

Apparently these guys can write and read Sinhala fluently.

<https://www.youtube.com/watch?v=nWJV044zsvM>

## Eagles of Death Metal co-founder Josh Homme opens his charity to Paris victims

Randee Dawn  
TODAY

Josh Homme, co-founder of the band that headlined the Bataclan Theater in Paris on the night of Nov. 13, said he is opening up his charity to accept donations to aid victims of the terrorist attacks there.

Josh Homme of Eagles of Death Metal

performing on Oct. 19 in Los Angeles.

Homme wasn't on tour with Eagles of Death Metal last week when terrorists stormed the venue and ultimately killed 89 during their show, including the band's merchandise manager Nick Alexander.

**MORE: Eagles of Death Metal preach 'love and compassion' in first comments since Paris attack**

His charity, The Sweet Stuff Foundation, provides musicians and families "transportation to medical treatment, assistance with child care and tuition, income assistance, the 'last wishes' of a lifetime, and special treatments not covered by insurance," according to its website.

Sweet Stuff announced the Paris focus on Twitter:

While the band is now home safe, we are horrified and still trying to come to terms with what happened in France. Our thoughts and hearts are first and foremost with our brother Nick Alexander, our record company comrades Thomas Ayad, Marie Mosser, and Manu Perez, and all the friends and fans whose lives were taken in Paris, as well as their friends, families, and loved ones.

Although bonded in grief with the victims, the fans, the families, the citizens of Paris, and all th...

[See More](#)



Kevin Winter / Getty Images



Barak Obama celebrates Deepavali and greets the 'Swamy'.

"Warmest wishes to all in #SriLanka and around the world celebrating #Deepavali, the Festival of Lights".



Sajith Premadasa @sajithpremadasa 35m35 minutes ago

Handing over medical equipment to Debarawewa Hospital in Hambantota. #SriLanka

FOOD & DIET NEWS

## FDA Issues New Food Safety Rules

The guidelines are intended to curb outbreaks of food-borne illnesses.

## Take Aspirin daily to prevent blockage of arteries

One thing aspirin does is interrupt the process that makes your blood clot. Taking one every day helps keep your blood flowing smoothly and helps prevent blockages in your blood vessels that can lead to strokes and heart attacks. Talk to your doctor about whether it's a good idea for you.

WebMD



TOP STORY

## Will Sheen's Announcement Affect HIV Stigma?

Charlie Sheen confirms he is HIV-positive. What does getting diagnosed with the virus mean in today's era of effective treatments?

## Here's why coffee keeps you up at night

Everyone knows that people who say they can drink a cup of coffee and fall right asleep are just fooling themselves.

[Read More](#)

**HEALTH CARE DISCLAIMER:** This site and its services do not constitute the practice of medical advice, diagnosis or treatment. Always talk to your healthcare provider for diagnosis and treatment, including your specific medical needs. If you have or suspect that you have a medical problem or condition, please contact a qualified health care professional immediately.



**Dual citizenship given to 2000**

President Maithripala Sirisena said dual citizenship was what most of the Sri Lankan expatriates asked for, whenever he met them during his tours abroad and the government had expedited in accordingly.

He said this at a ceremony held at Temple Trees to award dual citizenship to 2,000 Sri Lankans this morning.

Prime Minister Ranil Wickremesinghe said the support of Sri Lankan expatriates would be vital in fulfilling the government's objective of in winning the international support in bringing reconciliation, attracting foreign investors and for the development of the country. He said those who were unable to obtain dual citizenship also could support the country's development as a Diaspora. "Get together with us in building up the country we all dream of," he told the gathering who obtained dual citizenship at the ceremony. **(Yohan Perera)**

**Lalith Brodie-broadcaster in Ontario, Canada**



Lalitha Brodie is a counselor/published bi-lingual writer and has been broadcasting over Radio Asia / ITR from 1993 for over 22 years. She earlier broadcast popular two hour Talk shows live every Saturday 2-4 pm plus one hour TV programs too. Lalitha Brodie initiated The Tamil Health Digest in 1993, creating history broadcasting programs on Health in Tamil for the first time with late Psychiatrist Dr.Sooriyapalan and Ontario Trillium Foundation gave a grant of \$ 15 000 for this project. The Ontario Womens' Directorate gave a grant of \$10 000 for the Prevention Of Violence Against Women program she did with Dr.Pushpa Seevaratnam from the Toronto Board of Education. She telecast one hour TV programs too with Dr.Sooriyapalan and others over ITBC & Tamil One TV but has slowed down her activities with age and now only reads from Saint Manickavasahar's Thiruvasham on Saturdays from 6 – 6.30 pm over ITR – [www.itr.fm](http://www.itr.fm)



Three regular contributors of health material to one Keith (email distributor) in Melbourne: Harry, Larry and Rod respectively, comments in unison-

**DO WE NEED THE HEALTH WRITER TO TELL THIS?**

**WHEN IT IS FREELY AVAILABLE ON THE NET!!!**

Gus from London comments:

Harold,  
*Please ignore these critics. Unlike searching the Internet for particular ailments, your excellent publication is written in simple and entertaining style. You also carry a plethora of subjects that is relevant to the Sri Lankan community whether abroad or at home.*

*Moreover if a medically inspired person wants to read more you give the relevant links. Most people lead busy lives and hence do not have the time to trawl through the Internet, so having a font of knowledge all in one place written in an easy to understand manner is boon to be cherished.*

*Do not be disheartened by these 'naysayers' - they are a minority and do not have a modicum of knowledge about the excellent service that you render to the Sri Lankan community.*

Regards  
Gus

Hi Harold.  
As Gus says, such emails are best ignored  
Rajeeva

**Editor: More comments entertained. My simplest solution and comment would be that those who wish not to read a health writer's selection of articles, should go to the net to find answers to their medical issues.**

**It is ironic that the above three individuals who questions the need for a health writer, are themselves health writers who presents health articles from the net through the above Melbourne forwarding agent. What a world we live in!!!!!!!**



A loving family in Australia offered help to fully fund a new house for Chamila who needs a desperate helping hand. Fr Dilan has now reached a dead-end to secure land to build them a house. Can anyone help with land ??? Can anyone help??? In the Chilaw region?

Please e-mail Fr Dilan.

Fr. Dilan Perera OMI  
Director/ Superior  
St. Vincent's Home  
Maggona,  
Sri Lanka.  
0094 718445009

**Details of the family plight:-**  
Chamila is a mother of seven. Her husband has disappeared on the day that 'Tsunami' affected Sri Lanka and they have not got any news about him. They live by the side of the Deduru Oya (River). After few years she got married to another person. She goes through a hard time to look after her children. Her eldest daughter is married and another two children are in an orphanage.  
Sent by Jeremy  
Jeremy  
<auskingprawn@optusnet.com.au>

**VIDEO: The Chief Suspect**

Abdelhamid Abaaoud, a 27-year-old Belgian, was killed in a Wednesday raid in the Paris suburb of St.-Denis. He is believed to have orchestrated Friday's attacks in Paris.   
-Related Article

**Cough Medicine and Children:**Never give cough medicine to children younger than 4 because it can have serious side effects. For children 4 to 6 years old, ask your doctor before giving any cough and cold medicines. They're safe after age 6. For children 1 and up, try 1/2 to 1 teaspoon of honey to help them cough up mucus up  
WebMD

**This New Technique is a Revolution in the Medical World**

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# Coriander

The name Coriander is often used to refer only to the seeds of the popular herb *Coriandrum sativum*; however in this case, we're interested in the entire plant. Coriander seeds are known to stimulate the pancreas to produce insulin which results in more balanced blood-sugar. Coriander seeds have a similar effect on blood-lipid levels, aiding the liver in balancing and improving overall cholesterol levels. Coriander seeds are also naturally antibiotic against some food-borne pathogens – salmonella being one of them.

Coriander leaves – commonly known as Cilantro – are full of fiber and nutrients, most notably vitamins A and K. Cilantro is also high in anti-oxidants and minerals such as potassium, iron, and magnesium. Not bad for a tasty little herb!

**Grow your own** *Coriandrum sativum* this spring to enjoy the benefits of both seeds and fresh leaves. Alternately, you can purchase [Organic Coriander Seeds](#) and [Organic Dried Cilantro](#) from Amazon.com.

[naturallivingideas.com](#)

# Parsley



**Parsley** (*Petroselinum crispum*) may seem rather common to be found on our list, however this is one seriously under-rated herb. Parsley is so incredibly healthy that using it as nothing more than a pretty garnish then tossing it in the trash bin afterward is almost criminal! Parsley is one of the richest sources of vitamin K which is great for improving skin health and promotes faster healing of skin ailments. Parsley is also an excellent source of vitamin C and iron which strengthen the immune and circulatory systems. Parsley is powerfully antioxidant, helps to detoxify all of the body's systems, and improves digestion and nutrient absorption.

As if all of that weren't enough, **parsley makes you smell good**. While it is fairly common knowledge that eating parsley after a meal freshens the breath; less well-known is that consuming this herb on a regular basis actually causes the body to produce a cleaner and more alluring natural scent.

Growing parsley is easy and it's also the best way to attract the beautiful Swallowtail butterfly to your garden! Purchase these [Organic Parsley Seeds](#) from Seeds of Change on Amazon.com or try this [Certified Organic Parsley](#) by Frontier Natural Products.

[naturallivingideas.com](#)

# Being Gay in a Brown Household – YouTube

<https://m.youtube.com/watch?v=EN5eJ0UmrNE>

In Sri Lanka, children are raised not to fall into sexual attraction. Whether they are Christians, Hindus or Buddhists, children are directed to love God, their parents, siblings, relatives and neighbors. Parents educate their children and when children do well they care for their parents. The marriages are usually arranged by parents. Children have the choice to get married or not. Parents normally do not force their grown up children to do anything that they don't like. Children as well as parents respect each other. Children usually don't raise their tones to their parents. Everything is centered towards God and for the love of God. Gay marriage is not permitted by the Catholic Church and the Government of Sri Lanka. Gay people could end up in prison if they openly admit that they are gays. The movie is not appropriate to be played in Sri Lanka. The Sri Lankan communities who now live outside still follow the rules and regulations of their country and the church. Most people grew up believing sex as a sacred act to bring future generation into this world.

**Agnes Thambynayagam-Houston**

**Ed: Please comment and send us your views in brief, for publication**

# [Doctor attempting to provoke euthanasia prosecution to spur test case](#)



A Melbourne doctor who says he has been prescribing injectable medications to patients seeking to end their lives wants police to prosecute him so that he can argue the case for euthanasia in court.



