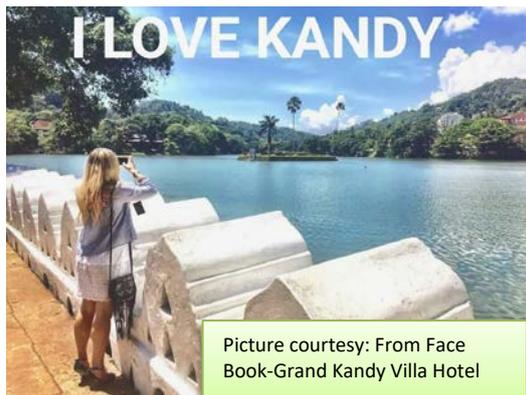




[Sri Lankan Newspapers](#)



Picture courtesy: From Face Book-Grand Kandy Villa Hotel

[More than 90 per cent of humans breathing 'bad air'](#)



“If the road blockage at the ‘Maligawa’ is removed division of traffic movements may ease part of the problem”.

Round the Kandy Lake the vehicular pollution is quite problematic and injurious to the inhabitants living close to the road-side, surrounding the lake. The pollutants emanating from the exhaust pipes of vehicles, including buses, Lorries and motor cycles are filled with numerous fluids, which harm the environment in the cases of leakage or improper disposal. The incidence of chest problems is much higher than elsewhere according to personal communications. If the road blockage at the ‘Maligawa’ is removed division of traffic movements may ease part of the problem. Such a sharp incline in traffic volume on one side of the lake road is creating health problems for the inhabitants living in those upmarket precious properties on that side of the lake, affects the environment and the ozone layer. Vehicle emissions can affect the environment in several ways. Cars emit greenhouse gasses, such as carbon dioxide, which contribute to global warming.

The inhabitants use the bund and the walk-way surrounding the lake for their recreational activities, such as walking, sitting down on the benches and chit chatting, and so on. There is a club at the distant edge of the lake where members participate in sports activities, like tennis. Whilst recreating themselves they breathe the inevitable air contaminated with the vehicular pollution.

There is a Girls school by the side of the road and over 1000 students and staffs breathes the air from this polluted environment. Most of these children suffer from recurrent chest problems according to personnel communications from the parents. In addition, beside the school area there is a private hospital caring for sick. From admissions to this hospital with heart and chest problems of the local inhabitant's one could imagine what a serious human problem is created in this environment.

Further pollution is created by the hundreds of school vans parked by the road till the students of the mentioned school are closed for the day. The drivers of these vans spend those school hours relaxing in the surroundings and where they go for their ablutions and toilet facilities is another problem not thought of...

Just drive up to any of the hills surrounding the Kandy town on a non-windy day, whilst enjoying the scenic beauty you'll visualise the cloud of air pollution overhanging the lake.

If Lord Buddha was living he would not have allowed this inhuman block. The blockage reminds you of an existing war or may be the pride and the power of executives.

To keep the body in good health is a duty, for otherwise we shall not be able to trim the lamp of wisdom, and keep our mind strong and clear. Water surrounds the lotus flower, but does not wet its petals.

Buddha quotes

Health & Views' has a vision and a mission, to make Sri Lankans of the world healthier through the power of health information.

We do this by selecting health information from various sources relevant to issues applicable to our readers, and we expect reciprocation by reading, for their health & longevity
Health editor

- Please note our new email address:
haroldgunatillake1@gmail.com



CHRIS WATTIE / Reuters

The royal family, nearing the end of their week-long visit to Canada, take part of a children's party at the Government House in Victoria, British Columbia.

[Trump deepens attacks on former beauty queen Alicia Machado](#)



Republican presidential candidate Donald Trump ramps up his attacks on former Miss Universe Alicia Machado, calling her disgusting and claiming the existence of a sex tape.



[Japanese scientist wins Nobel medicine prize for work on 'self-eating' cells](#)



Nobel Prize in Medicine: 1901-Present
Here's a look at past winners of the Nobel Prize in Medicine.
[Read More](#)

Alzheimer' Disease and Dementia

Alzheimer's disease is a progressive brain disease that destroys cognitive function: memory, thinking, and reasoning. Eventually patients can no longer carry out even simple daily tasks. People with Alzheimer's experience signs and symptoms in varying degrees.

The Seven Stages of Alzheimer's Disease

Alzheimer's disease develops gradually. The nerve damage it causes first affects learning and memory. Stages of the disease are as follows:

Stage 1: No Impairment -- The individual does not experience any symptoms, and none can be assessed by a professional either.

Stage 2: Very Mild Impairment -- The individual subjectively feels they forget words or common objects, but a professional cannot assess any impairment.

Stage 3: Mild Cognitive Decline -- A professional can diagnose early-stage Alzheimer's in some individuals by stage 3. Friends and family will begin to notice deficiencies. Common problems include difficulty planning, remembering names of close friends and family, and reading with very little retention.

Stage 4: Moderate Cognitive Decline (Early-stage Alzheimer's Disease) -- An expert will recognize clear deficiencies in several areas, including the ability to perform complex tasks like planning for dinner guests or paying bills.

Stage 5: Moderately Severe Cognitive Declien Decline (Mid-stage Alzheimer's Disease) -- At this stage, individuals will need help with day-to-day living as the disease creates major memory gaps. Simple arithmetic and choosing clothes may become difficult, for instance. However, they will usually know basically who they are, names of close relatives (spouse and children) and need no help eating or with the toilet.

Stage 6: Severe Cognitive Decline -- At this stage, mental difficulties continue to worsen. Individuals at stage 6 will need help with the toilet, they often become suspicious of those who help them (they often forget their identities), and tend to wander from home and become lost.

Stage 7: Very Severe Cognitive Decline (Late-stage Alzheimer's disease) -- This stage of Alzheimer's disease deprives people of their ability to speak, respond to their environment and eventually all motor control. Individuals with late-stage Alzheimer's need near-constant assistance for basic needs, including holding their heads up.

How is Alzheimer's Diagnosed?

Alzheimer's disease is assessed based on several criteria. Cognitive tests of memory, counting, language and so forth are often used. The affected person and their friends and family may be interviewed to determine changes in behavior, personality, and ability to carry out tasks. Various brain scans may be administered to rule out other possible causes, and for the same reason blood and urine samples may be drawn.

With some help from the Alzheimer's Association, here are the top 10 warning signs and symptoms to look for with Alzheimer's disease. Medicine.net

'Firstin the world': Solar-powered greenhouse growing food without fresh water



A groundbreaking greenhouse that relies on sunlight and sea water to grow tomatoes officially opens next week, 300 kilometres north of Adelaide.



22 of America's Biggest Air Polluters

By Jamie Smith Hopkin

<https://youtu.be/2dr05PfQI2E>

To see one of the country's largest coal-fired power plants, head northwest from this Ohio River city. Or east, because there's another in the region. In fact, nearly every direction you go will take you to a coal plant—seven within 30 miles.

Collectively, they pump out millions of pounds of toxic air pollution. They throw off greenhouse gases on par with Hong Kong or Sweden.

Industrial air pollution—bad for people's health, bad for the planet—is strikingly concentrated in America among a small number of facilities like those in southwest Indiana, according to a 9-month Center for Public Integrity investigation.

