

# Health & Views

December  
2015  
1<sup>st</sup> issue

For better health of Sri Lankans globally

## Australia Breaks Tradition With Pink Balls and Night Test

By HUW RICHARDS

Five-day cricket tests have always been played in the afternoon with red balls. A day/night experiment seeks to revive interest in the game's longest format.



Love Eternal | Short Film | By Sudhir Achary  
by humaramovie

## Harmony & friendship



United States Ambassador to the United Nations Samantha Power dancing with Muslim girls at the Osmaniya College in Jaffna on November 22, 2015. (File Photo)

## Old Bishopians' Revel

Past pupils of Bishops College, Colombo in Sydney, had their evening out with their partners, to interact with their school tales, at "Jannani" Sri Lankan Restaurant, in South Strathfield, on 28 Nov.

Warmed up with Tandoori chicken and Chinese rolls, started twizzling to the disc jockey computerized jassy music till midnight.

Dinner was a sumptuous combination of 'Live Hoppers', String hoppers and Buriyani to complete with 'watalupman' and sago pudding.

Chief organizer of the evening was Shereen, and she created a mystic night for the participants. There was a raffle draw.



## A remarkable evening



Congrats



Delu Gunasekera son of Chandani and Chandra Gunasekera married Claire Rose-Innes, on 21<sup>st</sup> November, in All Saint's Church, Woollarah, and the reception was held at the Centennial Parkland Restaurant. There were over 160 invited guests shared the wedding.

## Recent Budget proposal-Sri Lanka



"The government is committed to providing a free health service to all citizens" Minister Karunanayake said.

"We fully recognize the requirement to invest in the health sector for this purpose,"he said. The minister said that it was proposed to allocate Rs 6,500 million to establish 1,000 kidney dialysis centres in the CKDU prevalent areas and Rs 2,000 million for the construction of a hospital specializing in kidney disease management in Minneriya. further Rs 3,000 million is proposed to for the construction of three cancer hospitals in Nallur, Kandy and in Matara.

## Pope, in Kenya, Calls for Compassion for Poor and Nurturing of Youth

By JEFFREY GETTLEMAN

Francis also said the need for dialogue between religions was "essential" during a meeting on Thursday on his first official trip to Africa.

## CNN Politics Like Page

President Obama, joined by the entire first family, began the Thanksgiving holiday by serving dinner to the local homeless population and veterans at Friendship Place Homeless Center in Washington. <http://cnn.it/1T5e3hr>

## A Year After Phillip Hughes's Death, Cricket Inches Forward on Safety

By TIM WIGMORE

The sport has never seriously considered outlawing the bouncer, even though Phillip Hughes of Australia died after he was struck in the neck by a ball.

## Expectant Moms: Coffee Won't Harm Kids' IQ



It's OK for pregnant moms to sip their morning mug. [Read More »](#)

## Parents Don't Have all the Answers, and That's OK (Op-Ed)



November 19th, 2015  
Anyone who has spent some time with young children know that they ask "why?" – a lot.

## Abraham Lincoln Was a Science Champion, Astrophysicist Neil deGrasse Tyson Says



Abraham Lincoln is best-known for abolishing slavery and keeping the United States together through the Civil War, but he also helped the country become the scientific and engineering powerhouse we know today.

## VIDEO: Roasted Squash Salad

The sweetness of delicata squash complements the bitter arugula and radicchio in this colorful salad.

•Related Article

Dear Dr. Harold -**Please keep sending articles for Pahana. If anybody doesn't want to read they don't have to.** We appreciate what you write and our readers too. Regards--Mihir-Melbourne

**Four health writers-Larry, Harry, Ricardo and Rod posed the question- (ctd. from last issue) "DO WE NEED THE HEALTH WRITER TO TELL THIS? WHEN IT IS FREELY AVAILABLE ON THE NET!!!"**

Dear Dr. Harold,  
The service you render to the readership on Medical and other matters of interest is well received; and with great anticipation. It is very easy for some armchair critic to pick on some "cross your t's and dot your i's"; with no constructive and viable contributions from them. except to decry the good and beneficial work of others. Please continue with your excellent "health bulletin"; as it is so valuable to most of us readers. More so as we grow old and get a heads-up on various facets of Health & Health Care. God Bless you and your Family and a Big Thank You for your services.---Noor from US.

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

Responses

Hi Harold-We find your newsletter informative, enjoy reading it and would be a little less healthy without it. You put a lot of effort into it, and we are so grateful to you for the effort. Look forward to many more issues to come. --Dylan and Anne-Melbourne

The jealous are troublesome to others, but a torment to themselves.  
William Penn

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

Hi Doctor-Ignore the critics. Your time is far too precious to waste on them. Its far better to spend your time on people who respect you and appreciate your efforts. The funny thing is..... no where in the world can one find statues, monuments, awards, accolades etc attributed to "Critics". They lead such poor miserable negative lives they can only deserve our pity. Keep up the great service you are providing. Cheers-Dallas Achilles

Thanks Harold- Jealousy is a green eyed monster - just ignore- Dorothy

Dear Harold  
Those who question the need for a health writer are welcome not to read anything by the health writer and to look up whatever they want on the Internet for themselves. They cannot speak for the great majority of others who read with interest the variety of information presented weekly in your publication which can be accessed more quickly than it would be if each and every item had to be looked up individually. They probably have more time to spend on these pursuits than the rest of us. Cheers, Nalini Mac

Had a read. I feel the issue could have several fronts 1. Trying to silence you: 2. Indicating that your newsletter is an unwelcome intrusion in their mailbox.: Which aspect will depend on the individual. I think the best way to keep alert and active is by continuing to participate in society. This you are doing admirably. Kind regards-Imtiaz

Hi Harold, totally agree with Gus - just ignore those puerile comments which have no basis for such infantile, green-eyed outbursts, when perhaps 99 percent would laud you for your wonderful contributions towards essentially prevention of medical issues and enhancement of life-quality overall - what more? So just box on Dr Harold - people like you are indeed rare and a blessing for all or to most anyway! Cheers! Dyan Seneviratne

Dear Dr HG,  
I do not understand why people would knock a good thing. I have for many years now sought & obtained clarification from your good self on a plethora of claim cures for all sorts of ailments including cancer. These seemingly simple & effective remedies come to me via the net & like a lot such circulations turn out to be imaginary, false or without being researched or

Having read some adverse comments felt we have to say we value the newsletter greatly, Rgds Srimi & Tony Peries Sydney

Thanks Harold for yet another excellent piece in your inimitable practical style. I fully endorse Gus' view in that you provide recourse to the Sri Lankan community wherever domiciled in the language 'we' understand. I'm afraid the kind of criticism levelled against you is so typical of the community, just ignore and keep writing! Reggie Raj

Dear Harold, I think you are doing a wonderful service by circulating these articles about health issues. You have collected the small topics and nicely put them in one page so that we all can read them without browsing the internet. Thank you so much for your valued contributions to the Srilankan community. With best regards--John Derek

Your Health & News has in fact not just been of assistance to me but to others whom I forward the publications. Like every other situation, there is no compulsion & that is why computers have a "DELETE" key Please continue to do us all a favour! Blessings! kind regards, Russel

Dear Harold, A pithy Sinhala saying comes to my mind, "ඔලලෝ බිරුවට කඳු පාන් වන්නේ නෑ"! Let them bark, keep the caravan moving .....Cheers Neil

Hi Harold  
You can get a lot of information off the Internet. But how do we know what is right and what is wrong? There are many sharks out there who are waiting to make a kill. That's where we need someone like our health writer who is a Dr. Harold Gunatillaka, who has such a great knowledge of the human anatomy, qualified in England. who could advise us on what is beneficial to us and what is not.

There are millions of people round the world having no access to medical search engines, or those who have, do not bother to sharpen their knowledge. We are hopeful this newsletter will help them, to gain sufficient knowledge on most of the common diseases and health issues, and such understanding will expedite their healing processes when afflicted with such diseases. Further, many people from all parts of the world write to us regarding their illnesses, needing more explanations and what further therapeutic measures to take. WE are now labelled as "On-line doctors" Just receiving a skype call from our icon & Tourist Ambassador Alston Koch- from a pharmacy in Rodeo Drive, LA.



Editor: Thanking all readers who submitted valued comments to support the continuation of the journal. Many more emails are pouring in on the subject with similar positive thoughts. Harold.

If anyone is not interested, all one has to do is delete it Or e mail to opt out of getting the news- letter. Pastor Lanil.G

Many thanks Harold for sending this pdf copy of your great magazine. It looks like a pocket encyclopaedia. Very nice one. I would like to know how you are funding your newsletter.

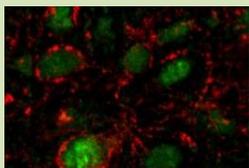
I will send you a few of our past volumes in pdf tomorrow. I realize you are a medical doctor as well. I did my PhD in Medicine and working in the biotech sector. When time permits, I will write more.  
Good luck with your impressive work.

Regards,

Vijay

Dr Vijay Anand PhD  
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## Slipping into a Food Coma? Blame Your Gut Microbes



Researchers found chemical clues hinting that when certain bacteria in the belly have had enough, they tell the brain that it's time to stop eating.

[Read More »](#)

Sometimes  
people  
don't notice the  
**THINGS** we do for them,  
until we **STOP** doing it.

-NyLLe-

ASK WELL



## Is Grass-Fed Beef Better for You?

By ANAHAD O'CONNOR

Grass-fed beef tends to be higher in some nutrients, and studies suggest it may contain fewer bacteria that can cause food poisoning - which could be good for your health.

<http://www.bbc.com/news/world->

Dear Harold,

Thanks so much for the great articles have provided and your continued support to the Sri Lankan community via such great publications you continuously provide. eLanka website for example has over 4000 registered members and remind me to email some great feedback and the 100's of hits your article receives every time these are published on eLanka website.

Kindly continue to provide the great content you provide, because believe me, there are 1000's (not 100's of eLanka members) waiting to read your great content.

Thanks from eLanka!

P.S here are the two links to your latest publication on eLanka website:

<http://elanka.com.au/category/articles/>

<http://elanka.com.au/>

Regards,- Neil



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Hi Harold,

I very rarely comment on such things however, since that you are a good friend and also a good doctor. I must say that you should continue your assembly of your newsletter & writing your opinions. It is informative to those that do not have the time to research what is happening in the world that is health related. You give enough info for anyone with an interest in an article to continue researching if desired and therefore a service to those that are time poor.