**VIDEO: [How to Do a Basic Pilates Bridge](#)**



# **Corticosteroids for OA: Pros and Cons**



[Steroid shots may help ease pain and swelling from osteoarthritis, but there are risks involved.](#)



Sent by Francis Gnani

# [labels for popular painkillers](#)

A range of popular painkillers will carry new warning labels saying they can increase the risk of heart attack and stroke following a Therapeutic Goods Administration review.



# The Science of Vitamin C: Can Taking It Prevent a Cold?



Vitamin C may have a modest effect on how long colds last, but it's unlikely to ward off the wintertime sniffles completely, evidence suggests.

[Read More »](#)



[Lentil-Stuffed Delicata Squash With Creamy Raita](#)

By **TARA PARKER-POPE**

A reader sent in a recipe for a fall dish with spice and "abundant umami" to suit a wide-range of palates.



3,000 Civil Defence Force members donated blood in a blood donation campaign organized in Gangaramaya Temple, Colombo Azzam Ameen

தமிழுக்கு நன்கொடை அளிப்போம்!



<http://harvardtamilchair.com/>

ஹார்வர்டில் தமிழ் இருக்கை அமைப்போம்!  
Ancient Tamil Civilization

## Establishment of a Tamil Chair at Harvard University

Tamils around the world have an unprecedented opportunity to establish a permanent foundation for Tamil studies at the most prestigious institution in the world, Harvard University. The prospect of having the Tamil language celebrated with a fully endowed chair at one of the world's premier institutions, is unparalleled.

The Tamil language, spoken by about 80 million people worldwide, is one of the major classical languages of the world. Its literature is revered as one of the world's oldest and finest. An endowed chair, will facilitate the continued scholarship in this notable and precious language that is an integral part of Tamil identity throughout the world.

Tamil Sangam literature, which is over 2000 years old, has many Tamil commentaries, from ancient to modern. It has also been translated into English by many scholars. Inspired by this literature, and with a view toward disseminating this rich and prolific language, Dr. Vijay Janakiraman and Dr. Sundaresan Thirugnanasambandam, approached Harvard University about the establishment of the Tamil Chair. Comprehensive discussions have led to the approval of a \$6M endowment to fund this Chair. Drs. Janakiraman and Thirugnanasambandam, have generously contributed \$500,000 each toward this endowment. We are now in the public phase of the campaign to raise the remaining \$5M and looking to the global Tamil community to seize this opportunity to be an integral part of the promotion of Tamil literature and studies.

**Agnes Thambynayagam wrote:**

**Thank you very much Abey. Tamil language is not 2000 year old. Tamil was known as Malavar language in the 16th century and Malabar from mid 17th century. It was named Tamil during British rule. Tamil adopted words from Portuguese, Dutch & English languages. It is good to teach Tamil language at Harvard. Tamil is taught in many Universities in the USA. Our daughter took Tamil as a second language at the University of Texas**

Sent by Don Abey

<https://m.youtube.com/watch?v=vsF3X-p7ct8>

From satisfaction - to bloating and blood clots: Nutritionist details what REALLY happens to your body after eating one slice of pizza and reveals which restaurants offer the most calorific portions

It's a go-to indulgence that nearly everyone enjoys, however most people intentionally try not to think about the effects that pizza has on their body.



But a detailed report on [Cosmopolitan.com](http://Cosmopolitan.com) from nutritionist Sonya Angelone, a spokeswoman for the Academy of Nutrition and Dietetics, is showing exactly what happens to a person's body when they eat a slice of the cheesy delicacy.

Sonya broke down the process of eating one large slice of pepperoni pizza - which typically contains 311 calories, 13.5 grams of fat, and 720 milligrams of sodium - into time increments, revealing specifically how the Italian favorite affects one's brain, bloodstream, and digestive system

By Emily James For Dailymail.com

## VIDEO: 36 Hours in San Francisco

In a city that's constantly reinventing itself, San Francisco has endless offerings, from bowling in the Mission to diversions on the waterfront, not to mention creative restaurants and bars.

## VIDEO: Driven | 2016 Mercedes-Maybach S600

Mercedes-Benz is trying again with the Maybach. At about \$200,000, the S600 is a regal and richly appointed version of an S-Class.

## Soda

Candy isn't the only culprit when it comes to added sugar. Sodas can have up to 11 teaspoons of sugar per serving. To add insult to injury, sodas also contain phosphoric and citric acids, which eat away at tooth enamel. Diet soft drinks let you skip the sugar, but they may have even more acid in the form of the artificial sweeteners.

[http://elanka.com.au/events\\_listing/enjoy-the-holiday-glow-of-hilton/](http://elanka.com.au/events_listing/enjoy-the-holiday-glow-of-hilton/)

The [American Cancer Society](http://American Cancer Society) issued new guidelines on Tuesday, recommending that women with an average risk of breastcancer havemammography starting at age 45 and continuing once a year until 54, and then every other year for as long as they are healthy and likely to live another 10 years.

Journey from Kandy to Misty Ramboda, Sri Lankaby Harold  
Gunatillake348 views

## Scientists find sugar and alcohol molecules on Comet Lovejoy



PHOTO: [Comet Lovejoy lights up the sky over Australia: file](http://Comet Lovejoy lights up the sky over Australia: file) (Phil Hart photography)

Scientists have identified two complex organic molecules, or building blocks of life, on a comet for the first time, shedding new light on the cosmic origins of planets like Earth. Ethyl alcohol and a simple sugar known as glycolaldehyde were detected in Comet Lovejoy, according to the study in the journal Science Advances. "These complex organic molecules may be part of the rocky material from which planets are formed," the study's authors said.

Other organic molecules have previously been discovered in comets, most recently in comet 67P/Churyumov-Gerasimenko, on which the European space agency's Philae found four that had never before been detected on a comet.

Since comets contain some of the oldest and most primitive material in the solar system, scientists regard them as time capsules, offering a peek at how it all started 4.6 billion years ago.



## Idea Short Film - The Fakers

by Idea

# Processed meats cause cancer and red meat probably does too: World Health Organisation



Sausages cause cancer, the World Health Organisation has declared. *Photo: Marina Oliphant*

A research division of the World Health Organisation has announced that bacon, sausage and other processed meats cause cancer, and that red meat probably does, too.

The report by the influential group stakes out one of the most aggressive stances against meat yet taken by a major health organisation, and it is expected to face stiff criticism

Read more:

<http://www.smh.com.au/world/processed-meats-cause-cancer-and-red-meat-probably-does-too-world-health-organisation-20151026-gkj2pf.html#ixzz3phbywxUN>

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**How BEER makes men better in bed: Expert reveals how a pint or two boosts libido and helps sex last longer**



Dr Kat Van Kirk, a certified sex therapist from Los Angeles, claims there are a variety of scientific reasons why sinking a few pints can improve boost a man's performance in the bedroom.

<http://www.youtube.com/embed/qGGabrRS8?rel=0>

## **VIDEO: Drugs and Politics**

On the campaign trail, presidential candidates acknowledge the problem of America's growing addiction to legal, prescription and illegal drugs, and discover the bipartisan appeal of drug policy

## **VIDEO: In China, One Child or Two?**

As China ends its one child policy, some parents ponder the pros and cons of having a second child.

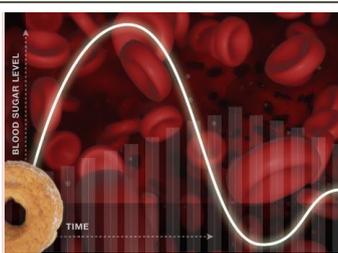
[-Related Article](#)

## **Skin-tightening face mask using egg shells**



Clean and dry the shells, then grind them with a mortar and pestle into powder. Mix the powder with an egg white, and then apply the paste to your face and wait for it to dry. Wash it off, and you'll be able to feel the difference.  
BabaMail

## **Quick Sugar Highs ...**



Why do you get a rush when you eat a midday candy bar? The sugar in it -- called a simple carbohydrate -- is quickly turned into glucose in your bloodstream. Your blood sugar levels spike. Simple carbs are also found in fruits, veggies, and dairy products. But these have fiber and protein that slow the process. Syrup, soda, candy, and table sugar don't.  
WebMD

**During my visit to the US, I was charged for reckless driving. After that I left the US without facing the court. If I go back now will I be arrested?**



Jennifer Ellis, I live here

If you missed your court date, you probably have an arrest warrant out for you. You will likely be arrested the moment you set foot in the country. If you haven't missed your court date, that is better. If you have missed your court date, well, you've added a bunch of charges on and made this much worse for you.

Make a couple of phone calls to attorneys in the US in the city where this happened. I cannot stress this enough. **DO NOT RETURN TO THE US WITHOUT RETAINING A LAWYER.** You want a criminal lawyer who is familiar with your issues, i.e. a citizen from another country who now has additional legal issues because he fled. Do not hire a lawyer who is not familiar with these issues. If the criminal lawyer does not understand these issues he could mess this up for you. A plain ordinary traffic ticket lawyer isn't gonna cut it.

The sooner you deal with this the better.

## **Ice treatment clinics and prescription drug replacement therapy access to expand across NSW**

**The New South Wales Government will open four new ice treatment clinics offering counselling and stimulant-replacement therapy across the state to cope with demand.**

They will be modelled on two existing stimulant treatment programs - one at the Hunter New England Health Service in Newcastle, and another at St Vincent's Hospital in Sydney. The entrance to the St Vincent's clinic is hidden on a side street near a bus stop in inner-city Darlinghurst.

Counsellor Dan Herman said the plant-filled, white and green foyer is designed to provide a calming environment for patients. "We've tried to make it as friendly and warm as possible," he said.

He said assessing the harm caused by methamphetamines was complex and there was not a one-size-fits-all approach.



**Spicy Ginger Curry**



**Photography has surprising health benefits**

*When we think about things we can do to improve our health, taking photos is unlikely to come to mind...*

by [Marie Vonow](#)

# King Crabs Arrive in Antarctic, with Claws Out for Biodiversity

by Elizabeth Palermo, Associate Editor |



Pin it

The king crab that now inhabits the continental slope of Antarctica could soon threaten native sea life closer to shore.

Credit: Photo courtesy of Richard B. Aronson and James B. McClintock

[View full size image](#)

The king crab could soon take over a whole new kingdom, and it has global warming to thank for the conquest.