The Center for Public Integrity, which merged two federal datasets to create an unprecedented picture of air emissions, found that a third of the toxic air releases in 2014 from power plants, factories and other facilities came from just 100 complexes out of more than 20,000 reporting to the U.S. Environmental Protection Agency (EPA). A third of the greenhouse-gas emissions reported by industrial sites came from just 100, too. Some academics have a name for them: super polluters.

Is salmon the secret to shiny hair? Find out what foods to eat and avoid

When hair looks limp, dull and lifeless, people often turn to new shampoos and conditioners. But really, a poor diet could be the culprit.

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Why is this coat going viral around the world?

This blue-and-white coat from Zara may be the most famous jacket in the world.

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Michael Mann: Yes—Donald Trump Is a Threat to the Planet

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Daily Life Tricks
by Anish Johnny
3.399.519 views



Cholesterol boosts progression of aggressive cancers, Australian study suggests



Cause of Crohn's Disease: Gut Fungus Now Suspected

People with Crohn's disease have a higher level of a certain fungus in their gut, new research finds.

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Climate Change All But Ignored Again at Presidential Debate



Hillary Clinton and Donald Trump met in St. Louis last night for the 2nd Presidential Debate moderated ... [READ MORE](#)

California Freeways Will Soon Generate Electricity



Energy conservation is probably not the first thing that comes to mind when you think about...



[Donald Trump vs. Hillary Clinton: Second presidential debate burning questions answered](#)

What's behind the body language, and who were those audience members on stage?

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Is Alcohol good when you have diabetes?

Written by Dr Harold Gunatillake-Health writer

Alcohol is made from fermentation of starch, sugar and yeast and those who have diabetes, need to be careful about drinking alcohol, because it can affect blood sugar levels and pose a health risk.

For non-diabetics a glass of alcohol consumption occasionally is no problem. The liver can handle a drink per hour. The skin, kidneys and the lungs excrete the rest.

A very fit person can tolerate...

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What Is 'Hangover Free' Synthetic Alcohol, and Is It Safe?

October 03, 2016 | Article

A drink called "alcosynth" is being touted as a hangover-free version of synthetic alcohol. But what's in it, and is it really safe to drink?

[Read More](#)

Why We Get Thirsty at Bedtime



Feel the urge to guzzle water just before you go to sleep? A new study may explain why.

[Read More](#)

The information contained in this newsletter is informational only and not designed to be a substitute for medical guidance. At all times a practitioner should be consulted.

Katie Holmes stuns in makeup-free selfie

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Fascinating fish features and more in this week's best animal tracks

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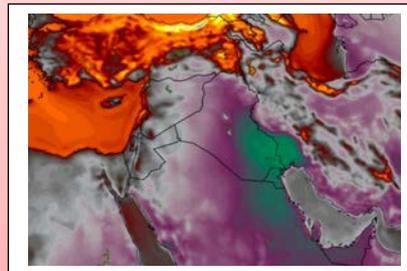
Kiwifruit

Kiwis are a nutrient dense food, meaning they are high in nutrients and low in calories. The kiwifruit is higher in vitamin C per ounce than most other fruits.

The potential health benefits of eating kiwis include: maintaining healthy skin tone and texture, reducing blood pressure and preventing heart disease and stroke.

[Read more about kiwifruit.](#)

Epic Middle East Heat Wave Is Being Compared to Weapon of Mass Destruction



Recent extreme heat events in the Middle East have climate scientists worried about future...



[6 Million Americans in 33 States Are Drinking Toxic 'Teflon Chemicals' With Their Water](#)

At least 6 million Americans in 33 states are being exposed to unsafe levels of...



Americans have been carefully taught to fully trust the recommendations made by medical doctors and public health officials, and many do trust without questioning. After all, we expect and want to believe that the recommendations being made by the "medical experts" are evidence-based and thoroughly tested for safety. In the case of the childhood vaccine schedule recommended by the U.S. Centers for Disease Control and Prevention (CDC) and American Academy of Pediatrics (AAP), the general assumption is that the safety of giving infants and children 49 doses of 14 vaccines between day of birth and age six has been thoroughly researched and proven safe. Many parents (and perhaps many pediatricians) would be surprised to learn there are a number of important unanswered questions about the number of vaccines, timing, the order and the ages at which recommended vaccines are given to babies and young children.

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How a daily cup of tea may improve your health

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Chromium-6 in Tap Water: Why the 'Erin Brockovich' Chemical Is Dangerous

left untreated, chromium-6 in tap water could cause more than 12,000 new cases of cancer.

[Read More](#)



Blood Orange Mimosa

Why go for a boring old regular mimosa? Try this blood orange version, and use this tip to help you prep it in advance for brunch guests.



Finding Added Sugar in Food



How Do Antibiotic-Resistant Bacteria Get into the Environment?



Antibiotic bacteria aren't just found in hospitals or clinics. They – and the genes that confer resistance – are found in the environment, too.

[Read More](#)

You need lot of time to read the health material detailed in "Health & Views"



6 healthy foods to add to your diet this fall

Celebrate the start of fall with these healthy foods!

[READ MORE](#)

Leeks

Most of us know garlic and onions keep heart disease (and vampires) at bay due to polyphenols, which protect blood vessels from oxidative damage and prevent atherosclerosis. Leeks don't just make a plate look pretty; [research has shown](#) that vitamin K can be anti-cancer forming, and also beneficial when it comes to increasing your body's sensitivity to insulin. Bonus, vitamin K is good for your bone health, too.

"The Earth has its music for those who will listen."

How Much Blood Is in the Human Body?

[Read Article](#)

Eating more fruits and vegetables may decrease bad breath. Fruits and vegetables contain a lot of water, which can help keep your mouth moist. Saliva is nature's way of keeping your breath fresh.

Eggplants avoid soaking in oil

Eggplants are an uber brain food due to the [compound nasunin](#), which protects your brain cells from oxidation. Chlorogenic acid found in eggplants also gives them [anti-cancer](#), anti-viral and cholesterol-lowering properties. When soaked or fried in oil (eggplants act like sponges) or loaded with cheese, eggplants will do more harm than good. But eaten in a healthier way, they can be a dieter's BFF by racking up only 20 calories per cup.

Try it this way: Slice an eggplant into thin slices along the long edge. Sprinkle with salt, let stand for 10 minutes, and blot with a paper towel to remove excess water. Drizzle with olive oil and roast at 375 degrees for about 15 minutes, flipping halfway through, and then let cool. Layer each slice with hummus, raw or grilled zucchini and bell peppers cut into ½-inch slices, and roll each eggplant slice, securing each veggie roll up with a toothpick. -[wwwToday.com](#)

Editor: A most popular eggplant treat in Sri Lankan cuisine is to soak the cut egg plants in oil to fry. No Dhana offered to the Buddhist clergy is complete without this oily fried treat.

It is high time that we offer healthy low dense meals to our clergy to prevent obesity, diabetes and heart disease, among others

Pomegranate

Really, what's prettier than a pomegranate seed? If you're daring enough (which you should be) to get down and dirty with the dark pink juices, you'll find that tearing up and eating a pomegranate is one of the most fun and healthiest things you can do.

[RELATED: Cheers! make a colorful pomegranate cocktail for a crowd](#)



Especially for your heart. Studies have shown that the consumption of pomegranate can have serious benefits when it comes to [preventing circulatory damage](#) by reducing the buildup of harmful fat in your arteries. So, yes, your heart is thanking you already and so is the rest of your body. -[www.Today.com](#)

Bad breath after eating garlic

After being digested, a smelly substance in garlic is absorbed into your bloodstream and then transferred to your lungs, where it is expelled as a gas -- making your breath smell! Brushing your teeth and rinsing with mouthwash only temporarily hide the odor.