Remember, foremost it is a project that you cherish doing, importantly it keeps you of the streets and out of trouble (joke/maybe not?), but seriously brings issues and remedies front and centre. Obviously there will be articles that are old news to some, but definitely not for all.

Keep writing, write more of your opinions as well as what you are already doing.

Your friend  
Robert

Dear Harold,

"Some mothers do have them". That should sum it up. In Sinhalese there is a saying, "nugath kamata baheth naha".

So, please ignore and continue to do what you are good at.

Best regards,

Anthony



Reham Khan: 'Marrying Imran Khan meant everyone in Pakistan got involved in my private affairs'  
Life as a political wife came with plenty of compromise and strain for journalist Reham Khan. She explains how the hate campaign put an end to her 10-month marriage to a man idolised by millions  
[theguardian.com](http://theguardian.com)



Enjoy fresh local produce in Sydney. Image credit: Destination NSW

This summer, Sydney will play host to the Sydney Organic Markets on every Thursday from 19 November to 14 January at four different locations; Hornsby, Rouse Hill, Double Bay and Kings Cross.  
[weekendnotes.com/organic-markets](http://weekendnotes.com/organic-markets)

The wonder pill that could STOP your brain ageing: Common asthma drug may be a cure for Alzheimer's, claims study



The shocking truth about your health | Lissa Rankin | T...  
by TEDx Talks



In Conversation with The Mystic Sadhguru and Dr Davi...  
by Karthikeyan Kasinathan

<http://elanka.com.au/category/articles/>

<https://www.facebook.com/dehab.asmara/videos/869069193148369/>

## Bindi Irwin posts emotional tribute to late father, Steve: 'We miss you so much'

Chris Serico  
TODAY

While millions of Steve Irwin fans celebrated the life of the late star of "The Crocodile Hunter" this weekend, perhaps the most touching tribute came from his 17-year-daughter, Bindi, whose Sunday post on Instagram declared him the "greatest Dad on Earth."



Steve Irwin Day, a remembrance of the wildlife expert who died while filming a nature documentary in 2006, when Bindi was just 7 years old.

**RELATED: Bindi Irwin delivers emotional tribute to dad on 'DWTS': 'His spirit lives on'**

Bindi, who's competing on ABC's Los Angeles-based "Dancing with the Stars," encouraged her father's fans "on the other side of the world" to celebrate the occasion Sunday.

KLG congratulates Bindi Irwin on her 'DWTS' win



## 7 Tips to Make Thanksgiving More Enjoyable for People with GERD

Turkey Day can be challenging for people with acid reflux, or GERD.

Here are some tips that may help.

[Read More »](#)

## Spice Combats Soreness

The yellow pigment that gives turmeric its color, curcumin has been shown by numerous previous studies to exert antioxidant and anti-inflammation effects. David S. Rowlands, from Massey University (New Zealand), and colleagues enrolled 17 men in a study in which each subject received either 5 grams curcumin daily, or placebo, for 2 days before and 3 days after performance tests. This was followed by a 2-week 'washout' period, after which the subjects crossed over to the other intervention. Moderate-large reductions in pain during exercises, as well as small increases in performance, were achieved in 1-2 days among the curcumin group. The study authors report that: "Oral curcumin likely reduces pain associated with [delayed onset muscle soreness] with some evidence for enhanced recovery of muscle performance."

[VIEW NEWS SOURCE...](#)

## Cognition and Dementia-alcohol

Limited alcohol use has also been associated with a lower risk for dementia.<sup>[15,16]</sup> Contrast this with heavy consumption, which appears to be severely detrimental to the brain. A study published in *Neurology* in January 2014 found that middle-aged men who drink more than 2.5 drinks daily are more likely to undergo faster decline in all cognitive areas—particularly memory—over a period of 10 years.<sup>[17]</sup> Of note, animal studies suggest that fish oil might be protective against alcohol-induced dementia by attenuating the neuronal degeneration caused by heavy alcohol use.<sup>[18]</sup>

medscape

## Hormone-Sensitive Breast Cancer



Some types of breast cancer are fueled by the hormones estrogen or progesterone. Your doctor will call these receptors -- they're proteins that pick up signals from the hormone that tell cells to grow. A biopsy can show if a tumor has receptors for estrogen (it's ER-positive) and progesterone (it's PR-positive). About 2 out of 3 breast cancers are hormone sensitive. There are several medications that keep the hormones from causing further cancer growth.

The image shows a molecular model of an estrogen receptor.

WebMD

## Hair Loss Trigger: The Pill

A little known side effect of birth control pills is the potential for hair loss. The hormones that suppress ovulation can cause hair to thin in some women, particularly those with a family history of hair loss. Sometimes hair loss begins when you stop taking the pill. Other drugs linked to hair loss include blood thinners and medicines that treat high blood pressure, heart disease, arthritis, and depression.

WebMD

## The Wild Great Wall from a Drone

<https://m.youtube.com/watch?v=BpEWKBB6lYw>

Agnes Thambynayagam

8 hours ago (edited) ←

Thank you very much for sharing this video. My findings indicate that this was the highway that the Portuguese, the Dutch and the British used to travel to the interior of Asia and exchange goods before the invention of motor vehicles and air planes.



They would have used elephants and then horses to carry things. The wall which was a fortified high way, started from the coastal city Dandong in the East of China and ended at the salt lake known as Lop Lake in the west. In the sixteenth century, Portuguese preserved seafood using salt and then exported dry seafood to the people who settled in the interior. This was the time that the world had no refrigerators to preserve food. The Great wall was attacked during war times. The Dutch and the British renovated the high wall path way until the Roads and railway were built. There is no need for the great wall path way in the modern world when we have airplanes to cross the mountains and valleys. The great wall has many stations on the way where travelers were able to stop and the new travelers were able to take the goods to the next station. Same travelers wouldn't have traveled all the way to over 3000 miles. The great wall structure also would have had shops and rest houses under the pathway for travelers to use and take rest. The Chinese emperors worked under the Roman Empire (Portuguese rule - the time when Roman Christian religion expanded throughout the world), the Ottoman Empire (The rule of the Dutch and the North Europeans - The time Roman Christian religion was abolished and reformation was introduced) and the British Empire (the time religious freedom was given to all) between 16-19 centuries.

. Portuguese began settlement in India in 1502 & in Sri Lanka in 1505. They moved to Asia after that.

The building material used by the Portuguese, the Dutch & the British to the great wall is similar to what they had used for the forts in Sri Lanka.

## Breast Cancer Risk Linked to Virus Found in Cattle



Women's risk of breast cancer may be linked a virus called bovine leukemia virus, a new study finds.

[Read More »](#)

# Gut microbes determine what diet is best for you

Different diets work for different people, and now new research reveals that it may be possible to predict how people will react to different diets, based on the composition of the microbes in their gut. A team of researchers from Chalmers University of Technology in Gothenburg, Sweden, has managed to develop a mathematical model that allows them to explain why patients react in different ways to a particular diet.

"This method allows us to begin identifying each individual bacteria type's metabolism and thus get a handle on the basic mechanisms in human metabolism," reports Jens Nielsen, professor of systems biology and head of the research team.

Between 300 and 1,000 different types of microorganisms can be found inside the human digestive system, and these are referred to as the gut microbiome. An individual's gut microbiome is typically stable, and general composition between individuals is believed to vary on account of genetic factors, transference from the mother at birth, diet and long-term drug use.

While these microbes can play an important role in the metabolism of food, an increasing number of studies have associated the microbiome with human disorders.

In March, *Medical News Today* published [a Spotlight feature article about the gut microbiome](#),

examining its influence on conditions such as [cancer](#), [stress](#) and [autism](#). Despite experts being able to identify associations between gut microbes and such disorders, the exact mechanisms underpinning their interaction with food has yet to be fully understood.

"The human gut microbiome is known to be associated with various human disorders, but a major challenge is to go beyond association studies and elucidate causalities," the authors explain.

Through clinical trials conducted at the Institute of Cardiometabolism and Nutrition (ICAN) in Paris, France, the research team has been able to establish one such causal link.

MNT

## Plaster that gives pain relief as you flex joints: When it is stretched the impregnated capsules release arthritis drug

- The elastic patch is the size of a large, everyday plaster
- It is made from a plastic film impregnated with tiny capsules
- They are loaded with tiny balls of the required drug

By Roger Dobson for the Daily Mail  
Scientists have developed a high-tech plaster that delivers pain-relief drugs for arthritis when it is stretched.

A problem with standard pills or injections is that they take some time to work, while rub-on pain-relief gels and creams need to be reapplied and patients can still feel pain between applications.

With the new plaster, the drug is released whenever an arthritic joint is moved.

Not only does this mean that medication is delivered when the symptoms are most likely to occur, it also improves mobility by reducing discomfort. Researchers from the University of North Carolina, who developed the plaster, say the technology could also be used to deliver anti-cancer drugs and antibiotics more easily.

### Captagon: The drug keeping extremists calm

There are reports the Paris attackers were high on a drug commonly used by Islamic State fighters which has the ability to mask pain, fear and hunger, keeping the user in a "zombie-like" state.



## Lungs: Facts, Function and Diseases



Lungs are an important part of the respiratory system. Adults take 15 to 20 breaths a minute, which comes to around 20,000 breaths a day.

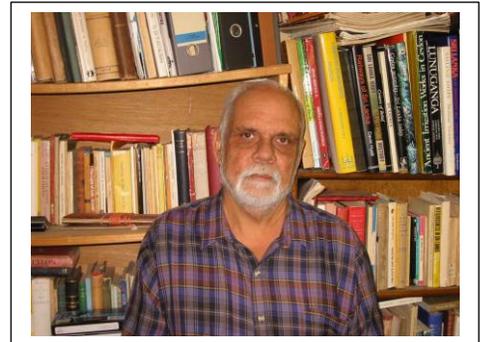
[Read More »](#)

## Congrats Victor



The Dutch Burgher Union, Colombo (DBU) has granted Honorary Life Membership to Victor Melder (Melbourne)

Cartoon by Max Gerreyn, depitomises this,



<http://www.confluence.mobi/blog/unique-sri-lanka-library/>

A unique library on Sri Lanka, perhaps the only one of its kind overseas, exists in Melbourne, Australia. This library was begun by Victor Melder in 1968, when he migrated to Australia. Victor, who had only one book with him then, has today accumulated over 4,600 books, 2000 magazines and journals, 25 years Sunday newspapers and a collection of video and audio tapes all on Sri Lanka. Confluence.UK

## White wine

Red wine may be popular, but white wine has health benefits too. While red wine has antioxidant resveratrol, white wine has hydroxytyrosol which is an important antioxidant and effective for clearing blockages.