King crabs live on seafloors all over the world (perhaps most famously off the Alaskan coast), but scientists didn't know that these large crustaceans had ventured all the way down to the frigid waters off Antarctica until recently. And now that the large crustaceans have arrived, they could seriously disrupt the thriving marine ecosystem off the Antarctic mainland, according to a new study. Right now, king crabs [inhabit the slope of Antarctica's continental shelf](#) (the point where the shallow waters of the continental shelf give way to the deep sea). The crabs haven't yet made their way to the flat expanse of the shelf because the water there is just a tad too cold for them, said Richard Aronson, head of the department of biological studies at the Florida Institute of Technology and lead author of the new study on Antarctica's burgeoning king crab population. [\[See Images of King Crabs and Other Antarctic Seafloor Life\]](#)

## Easily injured if you have Magnesium deficiency

Magnesium plays a vital role in your muscle health and ensures that your bones and musculoskeletal system functions correctly. One consequence of a magnesium deficiency is that you develop osteoporosis. This means you will get injured fairly easily and your muscles will be much weaker, because magnesium builds blocks of muscles and produces proteins. This symptom is one of the more tell-tale ones in having a magnesium deficiency. It's recommended that you take calcium and magnesium supplements in this case.

# Trans Fat Linked to Heart Disease, Huge Study Review Concludes

By Cari Nierenberg, Contributing

The amount of trans fat in a person's diet is linked with his or her risk of developing or dying from heart disease, a new review of studies suggests.

The review showed that people who ate higher amounts of trans fat were 34 percent more likely to die from any cause over the periods studied, compared with people who ate lower amounts of trans fat. The studies of death rates that the researchers analyzed tracked people over seven to 10 years. People who ate more trans fat were also 28 percent more likely to die from heart disease, and 21 percent more likely to develop heart disease, compared with people who ate smaller amounts of trans fats.

However, the source of trans fats in the diet may be important, said Russell de Souza, a co-author of the study and an assistant professor of epidemiology and biostatistics at McMaster University in Hamilton, Ontario. [\[3 Tips for Eating Less Trans Fat\]](#)

"Industrially produced" trans fats, which are man-made fats added to foods such as shortening and baked goods, appear to be more harmful than "ruminant" trans fats, which naturally occur in smaller amounts in foods such as butter and beef, de Souza told Live Science.

The review's findings support efforts by the U.S. Food and Drug Administration to remove "industrially produced" trans fats from the nation's food supply, de Souza said.

LiveScience

## Drug that slashed malaria rates wins scientist Nobel Prize for Medicine



Three scientists from Japan, China and Ireland whose discoveries led to the development of potent new drugs against parasitic diseases such as malaria and elephantiasis win the Nobel Prize for Medicine.

## Sizzling Longevity: World's Oldest Person Eats Bacon Daily



A few slices of bacon a day seem to keep the doctor away (at least for one woman).

[Read More »](#)

## Do You Need Back Surgery?

Most of the time, compression fractures in your back – small breaks in bones caused by osteoporosis -- heal on their own in about 3 months. But you might need surgery if you're in a lot of pain and can't get relief from medicine, a back brace, or rest.

Your doctor also might suggest surgery to prevent your broken bones from damaging nearby nerves.

### Types of Surgery

Two common operations are called vertebroplasty and kyphoplasty. Your surgeon puts cement into your broken bones to help keep your spine stable. It's done through a small opening, so you'll heal faster.

Another option is spinal fusion surgery. Your surgeon "welds" some of your bones together to strengthen them. It has a longer recovery time.

### What Happens During Surgery



If you have vertebroplasty, your surgeon uses a needle to inject cement into the damaged bones.

In kyphoplasty, he first puts a small balloon into the bone and inflates it to raise the spine up. Then he removes it and puts cement into the space left behind.

In spinal fusion, your doctor puts in screws, plates, or rods to hold your bones in place until they join together.

### Risks of Surgery

The methods used to fix spinal compression fractures are safe. Still, any surgery has risks, including bleeding, pain, and infection. It's rare, but an operation can hurt a nerve, leading to numbness, tingling, or weakness in your back or other areas.

There's also a small chance the cement used in vertebroplasty or kyphoplasty can leak, which could damage your spine.

WebMD

Britain's Got Talent 2015 Vladimir Georgievsky

<https://www.youtube.com/watch?v=G9eqdYGTzHo&f>

## [Ocean heat wave harming world's coral reefs this year](#)

Coral reefs are suffering a severe underwater heat wave this year for the third time on record, including a mysterious warm patch in the Pacific known as "The Blob", scientists said.

### Hot Oceans Are Killing Coral Reefs Around the World



October 8th, 2015

For only the third time on record, coral bleaching is occurring across the globe and climate change is to blame.

[Read More »](#)

### Nobel Renews Debate on Chinese Medicine



## Is Type 2 diabetes reversible?

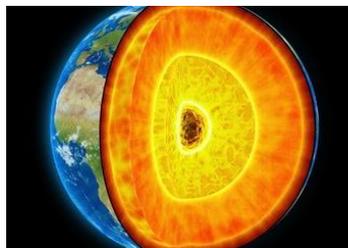
Type 2 diabetes can be reversed in some people, at least temporarily, but it may take extreme measures. Lifestyle changes like weight loss and exercise are most likely to have an effect early in the course of the disease, shortly after a patient moves from prediabetes to diabetes and is still producing some insulin. At that point, "if you can reduce your body's requirements for insulin by losing weight, you may be able to go back to the prediabetes phase," said [Dr. Judith Fradkin](#), director of the division of diabetes, endocrinology and metabolic diseases at the National Institute of Diabetes and Digestive and Kidney Diseases.

Studies have shown that both bariatric surgery and extreme low-calorie diets can reverse more established Type 2 diabetes, but "we still need more information on how long the remission is going to last," Dr. Fradkin said.

Patients with Type 2 diabetes were able to normalize their glucose levels after a week on an extreme diet of 600 calories a day, a [small study in 2011 found](#), but such severe caloric restriction cannot be maintained for long.

By  
**RONI CARYN RABIN**

### Core Finding: Earth's Frozen Center Formed a Billion Years Ago



Earth's inner core formed between 1 billion and 1.5 billion years ago, when it powered the huge rise in Earth's magnetic field, new research suggests.

[Read More »](#)

## Trust in God

John Henry Cardinal Newman

*God knows me and calls me by my name....  
God has created me to do Him some definite service;  
He has committed some work to me which He has not committed to another.  
I have my mission—I never may know it in this life, but I shall be told it in the next.*

*Somehow I am necessary for His purposes ...  
I have a part in this great work;  
I am a link in a chain, a bond of connection between persons.  
He has not created me for naught.  
I shall do good, I shall do His work;  
I shall be an angel of peace, a preacher of truth in my own place, while not intending it, if I do but keep His commandments and serve Him in my calling.*

*Therefore I will trust Him.  
Whatever, wherever I am,  
I can never be thrown away.  
If I am in sickness, my sickness may serve Him;  
In perplexity, my perplexity may serve Him;  
If I am in sorrow, my sorrow may serve Him.  
My sickness, or perplexity, or sorrow may be necessary causes of some great end, which is quite beyond us.*

*He does nothing in vain; He may prolong my life, He may shorten it;  
He knows what He is about.  
He may take away my friends,  
He may throw me among strangers,  
He may make me feel desolate,  
make my spirits sink, hide the future from me—still He knows what He is about....  
Let me be Thy blind instrument. I ask not to see—I ask not to know—I ask simply to be used.  
From "Hope in God – Creator" (1848)*

Sent by Father Dilan Perera  
St Vincent's Boys Home  
Maggona, Sri Lanka

## Avocados in a Gout diet

Avocado has 160 calories, 2 grams of protein and about 15 grams of healthy fats. Actually avocado has 77% of its calories as fat making it one of the fattiest foods on the planet. But here we are talking about good fats since the majority of avocado's fat is oleic acid, a monounsaturated fatty acid also found in [olive oil](#). Oleic acid is a powerful antioxidant that has been proven to reduce inflammation which offers another health benefit to gout sufferers.

Did you know that avocados have more potassium per 100 grams than [bananas](#)? This is very important for gout sufferers since potassium helps excrete uric acid from the body. This will also help gout sufferers avoid high blood pressure which puts them at an increased risk of [heart attack](#), [stroke](#) and kidney failure.

Avocados are also high in fiber helping regulate your blood sugar levels to avoid diabetes and contributes to weight loss since eating avocado makes you feel full longer. They can also help improve your cholesterol levels, reduce your blood triglycerides, increase HDL (the good cholesterol) and lower the LDL (bad cholesterol).

What gout sufferers should also know is that [studies show that extracts from avocado](#) and soybean oil called Avocado and [Soybean unsaponifiables](#) can actually reduce the symptoms of arthritis and [osteoarthritis](#). What we don't know to date is whether avocados themselves and not just the extract have this effect. It does this by preventing what we call prostaglandin E2 synthesis, a pro-inflammatory, within the connective tissue. The vitamin E in avocado can also help promote the repair of cartilage around the joints. In addition, avocado oil in combination with vitamin B12 is also used to treat [psoriasis](#).

Whatever you do make sure to eat a few avocados in the course of a week to benefit from this superfood. You can add them in salads like I do, make guacamole, add them in all kinds of recipes or just scoop them up with a spoon and eat them plain.

Posted by [Spiro Koulouris](#)

## Elephant Genes Hold Cancer-Fighting Secret



Cancer is less prevalent in elephants than in humans, in part because the giant animals have more copies of a gene that suppresses tumor growth, a new study finds.

[Read More »](#)

## They Can Give You a No-Caffeine Energy Boost



Many of us drink coffee, soda or other caffeine-rich drinks because they provide us with an energy boost when we are starting to lag. Of course, caffeine is not particularly healthy for you, but there is an alternative - the cucumber! Because they are a great source of Vitamin B and good carbohydrates, cucumbers can give you a boost when you feel fatigued.

<https://youtu.be/sGbxmsDFVnE>

### ARTICLE

## Fight Cancer-Related Fatigue



Fatigue is one of the most common side effects of cancer and its treatment. Here are ways to re-energize through diet and exercise.