Polyphenol antioxidants in green tea

There's growing evidence that the polyphenols in green tea can protect drinkers against cavities and bad breath.

Bad breath can be a symptom of a medical condition, including a respiratory infection, diabetes, or liver or kidney disease. If your dentist looks at your mouth and your bad breath isn't coming from a problem with your teeth or gums, you might have to see your doctor about one of these or some other medical condition.



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RELATED: 5 ways your food can make you feel better instantly

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Today.com

Clean your grill:

Our grills get a workout all summer, and by the end of the season, they look it. Baking soda makes months' worth of carbonized, caked-on food easier to clean thanks to its slightly abrasive and mildly alkaline properties, which help dissolve dirt and grease more readily than soap alone. To clean, remove the grate from the grill and use a brush to scrub it with a paste made of baking soda and a little water. Rinse and begin collecting [recipes for next season](#).

Eggplant



The eggplant, also known as aubergine, garden egg, guinea squash, melongene and brinjal, is usually distinguishable by its signature egg-like shape and vibrant purple color. The potential health benefits of eggplant, include supporting heart health, maintaining weight and blood cholesterol levels and exhibiting anti-cancer effects.

[Read more about eggplant.](#)

Arugula



Along with other leafy greens, arugula contains very high nitrate levels (more than 250 mg/100 g). High intakes of dietary nitrate have been shown to lower

[blood pressure](#), reduce the amount of oxygen needed during exercise and enhance athletic performance.

The potential health benefits of arugula include lowering risk of cancer, preventing [osteoporosis](#) and improving muscle oxygenation during exercise. MNT

What is gluten?

Gluten is the name for the proteins that give wheat its unique baking qualities. It determines the ability of wheat dough to absorb water, stick together, and remain viscous and elastic.

Wheat is the main gluten food but many others also contain these proteins. Gluten foods include other grass-related grains, barley, and rye.

Gluten is found in baked foods such as breads and cracker-type biscuits, and in pastas, seasonings, and spices.

While gluten is known to be behind celiac disease, there is debate about whether it is the cause of gluten intolerance. Scientists question whether it is something else about wheat that

Symptoms of gluten intolerance



People with gluten intolerance should avoid eating wheat-based foods such as bread.

The most common symptoms of gluten intolerance are, when the diet contains wheat:

- Bloating: Belly pain: Diarrhea: Feeling unwell, including tiredness
- The following are further symptoms that people with gluten intolerance might also experience. They are less common than the symptoms above and include wider symptoms beyond the gut:
- Stomach pain (more specific than belly pain)
 - Anxiety: Headache: Nausea: Confusion: Numbness: Joint or muscle pain

It is important to get medical advice for these symptoms. If the signs and symptoms turn out to be because of some reason other than gluten intolerance, it may be important to get treatment.

Gut symptoms can be vague. Many conditions affecting the gut show some overlap that can be looked into with the help of doctors.

Diagnosing gluten problems requires the diet to carry on as normal.

Diagnosis cannot be made if patients decide to stop eating gluten foods before seeing a doctor.

Severe belly pain is not a symptom of gluten intolerance. Severe pain needs immediate medical attention.

MNT

Beetroot



Beetroot, also known simply as the beet, has been gaining in popularity as a new super food due to recent studies claiming that beets and beetroot juice can improve athletic performance, lower blood pressure and increase blood flow.

Beetroot is a rich source of [folate](#) and manganese and also contains thiamine, riboflavin, vitamin B-6, pantothenic acid, choline, betaine, magnesium, phosphorus, potassium, zinc, copper and [selenium](#).

[Read more about beetroot.](#) MNT

Bananas



[Bananas](#) are naturally free of fat, [cholesterol](#) and sodium and is very rich in potassium.

The potential health benefits of bananas include: lowering blood pressure, reduce the risk of developing childhood [leukemia](#), and supporting heart health.

[Read more about bananas.](#)

Chocolate

Chocolate is rich in antioxidants. Despite its bad reputation for causing weight gain, there are a number of health benefits being associated with its consumption.

The potential benefits of eating chocolate are said to include: lowering cholesterol levels, preventing cognitive decline, and reducing the risk of cardiovascular problems.

[Read more about chocolate.](#)

New Drug Clears Abnormal Brain Proteins Tied to Alzheimer's

August 31, 2016 | Article
A new drug can remove the plaques that cause amyloid, though the study did not enroll enough people to determine if there was a cognitive benefit.

[Read More](#)

Buttermilk: Nutrition Facts and Benefits

Buttermilk is the liquid left over when making butter from milk.

[Read More](#)

FDA Bans Antibacterial Chemicals in Soaps

The FDA has banned companies from marketing hand soaps containing 19 antimicrobial ingredients, including triclosan, saying there are questions about the safety of these antibacterial chemicals.

[Read More](#)

Unexplained Weight Loss

Unexplained weight loss could be a symptom of a cancer. Many women would be pleased to lose weight without trying, but when a woman loses weight without diet or exercise this should be checked out. Cancer cells often use much of the body's energy supply, which can lead to this weight loss. A doctor will run tests to rule out cancer and determine if the weight loss is caused by another condition such as an overactive thyroid.

Medicine,Net

Mediterranean Diet for Brain Health

New review concludes that those who follow the Mediterranean diet are less likely to experience cognitive decline and to develop Alzheimer's disease.



Mediterranean Diet - image from Shutterstock

The journal, "Frontiers in Nutrition", contains important findings from researchers at Melbourne, Australia's Centre for Human Psychopharmacology at the Swinburne University of Technology. Roy Harman, the lead author, together with his team, state that the [Mediterranean diet](#) might not be limited to just [heart health](#), but may also be good for the brain and have significant benefits that can help protect against cognitive decline and [Alzheimer's](#) in seniors. In fact, both younger and older adults experience benefits to their cognition, as well as improvements in their long term and working memory, in delayed recognition, and in their attention span by following a Mediterranean diet. Cognition is defined as the activities of thinking, understanding, remembering, and learning. The researchers identified 135 studies that were conducted between 2000 and 2015 that explored how the Mediterranean diet particularly affects cognitive function long-term through completion of food diaries and a number of tests.

The Mediterranean diet has long been considered to be the best eating plan for a healthy heart by lowering the risk of heart disease with the reduction of levels of low-density lipoprotein (LDL) or "bad" cholesterol. The diet's emphasis is on a higher intake of plant-based foods such as vegetables, fruits, legumes, nuts, and whole grains while eating poultry or fish at least twice a week, using spices and herbs instead of salt for flavoring, limiting red meat, and replacing butter with healthy fats like olive oil.

Reducing total fat intake has been considered a key for reducing [obesity](#), and the World Health Organization (WHO) had recommended that to avoid gaining weight, the total daily fat intake should not exceed 30 percent of the total daily intake of calories. That fueled the perception that all fats are unhealthy and led to a reduction in the consumption of fat. However, this decrease in fat intake has failed to reduce rates of obesity which have more than doubled worldwide since 1980 and have increased the risk for stroke, heart disease, type 2 diabetes, and some cancers.