## Hair Loss Trigger: Crash Diets

You may lose more than weight with a crash diet. People may notice hair loss 3-6 months after losing more than 15 pounds, but hair should regrow on its own with a healthy diet. Be prepared to shed some locks if your diet is very low in protein or too high in vitamin A.

# Drinking Food

Yusuke Shimoki runs Engawa, a tiny bar in Kaga, in the Ishikawa Prefecture of Japan, on the mountainous north-central coast, near the Sea of Japan.

Shimoki removed from the refrigerator a large bowl of egg yolks he had pickled in soy sauce with a small strip of the dried kelp known as kombu.



We spooned the yolks onto the rice at Shimoki's instruction and pierced them with our chopsticks. They were firm at the edges but ran thick and molten at the center. The yolks enrobed the rice, staining it a marvelous hue. And the silky, strong taste of it all was revelatory: salty and rich, like an oceanic butter. The table went quiet, and for some time, we just shoveled the rice and yolks into our mouths, drinking sake and eating some more.

Shimoki has some of the aspects of a teddy bear beneath his generally serious, concentrated mien, and he shrugged slightly in response to the widened eyes that stared at him. "Drinking food," he said, to some laughter. It was the sake's perfect match — a good snack or light dinner to repeat monthly at least.

We met by chance in Brooklyn, at a dinner at the home of Hannah Kirshner, a food writer and recipe developer who publishes the small magazine Sweets and Bitters.

Making the yolks myself took a few weeks to master. The first lesson was: Use the freshest eggs you can find. This is not a recipe that rewards the eggs you bought two weeks ago for omelets. To pickle Kirshner's, which were straight from the coop, Shimoki used the soy sauce he had brought from home, a variety brewed in Ishikawa, thick and quite sweet. He marinated the yolks in it for more than 12 hours, along with that small strip of kombu, which imparted a crucial, sea-vegetal umami to the sauce. I used a blend of tamari and mirin, the sweet rice wine, to achieve a similar consistency and taste, then altered the ratio over the course of a few dozen eggs, starting with a one-to-one mix of soy and mirin and moving eventually to something between three to one and four to one. (Using a light Japanese soy sauce infused with mirin did not quite work — too assertive.)

NYT



When you are next in Colombo visit "Oakley Flower Drum" on Thurstan Road, Colpetty, an evening and enjoy the luscious variety of Asian dishes, with your family.

The hotel was owned previously by late David Gye and now managed by Senani & Oak-Ray Group Of Companies

The restaurant has been refurbished, includes a jewelry and an antique carved furniture shop.

The food is out of this world. Well trained staff has been here for years and little has changed. Food is pricier than the other Chinese restaurants in the area but very reliable.



I loved the spicy eggplant dish and the sweet and sour dishes The rice was perfect as always definitely a great dining experience from people who love their job.

There are take away delights. The portions are generous and the devilled chicken, mushrooms and hot butter cuttlefish were excellent. Pork dishes are not served anymore.

## CONFLUENCE

MAY 2012 SOUTH ASIAN PERSPECTIVES SINCE 2002

### COVER STORY THE NEPAL EARTHQUAKE AND THE MAGNITUDE OF IMPOVERISHMENT

by Li Oonoo

On the night of 25th April 2015, a powerful earthquake struck Nepal, killing thousands and leaving millions homeless. The magnitude of the disaster was unprecedented in the region's history. The earthquake, which measured 7.8 on the Richter scale, caused widespread destruction across the country, particularly in the mountainous regions. The death toll is estimated to be over 20,000, with many more injured and displaced. The earthquake also caused significant damage to infrastructure, including roads, bridges, and schools. The impact on the poor and vulnerable populations was particularly devastating, as they often live in poorly constructed homes and have limited resources to recover from such disasters.



SHAHEED BHAGAT SINGH REBORN TRIESTES ARE PHILIPPIAN A NEW WARRIOR INDIA'S DAUGHTER BECA DOCUMENTARY HEROIC WOMEN'S RIGHTS 3

CALCUTTA STREET LIFE AND CULTURE ACTY FILLED VERBANT PRESENTS AND EXCITING RECONCILIATION

SRI LANKA: GIFT HAILS IN POLITICS TAMIL GROUP VILLAGERS PREPARE TO FIGHT

The goal of the project is to visit each of the latitude and longitude integer degree intersections in the world, and to take pictures at each location. The pictures, and stories about the visits, will then be posted here.

<http://www.confluence.org/contact.php>  
Email: [confluenceuk@yahoo.com](mailto:confluenceuk@yahoo.com)

Relax, Read & Share

## This is the maiden editorial written by Joe Nathan (London) with the in-auguration of the first issue of "Confluence" in 2002

"The launch of a new journal is often accompanied with mixed feelings; of some trepidation, indeed of conjecture. And titled *Confluence*, suggesting a meeting point or flowing together, in the context of increasing world turbulence, must surely sound pretty naïve and lead to quite a few raised eyebrows. But that is the challenge *Confluence* is seeking to meet." He went on to say:



"*Confluence* is about all these sorts of issues—the mapping and monitoring of the unfolding social scenario that is today's multi-ethnic Britain. The sorts of issues that need to be looked at objectively, sympathetically and vision; of the need to promote and sustain a healthy integration that recognises a rich cultural diversity—a diversity that adds to a Britishness that is capacious enough for all who wish to live within it peacefully in an atmosphere of mutual, not mere tolerance, but of acceptance."

Now *Confluence* is a South Asian magazine. Therefore, whenever you refer to 'Confluence' also please mention its secondary title 'South Asian Perspectives'. Thank you.

Sent by Dr Vijay Anand PhD  
Managing Editor, *Confluence*. - South Asian Perspectives  
[www.confluence.mobi](http://www.confluence.mobi)  
Email: [confluenceuk@yahoo.com](mailto:confluenceuk@yahoo.com)

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

Catholics make up nearly a fifth of the United States and tend to mirror the country as a whole on political and social issues.



...the Portuguese introduced two diseases to Ceylon. Venereal disease and Yaws or Parangi which was contracted by the local population from slaves from Mozambique who were owned by the Portuguese... Yaws (also known as frambesia tropica, thymosis, polypapilloma tropicum, pian or parangi, "Bouba") is a tropical infection of the skin, bones and joints caused by the spirochete bacterium *Treponema pallidum pertenue*...

# Turmeric is hot and may benefit more than just your taste buds

Linda Carroll  
TODAY

if you enjoy curry dishes, we've got good news. Turmeric, the bright yellow spice that gives curry its warm, peppery flavor, has been proven to benefit more than just your taste buds.



Shutterstock

Prized in Asia for more than 4,000 years, turmeric is suddenly catching fire in America thanks to recent medical studies suggesting the savory spice may be helpful against a range of illnesses, from inflammation to digestive problems.

"It's interesting that we in the West feel like turmeric is so popular right now when this is a substance that has been in use for over 2,000 years," says Dr. Lyla Blake-Gumbs, an integrative medicine specialist at the Cleveland Clinic's Wellness Institute. "With all the media coverage of problems with NSAIDs, among other OTC and prescription medications, consumers want to try more natural approaches to treating any number of conditions."

Turmeric fits that bill perfectly.

"Turmeric has been found to be likely effective for osteoarthritis, and a limited number of studies have shown some efficacy in Crohn's disease, ulcerative colitis, rheumatoid arthritis, [and] IBS," Blake-Gumbs says, adding that at least one trial has shown that the spice may help prevent pre-diabetic patients from progressing to full blown Type 2 diabetes.

Many of the studies have focused on curcumin, which researchers say is the active ingredient in turmeric. A Thai study published in 2014 found that curcumin capsules dulled the pain in arthritic knees just as well as the popular OTC NSAID ibuprofen. A 2015 study in a rat model of Alzheimer's disease found that the spice improved working memory. In fact, the more curcumin the rats consumed, the better their memories got.

Many of turmeric's health benefits are likely derived from the spice's powerful antioxidant and anti-inflammatory effects, says Dr. Melissa Young, an integrative medicine specialist at the Wellness Institute.

"There is increasing evidence on the benefits of turmeric on the brain," Young says. "Some studies suggest it is helpful in treating

## These Men Ate 6,000 Calories a Day for Science



A small group of men consumed 6,000 calories a day to help scientists understand one of the main health risks of obesity.

[Read More »](#)

## Why Is Powdered Caffeine Dangerous?



Caffeine is in coffee, tea and other products that we consume every day, so why is the powdered form dangerous?

[Read More »](#)

## Could Red-Wine Compound Resveratrol Help Treat Alzheimer's Disease?



A compound found in red wine that's been theorized to have anti-aging effects appears to be safe for people with Alzheimer's disease, and may point to a new way to treat the disease.

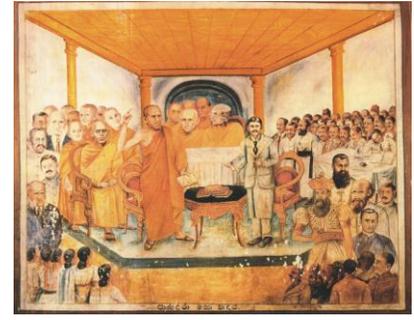
[Read More »](#)

Cells communicate with other cells in our bodies by sending and receiving signals. **Cancer** can occur when these signals are "dysregulated" and abnormal cells grow out of control.

## Seeds

Little pumpkin seeds, sunflower seeds, and sesame seeds pack a big punch. They have "good" fats that can lower cholesterol. In general, fats that come from plants are healthier than those from animal products. "Bad" fats are in foods like fatty cuts of meat, full-fat dairy products, and some packaged foods. Check food labels to see how much fat, and what type, you're getting. Limit saturated fats and avoid trans fats.

Michael Robert's  
new publication



## Potency, Power & People in Groups

by **Michael Roberts** has just appeared in print under the masthead of Marga Publications and bearing the ISBN code 978-955-582-129-2, selling at Rs. 800 over the counter at Marga 941/1 Jayanthi Mawatha, Kotte Road, Ethul Kotte, Sri Lanka (tel. 94-11- 2888 8790). It will be available at the bookshops from Thursday 14<sup>th</sup> July. Credit Card orders are accepted by Vijitha Yapa Bookshops via [www.vijithayapa.com](http://www.vijithayapa.com) OR [www.srilankanbooks.com](http://www.srilankanbooks.com).

