



Rowena Ahlip Jayah daughter of T.B Jayah became a Centenarian last week in Sri Lanka- Congratulations



'Rowena Ahlip Jayah' is the daughter of national hero Dr. T.B Jayah —one of the founding members of the United National Party (UNP) serving as minister in several posts in the cabinet.

The above picture shows Mrs Jaya giving advice to her grandson James Koch, now living in Hollywood participating in films and becoming fairly famous.

James is the son of the tourist ambassador to the Republic of Sri Lanka- Alston Koch, now living with the family in Hollywood doing great acting in films and become famous in the film world.

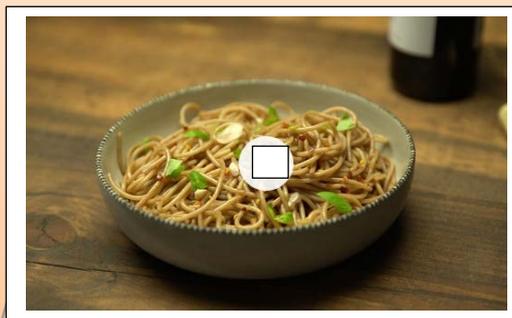
Alston himself is in Hollywood participating in films and stage performances as compere.

Alston has been swamped by Newspapers and TV Networks, including the BBC requesting an interview with her but the family has requested that that she is a bit too tired presently to be interviewed, perhaps in a few days.

Joe: I hid all the pens from Trump
Obama:
Why? Joe: Because he bringing his own.
Obama: ???
Joe: HE'S BRINGING HIS OWN PENCE



Pour a Glass for Drunken Spaghetti ←



spaghetti, but a great way to add
flavor.

Colombo goes up in lights !

Park Street Mews News Report

Keeping with the tradition of the festive & holiday season worldwide with the 'switching on' of lights on 1st December The City Of Colombo Sri Lanka will follow the tradition of 'switching on' as seen in London, Europe, New York and Asia.

The lights will be 'switched on' at PARK STREET MEWS currently a very popular and paved street of restaurants and shops and exciting happenings in Colombo at approximately 7 pm.

Frederick James Koch has been given the honour of 'switching it on' in Colombo's PARK STREET MEWS this year.

<https://www.facebook.com/ParkStreetMews/photos/gm.1816011868676553/10153817913645666/?type=3&theater>
<https://vimeo.com/fredjames/showreels/video/138050337>

Quinoa Is Loaded With Nutrients

This grain is also popular because it's very nutritious.

It's packed with vitamins and minerals and contains more protein, fiber and healthy fats than other grains.

Just one cup (185 grams) of cooked quinoa is a great source of the following nutrients (4):

- Manganese: 58 percent of the RDI.
- Magnesium: 30 percent of the RDI.
- Phosphorous: 28 percent of the RDI.
- Folate: 19 percent of the RDI.
- Copper: 18 percent of the RDI.
- Iron: 15 percent of the RDI.
- Zinc: 13 percent of the RDI.
- Thiamin: 13 percent of the RDI.
- Riboflavin: 12 percent of the RDI.

Vitamin B6: 11 percent of the RDI.

The same cup provides only 220 calories, in addition to 8 grams of protein, 4 grams of fat and at least 5 grams of fiber.

Adding quinoa to your diet is a great way to increase your daily intake of important vitamins, minerals and fiber.

Bottom Line: Quinoa is loaded with vitamins and minerals and contains more fiber and protein than most other grains.

VIDEO: My Three Days With Fidel ←

Richard Eder, a former New York Times foreign correspondent, recalls interviewing the Cuban leader.



OTARA FOUNDATION

Caring for animals and nature

Thank You for being a voice for the voiceless

Dear Supporter,

I'm extremely pleased to let you know that the minister of Wildlife and Sustainable Development, Mr. Gamini Jayawickreme Perera, has announced plans to change the Dehiwala Zoo in to a space free of cages by March 2017.

As you know the animals at the Dehiwala Zoo have suffered far too long in archaic cages and small spaces, depriving them of the freedom and life they deserve. Thank you for signing the appeal and for being a voice for the voiceless. It is you who raised your voice when no one else would and our collective voices have been heard!

We are yet to understand the finer details, however we see this as a giant step in the right direction. We hope to understand more of their detailed plans and look forward to this momentous change with great anticipation. We will update you with further details as soon as we can.

You can read more about the Minister's announcement here:
<http://www.news.lk/news/business/item/15091-no-caged-animals-d-night-park-wildlife-minister>
<http://asianmirror.lk/news/item/20764-dehiwala-zoo-to-be-night-par>

With Passion,

(Sent by Rohantha Gunaratna)



North Dakota

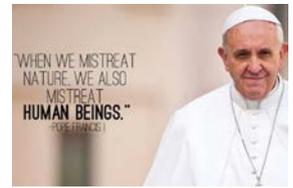
Governor Orders 'Emergency Evacuation' of Pipeline Protesters

North Dakota Gov. Jack Dalrymple issued an "emergency evacuation" order to remove thousands of ... [READ MORE](#)



Chief of Staff Confirms Climate Denial Will Be Official Policy of the Trump Administration

Incoming White House Chief of Staff Reince Priebus pushed back on the suggestion that ... [READ MORE](#)



Pope Francis: 'Politics Has Become Submissive ... Seeking Profit Above All Else'

In an address to a group of scientists Monday at the Pontifical Academy of Sciences, Pope Francis called on world leaders to ... [READ MORE](#)



Great Barrier Reef Suffers Worst Coral Die-Off on Record

A new map released by the Australian Research Council shows unprecedented ... [READ MORE](#)

Vitamin D: Is it a Wonder Pill?