[Are you having unwanted sugar?](#)

[Here's help](#)



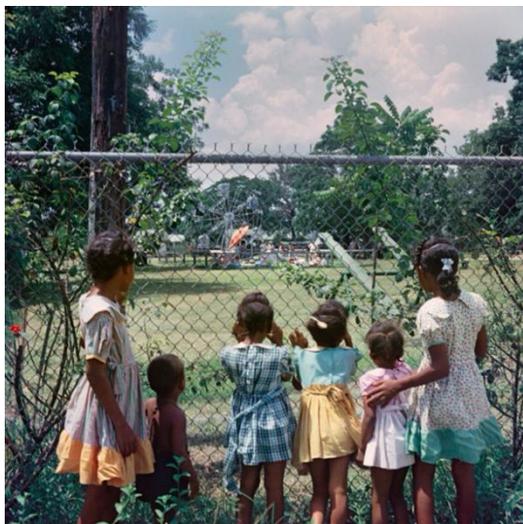
<https://www.facebook.com/StevenJoTV/videos/1127664303929713/>



### Cabbage Kofta

*\*\*Cabbage Kofta\*\* is a very popular dish of North India*  
by [Radhika](#)

**Low-fat diets do NOT work: Scientists cast doubt on years of health advice after concluding there is no evidence that reducing fat intake helps cut weight**



Black children watching as white children play in a whites only park, 1956. Photograph by Gordon Parks

## What Is Cardiac Ablation?

This is a procedure to [treat atrial fibrillation](#) (AFib), a type of [irregular heartbeat](#). It can help keep your heartbeat in a normal rhythm. Your doctor may try ablation if [medications](#) or resetting your heartbeat, called [cardioversion](#), don't work.

### A Visual Guide to Atrial Fibrillation

Why Treat AFib?

If untreated, [AFib](#) may raise your risk of having [blood clots](#), [heart failure](#), or [stroke](#). These could be life-threatening.

Your doctor will consider your personal risk factors for these serious [heart](#) problems before he or she suggests a treatment for your [AFib](#). If you have no symptoms or they are only mild, your doctor may watch and wait. But most people who have [atrial fibrillation](#) are prescribed the medication warfarin.

This is a [blood thinner](#) that protect you from strokes. Ablation may be right for you in these cases:

Your AFib symptoms are more severe and make it hard to do your daily tasks

Drugs or electrocardioversion do not work to treat your AFib, or you can't take the drugs because of their side effects

You have blood clots or have had a [stroke](#)

WebMD

## Better Diet, Better Mental Health?

Certain foods may play a role in the cause of mental disorders. "Diet is potentially the most powerful intervention we have," an expert says.

[Read Article >](#)

## Blood Thinners

Despite their name, blood thinners don't actually thin your blood. They keep harmful clots from forming in your veins and stop them from getting bigger. They help prevent heart attacks and strokes.

## Sugar crashes, energy slumps and caffeine withdrawal

According to the infographic, caffeine enters the bloodstream within 10 minutes of consuming an energy drink, triggering a rise in heart rate and blood pressure

Over the next 15-45 minutes, caffeine levels in the bloodstream peak. As a result, an individual will feel more alert and experience improved concentration.

"Caffeine is a crafty drug that temporarily blocks adenosine [a chemical involved in how tired we feel] pathways, giving you a boost while allowing 'feel good' molecules in the brain - such as dopamine - to be released more readily. You feel more alert and you feel better about yourself," science communicator and food researcher Dr. Stuart Farrimond told *The Daily Mail*.

All of the caffeine is absorbed within 30-50 minutes of consuming an energy drink, according to the infographic, and the liver responds to this by soaking up more sugar into the bloodstream.

MNT

## Talk Therapy Found to Ease Schizophrenia

By [BENEDICT CAREY](#)



A landmark study found that a bigger emphasis on one-on-one talk therapy made greater strides in patient recovery than the usual drug-focused treatments.

## DON'T Avoid Nightshade Vegetables

Tomatoes, white potatoes, peppers, and eggplants are sometimes called "nightshade" veggies. Some holistic health practitioners say they fuel inflammatory diseases, like arthritis and lupus. But there's no proof of that. Take tomatoes, for example. They have lycopene and vitamin C that can curb inflammation. Chili peppers also have benefits.

WebMD

## DO Get Spicy

Paprika belongs in your spice rack. It lends flavor, color, and health perks to food. It's got capsaicin, a natural pain and inflammation fighter. You can also get capsaicin from chili peppers, red peppers, and cayenne pepper. Other spices, including ginger, turmeric, and garlic, might also lower inflammation.

<https://www.facebook.com/Muthudemudaligenissanka/videos/52088328078223/>



## Did you buy this cow from Sri Lanka

The only cow in a small town in Australia stopped giving milk. The townsfolk found they could buy a cow in Sri Lanka quite cheaply.

They brought a new cow from Sri Lanka and it was wonderful, produced lots of milk every day and everyone was happy.

They bought a bull to mate with the cow to get more cows, so they'd never have to worry about their milk supply again. They put the bull in the pasture with the cow but whenever the bull tried to mount the cow, the cow would move away.

No matter what approach the bull tried, the cow would move away from the bull and he was never able to do the deed. The people were very upset and decided to go the Vet, who was very wise, and told him what was happening and asked his advice.

"Whenever the bull tries to mount our cow, she moves away. If he approaches from the back, she moves forward, they said.

When he approaches her from the front, she backs off.

If he attempts from the one side, she walks away to the other side."

The Vet rubbed his chin thoughtfully and pondered this before asking,

"Did you by chance, buy this cow from Sri Lanka?"

The people were dumbfounded, since no one had ever mentioned that they had bought the cow from Sri Lanka.

"You are truly a wise Vet," they said.

"How did you know we got the cow in Sri Lanka?"

The Vet replied with a distant look in his eye,

"My wife is also from Sri Lanka"

Sent by Mike de Silva

## MYTH: Wine is the Gentlest Choice

**FACT:** Red wine contains tannins, compounds that are known to trigger headaches in some people. Malt liquors, like whiskey, also tend to cause more severe hangovers. If you're worried about how you'll feel in the morning, the gentlest choices are beer and clear liquors, such as vodka and gin.

## GMOs & Our Health

What's really worrying about GMOs is that glyphosate, the same chemical that pollutes our water supply, has been [detected in](#) human blood, urine and even breast milk.

Of course, Monsanto, the company responsible for GM foods in the United States will happily tell you that there are [no health risks](#) associated with their products. The FDA back up these claims.

However, the pesticides used in genetically engineered crops have been linked with cancers and other serious health risks. A [controversial study](#) found that the pesticide Roundup, used in GM crops, causes serious hormone disruption. (The study was retracted due to commercial pressures but then later republished.)

The [American Academy of Environmental Medicine](#) also reports that several animal studies indicate serious health risks associated with GM food including:

- Infertility
- Immune problems
- Accelerated aging
- Problems regulating insulin
- Changes to major organs and the gastrointestinal system

*Pretty scary, isn't it?*

By [Jayne Leonard](#)

## Same old, same old



Marilyn Monroe was the first Playboy centerfold. The lad mag recently announced that it would no longer include nude centerfold pictures.

Credit: George Barris, public domain

[View full size image](#)

Along with eating, drinking and sleeping, sex is one of the most fundamental human drives. That means it activates ancient [parts of the brain](#) such as the limbic system, which also controls basic emotions such as fear and anger, said Joseph J. Plaud, a private, clinical forensic psychologist in Boston, Massachusetts, who has studied the effects of pornography.

When people look at sexual imagery, dopamine floods these brain regions, causing an intense feeling of pleasure.

Over time, people come to associate those direct images (called reinforcers) with the pleasurable feelings. Anything associated with those images, including Playboy's trademark bunny image, could also prime people to seek out that positive rush. [\[6 \(Other Great Things Sex Can Do for You\)\]](#)

However, if that pleasure response gets triggered over and over — with frequent doses of Playboy or other sexually charged imagery — a person will need bigger hits to feel a response, Plaud said.

"The more you do and the greater degree of access, the more explicit [it is], you seem to need more and more," Plaud told Live Science.

## How the Giraffe Got Its Iconic Neck



The age-old question of how the giraffe got its long neck may now be at least partly answered: Long necks were present in giraffe ancestors that lived at least 16 million years ago, a new study finds.

[Read More »](#)

## New research discovers that drinking cranberry juice may protect the heart

Results from a new study presented at the Cranberry Health Research Conference preceding the annual Berry Health Benefits Symposium 2015 in Madison, WI, revealed that cranberry juice consumption may play a role in protecting against cardiovascular disease. Presented by principal investigator, Ana Rodriguez-Mateos, PhD, from the Division of Cardiology, Pulmonology and Vascular Medicine at the University Duesseldorf, Germany, the research uncovered a potent, dose-dependent relationship between cranberry juice and improved vascular function.

Because vascular dysfunction, including limitations in blood flow, is a central feature in the development of [atherosclerosis](#) - improving vascular function can have a powerful, beneficial effect on a person's cardiovascular health. "Cranberry juice is a rich source of phytonutrients, including proanthocyanidins, anthocyanins and phenolic acids," explains Dr. Rodriguez-Mateos. "Due to this robust profile of polyphenols, our team sought to evaluate the immediate vascular impact of drinking one, 450 ml (or 16 ounces) glass of cranberry juice with a different range of concentrations of cranberry-polyphenols."

MNT

## [36 Hours in Eastern Tokyo](#)

By INGRID K. WILLIAMS

In eastern Tokyo, you can find a world of diversions from glittering Ginza to Yanaka's winding streets, all east of the palace.

## Clean Your Windows with a sliced potato



Potatoes make for a terrific non-toxic glass cleaner. Take a raw, uncooked potato and rub it over your windows, car windscreen or even eye glasses, before wiping away the juice with a clean cloth. You will be left with gleaming glass, without damaging your hands or leaving the smell of chemicals up your nostrils. This works well on clear plastic like swimming or ski goggles as well.

BabaMail

## Satiety hormone leptin plays a direct role in cardio-vascular disease in obesity

While high levels of the satiety hormone leptin don't help obese individuals lose weight, they do appear to directly contribute to their cardiovascular disease, researchers report. "With **obesity**, leptin cannot tell our brain to stop eating, but it can still tell our brain to increase the activity of the cardiovascular system," said Dr. Eric Belin de Chantemele, physiologist in the Department of Physiology at the Medical College of Georgia at Georgia Regents University. In both cell culture and animal models, the researchers have shown that fat-derived leptin directly activates aldosterone synthase expression in the adrenal glands, resulting in production of more of the steroid hormone aldosterone. High aldosterone levels are known to contribute to widespread **inflammation**, blood vessel stiffness and scarring, enlargement and stiffness of the heart, impaired **insulin** sensitivity and more. Aldosterone, which is produced by the adrenal gland, has a direct effect on **blood pressure** by regulating salt-water balance in the body. High levels of aldosterone are an obesity hallmark and a leading cause of metabolic and cardiovascular problems. But exactly how it gets high in obesity was a mystery.