The Mediterranean diet is high in vegetable fats, however, like those in nuts and olive oil and has a multitude of good benefits, some of which are listed below. New research has suggested that a diet low in fat is not more successful for weight loss compared to a Mediterranean diet which is high in vegetable fats. This provides additional evidence that it is the type of fat rather than the amount of total fat that influences weight gain. The benefits of the Mediterranean diet include a reduced risk of cardiovascular disease and mortality, improvement in vitamin and mineral imbalances, increasing micronutrients, improving cellular energy metabolism, improving polyphenols in the blood, reducing inflammatory responses, maintaining weight and the potential of reducing obesity, possibly changing the gut microbiota, and others. In addition, identifying ways to maintain the quality of life and reduce the economic and social burdens of illness in the older population is of great importance, and it is believed that adopting the Mediterranean diet is one such valuable strategy.

Worldhealth.net



When it comes to pimples, it's less about dirt, and more about oil. The best prevention is to wash your face regularly and gently. People often think scrubbing will prevent blackheads, but it increases the shedding of skin cells and causes further clogging of the pores. Remove any makeup before you exercise and wash your face afterwards. Once blackheads and pimples appear, there are many options to clear up your skin.

[Should you ever squeeze or pop a pimple? Dermatologists weigh in](#)



Strength Exercise: Everything You Need to Know

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How Did Life Arise on Earth?

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What NOT to refrigerate and other food safety basics everyone should know

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Livestock emissions and automobile emissions compared

If you travel about in Colombo metropolis, you realise the amount of environment destruction caused by greenhouse gas emissions. The department of Motor Traffic has a programme for vehicular emission testing. The test consists of testing the emission rate on a running engine of the vehicle at the running temperature whilst the engine is switched on for 10 minutes.

In spite of this regular testing there are many vehicles, especially the vans and buses belching smoke from the exhaust pipes and you see the blast and the smell coming directly if you are driving behind such a vehicle.

The amount of vehicular environment pollution is seen as soon as you land in Katunayaka airport and come out of the exit to the main road. The first inhaling breath gives you an idea of the degree of vehicular pollution.

Are you aware those livestock emissions in the farms make up anywhere between 14.5 and 18 percent of total global greenhouse gas emissions? Comparatively, the emissions from vehicles amount to about 14 per cent. The current production of meat is damaging to our environment. Vehicular emissions create carbon dioxide (CO2) and livestock farming is responsible for the production of methane gas which is 23 times more potent when it comes to warming the planet. Furthermore, methane is given out from transport in refrigerated trucks from feedlots to slaughterhouses to processing centres to your local supermarkets

So meat production is more damaging to the environment than driving a car. Car emissions are visible but emissions coming out of your hamburger are not visible.

So remember, when you enjoy your salted hamburger at the food outlets next time or eating cooked meat at home, you may think of the damage you cause to your environment.

Now will you reduce your meat consumption to help the impacts of climate change?

By Editor H & V

Ref EcoWatch.com

Victoria Becomes First Australian State to Ban Fracking



The state of Victoria in Australia has voted to ban fracking on its territory, further cementing the...

[Antibacterial soaps could be creating superbugs: experts](#)



Perfect Pasta Pomodoro

Scott Conant's pasta pomodoro is

like heaven in your mouth. It's a sensory experience that you'll never forget. Here's how to make it.

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Impress Your Friends With These Miniature Sweet & Spicy Meatballs



Sleep Apnea Mask and Heart Risks

Sleep apnea has long been linked to an increase in cardiovascular risks.

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What is microblading? Everything to know about this eyebrow trend

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The Most Interesting Science News Articles of the Week

August 28, 2016 | Article

Here are the most interesting, amazing and unusual things that happened in the world of science this week. A recap of Live Science's best.

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If you have just a few minutes to fire up that core, you're in luck! Sneaking in fitness moves throughout the day is a great way to stay active even on the most hectic days.

Try the "Knee to Elbow" move during your lunch break: Begin in a high plank, abs tight. Bring your right knee to your right elbow, maintaining an engaged core and keeping your arms straight. Repeat on the left and continue alternating sides. Complete each move 15-20 times! This exercise requires no special equipment, so it's perfect for your break. #ToneUpTuesday

Try all 3 simple exercises that work your core and define your midsection



[Water your plants while you're away with this simple tip](#)

[See this](#)

[Here's how to make cold-brew coffee at home](#)

[See this](#)

FDA Approves New Biological Drug for Rheumatoid Arthritis

[Rheumatoid Arthritis Slideshow](#)

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[Joint-Friendly Exercises to Reduce RA Pain Slideshow](#)



Latest Arthritis News

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- [Health Tip: Use Cold Therapy to Ease Arthritis](#)
- [Health Tip: Ease Arthritis Pain With Warm Water](#)
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WEDNESDAY, Aug. 31, 2016 (HealthDay News) -- A new biological drug to treat [rheumatoid arthritis](#) and other inflammatory diseases has been approved by the U.S. Food and Drug Administration.

The drug Erelzi (etanercept-szszs) is a "biosimilar" to [Enbrel](#) (etanercept), which was approved by the FDA in 1998.

A biosimilar is a biological product approved on findings that it is highly similar to an already-approved biological product and has no clinically meaningful differences in terms of safety and effectiveness, according to the FDA.

It is similar to generic [drugs](#) in that it typically costs less than the original biological product. Biological products are typically derived from a living organism and include many sources, including humans, animals, microorganisms or yeast.

"The biosimilar pathway is an important mechanism to improve access to treatment for patients with rheumatic and autoimmune diseases," Dr. Janet Woodcock, director of the FDA's Center for Drug Evaluation and Research, said in an agency news release.

"We carefully evaluate the structural and functional characteristics of these complex molecules. Patients and providers can have confidence that there are no clinically meaningful differences in safety and efficacy from the reference product [Enbrel]," she explained.

According to the FDA, Erelzi is given by injection to treat:

- moderate to severe [rheumatoid arthritis](#), either as a standalone therapy or in combination with [methotrexate](#);

Citrus Fruits May Help Prevent Obesity-Related Diseases

Antioxidants in citrus could reduce the risk of chronic diseases caused by obesity, such as heart disease, liver disease, and diabetes.



Clinical trials show that more than one third of the adults in the United States are **overweight**. Being overweight causes a variety of chronic illnesses and diseases such as liver disease, heart problems, diabetes, stress and inflammation. Eating citrus fruits containing antioxidants is believed to prevent these diseases, and contribute to a healthier lifestyle. Colored fruits and vegetables contain flavonoids, the largest group of plant chemicals, belonging to the phytonutrients group. Both phytonutrients and carotenoids are responsible for the bright colors we see in our vegetables and fruits. The phytonutrients group has more than 6,000 types, while flavonoids have several groups. Nevertheless, these antioxidants are available in abundance in citrus fruits, and have been linked to lower oxidation stress in vitro, and clinical tested animals.

What Does the Study Reveal?

When people eat foods high in fat, their bodies retain the fat. Fat cells produce a toxic environment which causes damage or oxidative stress to the cells. Although the body is designed to fight off most chemical changes with oxidants, obese people have enlarged fat cells, which leads to much higher levels of reactive oxygen. These high levels in turn overwhelm the body's fighting ability to ward them off.

An experiment conducted at the University Estadual Paulista in Brazil used 50 mice, where each mouse was treated with flavanones from lemons, limes, and oranges. The three flavanones researchers were most interested in were eriodictyol, hesperidin, and eriocitrin. For 30 days, the test subjects were given a high-fat diet plus hesperidin, a high-fat diet plus eriodictyol, a high-fat diet plus eriocitrin, a high-fat diet, or a regular standard diet.