Vitamin D is a fat-soluble vitamin that regulates the absorption of calcium and phosphorus as well as facilitates normal immune system function. This vitamin is an essential nutrient important for strong bones. Vitamin D has 2 forms: D2 (obtained from foods you eat) and D3 (obtained from sun exposure). Vitamin D is produced by the body when your skin is exposed to sunlight. You can also get vitamin D through certain foods and supplements. It's important to get enough of this vital nutrient so you don't end up with a vitamin D deficiency.

Vitamin D and Multiple Sclerosis

Higher blood levels of vitamin D seem to be associated with a lower risk of developing multiple sclerosis (MS). A recent study shows vitamin D may slow the progression of the disease, though the connection between the vitamin and MS is not clear. It is unknown if low levels of vitamin D cause MS or are a result of the disease. MS is more common in areas north of the equator, suggesting that the amount of sunshine one receives is connected to their likelihood of developing MS. People are less likely to develop MS if they have higher vitamin D levels.

Supplementation with vitamin D may be beneficial for MS patients, but the dose is yet to be determined.

Medicine.net

Benefits of Vitamin D: Vitamin D can boost your immune system, support muscle function, keep your heart healthy, and aid in brain development. Vitamin D may also reduce your risk of multiple sclerosis and depression.

Vitamin D and Diabetes

Type 2 diabetes is a condition in which the body does not use insulin properly and blood sugar levels can rise above normal. Researchers are looking into whether vitamin D can help regulate blood sugar levels. In addition, vitamin D helps with the absorption of calcium, and calcium helps manage sugar in the blood. Studies have found people with vitamin D deficiency have a higher risk of developing type 2 diabetes later in life, but the link is not conclusive. More research is needed to determine if vitamin D supplementation can help people with type 2 diabetes.

Medicine.net

Let the Fire That Ignites from This Madness Outshine the Darkness That Precipitated It'



Dr. David Suzuki

Many people in the U.S. and around the world are dismayed that a bigoted, misogynistic, [climate change](#) denier has been elected to the highest office in what is still the world's most powerful nation. His party controls the House and Senate, meaning pro-fossil-fuel, anti-climate-action representatives who reject overwhelming and alarming scientific evidence will hold the reins

Many people in the U.S. and around the world are dismayed that a bigoted, misogynistic, [climate change](#) denier has been elected to the highest office in what is still the world's most powerful nation. His party controls the House and Senate, meaning pro-fossil-fuel, anti-climate-action representatives who reject overwhelming and alarming scientific evidence will hold the reins

It will be a government firmly in the pocket of the fossil fuel industry. But global warming isn't going to pause for four years. It's going to accelerate.

Do we give up? No way

Governments move slowly at the best of times. People were filled with hope when Barack Obama became America's first black president. Sure, there was progress in some areas, but the fossil fuel industry continued to expand as the world got warmer. Here in Canada, after a decade of watching our political representatives backtrack on environmental and climate policies, [Canadians elected a party that promised climate leadership](#). Despite many progressive and positive initiatives, our government is still encouraging, subsidizing and approving fossil fuel projects and infrastructure.

Abridged version

First Brexit then Donald Trump — is France's far right next?

ANALYSIS

By Albert Lecoanet



PHOTO: [Marine Le Pen's far-right National Front is riding high in the polls.](#) (Reuters: Jean-Paul Pelissier)

RELATED STORY: [The men vying for France's conservative party's presidential candidacy](#)

RELATED STORY: [European Union in danger of falling apart, French PM warns](#)

RELATED STORY: [Rising walls reinforce fears of Fortress Europe](#)

MAP: [France](#)

After Donald Trump's recent victory in the United States' election, and Brexit in the United Kingdom, attention is now turning to the possibility of other unexpected results just over the horizon.

In Europe, Marine Le Pen's far-right National Front is riding high in the polls and could surprise everyone in the presidential election being held next April in France

Bleeding Gums

Experts don't totally understand the link between gum disease and heart disease. But studies suggest that bleeding, swollen, or tender gums may lead to trouble with your ticker. One theory is that bacteria from your gums gets into your bloodstream and sets off inflammation in your heart. Having gum disease, which can lead to tooth loss, may also raise your chances of a stroke.