## Ginger Tea

Ginger tea has health benefits rooted in the benefits of hot water. Just by simply adding a few slices of ginger root to your cup of boiled water you can increase your core temperature turning the heating power of ginger loose in your body helping you bring out the best in your diet.

### What are the benefits of drinking hot water with ginger root?

Plain hot water is a drink good not only for when you are on a diet but also in health maintenance and for cosmetics purposes. **Only by changing the temperature of the water you drink** it is possible to drastically change the effect water has on your body. Some people might be "drink cold water in one gulp", they can reduce the diet effect of cold water. The "**ginger + plain hot water**" which added ginger to the charm of plain hot water or plain hot water is explained. In today's Slism, we will discuss how easy it is to get the great benefits of ginger combined with hot water in your diet to raise you core temperature giving your metabolism the boost you need for healthy sure weight-loss. <http://slism.com/diet/ginger-tea-hot-water-diet.html>

## What Are Steroids?

The word has different meanings. Steroids are chemicals, often hormones, that your body makes naturally. They help your organs, tissues, and cells do their jobs. You need a healthy balance of them to grow and even to make babies. "Steroids" can also refer to man-made medicines. The two main types are corticosteroids and anabolic-androgenic steroids (or anabolics for short).

## What Are Corticosteroids?

They're medicines that quickly fight inflammation in your body. These lab-made steroids work like the hormone cortisol, which your adrenal glands make. Cortisol keeps your immune system from making substances that cause inflammation. Corticosteroid drugs, like prednisone, work in a similar way. They slow or stop the immune system processes that trigger inflammation.

## What Do Corticosteroids Treat?

They help treat conditions that cause irritation and swelling. They can ease symptoms of:

- Rheumatoid arthritis
- Asthma

- Chronic obstructive pulmonary disorder (COPD)

- Lupus and other autoimmune disorders

- Multiple sclerosis

- Rashes and skin conditions like eczema

Your doctor may also suggest you take them for a short time to treat allergic reactions, like a severe poison ivy rash.

### Corticosteroid Side Effects

These depend on the dose and how long you take the drug. Short-term use can cause weight gain, puffy face, nausea, mood swings, and trouble sleeping. You might also get thinner skin, acne, unusual hair growth, and spikes in blood sugar and blood pressure. Because corticosteroids turn down your immune system, taking them makes you more likely to get infections.

WebMD

## Root vegetables

Root vegetables have been a staple in many South American and Asian diets for thousands of years. In fact, records show that certain root veggies like sweet potatoes were an important ingredient in folk medicine over 5,000 years ago, and they've supported undernourished populations around the world ever since. Today, strong evidence exists that some of the vital nutrients found in many root vegetables — including **vitamin A**, vitamin C, potassium, magnesium and dietary fiber — can help fight cancer, diabetes, obesity, and inflammatory-based disorders like heart disease and arthritis.

When it comes to replacing grains in your diet with root vegetables, there are many benefits. First off, all root vegetables are naturally gluten-free, while many grains (especially the most popular kinds like wheat) are not. Gluten causes digestive issues and even autoimmune reactions in many people, whether they realize it or not.

Root vegetables are truly natural, unadulterated sources of complex carbohydrates, antioxidants and important nutrients. Plus, they tend to be lower in calories, have a lower **glycemic index load**, and cause less digestive or inflammatory issues than many grains do. While their exact nutrition content differs between various types, most root veggies have about 50–100 calories per ½-cup cooked serving and three or more grams of fiber. This makes them a nutrient-dense choice and a preferred way to add starch and sweetness to your diet naturally.

Dr AXE

## Marijuana Use May Lower Sperm Counts 'Quite a Lot'



Smoking pot frequently may lower men's sperm counts, a new study finds.

[Read More »](#)

## [Review: 'Beasts of No Nation,' a Brutal Tale of Child Soldiers in Africa](#)

By A. O. SCOTT



In this film, written and directed by Cary Joji Fukunaga, the line between innocence and evil is thinner than the blade of a machete

## Soap & Cancer

Washing with soap - image from Shutterstock

Triclosan is an antimicrobial agent commonly added to soaps and shampoos. Robert H. Tukey, from the University of California/San Diego (California, USA), and colleagues found that triclosan disrupted liver integrity and compromised liver function in mouse models. Mice exposed to triclosan for six months (roughly equivalent to 18 human years) were more susceptible to chemical-induced liver tumors. Their tumors were also larger and more frequent than in mice not exposed to triclosan. The team posits that the mechanism of action may be that triclosan interferes with the constitutive androstane receptor, a protein responsible for detoxifying foreign chemicals in the body. To compensate for this stress, liver cells proliferate and turn fibrotic over time. Repeated triclosan exposure and continued liver fibrosis eventually promote tumor formation. The study authors urge that: "These findings strongly suggest there are adverse health effects in mice with long-term [triclosan] exposure, especially on enhancing liver fibrogenesis and tumorigenesis, and the relevance of [triclosan] liver toxicity to humans should be evaluated."

[VIEW NEWS SOURCE...](#)

Yueh MF, Taniguchi K, Chen S, Evans RM, Hammock BD, Karin M, Tukey RH. "The commonly used antimicrobial additive triclosan is a liver tumor promoter." *Proc Natl Acad Sci U S A*. 2014 Dec 2;111(48):17

## How Lupus Can Affect the Body



It can cause joint pain, fatigue, or severe rashes. Get to know the most common symptoms and what you can do to help prevent flare-ups.

## VIDEO: In Hong Kong, Neon's Fading Glow

LEDs are overtaking neon as the light of choice adorning Hong Kong's iconic streetscapes.

[-Hong Kong Journal: Hong Kong Is Slowly Dimming Its Neon Glow](#)

## Football star buys 53 mammograms for women to honor mom, who died of breast cancer

Pittsburgh Steelers running back DeAngelo Williams made this touching tribute to his mother, who died of breast cancer at the age of 53.

[Read More](#)

## Selena Gomez's Diagnosis: What Is Lupus?



Pop star Selena Gomez recently announced that she underwent chemotherapy for lupus, an autoimmune disorder that attacks many organs in the body.

[Read More »](#)



**Damage - An Idea Short Film**  
by Idea



## Health Benefits of Broccoli:

- 1. It protects your skin from aging**  
Broccoli is rich in antioxidants, such as Vitamin C, which reduces and prevents the damages caused by free radicals, such as pigmentation and wrinkling. In addition, the health content of Vitamins B and E aids in giving your skin a healthy glow.
- 2. It protects you from UV radiation**  
Using broccoli extract instead of sunscreen has been shown to provide a better level of protection than sunscreen. While sunscreen absorbs UV radiation, preventing it from reaching your skin, broccoli extract gets absorbed into your skin, defending it from the inside-out. It was also shown that its effects can last up to three days while sunscreen is only good for several hours at most.
- 3. It's good for pregnant women**  
During pregnancy, women need to consume large amounts of folate, and broccoli has it in abundance. Folate helps prevent neurological and spinal defects in the fetus.

### 4. It helps control diabetes

Broccoli contains chromium, which is effective in regulating insulin levels and thus keeping diabetes symptoms at bay.

BabaMail

## What Are Kidney Stones?

As the kidneys filter waste from the blood, they create urine. Sometimes, salts and other minerals in urine stick together to form small kidney stones. These range from the size of a sugar crystal to a ping pong ball, but they are rarely noticed unless they cause a blockage. They may cause intense pain if they break loose and push into the ureters, the narrow ducts leading to the bladder.

### Kidney Stone Symptoms

When kidney stones move through the urinary tract, they may cause:

Severe pain in the back, belly, or groin

Frequent or painful urination

Blood in the urine

Nausea and vomiting

Small stones may pass without causing symptoms.

### Diagnosing Kidney Stones

Kidney stones are rarely diagnosed before they begin causing pain. This pain is often severe enough to send patients to the ER, where a variety of tests can uncover the stones. These may include a CT scan, X-rays, ultrasound, and urinalysis. Blood tests can help look for high levels of minerals involved in forming kidney stones.

### Home Care for Kidney Stones

If a kidney stone seems small enough, your doctor may recommend you take pain medicine and wait for the stone to pass out of the body on its own. During this time, your doctor may recommend that you drink enough water and fluids to keep urine clear -- about eight to 10 glasses a day.

### Treatment: Medication

There are prescription medications that can help the body pass a kidney stone. Drugs known as alpha-blockers relax the walls of the ureter. This widens the passages so a stone can fit through more easily. Side effects are generally mild and may include headache or dizziness. Other types of medications can help prevent new stones from forming.

### Treatment: Shock Wave Therapy

The most common medical procedure for treating kidney stones is known as extracorporeal shock wave lithotripsy (ESWL). This therapy uses high-energy shock waves to break a kidney stone into little pieces. The small pieces can then move through the urinary tract more easily. Side effects can include bleeding, bruising, or pain after the procedure.

### Treatment: Ureteroscopy

When a stone has made its way out of the kidney and is close to the bladder, the most common procedure is ureteroscopy. A thin tube is passed through the urinary tract to the location of the stone. A surgeon breaks up the stone and removes the fragments through the tube. No incisions are made in the body. For very large stones, surgical procedures may be needed.

### What Causes Kidney Stones?

Kidney stones may form when there's a change in the normal balance of the water, salts, and minerals found in urine. Different kinds of changes result in different types of kidney stones. There are many factors that can trigger changes in the urine, ranging from chronic medical conditions to what you eat and drink.

WebMD

## Artificial sweeteners may promote diabetes, a new controversial study claims

[We are more bacteria than we are human](#): for every cell in our body, we host no fewer than ten microbes, most of them in our gut (our [gut microbiota](#) or gut flora). Just recently, scientists have only begun to get a better understanding of the role that these hundreds of trillion of bacteria play inside us, mainly in our digestive tract. Now scientists know, for instance, that these bacteria are important to be in good health and that we can influence this fragile ecosystem with our diet and daily habits.

Proof of this is with a new, controversial study suggesting that artificially sweetened food may have a negative impact on the gut microbiota, leading to higher blood sugar levels, a condition that can be a precursor to diabetes. [The animal study, published in Nature](#) by researchers at the [Weizmann Institute for Science](#) in Rehovot, Israel, concludes that artificial sweeteners such as saccharine or aspartame (frequently used in coffee, beverages and prepared food as a substitute for sugar) could, paradoxically, exacerbate the exact problems they are meant to solve: diabetes and obesity.

posted in: Diet, News, [Studies & Publications](#)

## 'SL could lose markets in EU and China for veggies and fruits due to excessive use of chemicals'

By Hiran H. Senewiratne

Sri Lanka could lose huge opportunities in the European Union (EU) and Chinese markets due to the excessive use of chemicals in fruit and vegetable farmlands, president of the Lanka Fruit and Vegetable Producers and Exporters Association Annals Junaid said.