<https://thuppahi.wordpress.com/2011/07/12/potency-power-people-in-groups/>

## How Your Gut Bacteria May Influence Your Heart Health



The bacteria in your gut may affect your heart health, a new study finds.

[Read More »](#)

## Eating More Fish Linked to Lower Risk of Depression



Eat a lot of fish may lower the risk of depression, a new analysis suggests.

[Read More »](#)



**Free Christmas Kid's Concert in CBD**  
Free Christmas fun for the family  
Kids, Family

# Fish oil-diet benefits may be mediated by gut microbes

Diets rich in **fish oil** versus diets rich in lard (e.g., bacon) produce very different bacteria in the guts of mice, reports a study published August 27 in *Cell Metabolism*. The researchers transferred these microbes into other mice to see how they affected health. The results suggest that gut bacteria share some of the responsibility for the beneficial effects of fish oil and the harmful effects of lard.

In particular, mice that received transplants of gut microbes associated with a fish oil diet were protected against diet-induced weight gain and **inflammation** compared with mice transplanted with gut microbes associated with a lard diet. This demonstrates that gut microbes are an independent factor aggravating inflammation associated with diet-induced **obesity** and gives hope that a probiotic might help counteract a "greasy" diet.

"We wanted to determine whether gut microbes directly contribute to the metabolic differences associated with diets rich in healthy and unhealthy fats," says first study author Robert Caesar of the University of Gothenburg. Even though the study was done in mice, "our goal is to identify interventions for optimizing metabolic health in humans." Caesar, working in the lab of senior study author Fredrik Bäckhed, began by feeding either lard or fish oil to mice for 11 weeks and monitoring signs of metabolic health. While the consumption of lard promoted the growth of bacteria called *Bilophila*, which have been linked to gut inflammation, the fish oil diet increased the abundance of bacteria called *Akkermansia muciniphila*, known to reduce weight gain and improve glucose metabolism in mice.

"We were surprised that the lard and the fish oil diet, despite having the same energy content and the same amount of dietary fiber--which is the primary energy source for the gut bacteria--resulted in fundamentally different gut microbiota communities and that the microbiota per se had such large effects on health," Caesar says.

MNT

## Lessons Learned from the Dean of the Faculty of Agriculture.

It was in February 1968 that I had the privilege and pleasure of meeting with the Dean of the Faculty of Agriculture – University of Ceylon (Peradeniya Campus). He was a part of the Team that accompanied the Prime Minister of Ceylon, the Hon. Mr. Dudley Senanayake, at the inauguration of the "Green (agricultural) Revolution" that was being inaugurated in the Amparai District.

The Dean arrived early at the Airport at Amparai after the inauguration; and informed us that the Prime Minister was held up at a Political Rally; and would be arriving later on.

It was at this juncture that I thought of striking up a conversation with him. Thus I thought I should broach him on the subject of introducing mechanization in the field of paddy cultivation.

What he explained to me was a wonderful lesson that I shall never forget. Very unfortunately I cannot remember his name\* as so many years have passed since. But the lesson remains vivid in my mind and I wish to pass it on to the learned reader.

He first started off by indicating that we were from olden days well known for its Agriculture; and was known as "The Granary of the East". The link between the Village and the surrounding fields was one of closeness/togetherness of the Community. Every able person in the Village participated in the agricultural process - be it plowing; sowing of seeds; transplanting; reaping and gathering the harvest; and threshing of the paddy. The plowing was carried out with the aid of the water buffalo. The whole process was done with great camaraderie; and so much so that if one did not turn up for work the others showed great concern. Needless to say all participants in the venture were rewarded with a portion of the crop.

To mechanize the above processes we would require purchasing at least a Tractor. We do not manufacture such equipment in our country; and hence we would have to import this equipment. Furthermore the fuel and lubricants have to be imported from oil producing country; and spares and tires will have to be imported from the country/countries of manufacture too. All these have to be paid for in foreign exchange. The cost of such would really amount to a tidy sum of money.

Getting back to the old traditions we will now find that the tractor has taken over the task of the water buffalo.

The water buffalo lived off the land – needing little or hardly any expense to maintain. The residents of the Village would lose their means of livelihood. The land owner would have to set aside part of the proceeds of his harvest, towards the maintenance of his tractor. So do you see any real benefits accrued by the purchase of the tractor?

It does not end there. There is the moral factor that kicks into this scenario. The unemployed will leave their villages to earn a living and end up in towns and cities for employment. (Presently, of course, job placements are readily available overseas.) With that comes the temptations for that flashy and money spending ways. Couple this with the lack of parental discipline and elderly guidance; and regrettably the sense of closeness/togetherness and the traditions/customs becomes a thing of the past – perhaps to be replaced by greed and adoption of Western and other alien Cultures.

Thus the lessons I learned from the Professor was very far reaching to me. We lost jobs to the outside world and we lost our very own rich culture, customs/traditions and morals to that of the alien ways of living. More so the unity among the simple, fun loving people living a life of simplicity seethed in traditions. I leave the learned readers to reach deep into their own intelligent way of assessing this lesson and forming their own opinion. I raise my hat to the Professor for his foresight into the future.

Noor Rahim

N.B: \*I believe the Dean of the Agricultural Faculty was Professor Peter Seneviratne.



**Mozart's Fortepiano:  
Bezuidenhout  
Hear the Master of the  
Early Keyboard  
Music, Concerts**

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

## Seafood May Prompt Autoimmune Diseases

Autoimmune disease – including such conditions as inflammatory bowel disease, lupus, Sjogren's syndrome, rheumatoid arthritis and multiple sclerosis – are conditions in which the body's immune system mistakenly attacks healthy cells. Emily Somers, from the University of Michigan (Michigan, USA), and colleagues analysed data collected from women, ages 16 to 49 years, enrolled in the National Health and Nutrition Examination Survey from 1999-2004.

Data analysis revealed that a greater exposure to mercury associated with a higher rate of autoantibodies, a precursor to autoimmune disease. Noting the many health benefits to seafood – a lean protein packed with vital nutrients, the team does submit that women of reproductive age should be mindful of the type of fish they're eating. Observing that: "Methylmercury, at low levels generally considered safe, was associated with subclinical autoimmunity among reproductive-age females," The study authors conclude that: "Autoantibodies may predate clinical disease by years, thus methylmercury exposure may be relevant to future autoimmune disease risk."

[VIEW NEWS SOURCE...](#)

## Memoirs from Slave Island



Historic Wekanda Jumma Mosque built in 1786

At the Slave Island junction formerly named Saunders Court Road where six roads meet stands this grand mosque and shrine of the Patron Saint of Slave Island Hussein Bee Bee Rali. The land on which the mosque was built was purchased in 1786 by Pandan Bali, a Javanese nobleman who had been exiled to Ceylon. The story as narrated by the caretaker of the mosque premises and pamphlets for the annual flag hoisting ceremony for the patron saint reads as follows. Hussein Bee Bee Rali was a lady of Pathan origin who was buried in Slave Island, amid clearance of the present mosque space her tombstone was discovered among others. Miracles as narrated by locals of the area over time established that Hussein Bee Bee Rali was a healer to the ill and afflicted and in fact the patron saint of the area. To date, crowds gather every Monday and Thursday evening to pray for and seek intercession in their prayers by Her Holiness Bee Bee Rali. It was around her tomb that the Wekanda Mosque was established in 1875 by the Sabu Latiff family of Malay origin. The trusteeship of the mosque is still in the hands of the Latif family with the head priests of the mosque also being of generational familial descent. Despite the Malay descent of the Sabu Latiff family it is notable that the shrine of a Lady Saint (Awliya) is maintained and revered by mosque trustees and locals alike. The architecture of the mosque space preserves its original form with modern extensions to accommodate the crowds that gather for Friday Jumah prayers and daily prayers  
Sent by Hemguru.

## Are painkillers also killing your hearing?

When you think of risk factors for hearing loss, over-the-counter pain relievers probably aren't among them. But a Harvard study published in the *American Journal of Epidemiology* suggests that frequent use of ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) may be an important contributor. In the study, women who took the pain relievers at least twice a week were more likely to experience hearing loss, and more frequent usage increased the risk by up to 24%. The findings are similar to a study of men and hearing loss, although aspirin was also found to contribute to risk in that study.

Researchers speculate that the pain relievers may be damaging the cochlea, the snail-shaped hearing mechanism in your inner ear. "Ibuprofen can reduce blood flow to the cochlea, which could result in cellular damage and cell death. Acetaminophen may deplete the antioxidant glutathione, which protects the cochlea from damage," says study author Dr. Sharon Curhan, instructor in medicine at Harvard Medical School. Does this mean you should think twice before popping a pill for headache or back pain? These medicines do provide good pain relief for many people. "However, frequent use of these medications and use over long periods of time may increase the risk of hearing loss and may cause other adverse health effects. Therefore, it is important to take these medications mindfully and to limit their use as much as possible," says Dr. Curhan. As always, talk to your doctor before making any changes in your medication use.  
Harvard Medical School

## 4 ways to burn more calories...sitting

Sitting all day may be just about the worst thing you can do to your body. Your muscles burn less fat and blood flows more slowly. To top it off, there's greater risk of high blood pressure, bad cholesterol and extra belly inches. Even if you make time for daily workouts, sitting slumped in front of a computer the rest of the day can undo many of those benefits.

[Read More](#)

## Cancer Sniffing Dogs to Aid British Doctors

By Matthew Stock

Britain's National Health Service recently approved a trial for dogs capable of sniffing out prostate cancer in the hope that it could show up inaccuracies in the current prostate specific antigen (PSA) test. It's long been known that a dog's remarkable sense of smell can detect minute odors known to be associated with many cancers which are understood to be linked to volatile organic compounds produced by malignant cells. "Dogs have got this fantastic sense of smell; three-hundred million sensory receptors, us humans have five million. So they're very, very good at finding minute odors. What we now know is that cancer cells that are dividing differently have different volatile organic compounds - smelly compounds - that are associated with the cells. And dogs with their incredible sense of smell can find these in things like breath and urine," said Dr. Claire Guest who co-founded charity Medical Detection Dogs in 2008 to train specialist dogs to detect human diseases.