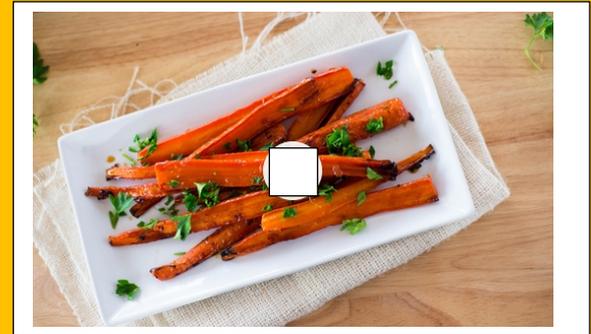
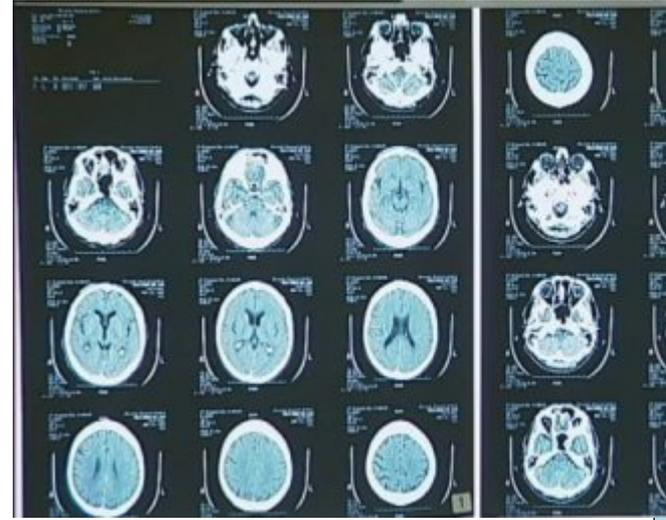
WebMD



Calls to scrap name 'Parkinson's' due to common misdiagnosis



As many as 25 per cent of patients who are told they have Parkinson's other degenerative brain conditions, prompting Australian doctors accurate ways to diagnose the illness.



[Perfect Maple Ginger Roasted Carrots](#)



Roasted carrots so sweet and so rich, it wont even be fair.

The French paradox is the fact that French people have a lower death rate from heart disease than Americans, despite consuming a similar amount of high-fat food, smoking more, and exercising less. Research has shown that drinking wine is linked to a lowering in the risk of death from heart and lung diseases.



Trump's Cabinet

Picks Have One Thing in Common: Climate Denial

One similarity between the three Trump cabinet picks announced on Friday: they are all ... [READ MORE](#)

Alcohol is metabolized in the body and is not stored. Upon consumption, up to 20% of alcohol can be absorbed directly in the stomach and passes directly into the bloodstream. The rest of the alcohol is absorbed in the intestines. The main site of alcohol metabolism in the body is the liver.

Australia's Bizarre Outbreak: What Is 'Thunderstorm Asthma'?

By Rachael Rettner, Senior Writer |



Credit: Vasin Lee / Shutterstock.com
Hundreds of people in Melbourne, Australia, experienced breathing problems during a recent storm, in what's being called an outbreak of "thunderstorm asthma." But what's behind this rare phenomenon? On Monday (Nov. 21) evening, the ambulance service in Melbourne, called Ambulance Victoria, received more than 1,800 calls during the storm, which is about six times more than usual, according to the BBC. About 200 calls were for cases of asthma, and 600 calls were for people with breathing difficulties, Mick Stephenson, executive director of emergency operations at Ambulance Victoria, told the BBC. "A lot of people who called last night had never had asthma before," Stephenson was quoted as saying. There were also two deaths from asthma during the storm. [9 Myths About Seasonal Allergies] Similar events have been reported in England, Canada, Italy and the United States. For example, during a heavy thunderstorm in 1994 in London, 640 patients with asthma or breathing difficulties visited the emergency room — a number 10 times higher than the expected number of asthma patients on a given day, according to a 2012 review. About 280 of those patients had never had asthma before.

Relax, Read, & Share
If you care



'Shockingly Stupid': Trump to Eliminate NASA Climate Research

President-elect Donald Trump plans to entirely eliminate all climate research at NASA, a move that ... [READ MORE](#)

Obama awards his final Presidential Medals of Freedom at emotional ceremony

There was plenty of laughter and lots of tears at the White House Tuesday as President Obama awarded his final Presidential Medals of Freedom. The impressive group of recipients included Michael Jordan, Bruce Springsteen, Lorne Michaels, Tom Hanks, Robert De Niro, Bill and Melinda Gates, and Ellen DeGeneres.

[WATCH NOW](#)

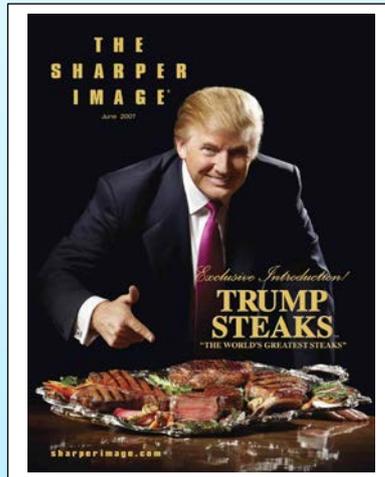
[Jill Stein raises over \\$3m to request US election recounts in battleground states](#)



This morning I was sitting on a park bench next to a homeless man. I started a conversation by asking him how he ended up this way. He said, "Up until last week, I still had it all. I had plenty to eat, my clothes were washed and pressed, I had a roof over my head, I had TV and Internet, and I went to the gym, the pool, and the library. I was working on my MBA on-line. I had no bills and no debt. I even had full medical coverage."