'Local farmers are using excessive amounts of chemicals for vegetables and fruits in their farms, which has a harmful effect for human health and consumption. Since all EU countries are promoting organic food for their consumption, excessive chemical use would affect our huge market opportunities, Junaid said.

He said, recently, Saudi Arabia banned import of Indian green chillies from India due to the excessive use of chemicals. 'If Sri Lanka is to penetrate EU and Chinese markets, use of chemicals should be totally banned or restricted in the country, he said.

With the opening of the EU market along with the granting of GSP plus, a huge market would be created for fresh fruits and vegetables for Sri Lanka. Therefore, the government should come forward and put restrictions on chemical use in farmlands due to its harmfulness effect. "If not we will not be able to enter those lucrative markets, he said.

'Last year we exported US \$ 350 million and this year it could reach more than US\$ 500 million. But due to more acute demand for pineapple and other fruits and vegetable, including process items, we could not cater to the demand owing to short supply, Junaid explained.

He said that the process industry is growing at 100 percent, while the fruit and vegetable sector exports are also growing at an accelerated pace. Unfortunately, the sector has a limited growth due to the lack of farmlands in the country.

At present new vistas are opening in the sector due to the high demand from China and EU markets. But it is a need of the hour to discuss with the government to release more cultivable, barren and abandon lands for the cultivation of fruits and vegetables, targeting exports, Junaid said.

## Drinking trends across Europe increasing bowel cancer risk

It has been estimated that around one in 10 cases of [bowel cancer](#) can be linked to alcohol consumption<sup>1</sup> and the risk increases the more alcohol you drink<sup>2</sup>.

One international group of researchers has estimated that the bowel cancer risk increases by 21% if you have two or three alcoholic drinks a day (1.5 to 6 units of alcohol) and by more than 50% if you have four or more drinks a day (6 units or more). Even having one alcoholic drink a day (1 unit) increases the risk by 7%.<sup>2</sup>

Many people understand that alcohol damages the liver, but the strong link between alcohol and bowel cancer is less well known. Now, experts are calling for a more concerted effort to conduct further research and raise awareness of the link between alcohol and bowel cancer in order to reduce the incidence of one of Europe's most common [cancers](#). "Alcohol is one of the most serious and avoidable risk factors for bowel cancer and we need to take urgent steps and use different approaches to raising awareness of this issue and to encouraging people to reduce their alcohol intake," explains Professor Patrizia Burra, from United European Gastroenterology (UEG). "Of major concern is that younger people are now drinking more heavily and often in dangerous or hazardous ways and we expect this to have a significant impact on future bowel cancer incidence rates."

MNT

## Potato Power

Purple-fleshed potatoes are a rich source of anthocyanins – potent plant-based antioxidant compounds. Jairam K.P. Vanamala, from Penn State University (Pennsylvania, USA), and colleagues previously discovered that baked purple-fleshed potato and its extracts suppress early and advanced human colon cancer cell proliferation and induced apoptosis (cell death). In the current study, the team conducted an initial laboratory study in which they observed that baked purple-fleshed potato extract suppressed the spread of colon cancer stem cells while increasing their deaths. The researchers tested the effect of whole baked purple potatoes on mice with colon cancer and found similar results. Explaining that as well as anthocyanins, purple potatoes, contain resistant starch, which serves as a food for the gut bacteria, that the bacteria can convert to beneficial short-chain fatty acids such as butyric acid – a substance that regulates immune function in the gut and suppresses chronic inflammation, the investigators point out that the portion size for human consumption equates to about the same as eating one baked, large purple-fleshed potato per day.

[VIEW NEWS SOURCE...](#)



Purple potato - image from Shutterstock

## What Puts You at Risk for a Stroke?

A [stroke](#), sometimes called a "brain attack," happens when [blood](#) flow is cut off to a part of your [brain](#), stopping the cells from getting the blood they need to live. Brain cells may recover, but after a few minutes, they could die, resulting in permanent damage. You can change or manage some things that put you at risk for a [stroke](#), such as [high blood pressure](#) and [smoking](#). Others, including age and race, you can't. The National Institute of Neurological Disorders and Stroke estimates that 8 out of 10 strokes can be prevented.

Talk to your doctor about your medical history and your lifestyle. He can help you treat any diseases or conditions and lower your risk for having a stroke.

## Here are five surprising foods to help you get more beneficial omega-3s in your diet:

**Beans** – Not only are beans an excellent source of protein, an eight-ounce serving of tofu (derived from soybeans) has about 1.2 grams of omega's, while a cup of kidney beans packs in nearly 1 gram (about half of what you need for the day). What's more, beans are easy on your wallet, especially compared to fresh fish. Enjoy a meatless main dish with this simple [Beans & Rice recipe](#).

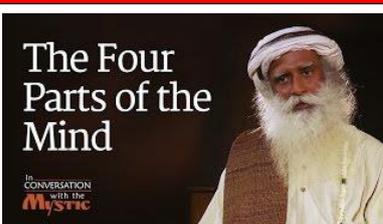
**Winter Squash** – Fantastic for roasting, acorn, pumpkin, and butternut squash are best known for their beta-carotene content, but they also contain omega-3s. One cup of butternut squash has about 50 mg of omega-3s. Wondering what to do with your squash? Try this amazing [Butternut Squash and Quinoa Salad](#).

**Eggs** – Once demonized as artery-clogging culprits, eggs are now known to be nutritional all-stars: one egg has 13 vitamins and minerals and high-quality protein, all for 70 calories. And some specialty eggs, like Eggland's Best, have double the amount of omega-3s (and four times more vitamin D and 25% less sat fat!) compared to ordinary eggs. Looking for the perfect power breakfast? You can't miss with these [Baked Eggs in Canadian Bacon Cups](#).

**Flax Seeds** – Two tablespoons of ground flax seeds have about 3.4 grams of omega-3s. (Make sure you grind the seeds or they will pass through the body mostly undigested!) In addition to their omega-3s, flax seeds are an excellent source of fiber. They have a rich, nutty taste and are a perfect topping for salads, cereal, yogurt, or as a healthy addition to smoothies.

**Walnuts** – Just one ounce (about ¼ cup shelled walnut pieces) has 2.5 grams of omega-3s, making them the richest nut-source of this essential nutrient. In addition, an ounce of walnuts provides a convenient source of protein (4 grams) and fiber (2 grams). Pump up the nutrition of your oatmeal, salads, snacks, main dishes and even desserts with this nutty nutritional powerhouse. For a perfect "anytime" snack, try these [Parmesan-Herbed Walnuts](#).

The research is still unclear as to whether plant-based or fish omega-3 fatty acids are equally beneficial. Most Americans do not get enough of either type, so you should aim to get at least one rich source (plant or fish) of omega-3 fatty acids in your diet every day. Small changes can lead to big results. What healthy step can you take today?  
WebMD



### The Four Parts of the Mind

#### Spinal implant brings hope for paralytics

Four months ago, Roger, a 55-year-old construction worker from Mooresville, NC, fell out of a deer stand and was left with a damaged spinal cord and no sensation from the middle of his chest down.

by [Sadhguru](#)  
195,684 views

## What Is a Goji Berry?

The goji berry, also called the wolfberry, is a bright orange-red berry that comes from a shrub that's native to China. In Asia, goji berries have been eaten for generations in the hope of living longer.

Over time, people have used goji berries to try to treat many common health problems like [diabetes](#), [high blood pressure](#), [fever](#), and age-related [eye problems](#). Goji berries are eaten raw, cooked, or dried (like raisins) and are used in herbal teas, juices, wines, and medicines.

### What Are the Benefits of Goji Berries?

Goji berries are rich in nutrients.

Some studies using goji berry juice found possible benefits in mental well-being and calmness, athletic performance, happiness, quality of [sleep](#), and feelings of good health. But those were preliminary studies that need to be repeated before drawing conclusions. All berries are good for you. It's not clear if goji berries are better than other types of berries, or if goji berry [supplements](#) have the same health benefits as the actual berries.

### Do Goji Berries Have Side Effects?

Goji berries could interact with some [drugs](#). If you take [warfarin](#) (a blood thinner), you may want to avoid goji berries. Goji berries may also interact with diabetes drugs and blood pressure drugs, so talk with your doctor first.

Otherwise, it's probably safe to eat goji berries in moderation.

Before taking [diet supplements](#), let your doctor know.

## Fish, too, look after their partners

When it comes to helping each other out, it turns out that some fish are better at it than previously thought as researchers have found that pairs of rabbitfish cooperate and support each other while feeding. While such behaviour has been documented for highly social birds and mammals, it has previously been believed to be impossible for fish. "We found that rabbitfish pairs coordinate their vigilance activity quite strictly, thereby providing safety for their foraging partner," said Simon Brandl from Australian Research Council's Centre of Excellence for Coral Reef Studies. "In other words, one partner stays 'on guard' while the other feeds - these fishes literally watch each others' back," Brandl said. TOI

### Beans

Some people avoid beans because of the gas and stomach pain they can cause. But if you've banned beans from your diet, you may want to reconsider. An excellent source of fiber, beans are also high in protein and iron and low in fat. The trick is to add beans to your diet slowly. Start by having a small serving a few times a week. Or try using a digestive enzyme that's sold over the counter to reduce gas. WEbMD

### Codeine-related deaths more than doubled in nine years: study

There has been a significant jump in the number of codeine-related deaths in Australia, new research reveals, with the number of fatalities involving the pain medicine more than doubling between 2000 and 2009.

### Spinal implant brings hope for paralytics

Four months ago, Roger, a 55-year-old construction worker from Mooresville, NC, fell out of a deer stand and was left with a damaged spinal cord and no sensation from the middle of his chest down.

## Green tea face mask

by [Clare Deville](#) (follow)

Editor in Chief of [www.healthyhints.com.au](#)

This simple homemade facemask is incredibly cleansing and nourishing for the skin. Grapeseed oil is light, easily absorbed, full of [antioxidants](#), and has an anti-inflammatory action. Tea tree oil is antiviral and antibacterial, green tea is antioxidant rich, and natural yoghurt is full of nutrients including zinc; the combination of these ingredients makes this mask especially suited to acne prone skin.

### Ingredients

- one teaspoon loose leaf green tea (or one teabag)
- two drops tea tree oil
- one teaspoon grapeseed oil
- one teaspoon natural yoghurt (organic biodynamic if possible)

**-Method:** Make a cup of green tea and drink if you like. Squeeze excess liquid out of the leaves and grind down in a mortar and pestle.