Medscape

## LIVING WITH CANCER



Getty Images

## Collateral Damage

By SUSAN GUBAR

In a quandary that stalks oncology, procedures that prolong lives also impair them. Yet cancer patients who must forfeit quality of life to gain quantity of life rarely receive adequate warning before treatment or guidance afterward.

## Water Trick for Weight Loss

ARTICLE

Drinking 16 ounces of H<sub>2</sub>O a half-hour before meals may help some people lose extra pounds, a new study suggests.

## Lifestyle Factors That Cause Deep Vein Thrombosis

Your risk of deep vein thrombosis increases with age, especially after age 60. There are lifestyle factors that can also contribute:

Sitting or inactivity for a long time  
Long plane flights or long car trips  
Extra [weight](#)  
Current use of [birth control pills](#) or patches

## Which spice can help reduce arthritis risk?

Dr. Melina Jampolis quizzes Kathie Lee and Hoda on how different foods and drinks may improve your health, revealing that pinot noir protects the heart and can even help slow aging, and that curry spice helps reduce arthritis.

[Read More](#)



## How do Chinese people study?

Sion Sci, kaiser fan

I can't give you a definitive description, but I can show you some pictures!

The "Chinese way of studying" can be summed up by the slogan "只要学不死，就往死里学", which roughly translates into "As long we don't die from studying, we'll study until we're dead."

As a Grade 9 student from Beijing, I get slightly less holiday homework than the examples I've showed above. I can vouch for their validity though, and I can assure you that we always have lots of homework, whether its holiday or not. On a typical day, I usually have to work on my homework until midnight.

In China, studying in a university is regarded as the only way to success. We however, have a lot more people than university places. Some people study to the best of their abilities but their grades still don't suffice, and their only "way out" would be to retake Grade 12. It's not exactly uncommon nowadays for people to retake Grade 12 more than twice.

## A drink a day may be cancer-causing, study says

Those of us enjoying an alcoholic beverage a day for our health may want to reconsider pouring another drink, according to a recent study.

[Read More](#)

## Healthy Recipes



RECIPE

Lemon Dill Chicken

Low in calorie but big in flavor, lemon and dill create a quick Greek-inspired pan sauce for simple sautéed chicken breasts. WebMD



## The Best Way to Prevent Alzheimer's

ARTICLE

Exercise ... a lot. "The best thing you can do to prevent Alzheimer's is to get people on a treadmill or walking," an expert says.



## The Brain Freeze

Oh no, not again! Another frozen treat, another brain freeze. "Ice cream headaches" happen when something cold touches nerves in the roof of the mouth, triggering blood vessels in the front of your head to swell. This rapid swelling causes the familiar, jabbing pain of a brain freeze. An easy solution? Try eating ice cream or other cold foods more slowly to avoid getting a headache.

WebMD

## Weight loss and gain – eating Guava

Guava is a winning fruit for its many great benefits. If you're trying to lose weight, guavas are not a fruit you need to give up. In fact, this snack-sized fruit can satisfy your appetite while adding few calories, low amounts of carbohydrates and no cholesterol to your diet. And, compared to other fruit, adds a low dose of sugar. Guavas also offer a great source of vitamins, proteins, roughage, fibers and minerals. For lean people trying to gain weight, this fruit is also beneficial as it promotes the healthy absorption of nutrients and its substantial nutrients regulate one's metabolism.- BabaMail

## Choose Your Glass for whisky

Many drinkers will have their opinion on this topic, but in truth there is nothing wrong with drinking whisky from a plastic cup if that is all you have in hand. That said, some vessels are said to maximize the flavor. Others also look great, which can add to your enjoyment. An old fashioned short tumbler (see the picture on the left below) works just fine, although if you are big whisky fan, then you might consider special tulip shaped whisky glasses (see below right) which are designed to filter the vapors and flavors through your nose as you drink.



BabaMail

## Why do Brits complain about the NHS system?

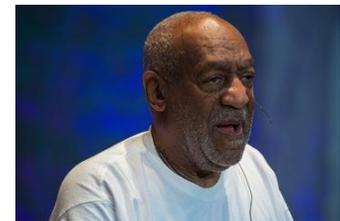


Daniel Thomas, Occasional Quora ninja.

130 votes

The NHS is like the mother to UK citizens. Like all great mothers, she is caring, protective, compassionate, frugal, and there when we really need her help. However she is... [Read More »](#)

## Bill Cosby Deposition: What Is Somnophilia?



The term "somnophilia" came up in response to Bill Cosby's 2006 deposition on allegations of sexual assault. But what does the diagnosis mean?

[Read More »](#)



Research shows that most adults can consume up to 400 mg of caffeine per day, without negatively affecting their health in terms of toxicity (poisoning), cardiovascular health, bone and calcium status, behaviour, cancer, or male fertility.



For more information, see [Caffeine Consumption in Adults](#).

## Health benefits of Apple Cider Vinegar

by JOHN SUMMERLY

One of the most traditional cures for almost anything is apple cider vinegar. Over the centuries, the ancient folk remedy is touted to relieve just about any ailment you can think of including diabetes, obesity and even cancer. Here's what science has found.

Apple cider vinegar (ACV) became well known in the U.S. in the late 1950s, when it was promoted in the best-selling book *Folk Medicine: A Vermont Doctor's Guide to Good Health* by D. C. Jarvis. During the alternative medicine boom of recent years, apple cider vinegar and apple cider vinegar pills have become a popular dietary supplement.

Unpasteurized or organic ACV contains mother of vinegar, which has a cobweb-like appearance and can make the vinegar look slightly congealed. It's the only way apple cider vinegar should be consumed.

ACV is used in salad dressings, marinades, vinaigrettes, food preservatives, and chutneys, among other things. It is made by crushing apples and squeezing out the liquid. Bacteria and Yeast are added to the liquid to start the alcoholic fermentation process, and the sugars are turned into alcohol. In a second fermentation process, the alcohol is converted into vinegar by acetic acid-forming bacteria (acetobacter). Acetic acid and malic acid give vinegar its sour taste. Apple cider vinegar is purported to treat numerous diseases, health conditions, and annoyances. To name a few, it kills head lice, reverses aging, eases digestion, prevents flu, prevents acne, lowers blood pressure, reduces inflammation, kills fungus, regulate pH balance, dissolves kidney stones and helps relieve allergies, migraines, asthma, nausea, heart burn and wash toxins from the body. Can it really do all these things? You bet it can and more! But what does science say?

**Diabetes.** The effect of apple cider vinegar on blood sugar levels is perhaps the best researched and the most promising of APV's health benefits. Several studies have found that vinegar may help lower glucose levels. For instance, a study (White, A. *Diabetes Care*, November 2007) of 11 people with type 2 diabetes found that taking two tablespoons of apple cider vinegar before bed lowered glucose levels in the morning by 4%-6%. In another study from Arizona State University, subjects took a drink of 20 grams of apple cider vinegar and 40 grams of water. Those with insulin resistance who drank the vinegar had 34% lower postprandial (after-meal) glucose compared to controls. Vinegar may be the most cost-effective medicine in history, but most people with diabetes still aren't taking it.

**High Cholesterol.** A 2006 study reported in *Medscape General Medicine*, showed evidence that ACV could lower cholesterol. In a study published in a foreign medical journal, scientists found an apple cider vinegar-enhanced diet may increase in HDL (good cholesterol), and reduce levels of triglycerides. Research in rats suggests that apple-cider vinegar can help control triglycerides and cholesterol (*Journal of Agricultural and Food Chemistry*, June 22, 2011).

Continued next page

## Testosterone Use in Older Men Does Not Speed Up Atherosclerosis

Marlene Busko

Older men with low or low-normal testosterone who received testosterone gel daily for 3 years did not have a faster progression of subclinical atherosclerosis compared with their peers who received placebo gel, in a new study. However, the testosterone-treated men also did not report any improved sexual function or health-related quality of life.

These findings from [Testosterone's Effects on Atherosclerosis Progression in Aging Men \(TEAAM\)](#) trial in 308 men age 60 and older, by Dr Shehzad Basaria, from Brigham and Women's Hospital and Harvard Medical School, Boston, Massachusetts, and colleagues, [are reported](#) in the August 11 issue of the *Journal of the American Medical Association*.

## Buddha's way of dealing with those who abuse him

One day the Buddha was walking through a village. A very angry and rude young man came up and began insulting him. "You have no right teaching others," he shouted. "You are as stupid as everyone else. You are nothing but a fake!"

The Buddha was not upset by these insults. Instead he asked the young man, "Tell me, if you buy a gift for someone, and that person does not take it, to whom does the gift belong?"

The young man was surprised to be asked such a strange question and answered, "It would belong to me, because I bought the gift."

The Buddha smiled and said, "That is correct. And it is exactly the same with your anger. If you become angry with me and I do not get insulted, then the anger falls back on you. You are then the only one who becomes unhappy, not me. All you have done is hurt yourself."

Sent by Jeremy Pritchard

## How Did We Get Here?

How did fats get on the naughty list to begin with? Post-World War II, research began emerging that seemed to link foods with saturated fats, like eggs and red meat, to coronary heart disease. By the 1960s, the American Heart Association had recommended that people reduce their fat intake, and in 1976, the U.S. Senate held a series of committee meetings, "[Diet Related to Killer Diseases](#)," on the topic. Subsequent food guidelines advocated for eating less **saturated fat** and more carbohydrates. The war on fat had begun.

While the guidelines advocated for more carbs in the form of fruits, vegetables and whole grains, what the average American understood was that carbs — *any* kind of carbs — were good (even **refined carbohydrates!**) while fat was bad. The food industry pounced: High-carb, low-fat foods became the norm. Grocery store shelves and refrigerators were soon lined with low- and no-fat items that were packed with sugar — because without any natural fat, a lot of favorite foods just didn't taste good anymore. Not coincidentally, both a **sugar addiction** as well as an **obesity epidemic in America began soon after** low-fat diets became the standard recommendation.

The problem? None of the studies *actually* linked high-fat diets to heart disease. The science just wasn't there. In fact, numerous studies have since debunked the myth. It's been proved there is [no evidence that dietary saturated fat increases a person's risk for coronary heart disease](#) or cardiovascular disease.

Additionally, a seven-year study of more than 48,000 women showed that **low-fat diets don't lead to more weight loss or less disease**. And yet another study found that, when subjects ate either a **Mediterranean diet**, low-fat diet or low-carb diet, those following a high-fat, **low-carb meal plan not only lost the most weight**, but also drastically reduced their bad cholesterol levels.

It turns out our ancestors were right all along: Healthy fats can be good!