I felt sorry for him, so I asked, "What happened? Drugs? Alcohol? Divorce?" "Oh no, nothing like that," he said. "No, no. I got out of prison"
Sent by Alavi Hussain-Colombo

Trump has lots of firsts:



- First sitting president to be in the WWE Hall of Fame.
- First to own an airline (Trump Shuttle, consisted of Boeing 727s)
- First to have been in a Pizza Hut commercial
- First with his own line of meat
- First with his own line of Vodka
- First to be on a Playboy magazine
- First to own a football team (New Jersey Generals)
- Oldest ever (70)
- ...and many many more

Ryan Hong, for Quora

[VIDEO Uncovered Trump Interview From Over 25 Years Ago Will Shock A Lot of People - YouTube](#)



[Your Poop Can Tell You If You're Healthy!](#)

November 27, 2016 [Health](#)



[8 EXCELLENT REASONS WHY YOU NEED T](#)

Coming Soon: Lower Cholesterol From a Twice-a- Year Shot?



By

Dennis Thompson
HealthDay Reporter

Latest Heart News

TUESDAY, Nov. 15, 2016
(HealthDay News) -- Instead of popping a pill every day, people might soon control "bad" [LDL cholesterol](#) by getting an injection at their doctor's office two or three times a year.

Researchers testing a new injectable drug called Inclisiran found it cut LDL [cholesterol](#) by half or more. According to early clinical trial data, the effect could last for four to six months. Inclisiran produced "significant and durable reductions in LDL cholesterol, and thus could potentially impact cardiovascular events," said study presenter Dr. Kausik Ray, a professor of public health at Imperial College London in England.

Such long-lasting effects could provide a major advance in preventing [heart disease](#), [heart attack](#) and [stroke](#), by helping reduce [hardening of the arteries](#), the researchers said.

[Woman suffers months of chemo after incorrect cancer diagnosis](#)

A woman is wrongly diagnosed with late-stage liver cancer and undergoes six months of unnecessary chemotherapy at a NSW hospital, a Health Care Complaints Commission report reveals.

[How to eat more vegies](#)

Getting more vegies into your day isn't as hard as you think.

Tags: [diet-and-nutrition](#)

196 Countries Reaffirm Commitment to Paris Climate Deal, Isolating Trump Even More



Nearly 200 countries reaffirmed their unequivocal commitment for the Paris agreement in the Marrakech Action Proclamation, demonstrating a show of strength amid fears that Donald Trump would withdraw from the climate deal.

"We call for the highest political commitment to combat climate change, as a matter of urgent priority," reads the proclamation. Forty-seven of the world's most climate vulnerable nations, including Bangladesh, Ethiopia and Costa Rica, also pledged to aim for 100 percent renewable energy "as rapidly as possible."

Meanwhile, [California is exploring](#) whether it could join the climate talks as a sub-national party if Trump pulls the U.S. out of the agreement.

"If Trump does the unthinkable and quits the Paris Agreement, it will be up to the rest of United States to make sure that we meet our climate targets with or without the White House," [350.org](#) Executive Director May Boeve said.

"The Paris Agreement represents the bare minimum of what is necessary to preserve a livable planet. We need more action, not less. Scientists are very clear that we do not have four years to waste waiting for the United States to come back to the table. It's all of our responsibility to make sure we continue to raise the level of ambition rather than let Trump drag us under the rising seas," Boeve concluded. EcoWatch



President Obama:
THANK YOU for protecting
the Arctic from offshore drilling!

Sri Lankan vegetables are tiny



[Rukshan Rodrigo Photographer](#)

The first thing that you notice when you go to the open markets or super-markets in Sri Lanka, vegies look tiny say, compared to vegies grown in Australia.

The only fertilizer used for these crops are seasoned cow-dung mixed with straw. No pesticide sprays or chemicals used during the growing period, mainly because villagers can't afford to purchase them.

So vegies in Sri Lanka are organic and full of natural nutrients. Go for it when you are on holidays in Sri Lanka

In a briefing with reporters, China's Vice Foreign Minister Liu Zhenmin noted that Donald Trump's now-infamous Tweet [global warming is a hoax created by the Chinese could not possibly be true.](#)



Obama Takes Historic Action, Protects Arctic Ocean From Offshore Oil Drilling

The Obama administration made another historic move to decrease America's dependence on dirty fossil fuels, this time ... [READ MORE](#)



UCI study finds acupuncture lowers hypertension by activating natural opioids

University of California - Irvine

The drug Plavix doesn't need any dosing changes, if you eat a lot of spinach. Spinach might decrease blood sugar. Diabetes medications are also used to lower blood sugar. Taking spinach along with diabetes medications might cause your blood sugar to go too low. Monitor your blood sugar closely. The dose of your diabetes medication might need to be changed.

Spinach contains large amounts of vitamin K. Vitamin K is used by the body to help blood clot. Warfarin (Coumadin) is used to slow blood clotting. By helping the blood clot, spinach might decrease the effectiveness of warfarin (Coumadin). Be sure to have your blood checked regularly. The dose of your warfarin (Coumadin) might need to be changed.

Cirrhosis: Cirrhosis is Only Caused by Alcoholism.