It's a known fact that fatty foods and high fat diets destroy the cells in the body. Obesity contributes to health problems, which leads to chronic illnesses and diseases. Although weight loss can lower the risk of developing some diseases such as type 2 diabetes, the true risk lowering factor comes from eating the right foods.

Weight Loss Not Associated With Citrus Fruits, But Can Lead to a Healthy Lifestyle

The studies were not targeted at weight loss, but the studies did confirm that while undergoing the test, the subject mice were made healthier. The citrus flavanones reduced lipids, lowered glucose levels and oxidative stress, and lowered the risk of liver damage. These studies also suggest that eating a well-rounded amount of citrus fruits can provide beneficial results for people who are not struggling with a weight problem, but who have high fat diets. If this is the case, people in this category will experience a lower risk of developing abdominal obesity, heart disease, and type 2 diabetes.

Next Level of Antioxidant Use

Next, the researchers will explore another beneficial avenue that will help them to decide the best method to administer the flavonoids. The studies will search for the best way to consume them; by drinking plenty of fruit juice, to eat the fruit itself, or perhaps take a pill. Although the studies were successful with mice, the team is waiting to conduct studies using human models.

This information can change the way people view citrus fruits, and perhaps give them a natural alternative to eating healthy and living longer. The researchers are introducing the conclusion of their finding at the 252nd National Meeting and Exposition of the American Chemical Society.

[VIEW NEWS SOURCE...](#)

Exercise and High Blood Pressure

Exercise is one of the keys to lower your blood pressure. Working out also boosts the effectiveness of blood pressure medication if you're already being treated for hypertension. You don't have to be an athlete, either. WebMD

Ginger for Pain

A staple of traditional medicine, this pungent root is probably best known for its anti-nausea, stomach-soothing properties. But ginger can also fight pain, including achy muscles from exercise as well as menstrual cramps. One study found ginger capsules worked as well as over-the-counter anti-inflammatory drugs like ibuprofen at relieving period pain.

Pumpkin Seeds

Pepitas are a terrific source of magnesium, a mineral that may cut the number of migraines you get. It may also help prevent and treat osteoporosis. But despite what you may have heard, it doesn't seem to stop leg cramps at night. For more magnesium, add almonds and cashews, dark green leafy vegetables (like spinach and kale), beans, and lentils to your diet.

Plastic Bag Bans Making a Huge Difference



Greenpeace

By Fiona Nicholls

Good news! **Plastics bans** across the world have been hitting the headlines lately.

From the U.S. to India to Morocco, governing bodies are taking control of the **plastic pollution** problem, bringing in either complete bans on plastic or bans on specific forms like polystyrene.

Seafood for iodine

Fish, shrimp, and seaweed are great sources of iodine. You need iodine for a healthy thyroid, but avoid large amounts of kelp if you have a thyroid problem. Kelp is high in iodine and may make your condition worse. WebMD

Organ Meats

If you eat organ meats like kidneys, heart, or liver, you might get a lot of lipoic acid, which is a fatty acid found in these and some other foods. You can also buy it as a supplement. But if you get too much, it could disrupt the way your thyroid works. Lipoic acid could also have an effect on any thyroid medicines you take.

Gluten and Your Thyroid

Gluten is a protein found in wheat, rye, and barley. Unless you have been diagnosed with celiac disease, it probably won't affect your thyroid. Gluten can damage the small intestines of people with celiac disease. That damage can cause serious problems and is linked to an increased risk of Hashimoto's disease (which leads to an underactive thyroid) and Graves' disease (which leads to an overactive thyroid). If you have celiac disease, sticking to a gluten-free diet may help prevent these thyroid diseases. WebMD



8 Most Common Food Allergies



Food allergies result when your immune system mistakes a food you've eaten for an...

Vitamin K

Vitamin K plays a key role in helping the **blood clot**, preventing excessive bleeding. Unlike many other **vitamins**, vitamin K is not typically used as a **dietary supplement**.

Vitamin K is actually a group of compounds. The most important of these compounds appears to be vitamin K1 and vitamin K2. Vitamin K1 is obtained from leafy greens and some other vegetables. Vitamin K2 is a group of compounds largely obtained from meats, cheeses, and eggs, and synthesized by bacteria.

Vitamin K1 is the main form of vitamin K supplement available in the U.S. Recently, some people have looked to vitamin K2 to treat **osteoporosis** and steroid-induced **bone loss**, but the research is conflicting. At this point there is not enough data to recommend using vitamin K2 for **osteoporosis**.

Nuts-good for thyroid

Cashews, almonds, and pumpkin seeds are excellent sources of iron. Brazil nuts help your thyroid in two ways. Not only are they a good source of iron, but they're also rich in selenium, another mineral that supports the thyroid. Just a few each day give you the selenium you need. WebMD

Kale-goitrogenic

Could kale, that superstar among superfoods, actually not be quite so awesome? Kale is a mild goitrogen -- in rare cases it prevents the thyroid from getting enough iodine. But kale should not be a problem for you unless you get very little iodine in your diet and you're eating large amounts of kale. This is also the case for cabbage, broccoli, cauliflower, and Brussels sprouts.

Chemicals in Fast Food: Should You Be Worried?



A new study suggests another reason to avoid fast food. [Read More >](#)

Salt-use iodized

Your thyroid needs iodine to work well. Most people in the U.S. easily get enough of this element from their diet, usually through fish and dairy products. Make sure you're using iodized table salt at home. You can tell by looking at the label. Sea salt and the salt used in packaged or processed foods usually aren't iodized. WebMD

Leafy Greens-magnesium

Spinach, lettuce, and other leafy greens are great sources of magnesium, an all-star mineral that plays a huge role in your body processes. Fatigue, muscle cramps, and changes in your heartbeat could be signs that you're not getting enough.

Soy-too much not good for thyroid

In rare cases, some of the chemicals found in soy products like soy milk or edamame could hurt the thyroid's ability to make hormones, but only if you're not getting enough iodine and you eat large amounts. Just like with kale, if your iodine levels are OK, you probably don't need to worry about eating soy.



Avocado Isn't Just for Your Toast



Pamper yourself this weekend with these simple DIY face masks.

How Many Grapes in a Bottle?

Admit it, you've wondered. A standard 750-milliliter bottle of wine has 736 grapes, or about 2.6 pounds of fruit. That number may vary depending on the size, type, and water content of the grapes -- and on how much wine you had before you started counting.



Is Drinking Carbonated Water Healthy?

Carbonated water is a refreshing beverage and a good alternative to sugary soft drinks. However...

Display fresh herbs in pretty containers in the kitchen



Chadwick Boyd

Herbs are not only useful in the kitchen, but pretty too.

RELATED: 5 cool kitchen gadgets to make spring and summer entertaining a breeze

How many times have you bought fresh herbs at the grocery store, put them in the fridge and only used a portion before they went bad? That's why Boyd suggests buying the potted kind in the produce department or market and turning them into a convenient and beautiful display in your kitchen.

"Take them home and replant them into a glass jar with the soil," he told TODAY Home. "Place them in the kitchen window, use what you need and enjoy the pretty view." He suggests watering them every one to two days to keep them fresh.

The following plant foods have been found to help people with **type 2 diabetes**.