Dr AXE

## Symptoms of Bronchitis

The main symptom of bronchitis is a productive cough that persists several days to weeks . Other symptoms that may occur are:

Fatigue

Wheezing sounds when breathing

Tightness or dull pain in the chest

Shortness of breath

## Apple Cider Vinegar

**Blood Pressure and Heart Health.** Another study in rats found that vinegar could lower high blood pressure. A large observational study also found that people who ate oil and vinegar dressing on salads five to six times a week had lower rates of heart disease than people who didn't. Researchers have suggested that 'this reduction in blood pressure may be caused by the significant reduction in renin activity and the subsequent decrease in angiotensin II'. Potassium in the vinegar 'balances sodium levels in the body, which aids in maintaining blood pressure within healthy limits' and 'apple cider vinegar also contains magnesium, a mineral that works to relax blood vessel walls and thus lower high blood pressure'.

**Cancer.** A few laboratory studies have found that vinegar may be able to kill cancer cells or slow their growth. One study found that eating vinegar was associated with a decreased risk of esophageal cancer. Another associated it with an increased risk of bladder cancer. In recent trials, pectin, which can be found in ACV, has shown promise in helping to slow the growth of cancerous cells within the prostate (<http://www.news-medical.net/news/20100702/Modified-Citrus-Pectin-holds-promise-against-prostate-cancer.aspx>). In addition, apple cider vinegar's acidity aids in detoxifying and cleansing the digestive tract and cleaning out the colon, which supports the health of the prostate as well.

**Weight Loss.** For thousands of years, vinegar has been used for weight loss. White vinegar (and perhaps other types) might help people feel full. A study (Ostman, E. European Journal of Clinical Nutrition, 2005) of 12 people found that those who ate a piece of bread along with small amounts of vinegar felt fuller and more satisfied than those who just ate the bread. A 2009 study on mice showed that consuming acetic acid (the active component in ACV), upregulates the expression of genes for fatty acid oxidation enzymes in the liver causing a suppression in body fat accumulation. In a double-blind experiment, obese Japanese were assigned to three different groups based on similar body weights, body mass indexes (BMI), and waist circumference. Each group drank a 500 ml drink containing either 30ml, 15ml, or 0ml of vinegar daily for 12 weeks. Those in the 30ml and 15ml groups had lower BMI, visceral fat area, waist circumference, serum triglyceride, and body weight to the control group of 0ml. The 12-week weight losses were modest: 1.2kg in the 15ml group and 1.7kg in the 30ml group. These two groups consumed a similar number of calories to the control group and also performed a similar amount of exercise, so the effect is not likely to have been due to an impact on appetite or other lifestyle changes. It was concluded that consumption of vinegar might reduce obesity.

Apple cider vinegar is chosen over white vinegar for many processes involving the elimination of fungus. Although they both have highly acidic properties; apple cider also contains detoxifying qualities that will clear up other skin allergies. No side effects have been found when treating the skin with apple cider vinegar, making it a cost effective and safe remedy.

Here are many other benefits of apple cider vinegar that can be applied to your lifestyle. Read the list below.

**Hair:** It is widely known that apple cider vinegar can be used as a rinse for your hair after shampooing to add healthy body and shine. Recycle an old shampoo bottle and fill it with 1/2 a tablespoon of apple cider vinegar and a cup of cold water. Pour through your hair after shampooing several times a week.

**Face:** Did you know that apple cider vinegar can help regulate the pH of your skin? Dilute apple cider vinegar with two parts water, and spread the concoction over your face with a cotton ball as a toner. You can do this at night after washing, and in the morning before you apply your moisturizer. You can also dab apple cider vinegar directly onto age spots and leave them on overnight to lighten their color.

**Hands and Feet:** Are your hands and feet feeling tired and swollen after a long day? Treat yourself to a personal spa massage by rubbing apple cider vinegar onto them.

**Sunburn:** Suffering from a bad sunburn? Add a cup of apple cider vinegar to your bath and soak for 10 minutes.

**Teeth:** Did you know that apple cider vinegar can help remove stains from teeth? Rub teeth directly with apple cider vinegar and rinse out.

**Aftershave:** Fill a bottle with equal parts apple cider vinegar and water and shake to blend.

**Detox:** Add 2 tablespoon of apple cider vinegar to a 1 or 2 liter filtered water bottle. Drink this throughout the day to cleanse your body and kidneys all day long.

**Drain Cleaner:** Baking soda and apple cider vinegar is an amazing bubbly combination that has many uses. As a drain cleaner, sprinkle baking soda down the drain then add apple cider vinegar and let it bubble for 15 minutes, then rinse with hot water. This is a safer alternative to dangerous drain cleaners.

**Digestion:** A small amount of apple cider vinegar, taken just prior to a meal, will stimulate production of digestive juices.

**Dandruff:** A home remedy for dandruff is to mix 1/4 cup apple cider vinegar with 1/4 cup water. The vinegar solution is thought to restore the pH balance of the scalp and discourage the overgrowth of malassezia furfur, the yeast-like fungus thought to trigger dandruff.

**Mosquito and Insect Bites:** Using as little as 1/4 teaspoon of apple cider vinegar will relieve insect bites instantly.

**Stomach Aches:** Mix 1 tablespoon of organic apple cider vinegar with 12 ounces of warm water, and drink in the morning on empty stomach. Feel free to add a little honey or maple syrup.

**Alkaline Acid Balance:** Some alternative practitioners recommend using apple cider vinegar to restore alkaline acid balance. The theory behind the alkaline diet is that our blood is slightly alkaline (with a normal pH level of between 7.35 and 7.45) and that our diet should reflect this pH level. Proponents of the alkaline-acid theory believe that a diet high in acid-producing foods leads to lack of energy, excessive mucous production, infections, anxiety, irritability, headache, sore throat, nasal and sinus congestion, allergic reactions, and increased risk of conditions such as arthritis and gout.

[http://preventdisease.com/news/13/071113\\_Is-Apple-Cider-Vinegar-That-Powerful-of-a-Health-Tonic-Science-Says-Yes.shtml](http://preventdisease.com/news/13/071113_Is-Apple-Cider-Vinegar-That-Powerful-of-a-Health-Tonic-Science-Says-Yes.shtml)

## Treatment: Acute Bronchitis

The only treatment generally needed for acute bronchitis is symptom relief: Drink lots of fluids; get plenty of rest; and avoiding smoke and fumes. A non-prescription pain reliever may help with body aches. Your doctor may prescribe an expectorant to help loosen mucus so it can be more easily coughed up or an inhaled bronchodilator medicine to open your airways.

WebMD

## Watch 250 people dance into the Guinness World Records book

Two-hundred-fifty people dance in the TODAY Plaza, performing a choreographed routine for 5 continuous minutes in an attempt to set a new Guinness World Records title.

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**JOKES**

TOP 5

**Tennyson Cooray's Best Sinhala Jokes - Top 5 - Sri Lanka...**

by TopHits Lanka  
99,578 views

## More on health benefits of coconut

For Jamaicans, coconut oil is a staple in every household. They rub it on their skin and hair to moisturize, heal and repair damage. They also rely on it in the kitchen for cooking.

But cardiologists in this country have been vilifying coconut oil for decades. They still think saturated fats like coconut oil are deadly for your heart. They couldn't be more wrong. In fact, I've been saying for years that coconut oil is a "heart healthy" food. Studies show it can lower your total cholesterol – boost your HDL "good" cholesterol and lower your LDL cholesterol – and shrink your waist size. The secret to coconut oil's health benefits is medium-chain triglycerides (MCTs).

Unlike longer-chain fatty acids, MCTs are tiny enough to enter a cell's mitochondria directly. Your cells use the MCTs from coconut oil for instant energy instead of storing it as fat for use later.

A Boston University study proved it. Researchers gave a group of people long-chain corn oil. Another group got MCTs. After 90 days, the MCT group lost weight, increased their insulin receptivity and even lowered their overall cholesterol.<sup>1</sup>

Another study compared coconut oil with soybean oil. Women taking coconut oil saw their waist lines shrink and their HDL cholesterol levels increase. Meanwhile, women taking soybean oil didn't see any change in their waist size. Meanwhile, their LDL cholesterol levels rose and HDL levels dropped.<sup>2</sup>

Other studies show that coconut oil can:

- Break up blood clots;
- Destroy toxins;
- Curb bacteria and infections that lead to heart problems;
- Protect the brain from damage;
- Enhance thinking abilities;
- Boost immunity;
- Fight depression.

Al Sears, MD

11905 Southern Blvd.

A study adds weight to the "hygiene hypothesis" that suggests an obsession with clean home environments has fuelled a dramatic rise in asthma rates across western societies since the 1950s.

## 5 ways to dodge incontinence

Most people take bladder control for granted — until the unintended loss of urine interrupts the ability to carry on an ordinary social and work life.

Often, the causes of incontinence are out of a person's control. For example, in women, incontinence is a common side effect of childbirth. For men, it's most often a side effect of treatment for prostate problems. Although it may not be possible to avoid incontinence, you can take steps to lower the chances that you will develop this distressing problem.

**Watch your weight.** Excess weight and incontinence can go hand in hand, particularly for women. One theory is that extra abdominal fat can weaken the pelvic floor muscles and lead to stress incontinence (leaking when coughing, laughing, sneezing, etc.). In some cases, simply losing weight can improve incontinence.

**Don't smoke.** Smoking threatens your health in many ways. It also doubles the likelihood that a woman will develop stress incontinence. Nicotine has also been linked to urge incontinence.

**Stay active.** In the Nurses' Health Study, middle-aged women who were most physically active were least likely to develop incontinence.

**Minimize bladder irritants.** Caffeine and alcohol have been linked to urge incontinence (the feeling you need to urinate even when the bladder isn't full). Carbonated drinks, the artificial sweetener aspartame (NutraSweet), spicy foods, and citrus fruits and juices cause urge incontinence in some people.

**Don't strain with bowel movements.** This can weaken the pelvic floor muscles. If your stools are frequently hard or take considerable effort to pass, talk with your doctor. In a study involving people ages 65 and older, treating constipation improved a variety of urinary symptoms, including frequency, urgency, and burning. Increasing the fiber in your diet and drinking enough fluid can help prevent constipation.

Harvard Medical School

## Potatoes Top Bananas in Potassium

We need potassium to help strengthen our muscles and control our blood pressure. Bananas are high in it, but they aren't the best source. Why not try a spud instead? Potatoes have more potassium. They don't have any fat and are a good source of vitamins and iron, too.