False. Cirrhosis is scarring of the liver that may be caused by alcoholism and other conditions. Alcoholism is the second most common cause of cirrhosis in the U.S. It is responsible for less than 50% of all cases of cirrhosis. Chronic hepatitis C, nonalcoholic fatty liver disease (NAFLD), nonalcoholic steatohepatitis (NASH), primary biliary cirrhosis, prescription drug reactions, bile duct injury, and chronic hepatitis B infection are other causes of cirrhosis in adults. Some conditions that cause abnormal storage of metals such as copper and iron may also cause cirrhosis. Glycogen storage diseases, biliary atresia, cystic fibrosis, and alpha-1 antitrypsin deficiency, and other rare conditions cause cirrhosis in children. -Medicine.net

Leaked Emails Show Government Corruption in Approving Aspartame

Artificial sweeteners such as aspartame are typically used to sweeten so-called "diet" foods and beverages in lieu of sugar or high-fructose corn syrup (HFCS). The idea is that reducing your calorie consumption will result in weight loss. However, research has completely demolished this notion, showing that artificial sweeteners actually have the converse effect; they actually lower appetite suppressant chemicals and encourage sugar cravings and sugar dependence, thereby raising your odds of unwanted weight gain. Research has repeatedly shown that artificial sweeteners promote insulin resistance and related health problems just like regular sugar does, including cardiovascular disease, stroke and Alzheimer's disease. John Podesta's leaked emails have turned up a number of damning pieces confirming the collusion between the soda industry and high level officials within the U.S. government, including Hillary Clinton.

[Read More...](#)

How much water you need to prevent dehydration

There's no evidence to back that up. The Institute of Medicine recommends that men get about 125 ounces of water daily and that women get 91 ounces, but that includes water from all foods and beverages. Most people get enough hydration unless they're exposed to heat stress or they're very active for a long time.

WebMD



Salmon

Your retinas need two types of omega-3 fatty acids to work right: DHA and EPA. You can find both in fatty fish, such as salmon, tuna, and trout, as well as other seafood. Omega-3s also seem to protect your eyes from AMD and glaucoma. Low levels of these fatty acids have been linked to dry eyes.

WebMD

Climate Experts Weigh in on Trump's Election Win

By Andrea Thompson, Climate Central |

Republican president-elect Donald Trump delivers his acceptance speech during his election night event at the New York Hilton Midtown in the early morning hours of November 9, 2016 in New York City.

The election of Donald Trump as the nation's next president spurred celebration in some quarters and dismay in others, including among those concerned about the steady warming of the **planet**. The unrestrained emissions of heat-trapping greenhouse gases have altered the Earth's **climate**, **raising sea levels**, impacting ecosystems, and increasingly the likelihood of **extreme weather**. In terms of numbers, the world's temperature has risen by more than 1 degree Fahrenheit since 1900 and 2016 is expected to be the **hottest year on record**. Though **climate** change was not a major topic in much election coverage — there were **no questions on it** during the three presidential debates — many **climate** scientists and policy advocates supported Clinton. They expected that she would continue policies enacted by the Obama administration, such as the **Clean Power Plan** and the signing of international agreements to limit warming.

Trump's comments on climate change have included **calling it a hoax** and warning that **Environmental Protection Agency** policies are costing the country jobs, though he has talked about the importance of maintaining clean air and water. He has suggested he will **pull out of the landmark Paris agreement** and **scuttle the Clean Power Plan**, as well as boost the domestic **coal and oil industries**.



Bala Tampoe Mawatha in Kollupitiya

SRI LANKA, May 2 -- The 22nd lane in Kollupitiya where the office of the Ceylon Mercantile, Industrial and General Workers' Union (CMU) is situated was named after the union's former General Secretary and veteran trade unionist Bala Tampoe on the International Workers' Day which fell yesterday.

He was honoured by renaming this lane as "Bala Tampoe Mawatha" by Labour Minister W.

...

Veteran Trade Union leader Bala Tampoe passed away in Colombo at the age of 92. Philips Balendra Tampoe born on May 23rd 1922 was a legend in his lifetime being general secretary since 1948 to date of the Ceylon Mercantile, Industrial and General workers union known popularly as the CMU.

NETHMI and SAUYRI of BERALIHELA



Nethmi and Sayuri are sisters aged 9 and 7 who attend Hambantota Oyagawa Ranawarnawewa school in grades 4 and 2. Their mother died recently with a cancer. Their father is a conductor with the CTB in Kataragama.

Their aunt Nuwani Buddika has assisted AuSLMAT at our medical clinics at the Beralihela Dispensary.

We are looking for generous donors who will help us support these two children through their education

Dr Quintus de Zylva



5 Deadly Diseases Emerging from Global Warming

Read Article

WELL



A Teachable Moment on the Need for Colon Cancer Screening

By JANE E. BRODY

Traditional colonoscopy is best at finding cancer. Less invasive screenings are not as definitive, but they're better than nothing.