- Brewer's yeast
- Buckwheat
- Broccoli and other related greens
- Okra
- Peas
- Fenugreek seeds
- Sage

Most plant foods are rich in fiber, which is beneficial for helping control **blood sugar levels**. There are few or no **clinical trials** with promising results for many of the other herbs being proposed for diabetes, such as garlic, ginger, ginseng, hawthorn, or nettle. If you have diabetes and are considering taking any of these herbal substances, talk to your doctor first.

WebMD

Early Detection Is Key for Diabetes Management

Screening and early treatment of Type 2 diabetes could have substantial health benefits.



Measuring blood sugar - image from Shutterstock

A study combining large scale clinical observations and innovative computer modeling suggests that screening to identify Type 2 diabetes followed by early treatment could result in substantial health benefits. Researchers at the University of Michigan Medical School and the Medical Research Council Epidemiology Unit, University of Cambridge (England) used data from the ADDITION-Europe study of diabetes screening and treatment in combination with a computer simulation model of diabetes progression. Results showed that screening followed by treatment led to a reduced risk of cardiovascular disease or death within a 5-year follow-up period when compared to patients having no screening. At 10-years after baseline, the computer model predicted that 22.4% of people with Type 2 diabetes would experience a cardiovascular disease event, such as stroke or heart bypass surgery, if diagnosis and treatment was delayed for 3-years.. This rose to 25.9% with a diagnosis and treatment delay of 6-years. However, if screening and routine care had been implemented, the computer model predicted that only 18.4% would experience a cardiovascular disease event at 10-years after baseline. The simulated incidence of all-cause mortality was 16.4% with a delay of 3-years and 18.2% with a delay of 6-years, compared to 14.6% with early screening and treatment. "Diabetes can be debilitating for patients and costly for healthcare," said lead author William Herman, MD, a professor at the University of Michigan Medical School. "This research shows that the early identification of diabetes has major health benefits, and supports the introduction of measures such as screening to reduce the time between development of Type 2 diabetes and its treatment."

[VIEW NEWS SOURCE...](#)

Kiwi Enhances Bowel Health

Kiwifruit contains nutrients that may reduce constipation, in healthy adults.



Kiwi - image from Shutterstock

With its characteristic fuzzy brown exterior and bright green flesh speckled with black seeds, kiwifruit (Chinese gooseberry) is an abundant source of vitamin C. Researchers from The New Zealand Institute for Plant & Food Research Limited (New Zealand) enrolled 19 healthy and functionally constipated men and women, who were randomly assigned to receive either a supplement derived from kiwifruit (Actinidia deliciosa kiwifruit 600 mg or 2400 mg/day; or Actinidia chinensis [Gold] kiwifruit 2400 mg/day), or placebo, for 28 days. As a cross-over study, each intervention was followed by 14 days of no intervention, then the subjects crossed over to another intervention. All three kiwifruit interventions significantly increased daily bowel movements, without adverse effects on stool form, among the healthy participants. The study authors report that: "This study demonstrated that [kiwifruit-derived supplements] produced clinically meaningful increases in bowel movements in healthy individuals."

[VIEW NEWS SOURCE...](#)

What Are Some Alternative Therapies Suggested for Treating Diabetes?

Supplements

Chromium has been widely publicized as therapy to improve diabetes control. Although there are several studies that support a role for chromium as beneficial in diabetes, other studies do not confirm this. Currently there are no recommendations for its use in **diabetes management**.

Magnesium has been studied for years as a form of therapy to improve **blood sugar** control in people with diabetes. A lack of magnesium has been associated with **insulin** secretion abnormalities and has been associated with **diabetes complications**.

Vanadium is derived from plant sources and has been shown in a few studies to increase a person's sensitivity to **insulin**. Thus far, no recommendations exist for supplementation to be given to people with diabetes.

WebMD

Chronic kidney disease may cause diabetes

A team from the University of Montreal Hospital Research Centre (CRCHUM) has discovered a novel link between [chronic kidney disease](#) and [diabetes](#). When kidneys fail, urea that builds up in the blood can cause diabetes, concludes a study published today in the [Journal of Clinical Investigation](#).

"We identified molecular mechanisms that may be responsible for increased blood glucose levels in patients with non-diabetic chronic kidney disease. Our observations in mice and in human samples show that the disease can cause secondary diabetes," said Dr. Vincent Poitout, researcher, CRCHUM Director, and principal investigator of the study.

Chronic kidney disease is characterized by the progressive and irreversible loss of kidney function in filtering and eliminating toxins from the blood. Eventually, those affected must undergo dialysis or kidney transplantation to eliminate toxins from their bloodstream.

It is well known that [type 2 diabetes](#) is one of the causes of chronic kidney disease. The nephrologist Laetitia Koppe, who has just completed a postdoctoral fellow in Dr. Poitout's laboratory, has proven that the opposite is also true. "About half of those affected by chronic kidney disease have abnormal blood sugar levels. I wondered why. We conducted experiments in mice and found impaired [insulin](#) secretion from pancreatic beta cells, as observed in diabetes. We observed the same abnormalities in samples of pancreatic cells from patients with chronic kidney disease," explained Dr. Koppe. MNT



Spice Up Your Life With These Grilled Tacos

Elevate your taco game by melting cheese ON the tortilla!



Ginger



Ginger may reduce fasting blood sugar levels in people with type 2 diabetes.

Anti-inflammatory diets and foods can help to treat and relieve symptoms and reduce the risk of long-term diseases like diabetes. Plant-based foods that are high in antioxidants are at the top of the anti-inflammatory foods list.

[Ginger](#) has been shown to be high in antioxidants and healthy compounds that enhance its anti-inflammatory powers. Studies on ginger and diabetes are limited. However, [research has shown](#) that ginger reduces fasting blood sugar levels in people with type 2 diabetes.

- Steep peeled fresh ginger in boiling water to make ginger tea
- Add fresh or dried ginger to a stir-fry or homemade salad dressing

[Medical cannabis trial for epileptic children showing 'promising' early signs](#)



[Riverland girl cuts off hair to make wig for kids with alopecia](#)



Swap a soda for water to reduce weight gain

Written by [Honor Whiteman](#)

Swap that can of cola for a glass of water - your waistline will thank you for it. This is the conclusion of a new study, which found that replacing a single sweetened beverage with water may reduce the risk of obesity and improve overall health.



Switching from sugary drinks to water could benefit the waistline and overall health, say researchers.

Study co-author Kiyah J. Duffey, of the College of Agriculture and Life Sciences at Virginia Tech, and colleagues publish their findings in the journal *Nutrients*.

[Obesity](#) is a growing health concern in the United States. Almost [35 percent](#) of American adults are obese, meaning they are at increased risk of [type 2 diabetes](#), [heart disease](#), [stroke](#), and some types of [cancer](#).

Consumption of sugar-sweetened beverages is considered a key contributor to the obesity epidemic: according to the Centers for Disease Control and Prevention (CDC), more than [half of the U.S. population](#) drinks sugary beverages on any given day, with consumption highest among teenagers and young adults.

When you consider that a single 12-ounce can of cola contains more than 9 teaspoons of sugar and around 136 [calories](#), it is not hard to see how sugary drinks can play havoc with health.

MNT

Gout flare-ups could be managed by blood pressure diet

Written by [Tim Newman](#)

Gout is a painful condition and, although diet is known to play a role, the exact reasons behind flare-ups are not understood. A fresh analysis of old data finds that a diet designed to help reduce blood pressure might minimize gout attacks.