Apply to the face after a quick rinse with hot water and leave for as long as is comfortable (minimum ten minutes to reap the benefits) This all natural, homemade green tea face mask will leave your skin feeling clean, refreshed, and well nourished. - See more at: <http://healthyhints.com.au/green-tea-face->

### FORUM LATEST POSTS

Cancer [Antioxidants](#) May Make Cancer Worse

## Yoga may improve symptoms of arthritis

Around 52.5 million people in the US are living with some form of arthritis. But a new study suggests that for people with two of the most common forms - osteoarthritis and rheumatoid arthritis - yoga may improve symptoms.



*Researchers say yoga may improve physical and mental wellbeing for people with arthritis.*

Study co-author Susan J. Bartlett, PhD, adjunct associate professor of medicine at Johns Hopkins University School of Medicine in Baltimore, MD, and associate professor at McGill University in Canada, and colleagues publish their findings in the *Journal of Rheumatology*. Yoga is a mind and body practice that incorporates a combination of controlled breathing, stretching exercises and meditation or relaxation.

As well as helping to reduce **anxiety** and **stress**, yoga has been associated with numerous health benefits. Last year, *Medical News Today* reported on a study suggesting that performing a single yoga pose for 90 seconds daily could **improve spine curvature for people with scoliosis**, while another study found the practice may **improve quality of life** for patients with **breast cancer**.

Bartlett notes that yoga is becoming increasingly common as a complementary therapy for a number of medical conditions, with around 1 in 10 people in the US now engaging in the practice to improve their health and fitness. But can yoga help people with **arthritis**?

MNT

## Medical Research Subjects Who Lie Can Mess Up Study Results



People who lie about their health in order to qualify for medical research studies can mess up study results, and potentially make a drug appear less safe or effective than it really is, researchers say.

[Read More »](#)

[https://www.youtube.com/watch\\_popup?t=12&v=moBvLFbFdJ4](https://www.youtube.com/watch_popup?t=12&v=moBvLFbFdJ4)

## High protein diets, from both animal and plant sources, improve blood sugar control in diabetic patients

New research presented at this year's annual meeting of the European Association for the Study of Diabetes (EASD) shows that high protein diets improve blood sugar control in patients with **type 2 diabetes** without any adverse effects on kidney function. The research is by Mariya Markova, German Institute of Human Nutrition (DIfE), Charité University Medicine, Berlin, Germany, and colleagues.

Previous studies have reported both favourable and adverse impacts of high-protein diet in type 2 diabetes. This new research compared the effects of two high-protein diets with the same number of calories--one from animal protein (AP) and one from plant protein (PP)--on metabolic functioning and liver fat.

A total of 37 people (24 men, 13 women) with type 2 diabetes (mean age 65 years, mean **BMI**30 kg/m<sup>2</sup>, mean HbA1c 7.0%) were randomised to receive either high-animal (meat and dairy foods) or high-plant (dietary pulses) protein diet (30% protein, 40% **carbohydrates**, 30% fat) for 6 weeks. Before and after the diet intervention, various tests were completed to measure the above parameters.

The researchers found that liver enzyme tests improved after intervention in both groups, and both liver fat and HbA1c were reduced in all participants. **Insulin** sensitivity improved only in the AP group, while in the PP group there was a significant reduction of plasma creatinine (meaning better kidney function) and an improvement in general kidney function (as measured by glomerular filtration rate) which was not found in the AP group. The authors conclude: "In diabetic subjects, the 6-week high-protein diet leads to an improvement in glucose metabolism and decrease in liver fat independently from the protein source. The high-protein diet has no adverse effects on kidney parameters, moreover the kidney function actually improved in the plant protein group."

The authors say that long-term observational studies with a much bigger cohort are now needed to confirm their findings. They are now looking at the expression of key genes involved fat metabolism, glucose metabolism, **inflammation** in blood cells and in adipose tissue to see if there are any diet-induced alterations and to understand the effect of the higher amino acid uptake at the molecular level.

MNT

## Hair Loss Trigger: Alopecia Areata



Alopecia areata causes hair to fall out in startling patches. The culprit is the body's own immune system, which mistakenly attacks healthy hair follicles. In most cases, the damage is not permanent. The missing patches usually grow back in six months to a year. In rare cases, people may lose all of the hair on their scalp and body. WebMD

## Daytime Napping Linked to Diabetes Risk

By Clint Witchalls

WebMD Health News

Reviewed by [Arefa Cassoobhoy, MD, MPH](#)

-- Being sleepy and taking long naps during the day are both tied to worse odds of getting **type 2 diabetes**, a new review suggests.

Researchers from the University of Tokyo analyzed 10 studies from countries around the world, which included data on 261,365 participants. They found that "excessive daytime sleepiness" was linked to a 56% higher risk of getting type 2. And taking a long daytime nap (1 hour or more) was tied to a 46% higher risk. Shorter naps of less than an hour didn't raise a red flag, though.

The researchers didn't say what counts as excessive daytime sleepiness. Also, participants in the studies reported on their drowsiness and napping habits.

The new review was presented at the annual meeting of the European Association for the Study of Diabetes.

The researchers say in a press release that daytime napping might be a consequence of a night-time sleep disturbance, such as **obstructive sleep apnea**.

*These findings were presented at a medical conference. They should be considered preliminary as they have not yet undergone the "peer review" process, in which outside experts scrutinize the data prior to publication in a medical journal.*



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## CPR Mobile App System Sends Trained Adults to Rescue

by Agata Blaszczyk-Boxe, Contributing Writer |

When a person's heart suddenly stops beating, CPR can sometimes save that person's life. But if someone goes into cardiac arrest on the street, CPR might not be an option if no one nearby knows how to do it.

Now, researchers hoping to fix this problem have developed a mobile app that alerts people who are trained in CPR when someone nearby needs their help. In a new study, the researchers report that the app did indeed increase the rates of CPR performed on people undergoing [cardiac arrest](#) by 14 percentage points, according to the study.

In the study, about 9,800 adults in Stockholm who were already [trained in CPR](#) provided their cell phone numbers and agreed to be on call to assist people nearby who were experiencing a cardiac arrest. If anyone called the country's emergency number and reported a suspected cardiac arrest, a mobile alert system was ready to be activated that would connect these volunteers with the people in need of help.

Livescience.com

## Roti aka Chappati: Usually a roti is made from wheat flour.

However, ideally it should contain a combination of soyabean, black gram, and a small portion of bran as well. These can be grounded together in equal ratios to make flour. A source of energy in the body, roti is basically a source of carbohydrate and an ideal 25 grams based medium chapatti would be 60 Calories.



Enjoy home cooked chapathi for breakfast. Easy to make quickly

## Some Fruits & Vegetables Are Better For Your Waistline



Eating more fruits — particularly berries, apples and pears — and nonstarchy vegetables like soybeans and cauliflower may help you lose weight over the long term, a new study suggests.

[Read More »](#)

## Health-Promoting Texts Could Help Battle Heart Disease



The health of heart disease patients might be improved by technology that they're already carrying around in their pockets — cellphones.

[Read More »](#)

## Grapefruit

It may be surprising, but foods can affect how your medicine works. That's why it's always best to ask your doctor or pharmacist if you should avoid any foods. For example, if you take medicine for high blood pressure, anxiety, or insomnia, grapefruit juice may interact with your drugs. Don't miss out on the vitamin C and potassium that grapefruit holds. Instead, enjoy other citrus fruits like oranges and limes.

# Amazing medicinal uses of alcohol!

Trina Remedios, Health Me Up |

Today we are looking at booze and which drink breaks the medicinal barrier. Here's a rundown of the medicinal uses of alcohol through history and time.

## Stepping back in time

Alcohol was a favoured remedy for snake bites, as an antiseptic, and was also used as an anesthetic too. In the old days, physicians would give patients whiskey shots before an operation.

After the Sars epidemic we have stocked up on hand sanitizers and wipes, but back in the day alcohol was the popular antiseptic of choice.

## Jagermeister

Jagermeister is a German 70-proof (35% abv) digestif made with 56 herbs and spices. Since it's a digestif it is served after a meal.

Did you know Jagermeister was originally called Goring-Schnapps? It is a hunter's drink, this is why when translated it spells - hunt-master.

Jagermeister was developed as a digestif and as a cough remedy. It clears out minor cold and congestion. A shot of cold Jagermeister will soothe your cold, cough and sore throat.

## Ouzo

Ouzo is an anise-flavored aperitif that is widely consumed in Greece and Cyprus, and a symbol of Greek culture.

Ouzo has its roots in the 14th century monks living in a monastery on Mount Athos. You can mix it with water but it turns cloudy white or develops a faint blue tinge, and served with ice or you can have it as shots.

It will clam you down, therefore good for insomniacs as it helps you relax. It works as an antiseptic and works great for toothaches as well. It is a great solution for decongestion. Ouzo works well when the temperature is high and dry, as it thins the blood.

## Scandinavian glogg

Scandinavian glogg is basically hot spiced wine; it is a potpourri of spices and red wine, port, and brandy.

The tradition of spicing and heat wine goes back to ancient Rome and Greece.

Different countries have different variations to this wine.

This concoction of spiced wine makes you feel warm. A heart warming recipe for a cold winter's day!

## Beer

This drink is an all time favourite for any occasion around the globe. Today there are several kinds of beer and different brands. Chilled beer of different pursuits is gaining popularity among Indians.

It is an age old beverage among the European countries and the benefits of beer are plenty. From beer being a natural hair conditioner to a cure for upset stomachs, it can also reduce osteoporosis. Dark beer works as an anti-aging drink; it contains high levels of anti-oxidants.

Around the world, beer is mixed with herbs like ginger. It's helpful for morning sickness and rheumatoid arthritis.

## Brandy

Brandy works as a digestif and is traditionally drunk at room temperature.

Distillation as a process was common in Rome and Greece, but this spread to other European countries too.

Brandy is traditionally distilled from grapes but different countries have their own versions like peach and apple brandy.

It is a well known fact that brandy will keep you warm and aids to improve your cold. In the military, men were given doses of brandy to help them last through troubled times. Brandy is also a sleeping aid, anti-oxidant and stress reliever.

## Chartreuse

This French Liqueur was created by monks from 130 spices in the 1600s as a health tonic. It is also known as the "elixir of long life".

Chartreuse works as a digestif. But it could be the secret to a long life. If you can get your hand on Chartreuse, expect to live long and prosper.