## Phthalates Raise BP

*New-generation phthalates may pose as great a health risk as the original compounds, especially in children and teens.*



Plastic-covered grapes - image from Shutterstock

Chemicals present in household cleaners, food packaging and personal care products, and utilized to soften plastics and vinyl, phthalates have recently been suggested to contribute to a range of health concerns – including asthma, attention-deficit hyperactivity disorder, breast cancer, obesity and type II diabetes, low IQ, neurodevelopmental issues, behavioral issues, autism spectrum disorders, altered reproductive development and male fertility issues. Leonardo Trasandem from New York University School of Medicine (New York, USA), and colleagues report that di-isononyl phthalate (DINP) and di-isodecyl phthalate (DIDP) – intended as 'safer' replacements to older-generation phthalates – may associate with a rise in risk of high blood pressure and diabetes in children and adolescents. The team reviewed blood samples of a diverse group of 356 children and adolescents ages 12 to 19, enrolled in the National Health and Nutrition Examination Survey, assessing for phthalates and glucose based on their urinary levels of the substances. Blood and urine samples were collected once between 2008 and 2012, and the study volunteers' blood pressure was similarly measured. Diet, physical activity, gender, race/ethnicity, income, and other factors independently associated with insulin resistance and hypertension were also factored into the analysis. The researchers found that DINP and DIDP both associated with higher age-, sex- and height-standardized blood pressure. For each log unit increase in DIDP metabolites, the investigators observed a 0.105 standard deviation unit increase in systolic blood pressure z score; for DINP, a 0.113 standard deviation unit increment was identified. The study authors warn that: "Metabolites of low molecular weight phthalates commonly found in cosmetics and personal care products showed an association with blood pressure ( $\geq 90$ th percentile)."

[VIEW NEWS SOURCE...](#)

## U.S. Uterus Transplants: 6 Things to Know



The United States will soon be chosen to undergo the nation's first uterus transplants. The procedure is still highly experimental, and there are unknown risks.

[Read More »](#)

# How to Store Fresh Vegetables

Most fresh vegetables need to be stored in the refrigerator to stay fresh for very long. Store vegetables at room temperature only if you're using them that day. Vegetables differ in how long they stay fresh stored in the fridge:



Credit: PhotoDisc/Getty Images

- **Artichokes and asparagus:** Use within two to three days of purchase.
- **Bell peppers:** Up to two weeks.
- **Broccoli and cauliflower:** Consume within a week.
- **Cabbage:** Keeps for one to two weeks.
- **Carrots:** Stays good for several weeks.
- **Celery:** Keeps for one to two weeks.
- **Corn:** Use the same day of purchase.
- **Cucumbers and eggplant:** Keep for one week in the cold crisper drawer.
- **Garlic:** Garlic lasts longer in the refrigerator, so if you don't use it often, keep it chilled.
- **Green beans:** Within three to four days of purchase.
- **Leaf greens (beet tops, collards, kale, mustard greens, and so on):** Consume within one to two days.
- **Mushrooms:** Use within a week.
- **Salad greens:** Rinse thoroughly, trim, and dry completely before storing wrapped in paper towel or in plastic bags in the crisper drawer. Keeps for three to four days.
- **Spinach:** Trim, rinse, and dry thoroughly before storing for two to three days.
- **Summer squash (zucchini and yellow squash):** Store for up to a week.

Onions, potatoes, shallots, and hard-shelled winter squash don't need to be refrigerated. They stay good for several weeks to a month when you store them in a cool, dry, dark drawer or bin.  
<http://www.dummies.com/how-to>

<http://www.accesstoinight.org/lib/authors/soma/wheel008.html>



Newly elected Committee of the Sri Lanka Association of NSW, at the AGM held on 22<sup>nd</sup> Nov. Ajith Karunaratne (centre) elected as President.

## Beer



A 12-ounce beer has about 15 grams of carbohydrates, compared to 3 to 6 grams in light beer. Also, "light" and "low carb" are pretty much the same thing -- and also your best bet. Be careful with craft beer. Most have twice the alcohol and calories as regular beer.

## Bread

**The refrigerator dries it out fast. Instead, keep what you'll eat within four days at room temperature and freeze the rest.**

## 10 Essential Tools for Any Walker

Whether you have yet to start your walking program or are already a seasoned walker, certain tools can enhance the effectiveness of your walk as well as make your life as a walker easier. Although you [\[MORE...\]](#)



## Changes in Your Testicles

**"If you notice a lump, heaviness, or any other change in your testicle, never delay having it looked at," says Herbert Lopor, MD, urology chairman at New York University Langone Medical Center. "Unlike prostate cancer, which grows slowly, testicular cancer can take off overnight." Your doctor will look for any problems with a physical exam, blood tests, and an ultrasound of your scrotum.**

## ADD FERMENTED FOODS...

...into your diet because they have live probiotic cultures and you can't get enough of them. Here are a few: **coconut kefir**, coconut yogurt kefir, **sauerkraut**, **kimchee**, **kombucha**, tempeh and unpasteurized miso.

## APPLE CIDER VINEGAR

WE ARE well aware that as a Chalkboard reader, making healthy choices are a vital part of your day. From down dogs and **chia bowls** to urban hikes and oil-pulling, you recognize the importance of the small things and how each little practice during the week adds up to a healthier you overall.

This is one of our favorite simple health tips to add to your arsenal, to further improve your kale-loving way of life: Start drinking apple cider vinegar. The practice of drinking apple cider vinegar is as old as guzzling down castor oil. It is a traditional home remedy that has stood not only the test of time, but also the scrutiny of scientists, proving to be an effective way to improve health in many ways. Benefits include weight loss, lower blood sugar levels and improvement in the symptoms of diabetes. The best part is that including as little as a couple tablespoons into your diet a day can help. Here's how...

**THE GRITTY DETAILS:** Apple cider vinegar is a type of vinegar made from pulverized apples. Unpasteurized ACV contains "mother of vinegar," which has a strain-like appearance and can make the vinegar look slightly congealed. Apple cider vinegar is made through two fermentation processes. In the first stage of fermentation, the sugars are turned into alcohol. In the second fermentation process the alcohol is converted into vinegar by acetic acid-forming bacteria (acetobacter). This process results in a blend of acetic acid and malic acid. These acids are what gives vinegar its sour taste, as well as its name, "sour wine." The curative properties of apple cider vinegar are mostly due its naturally-occurring acids. Although counterintuitive, the acidic nature of vinegar has an alkalizing effect on the body once ingested. These acids also increase your body's absorption of important minerals from the foods you eat, while also slowing down the absorption of sugars.

[www.dummies.com](http://www.dummies.com)

**DIGESTIVE RELIEF:** Clinical evidence has shown that apple cider vinegar can help improve digestion if taken before a meal. Being an alkalizing agent, it can ease symptoms of acid reflux and GERD, while also aiding in the breakdown of ingested foods.

We care for your Health

## Discussing death at any age, even over a meal, helps to lead a happy life, expert says

By Kellie Scott



**PHOTO:** [Making an end-of-life care plan well ahead of time is important, the AMA says.](#) (AFP)

### Talking about death is key to busting a cultural taboo that impacts our quality of life, an expert has warned.

University of New South Wales professor of sociology Alex Broom says discussing death — even in a casual setting — is important for the individual, loved ones and society as a whole.

It comes as the Australian Medical Association (AMA) uses Family Doctor Week to encourage everyone — old or young, sick or healthy — to talk about death and dying and to make plans for end of life care.

Professor Broom told the ABC that failing to discuss death before the end had unintended consequences that stopped people living happy, healthy lives.

"It's not just about dying, it's about the living," he said.

"We are all going to face death over and over again throughout our lives. We need to prepare for it so it's not an ongoing challenge."

Professor Broom said campaigns like the Death Cafe movement encouraged conversations about death amongst healthy people.

"At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death," the site explains.

Its objective is to "increase awareness of death with a view to helping people make the most of their [finite] lives".

## Study Finds Drinking May Ease Fibromyalgia Pain, But Doctors Wary

By [Maureen Salamon, HealthDay News](#)



Ryan Stuart/Corbis

**Alcohol can ease pain by stimulating the brain's limbic system, which regulates feelings of pleasure and pain.**



**Artemisia and Cancer:** *Artemisia annua* sprang to fame as a possible anticancer herb in 2001, when two researchers at the University of Washington noted that wormwood showed highly selective activity against breast cancer cells. [Artemisinin](#) and its derivatives have been shown to induce apoptosis of prostate cancer cells, and also activity against breast cancer cells, leukaemia, colon cancer and other cancer cells. A significant body of scientific research investigating the anticancer properties of *Artemisia annua* has been performed since 2008 - indicating potential for development of both therapeutic and preventative treatments.

- See more at: <http://www.herbs-info.com/artemisia.html#sthash.g0RYDaUJ.dpuf>

## Cauliflower rice: New superfood or just a fad?



*Aloo fulkopir dalna (Thinkstock Photos/Getty Images)*

If you take even the faintest interest in healthy eating, then you'll already know about the rise of cauliflower rice, mash, couscous, pizza bases, and flour (cauliflower, if you will). Its versatility is quite a wonder; it seems there's nothing that can't be substituted with cauliflower.

There are a number of reasons behind its vast popularity: whatever format the cauliflower comes in, be it rice or mash, it will be lower in calories than its original manifestation (25 calories per 100g compared with about 140 calories per 100g of cooked white rice); it will have fewer carbs; and it helps you reach your five a day. Nor will you feel like you're missing out on bulk. Maybe the health nuts are on to something.

Jamie Oliver is a convert. He's been a fan of cauliflower rice since adopting a grain-free, Paleo diet in 2001 to deal with myriad health issues. He recommends simply grating the cauliflower's head to achieve the mock rice.

But, for those who are time poor and don't fancy cleaning up specks of cauliflower from the kitchen for days afterwards, then Cauli-Rice launches in the UK next month. It's the brainchild of former marketing executive Gem Misa, who was a fan of homemade cauliflower rice but found it tricky to make with kids running around the house. "And it tastes just like rice; the taste is important," says Misa. Unlike Tesco's cauliflower couscous (about the only other ready made alternative on the market), which has a two-day shelf life, CauliRice maintains its freshness for 12 months. You simply need to microwave or stir fry it before it's ready.