Although gout has been studied for centuries, there are still many questions unanswered.

[Gout](#) is a rheumatic condition caused by a buildup of uric acid in the joints, known as hyperuricemia.

It is the most common form of inflammatory [arthritis](#) in men.

Gout normally strikes in the base joint of the big toe and can be debilitatingly painful.

Flare-ups can last for days or even weeks, causing an individual significant discomfort.

Although the exact mechanisms that lead to a gout event are not fully understood, some risk factors are known; these include alcohol intake, hypertension ([high blood pressure](#)), [insulin resistance](#), and a diet rich in red meat and seafood.

According to the Centers for Disease Control and Prevention (CDC), in 2007-2008, [3.9 percent](#) of all American adults and 5.9 percent of men (6.1 million individuals) had gout.

They also report that overall incidence of gout has risen 1.2 percent over the previous 20 years.

Although the dietary factors mentioned above are known to play a role in elevating levels of uric acid in the blood, the exact causes remain a mystery. Researchers from Johns Hopkins University School of Medicine, MD, recently set out to investigate the influence of diet on gout in more detail.

MNT





How often you should clean your toilet — and the right way to do it

[Read More](#)

By [Care2](#) | [Health](#) | Aug 22

Is Eating a Raw Diet Healthy?

The ancient healing system of [Ayurveda](#) is quite forthcoming in its recommendations and it has a definitive stance on food preparation: Food

The rise of antibiotics-causing type 1 diabetes

One theory to explain the increase in type 1 diabetes involves the interaction between [antibiotics](#) and gut bacteria.

The microorganisms that live in our gut - the microbiome, or "healthy" bacteria - have evolved alongside humanity and are now indispensable to our normal functioning.

Incredibly, there are more bacteria living within us than there are cells in our body. You could say that we are more them than us.

Among other roles, some believe that the gut biome helps train the developing immune system to not be overly sensitive. In other words, by being introduced to microbes as we grow, the immune system learns to be less trigger-happy.

Over recent years, childrens' exposure to microbe-destroying antibiotics has steadily risen. By the age of 10, the average American child has received 10 courses of antibiotics.

A study, carried out at NYU Langone Medical Center and published in *Nature Biology* this week, set out to investigate this theory. The study used a mouse model of type 1 diabetes and doses of antibiotics equivalent to those given to children.

The team was led by Dr. Martin Blaser, The Muriel G. and George W. Singer Professor of Translational Medicine at NYU School of Medicine. They used non-obese diabetic mice (NOD), which are susceptible to developing type 1 diabetes. -MNT

Study sheds light on link between cholesterol and diabetes

The slight increase in risk of developing [type 2 diabetes](#) during statin treatment may actually be a consequence of having lowered [cholesterol](#), rather than a direct effect of the drug, according to research funded by the British Heart Foundation. The genetic study found that people with genes predisposing them to having lower levels of low density lipoprotein (LDL) cholesterol, had a decreased risk of [heart disease](#) and an increased risk of [diabetes](#).

The researchers, from UCL and the University of Oxford, used large data sets of genetic information to investigate the possible effects of two types of cholesterol, low density lipoprotein (LDL) cholesterol and high density lipoprotein (HDL) cholesterol, and a form of dietary fat known as triglycerides, on a person's risk of developing heart disease and diabetes.

In order to see whether blood cholesterol or triglyceride levels were linked with heart disease and diabetes risk, the researchers compared heart disease and diabetes rates in people with and without naturally occurring variations in genes known to affect the levels of cholesterol and triglycerides within their blood.

The researchers found that individuals with genetic variations that increase their LDL cholesterol or triglyceride levels were at an increased risk of heart disease. They also found that individuals with genetic variations increasing their LDL or HDL cholesterol, and possibly triglyceride levels, were at a slightly decreased risk of having diabetes.

The results of this study, published in the journal *JAMA Cardiology*, confirm findings from many previous studies which have shown that increased levels of LDL cholesterol increase a person's likelihood of suffering from a [heart attack](#) or [stroke](#). They also go some way to explaining why previous studies have shown that there is a modest increase in the risk of developing diabetes amongst people taking statins. However, it is well known that the protective effect of statins on heart disease and stroke substantially outweigh this modest increase in risk of diabetes. The researchers confirm that clinical guidelines around statin usage should not change, but doctors should be vigilant in monitoring patients for risk of developing diabetes.

Further research is now needed to uncover exactly how an increase in LDL cholesterol in the blood protects against diabetes whilst increasing a person's risk of suffering from heart disease.

Dr Michael Holmes, Senior Clinical Research Fellow from the University of Oxford, who led the research, said: "What we've shown in this study is that the role played by blood lipid levels in disease is a complex one. While the effect of taking LDL cholesterol-lowering drugs such as statins may slightly increase a person's risk of developing diabetes this effect is greatly outweighed by their benefits in the form of preventing people from suffering from a life-altering heart attack or stroke.

"This study has provided yet more evidence that having increased HDL cholesterol may not be beneficial to heart disease. Of novel interest, our findings suggest that there could be a potential role for therapies that increase HDL cholesterol in the treatment and prevention of diabetes."

MNT



[Dalai Lama and Jimmy Carter Help](#)

[Noam Chomsky Uncover Major Risks](#)

[Humanity Faces From Pesticides](#) 

Did you know that American companies are legally permitted to manufacture dangerous pesticides for...

Dementia risk increased with calcium supplements in certain women

Written by [Hannah Nichols](#)

Calcium supplements may increase the risk of developing dementia in senior women with cerebrovascular disease, finds a study published in *Neurology*, the medical journal of the American Academy of Neurology.



Women who took calcium supplements were twice as likely to develop dementia.

[Cerebrovascular diseases](#) are conditions caused by problems that affect the blood supply to the brain. The four most common types of cerebrovascular disease are [stroke](#), [transient ischemic attack](#) (TIA), subarachnoid hemorrhage, and vascular [dementia](#).

These diseases are the fifth leading cause of death in the United States and increase the risk of developing dementia.

"Osteoporosis is a common problem in the elderly. Because [calcium](#) deficiency contributes to [osteoporosis](#), daily calcium intake of 1,000 to 1,200 mg is recommended. Getting this recommended amount through diet alone can be difficult, so calcium supplements are widely used," says study author Silke Kern, M.D., Ph.D. with the University of Gothenburg in Sweden.

"Recently, however, the use of supplements and their effect on health has been questioned," she adds.

The researchers hypothesized that calcium supplementation is associated with an increased risk of dementia, and this association is heightened in individuals already compromised by ischemic cerebrovascular disease.



Have You Heard This One? Cooking Eggs is Impossible

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Driving Test

In Virginia USA, a lady failed the driving test 4 times. At the fifth attempt, she was determined to pass. But the test had the same question :

"You are driving at 120 mph.

On your right is a wall, on your left is a cliff. On the road, you see an old man and a young man. What will you hit ?".

The woman walked up to the examiner and said, "I've answered this question in all four ways, wall, cliff, young man, old man. Yet I failed all the four times. How is this possible? What am I supposed to hit ????"

Examiner

The "BRAKES"

Sent by R Nathanielsz

Thyroid Gland

Written by Brian WuReviewed by Euna Chi, MD

The thyroid is a small gland located at the front of the neck that is responsible for making thyroid hormones. These hormones enter the blood and are carried to tissues located throughout the body. Thyroid hormones help the body use energy and control a number of activities. They control breathing, how fast the body burns [calories](#), and even how fast the heart beats.