TOI

## Pitch the Pastries

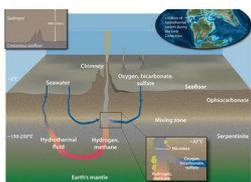


Pastries - image from Shutterstock

Consumption of carbohydrates increases blood sugar levels to varying degrees, depending on the type of food ingested. The more highly refined the carbohydrate, the higher its score on the glycemic index (GI) scale. James E. Gangwisch, from Columbia University (New York, USA), and colleagues analyzed the dietary glycemic index, glycemic load, types of carbohydrates consumed, and depression for 69,954 postmenopausal women enrolled in the Women's Health Initiative Observational Study between 1994 and 1998. The team found that progressively higher dietary GI scores and consumption of added sugars and refined grains associated with increased risk of new-onset depression. In contrast, greater consumption of dietary fiber, whole grains, vegetables and non-juice fruits associated with decreased risk. The study authors write that: "The results from this study suggest that high-[glycemic index] diets could be a risk factor for depression in postmenopausal women. Randomized trials should be undertaken to examine the question of whether diets rich in low-[glycemic index] foods could serve as treatments and primary preventive measures for depression in postmenopausal women."

[VIEW NEWS SOURCE...](#)

## Fossils Show How Ancient Seafloor Gave Rise to Life



125-million-year-old microbes were trapped in ancient seafloor rocks by minerals, leaving a record from the earliest days of the Atlantic Ocean.

[Read More »](#)

## Chronic Stress

Angela Salerno  
Publisher, INH Health Watch

Chronic stress is a killer. It can make you **three times more likely to develop Alzheimer's disease (AD)**. And it can cause depression.<sup>1</sup>

But the consequences don't end there...

The latest research shows chronic stress can steal healthy years from your life in ways you may not expect. It robs you of a little-known gene that helps keep your brain, muscles, and skin young.<sup>2</sup> It also helps you avoid physical and mental decline.

Researchers at UC San Francisco studied 90 women who were caretakers for autistic children. They made up the chronic stress group. Then there were the low stress and control groups.

They found women under chronic stress had 12% less of this anti-aging gene, called *klotho*, in their blood compared to the controls. And women from the stress group who also had moderate to severe depression—an indicator of long-term psychological stress—had even less.<sup>3</sup>

It's normal for your stores of *klotho* to diminish with old age...<sup>4</sup> But these women were only in their 30s and 40s. It means they'll have an even greater chance of facing major health risks later in life.

And men... you're not off the hook. Another study found low blood levels of *klotho* meant more signs of aging in men and women alike. On the other hand, higher levels may help you reverse signs of aging...and even live longer.

So how can you hold on to this important anti-aging gene?

First, you have to reduce your stress levels. Studies show deep breathing exercises can lower stress and boost your mood. Another way to increase *klotho* levels is to get more vitamin D3. This can also help keep vascular calcification at bay. That's the hardening of your veins due to calcium buildup...a common symptom of low *klotho*.<sup>5</sup> You want to get at least 5,000 IU a day from a high-quality, whole food supplement. But you can get more—about 10,000 IU—from soaking up just 10 minutes of direct sunlight.

## Self-Exam to detect breast Cancer

For years, doctors told women to check their own breasts once a month. But studies suggest these exams play a very small role in finding cancer compared to other testing methods. The current thinking is that it's more important to know your breasts and be aware of any changes, rather than checking them on a regular schedule. If you want to do a self-exam, go over the technique with your doctor.

**Best time to check is about a week after menses in the shower while applying soap.**

## String-hoppers quite popular in Sri Lanka

Stringhoppers are a favourite meal today in Sri Lanka for breakfast and dinner, and most people purchase them from food outlets and street vendors, rather preparing at home. Ten stringhoppers cost Rs 100 mad from unprocessed flour, two can easily share. They been dry needs a good soak in coconut milk to soften and is eaten with a curry and pol-sambol. These are generally prepared at home. One never gets sick or bored with this treat, one could eat quite frequently. Today, in most homes stringhoppers are served when guests are invited. Let's go through the nutrient values of this favourite treat. On an average a thick string hopper weighs 28g.



10 stringhoppers 150g –calorie value 690

<b>Calories</b>	69	<b>Sodium</b>	145
<b>Total Fat</b>	0 g	<b>Potassium</b>	15
Saturated	0 g	<b>Total Carbs</b>	
Polyunsaturated	0 g	<b>Dietary Fiber</b>	
Monounsaturated	0 g	<b>Sugars</b>	
Trans	0 g	<b>Protein</b>	
<b>Cholesterol</b>	0 mg		
<b>Vitamin A</b>	0%	<b>Calcium</b>	
<b>Vitamin C</b>	0%	<b>Iron</b>	

String hoppers are cooked with rice flour with added salt, a little oil and water. The batter is squeezed through a device with minute holes to obtain multiple layers of strings.

## More Evidence That Coffee Is Safe for Your Heart



Perk up! Here's more evidence that coffee is safe for your heart. [Read More »](#)

## By the Numbers: Who Are Catholics in America?



Catholics make up 22 percent of the United States population and are as diverse as the country itself.

[Read More »](#)

<https://www.youtube.com/embed/ON1j2TJCoQU>

## Alcohol and the Brain: Healthy or Harmful?

Bret S. Stetka, MD |

### Alcohol and the Brain: Introduction

Early last year, Medscape published a slideshow exploring how alcohol consumption influences brain health. Since then, a great deal of new data have emerged illuminating the relationship between alcohol and the brain; as a result, we've updated the original publication to include the latest evidence.

What hasn't changed is that it's clear that heavy alcohol consumption can have disastrous health and social consequences, and that excessive alcohol use can wreak particular havoc on the brain, increasing the risk for dementia, stroke, and psychosocial impairment.<sup>[1]</sup> However mild to moderate consumption\* has been linked to various health benefits, including many with implications for the brain, all of which need to be appreciated in light of new evidence showing that any amount of alcohol consumption boosts cancer risk. \*The US Food and Drug Administration defines "moderate alcohol consumption" as up to 1 drink per day for women and up to 2 drinks per day for men. One drink is equivalent to 12 fluid ounces of regular beer, 5 fluid ounces of 12% alcohol wine, or 1.5 fluid ounces of distilled spirits.

Image from iStock

### More Sobering Data: Alcohol and Cancer Risk

The 2014 World Cancer Report,<sup>[5]</sup> released by the World Health Organization's International Agency for Research on Cancer, concluded that no amount of alcohol is safe. The report details a dose-dependent relationship between alcohol consumption and cancer of the mouth, pharynx, larynx, esophagus, colon and rectum, liver, female breast, and pancreas. More recently, a study<sup>[6]</sup> published in August in the *BMJ* reported a small increased risk for cancer associated with drinking just one or two drinks a day, whereas other work<sup>[7]</sup> reported that women who are at risk for breast cancer and drink alcohol have significantly higher mammographic density, a risk factor for breast cancer. -medscape

### Now which fish should you eat, if you have Gout?

A gout sufferer should avoid seafood, shrimp, lobster and other shellfish which raises uric acid and is simply not healthy for you. [See my post on seafood to learn more.](#) What you want to do is eat fish with scales and only eat these types of fish. Nothing else. You can eat salmon, sole, tuna, catfish, red snapper, tilapia, flounder, whitefish, haddock and so many other fish. These fish have anywhere between 50 to 150 milligrams of purines for every 100 grams. Nothing to worry about, believe me! There are fish that are higher on the purine scale like anchovies, sardines, mackerel and herring, octopus which you should limit since they are over 150 milligrams of purines for every 100 grams. Whatever you do do not eat fish that comes from a can like canned sardines or herring with added oils. Always eat your fish fresh. Do not deep-fry your fish, instead either grill it or simply bake it in the oven. I season my fish with fresh herbs, freshly squeezed lemon juice and some extra virgin olive oil. You don't need more than that. Try and avoid high sodium seasoning mixes or fish sauces high in sugar.'

Posted by Spiro Koulouris

- See more at: <http://goutandyou.com/gout-and-fish#sthash.dGRjvNHs.dpuf>

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## How your green smoothie could be key to beating Alzheimer's

By Katherine Scott



**We've been toting the health and beautifying benefits of a plant-based drinks or a leaf-laden diet for some time, but now scientists claim that a daily dose of greenery may also boost your brain.**

Just a couple of servings of leafy green veggies, like kale or spinach, every day may be a new weapon in the war against the devastating Alzheimer's disease and dementia.

Researchers at Rush University examined the nutrients responsible for keeping the brain switched-on and healthy and were, for the first time, able to link vitamin K consumption to slower cognitive decline.

The study recorded the diets and cognitive abilities of more than 950 older adults for an average of five years, and found that those who consumed greater amounts of green leafy vegetables saw a significant decrease in the rate of neurodegenerative impairment.

Results showed that participants added one to two servings of green goodness to their diets each day had the cognitive ability of a person 11 years younger than those who consumed none.

The study's lead author Martha Clare Morris will present the breakthrough findings at the American Society for Nutrition (ASN) Annual Meeting during Experimental Biology 2015.

"Our study provides evidence that eating green leafy vegetables and other foods rich in vitamin K, lutein and beta-carotene can help to keep the brain healthy to preserve functioning," Morris said.

"No other studies have looked at vitamin K in relation to change in cognitive abilities over time, and only a limited number of studies have found some association with lutein."

With baby boomers approaching old age, Morris said there is a huge public demand for uncovering lifestyle behaviours that can ward off loss of memory and other cognitive decline.

"Increasing consumption of green leafy vegetables could offer a very simple, affordable and non-invasive way of potentially protecting your brain from Alzheimer's disease and dementia".

The findings are published in the journal of the *Federation of American Societies for Experimental Biology*.

**Long hours and tight deadlines** — you might think it's simply part of modern office life, but do you ever stop and ask yourself how your job is affecting your body? High stress levels and sitting for extended periods of time can have a serious impact on your health.

Read more at <http://coach.ninemsn.com.au/2015/03/26/11/19/how-your-job-is-slowly-killing-you#7EoY4qIYey1ozXB4.99>

### Breakout Brunch



It wouldn't be brunch without eggs. Move beyond the usual omelets and quiches with this [cheesy polenta and egg casserole](#). It marries baked eggs with crumbled Italian turkey sausage and two kinds of cheese. Polenta, an Italian porridge that can be made from any kind of cornmeal, adds creaminess. Pair this casserole with asparagus and tomatoes for a tasty midday meal.

Sources

Reviewed by [Kathleen M. Zelman MPH RD I D](#) on 4/ 014