Biotech Industry Going All Out to Stop Independent Review of Glyphosate



Recently we reported that the US Environmental Protection Agency (EPA) released a draft report on the carcinogenic potential of glyphosate, the active ingredient in Monsanto's Roundup herbicide. This was in advance of a meeting in which a panel of scientists would discuss the available data on glyphosate and its potential to cause cancer—but that meeting never happened. It was postponed, ostensibly because the agency was seeking additional experts so there could be a more "robust review of the data." The biotech industry is going all out to stop this review. CropLife America, the trade group for the nation's largest biotech and pesticide manufacturers, strenuously objected to the government reviewing the cancer data, telling the EPA that there is no need to discuss the issue at all! Outrageously, CropLife also called for the removal of any scientist from the panel who has "publicly expressed an opinion regarding the carcinogenicity of glyphosate." The trade group kindly offered the names of scientists who should be removed from the reviewing panel to restore "impartiality."

[Read More...](#)

Is cholesterol a risk factor for heart disease?

By Dr Harold Gunatillake-Health writer
[Raising 'good cholesterol' not as effective as lowering 'bad cholesterol'](#)

The above link is about an article headed, "Raising 'good cholesterol' not as effective as lowering 'bad cholesterol' Published in Medical News Today (MNT): Tuesday 1 November 2016 It was believed that HDL the good cholesterol removes the bad cholesterol LDL back to the liver for elimination. So the teaching is that yo...

[See More](#)

8 spots for waffles in Colombo



Olive Oil

It's delicious on bread, salad, pasta, cooked greens, and any number of other things. It's also been shown to improve brain function over the long term and protect against dementia.

Sai Baba magic

<https://youtu.be/oNVJyycAZYw>

Never wash non-stick cookware with citrus dishwashing soap, as the citric acid will etch the non-stick coating, pit it and ruin it.



Deep down fracking wells, microbial communities thrive

DOE/Pacific Northwest National Laboratory

Tomatoes



iStock

The stems and leaves of tomatoes contain alkali poisons that can cause stomach agitation. Unripe green tomatoes have been said to have the same effect. You would need to consume vast quantities for it to be fatal. Not exactly high-risk, but you might avoid eating tomato leaves.

Fox news

Tuna



iStock

The danger in tuna is the mercury that the fish absorbs. Once in your body, mercury will either pass through your kidneys, or travel to your brain and supposedly drive you insane. The FDA recommends children and pregnant women do not consume tuna at all. While it's unlikely that eating a massive amount of tuna in one sitting will kill you, it's a good idea to monitor your weekly intake. [Click here](#) to visit the Environmental Working Group's tuna calculator to see how much is recommended. Fox news

13-Year-Old Wins Top Prize: Makes Wind Energy Device That Costs Just \$5



A 13-year-old student from Ohio won the top prize at the 2016 Discovery Education 3M Young Scientist Challenge Tuesday for ... [READ MORE](#)

Rhubarb



iStock

Rhubarb leaves contain oxalic acid, which causes kidney stones. It'll take 11 pounds of leaves to be fatal, but much less to make you seriously ill.

Fox News

Almonds



iStock

There are two variations of almonds, sweet almonds and bitter almonds. The bitter ones supposedly contain relatively large amounts of hydrogen cyanide. It's said that even eating just 7 - 10 raw bitter almonds can cause problems for adults, and could be fatal for children.-Fox News

Heart Disease

Heart disease is the leading cause of death in the U.S. - 1 in every 4 deaths is due to heart disease.

Severe chest pain may be an obvious sign something is wrong. But heart disease can be deadly because many people don't recognize some early signs and symptoms and they don't seek treatment until it may be too late.

Heart Disease Warning Signs

Heart symptoms may not always be explicit so do not ignore any potential cardiac warning signs. Some warning signs not to ignore include: shortness of breath, heartburn, muscle soreness, painful hiccups, neck or upper back pain, or other symptoms discussed in this slide show. People with known heart disease or significant risk factors such as people over age 65, strong family history of heart disease, obesity, smokers, high cholesterol, high blood pressure, or diabetes should pay extra attention to any possible cardiac symptoms.

WebMD



Jury Awards \$70 Million to Woman Who Says Baby Power Gave Her Cancer

A St. Louis jury has awarded \$70 million in damages to a California woman who claims she ... [READ MORE](#)

Cashews



iStock

Raw cashews you might find in a supermarket are not actually raw, as they've been steamed to remove the urushiol, a chemical also found in poison ivy. This chemical can cause the same effect as poison ivy, or poison oak. High levels of urushiol can supposedly prove fatal. People who are allergic to poison ivy are likely to have a fatal allergic reaction to eating actual raw cashews. Fox news

Novel drug may allow dogs to live longer

In good news for dog lovers, scientists have identified a drug that may allow their canine friends to live significantly longer by delaying the onset of heart failure by an average of 15 months. The study took seven years to complete and involved 360 dogs across 11 countries.

Compound in broccoli may slow signs of aging



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(iStock)

Fine lines creeping across your face, and the inevitable aches and pains that come with your advancing years— if you, like most, want to delay the depressing signs of aging, new research suggests a simple answer: Eat your greens. Evidence suggests it's more than just an old wives tale, and that by eating more broccoli, cabbage and avocado you can ward off the signs of aging.

A key compound, known as NMN— nicotinamide mononucleotide— lurking in the green fruit and veg helps slow the physical signs of aging, and can rejuvenate the metabolism.

