how long it takes to return to a well-hydrated state. If your dehydration is mild to moderate, it is possible to... [Read more...](#)

Brain health, sleep, diet: 3 health resolutions for 2025

Signs You Have a Hormone Imbalance

Weight changes, belly problems, and brain fog are a few of the red flags that could mean your hormones are out of whack.

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Does my baby's poop indicate a milk allergy?

Do These Things Today to Sleep Better Tonight

How, when, and where you exercise, what you eat before bed, and other things you do during the day can affect how well you sleep.

[Read More](#)

7 Ways to Feel (and Look) Younger

Most of us want to live as well as we can for as long as we can. Try these tactics to help turn back the clock both mentally and physically.

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What Are the Signs of Early Onset Dementia?

Early onset dementia is rare and difficult to diagnose. Learn about early signs of dementia that may indicate that... [Read more...](#)



"Their Future in Our Hands"

VACD Australia & Sri Lanka February 2025

Newsletter

"When we give alms with our hearts, we give well"

Thai Pongal is a multi-day Hindu Harvest festival celebrated by Tamils and observed in the month of Thai according to the Tamil solar calendar that usually falls on 14th or 15th January. According to tradition, this festival marks the end of winter solstice and the start of the sun's six-month-long journey northwards. The festival is named after the ceremonial "Pongal", which means "to boil, overflow" and refers to the traditional dish prepared from the new harvest of rice boiled in milk with jaggery.

Our Mission: The policy of our mission is to serve children with disabilities and their families as equals irrespective of their caste, race, or creed, and to promote VACD's ethos of love, care, unity and support for each other thereby fostering multi-layered and long-lasting foundations for community unity, harmony, prosperity and well-being.

Australian Dollar **Donations via Direct Bank** **Transfers:**

Name of Account:

Volunteers to Assist
Children with Disabilities
Limited

Bank: Commonwealth
Bank of Australia, Liverpool
& Castlereagh Streets
Branch,
Cnr of Liverpool &
Castlereagh Streets,
Sydney NSW 2000
Australia

Account No: 1130
2156 **BSB:** 062-
016 **BIC/SWIFT**
Code: CTBAU2S

Dear friends, colleagues, supporters, and collaborative partners,

Greetings to you, your families, loved ones and colleagues from all of us at VACD Australia and Sri Lanka.

Observing Thai Pongal 2025 at VACD

VACD Sri Lanka's leadership team, staff, children, their families, and local supporters of our mission observed Thai Pongal, the Hindu/Tamil harvest festival on Thursday, 16th January 2025 as seen in the photographs below:



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VACD's Projects, Programs and Planned Activities in the Uva Province for 2025

1. Organizing health clinics for VACD children and assisting them to receive regular medical attention and treatment at local government hospital clinics with local paediatrician and medical authority support.

The Uva Provincial Ministry of Health in collaboration with VACD and our collaborative partners to introduce "Early identification and early intervention" programs across the province for children with developmental delays/disabilities