TOI

## Viral Soda Infographic: How Does Cola Really Affect the Body?



An infographic that breaks down what happens to in your body after you drinking just one soda has gone viral, but health experts say some information in the graphic is exaggerated.

[Read More »](#)



### Damage - An Idea Short Film

by Idea  
64,578 views



## TAKE A DAILY PROBIOTIC...

...to renew healthy bacteria in your gut and improve your immune system.

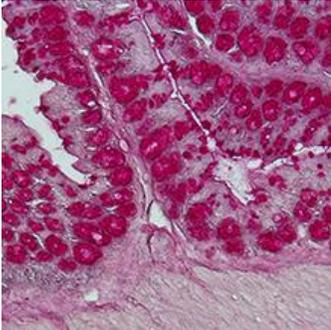
Low fat unsweetened yogurt is recommended

## Grandma Knows Best

Scientists have proven what grandmas knew all along: Chicken soup is a feel-good food when you're down with a cold. The steamy, salty broth opens stuffy sinuses and thins mucus so it drains. It warms and soothes sore throats and quiets coughs. The chicken, onions, garlic, and other stuff in it can help fight inflammation.

## Microbiota is essential for preventing allergies

In this study published in *Science*, the team around Dr. Caspar Ohnmacht at Center of Allergy and Environment (ZAUM) of Technical University of Munich and Helmholtz Zentrum Munich and around Gérard Eberl, head of the Microenvironment and Immunity Unit at the Institut Pasteur, shows that, in mice, symbiotic intestinal microbes act on the immune system by blocking allergic reactions. Several types of immune response can be generated in order to defend the organism. The presence of bacterial or fungal microbes provokes a response from immune cells known as type 3 cells. These immune cells coordinate the phagocytosis and killing of the microbes.



*The intestinal microbiota (shown here is a histological staining of a colon section) is significantly influencing the immune system of the host*

Source: Dr. Caspar Ohnmacht, ZAUM

However, in the case of infection by pathogenic agents that are too large to be handled by type 3 cells (such as parasitic worms and certain allergens), the cells that organize the elimination of the pathogen, but also allergic reactions, are known as type 2 cells. In this study, scientists at the Institut Pasteur have shown that type 3 cells activated during a microbial aggression act directly on type 2 cells and block their activity. Type 2 cells are consequently unable to generate allergic immune responses. This work demonstrates that the microbiota indirectly regulates type 2 immune responses by inducing type 3 cells.

These results explain how an imbalance in microbiota triggers an exaggerated type 2 immune response normally used to fight large parasites, but that also leads to allergic responses. Ohnmacht summarizes: "These findings represent an important milestone in understanding the balance between our various defense mechanisms. In terms of allergy treatment, a hitherto unexplored therapeutic approach consists therefore in stimulating type 3 cells by mimicking a microbial antigen in order to block allergy-causing type 2 cells."

MNT

<http://www.youtube.com/embed/0jPCg-oNcJM>

## Algae, quinoa and pulses are considered by some food technologists to be the best protein sources and strong alternatives to slow meat consumption, reduce food waste and help feed the world's growing population.

Algae is a new vegan source of protein with a comparable carbon footprint to existing vegan proteins, such as rice and soy, according to Beata Klamczynska who leads food application development at Solazyme. It contains 63 percent protein, 15 percent fiber, 11 percent lipids, 4 percent carbohydrates, 4 percent micronutrients and 3 percent moisture, she said, and is easily digested and considered heart healthy. It's found in the ingredient lists of some protein shakes, crackers or bars, cereals, sauces, dressings and breads.

"Are consumers ready for algae as an ingredient? Yes, they are ready and excited about algae," she said. "The more they learn, the more excited they get. Just a little education eliminates any doubts.

"There are thousands of algae strains to choose from for a variety of products," Klamczynska said.

Another protein alternative is quinoa (keen-OH-wa), a centuries-old "poor man's" crop grown in the High Andies Mountains of Bolivia and Peru which continues to grow in popularity.

"Quinoa is here to stay," said Laurie Scanlin, recognizing there are more than 1,400 quinoa products currently on the market. Scanlin holds a U.S. patent for "Quinoa Protein Concentrate, Production, and Functionality" and is co-editor of a book titled "Sustainable Protein Sources" to be published next year. "It's a nutritious, sustainable food and protein source."

Pulses, also known as legumes, beans, chickpeas and lentils, are also high in protein, vegetarian, gluten-free, non-allergenic, non-GMO and sustainable, according to Anusha Samaranyaka, scientist at POS Bio-Sciences in Saskatoon, Canada.

Adapted by MNT from original media release

## Bake Your Catch

How you cook your fish makes a big difference to your heart. Bake it or grill it instead of frying to cut down on artery-clogging saturated fat. Bake delicate cod, spiced tilapia, or lemony grouper. Throw a firm fish on the grill: snapper, sea bass, or halibut.

Compared with fried fish, you'll save about 70 calories and half the saturated fat per serving.

WebMD



## Brain-food Diet

**Leafy greens:** A great base for a brain-food diet, leafy greens are a good source of fiber, folate (derived from the word *foliage*), magnesium, and vitamin K. Perhaps surprising, kale, mustard greens, and bok choy provide the most absorbable form of calcium on the planet, more so than milk. Greens also provide flavanols and carotenoids that have beneficial epigenetic influences (eg, including upping hepatic toxin processing). One cup of kale provides 600% of daily vitamin K, 200% of vitamin A, and over 100% of vitamin C—all for only 33 calories.

## These Foods Can Help Fight Cancer

What you put on your plate could help protect you from the disease. See what you should be eating.

[View Slideshow >](#)

## What Is Scalp Psoriasis?



This skin disease happens when your immune system sends faulty signals and skin cells grow too quickly. These pile up in red patches, often with silvery scales. At least half the people with psoriasis have it on their scalp. But you can also get it on your forehead, behind the ears, and down the back of your neck

### Symptom: Red and White Patches

The most common form of the disease is plaque psoriasis. It looks like areas of thick, swollen, red patches with well-defined edges. On top of these areas are the silvery-white scales. It's easy to knock them off and cause bleeding, so be gentle with yourself when you comb your hair, shampoo, or put on and take off hats.

WebMD

## Smooth Moves



**Cellulite:** Most women have it on their thighs, bottoms, or bellies. It's normal, but if yours bothers you, you can take steps to make it less noticeable.

### Exercise Smart

Exercise is one of the best cellulite treatments. It doesn't make it disappear, but having strong muscles under lumpy areas can make your skin look more even. Try a three-part plan: a healthy diet, brisk exercise, and muscle toning.

WebMD

# IN INDIA THEY CAN FIX EVERYTHING!!!

(Written by internationally acclaimed film director Shekhar Kapoor.) A greater 'hole in the wall' you cannot imagine. A small fading sign on the top saying "Cellphoon reapers" barely visible through the street vendors crowding the Juhu Market in Mumbai. On my way to buy a new Blackberry, my innate sense of adventure made me stop my car and investigate. A shop not more than 6 feet by 6 feet. Grimy and uncleaned.

'Can you fix a Blackberry?'

'Of course, show me'

"How old are you"

'Sixteen'

Bullshit. He was no more than 10. Not handing my precious blackberry to a 10 year old in unwashed and torn T-shirt and pyjama they would extract the data for me. Something I have been meaning to do for a year now.

'What's wrong with it?'

'Well, the roller track ball does not respond. It's kind of stuck and I cannot operate it'

He grabs it from my hand and looks at it.

'You should wash your hands. Many customers have same problem. Roller ball get greasy and dirty, then no working'

Look who was telling me to wash my hands. He probably has not bathed for 10 days, I leaned out to snatch my useless blackberry back..

"You come back in one hour and I fix it'.

I am not leaving all my precious data in this unwashed kid's hands for an hour. No way.

"Who will fix it?'

'Big brother'

'How big is 'big brother?'

'big .... Umm ..thirty'

Then suddenly big brother walks in. 30 ??? He is no more than 19.

'What problem?' He says grabbing the phone from my greasy hand into his greasier hand. Obviously not trained in etiquette by an upmarket retail store manager.

'Normal blackberry problem. I replace with original part now. You must wash your hand before you use this'.

What is this about me washing my hands suddenly?? 19 year old big brother rummages through a dubious drawer full of junk and fishes out a spare roller ball packed in cheap cellophane wrapper. Original part? I doubt it. But by now I am in the lap of the real India and there is no escape as he fishes out a couple of screwdrivers and sets about opening my Blackberry.

"How long will this take?'

"Six minutes"

This I have to see. After spending the whole morning trying to find a Blackberry service centre and getting vague answers about sending the phone in for an assessment that might take a week, I settle down next to his grubby cramped work space. At least I am going to be able to watch all my stored data vanish into virtual space. People crowd around to see what's happening. I am not breathing easy anyway. I tell myself this is an adventure and literally have to stop myself grabbing my precious Blackberry back and making a quick escape. But in exactly six minutes this kid handed my Blackberry back. He had changed the part and cleaned and serviced the whole phone. Taken it apart, and put it together. As I turned the phone on there was a horrific 2 minutes where the phone would not come on. I looked at him with such hostility that he stepped back.

"you have more than thousand phone numbers?'

'yes'.

'backed up?'

'no'

'Must back up. I do it for you. Never open phone before backing up'

'You tell me that now?'

But then the phone came on and my data was still there. Everyone watching laughed and clapped. This was becoming a show. A six minute show. I asked him how much.

'500 rupees' He ventured uncertainly. People around watched in glee expecting a negotiation. That's \$10 dollars as against the Rs 30,000 (\$ 600) I was about to spend on new Blackberry or a couple of weeks without my phone. I looked suitably shocked at his 'high price' but calmly paid him. Much to the disappointment of the expectant crowd.

'do you have an I-Phone? Even the new '4D one?'

'no, why'

'I break the code for you and load any 'app' or film you want. I give you 10 film on your memory stick on this one, and change every week for small fee'

I went home having discovered the true entrepreneurship that lies at what we call the 'bottom of the pyramid'. Some may call it piracy, which of course it is, but what can you say about two uneducated and untrained brothers aged 10 and 19 that set up a 'hole in the wall' shop and can fix any technology that the greatest technologists in the world can throw at them. I smiled at the future of our country. If only we could learn to harness this potential.

'Please wash your hands before use' were his last words to me. Now I am feeling seriously unclean.

Sent by Russel Nathanielsz



## Mango Curd ←

*If you fancy a change from jam, a beautiful fruit curd is a delicious treat on toast*

by **Bryony Harrison**

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