Tests on mice showed it reduces typical signs of ageing including skeletal muscle issues, poor liver function, lower bone density and declining eye function.

More on this...

Researchers identify protein that could lead to anti-aging treatment

'Real Housewives' stars pen book debunking latest anti-aging fads

Woman fires back at salesman who tried to sell her anti-aging products

As well as worsening insulin sensitivity, immune function, body weight and physical activity levels. Professor Dr Shin-ichiro Imai at Washington University School of Medicine in St. Louis said: "We have shown a way to slow the physiologic decline that we see in ageing mice. This means older mice have metabolism and energy levels resembling that of younger mice."

[Click for more from the Sun.](#)

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.

Thyroid Cancer Scare: The Test Removes Your Thyroid Whether it is Cancerous or Not



Suppose you went to a doctor for low energy and a raspy throat. You vaguely suspect your thyroid is weak, maybe hypothyroidism. But after a series of tests, tiny nodules were found on your throat and the doctor determined you needed to have your thyroid removed, a thyroidectomy, to determine whether or not the nodules are cancerous. Then you are told not to worry, there are medicines that will be prescribed to replace the missing thyroid's hormone production. You would have to take them for the rest of your life. You figure anything is better than dying from cancer spreading from the thyroid to elsewhere or undergoing chemotherapy, so you go for it. Nipping it in the bud, they say. Then after the procedure, you discover that those nodules weren't cancerous and there was no threat of cancer. You'll have to take those synthetic pharmaceutical drugs forever, but at least you know you're cancer free now. After several months of taking those drugs, you discover your complaints and symptoms prior to the surgical procedure have been worsening. This unfortunate medical procedure is harming people far too often, leading some doctors to declare it needs to stop.

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Common Thyroid Problems

You may feel tired, gain weight, or experience hair loss. Others may feel anxious or hyper. Learn how to recognize common thyroid disorder symptoms.

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Fighting Hunger? Plant Protein May Keep You Feeling Full Longer than Meat

Adding legumes or beans to your breakfast might help you eat less at lunch.

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New York

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What Is Quinoa?



Quinoa (pronounced KEEN-wah) is the seed of the Chenopodium quinoa plant. Botanically speaking, it's not a grain. However, it's often called a "pseudograin" because it's similar in nutrients and eaten the same way as cereal grains (1). Quinoa was first grown for food 7,000 years ago in the Andes. The Incas called it "the mother grain" and believed it was sacred (2). Although it's now grown around the world, the majority is still produced in Bolivia and Peru. I...

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Merle Haggard live in concert at Church Street Station



Trump Picks 'Puppet' for Special Interests Mike Pompeo to Head CIA

News that President-elect Donald Trump has asked U.S. Rep. Mike Pompeo to be CIA director shows just how ... [READ MORE](#)

"Brush before breakfast to remove mouth bacteria that builds up on your teeth overnight and to avoid brushing away softened enamel from acidic drinks like orange juice."

Dr Priya Lal | [Read More](#)

Dining Out May Raise BP

Meals eaten away from home may raise your risks of hypertension.



Restaurant dining - image from Shutterstock

Globally, high blood pressure (hypertension) is the leading risk factor for death associated with cardiovascular disease. Previous studies have shown that young adults with pre-hypertension, or slightly elevated blood pressure, are at very high risk of hypertension. Eating meals away from home have been shown to be associated with higher caloric intake, higher saturated fat intake and higher salt intake – all factors that may cause high blood pressure. Tazeen Jafar, from Duke-NUS Graduate Medical School (Singapore), and colleagues surveyed 501 university-going young adults, ages 18 to 40 years in Singapore. Data on blood pressure, body mass index and lifestyle, including meals eaten away from home and physical activity levels, were collected. Their association with hypertension was then determined. Using statistical analysis, the team found that pre-hypertension was found in 27.4% of the total population, and 38% ate more than 12 meals away from home per week; while the gender breakdown showed that pre-hypertension was more prevalent in men (49%) than in women (9%). Those who had pre-hypertension or hypertension were more likely to eat more meals away from home per week, have a higher mean body mass index, have lower mean physical activity levels, and be current smokers. Interestingly, the team also found that eating just one extra meal out could raise the odds of prehypertension by 6%. Writing that: "Prehypertension may be common among university-going young adults in Singapore and is associated with potentially preventable lifestyle factors," the study authors urge that: "Our findings call for large-scale population-based studies, including lifestyle modification trials for prevention of hypertension."

[VIEW NEWS SOURCE...](#)

The Heart Foundation of Australia has revised its recommendations on eggs since this story was produced. It now says "all Australians who follow a healthy balanced diet low in saturated fat can eat up to six eggs each week without increasing their risk of heart disease." The Foundation says those with heart disease, or who are at increased risk of it because of existing high blood cholesterol or other factors, are included in this advice.

Signs of Vitamin B12 Deficiency

Symptoms of vitamin B12 deficiency can be subtle yet impactful - and not getting enough can cause some serious issues.

Modern nutritional research offers much more information about which nutrients are required for optimal health than in years past. The general opinion of most health care providers has been that patients should eat a balanced diet in order to make sure their nutritional needs are being met.