These hormones are also involved in processes such as helping the body stay warm and keeping the brain, heart muscles, and other organs working properly.

Thyroid hormone levels are controlled by a small gland in the brain called the pituitary. This gland makes the thyroid stimulating hormone (TSH), which stimulates the thyroid to produce thyroid hormones.

TSH levels in the bloodstream rise or fall depending on whether enough hormones are made to meet the body's needs. As thyroid hormone levels go up or down, the pituitary gland drops or raises TSH production in response.

When the gland releases too many or too few hormones, thyroid disorders can occur.

Medicine.net

Climate Change Could Cut Coffee Production by 50%

Climate change could reduce global coffee production 50 percent by 2050, endangering the...

Could animal testing ever be completely banned?



There is an uncomfortable truth to modern medicine; the drugs you take have, at one time, been tested on a live animal. But some alternatives are emerging.



Colorectal Cancer: What Is It?

When doctors find this disease early, it's highly curable. It happens when abnormal cells grow in the lining of the large intestine (also called the colon) or the rectum. It can strike both men and women, and it has the second highest rate of cancer deaths in the U.S.

What Are Polyps?

They're growths on the inside of your intestines. Most of them are harmless, but some can turn into colorectal cancer if not removed early. The two most common types of intestinal polyps are adenomas and hyperplastic polyps. They form when there are problems with the way cells grow and repair in the lining of the colon.

Risk Factors You Can't Control

Some things you just can't help, such as: Your age -- most people with it are older than 50

Polyps or inflammatory bowel disease
Family history of colorectal cancer or precancerous colon polyps

Risk Factors You Can Control

Try to avoid these things that can raise your odds of getting the disease:
Eating a lot of red or processed meats, or those cooked at high temperatures
Obesity (having too much fat around the waist): Not exercising enough: Smoking
Heavy alcohol use: What Are the Symptoms?

Colorectal cancer doesn't have early warning signs, so it's important to get checked. Finding it early means it's more curable. As the disease gets worse, you may see blood in your stool or have pain in your belly, bathroom-related troubles like constipation or diarrhea, unexplained weight loss, or fatigue. By the time these symptoms appear, tumors tend to be bigger and harder to treat.

Fish is the best for your Omega-3

Fish is still your best bet for omega-3s. While organ meats, like liver, do have some omega-3s, you can't rely on them to give you all you need. Walnuts can provide the omega-3 known as ALA, which your body doesn't make. ALA is also found in:

- some vegetable oils, especially flaxseed oil
- green vegetables like kale or spinach

Your body can turn ALA into small amounts of two other types of omega-3s, EPA and DHA. These are the kinds of omega-3s found in fish. There's more proof that they protect against heart disease. Vegetarians and vegans can look at algae oils as a source of omega-3s.

None of these substitutes packs the omega-3 power of fish. WebMD

Life in the long shadow of cancer: Margaret's story



Over the course of a decade, Margaret has had ovarian, breast and skin cancer — and was once told she might only have years to live. Now in remission, she says the spectre is always there, but "cancer has to live with me".



We can't stop watching Britney Spears' amazing Carpool Karaoke

If you've been eagerly awaiting Britney Spears' Carpool Karaoke ride, there's good news: It's finally here, and it's even better than you imagined.

[Read More](#)

Imagine being able to **charge your phone with your T-shirt**. That could soon become a reality. Scientists say they have [invented a super thin fabric](#) that generates electricity from sunlight and movement



Is a Vegan Diet Healthy for Kids?



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Most Disabling Mental Illness

Causes, signs, and treatments for schizophrenia. Learn about types such as paranoid, catatonic, and disorganized schizophrenia.

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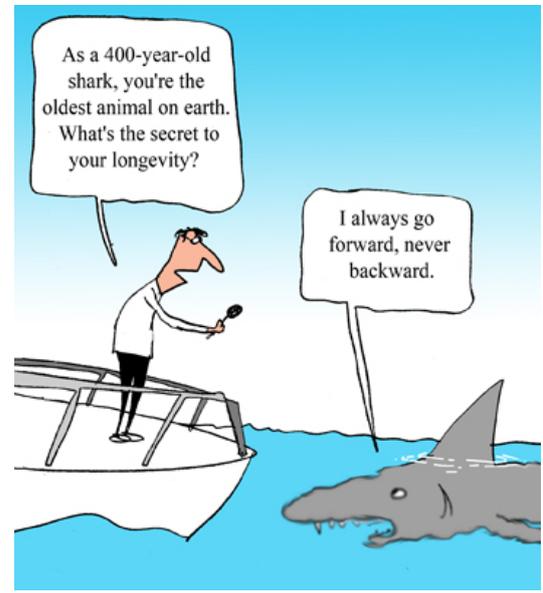


FEATURED NEWS

More Parents Don't Believe in Vaccines

Pediatricians are encountering more parents who refuse to have their children vaccinated.

[READ MORE](#)



Brown onions: Caramelized onions taste so very good, but take so very long to make. Speed up the browning process (a.k.a. the **Maillard reaction**) by adding a ¼ teaspoon of baking soda per pound of onions. The soda is an alkaline, which raises the onion's pH and hastens the browning.

Coffee



Coffee is one of the main sources of antioxidants in the U.S. The potential health benefits of drinking coffee include: protecting against type 2 diabetes²⁴, preventing **Parkinson's disease**²⁵, lowering the risk of **liver cancer**²⁶, preventing liver disease²⁷, and promoting good heart health.²⁸ [Read more about coffee.](#)

KFC's Secret Is Finally Revealed - Save This Recipe!

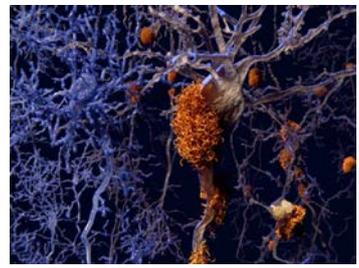
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Alzheimer's-causing proteins could be reduced with a healthy diet, exercise

Written by [Honor Whiteman](#)

It is no secret that a healthy diet and regular exercise are beneficial to health, reducing the risk of obesity and its associated diseases. Now, a new study suggests these lifestyle factors have the potential to reduce progression to Alzheimer's disease.



Researchers say a healthy lifestyle could lower levels of plaques and tangles that are a hallmark of Alzheimer's disease.

Published in the *American Journal of Geriatric Psychiatry*, the study found people with mild memory problems who followed a **Mediterranean diet**, engaged in regular physical activity, or who had a normal body mass index (**BMI**) were less likely to experience a buildup of beta-amyloid and tau proteins in the brain. Accumulation of beta-amyloid and tau are hallmarks of Alzheimer's; beta-amyloid clumps together, forming plaques between nerve cells that impair signaling, while tau forms tangles that can damage nerve cells. The research - led by Dr. David Merrill of the University of California-Los Angeles (UCLA) - comes only days after *Medical News Today* reported on another study [hailing the benefits of a Mediterranean diet against Alzheimer's](#), providing further evidence that lifestyle factors play an important role in the disease. However, Dr. Merrill and colleagues say their study is the first to show how such factors affect the buildup of Alzheimer's-related proteins in the brains of individuals with mild memory complaints. "The fact that we could detect this influence of lifestyle at a molecular level before the beginning of serious memory problems surprised us," says Dr. Merrill.

Compiled, edited & published by **Dr Harold Gunatillake**

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