Until the past few decades this was good advice, but the nutrients contained in most foods sold in grocery stores has been depleted, due to the way they were grown and processed. This means the nutrients most important to the proper functioning of the human body are best ingested through supplementation. Those who have a deficiency of [vitamin B12](#) may be experiencing some serious health problems that they are not even aware of.

Food Sources of Vitamin B12

Food products that come from animals are the only sources of the vitamin, so someone who follows a vegetarian or vegan diet would most likely need to supplement B12. It is also good to supplement if one has a diet that restricts the consumption of meat, dairy, eggs because of the relatively high levels of cholesterol and fat.

Health Problems Caused by a Vitamin B12 Deficiency

Some of these health issues are easily mistaken as symptoms of other diseases, such as diabetes. Others may be confused with common aging problems.

- Weakness
- Fatigue
- Tingling and/or numbness in the extremities
- Memory loss and cognitive difficulties
- Difficulty in walking, because of staggering or balance problems

Health care providers may not be able to identify these problems as a deficiency of Vitamin B12, so a blood test may be needed, in order to reach a correct diagnosis. There are a few other less common symptoms that indicate a deficiency of the vitamin.

- Paranoia and hallucinations
- Anemia
- Jaundiced skin
- An inflamed and swollen tongue

Many people are not very well educated about their nutritional needs and the problems they may experience from various deficiencies. Most people have too much stress in their lives and struggle to find enough time in the day to get everything done. People often naturally think whatever fatigue or weakness they feel is the result of not enough time and rest, but symptoms could well be due to a Vitamin B12 deficiency.

Although seniors are most at risk for nutritional deficiencies due to dietary restrictions, a depressed appetite and medications, younger women also experience anemia due to monthly menstruation. The average person is often surprised how much better they feel once they begin a regime of Vitamin B12 supplementation. It is important to note that not all B12 supplements are the same, so if adding the vitamin to a diet it would be wise to research all the options available. One common B12 supplement actually contains arsenic and should be avoided.

Since the best source of B12 is found in foods, eating more meat, eggs, dairy and especially poultry is a good choice. Poultry is relatively low in fat and cholesterol, so it is safer for those who are at risk for heart disease.

World Health Net

What is Lymph System?

Written by Dr Harold Gunatillake -Health writer

Just like there are arteries and veins to circulate blood carrying nutrients, other metabolites and waste material to and from the tissues and organs there is another system called the lymph system which is filled with watery milky fluid called lymph carrying nutrients and waste material between the body tissues and the bloodstream? You could compare the two transport syst...

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Vitamin B12 - image from Shutterstock



WebMD

How much of water to you get from food

The average person gets about 20% of their water for the day from food. An apple is 84% water. Bananas are 74% water. Broccoli is 91% water. Even foods that you might not think of as moist -- a plain bagel (33% water), ground beef (56%), American cheese (39%) -- help.



Myuran Sukumaran: Another Day in Paradise

World premiere curated by Ben Quilty and Michael Dagostino

Campbelltown Arts Centre and Sydney Festival present the first major exhibition by artist Myuran Sukumaran along with a series of newly commissioned artworks by leading Australian artists, Abdul Rahman Abdullah, Safdar Ahmed, Megan Cope, Jagath Dheerasekara, Taloi Havini, Khaled Sabsabi, and Matthew Sleeth, whose works respond to the death penalty and profile human rights.

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11 Odd Facts About 'Magic' Mushrooms

[Read Article](#)

Campylobacter



Campylobacter jejuni are a spiral-shaped bacteria that grow in chickens and in cows, infecting them without any signs of illness.

Most people who become ill with campylobacteriosis get diarrhea, cramping, stomach pain, and fever within two to five days after exposure. The diarrhea may be bloody and can be accompanied by nausea and vomiting. The illness typically lasts about one week.

In 2005, *Campylobacter* was found in 47 percent of raw chicken breasts tested through the Food and Drug Administration's National Antimicrobial Resistance Monitoring, according to the CDC.

About 13 cases of *Campylobacteriosis* are diagnosed each year for each 100,000 persons in the population. Most infections are generally mild, but the bacteria can be fatal among very young children, elderly and immunosuppressed individuals, according to the World Health Organization.

Ways to prevent *Campylobacter* infections include making sure to cook meat thoroughly, wash hands after handling raw foods and cleaning all countertops and kitchen utensils after use, and drinking only milk that has been pasteurized.

By Linda Thrasybule, MyHealthNewsDaily Contributor

New guideline on calcium and vitamin D supplementation

A new evidence-based clinical guideline from the National Osteoporosis Foundation (NOF) and the American Society for Preventive Cardiology (ASPC) says that **calcium** with or without **vitamin D** intake from food or supplements that does not exceed the tolerable upper level of intake (2,000 to 2,500 mg/d) should be considered safe from a cardiovascular standpoint. Obtaining calcium from food sources is preferred, but supplements can be used to address dietary shortfalls. The guideline is published in *Annals of Internal Medicine*. Calcium supplements have been recommended for persons who do not consume adequate calcium from their diet as a standard strategy for preventing osteoporosis-related **fractures**. Conflicting reports have suggested that calcium intake, particularly from supplements, may have either beneficial or harmful effects on cardiovascular outcomes. To update the evidence on calcium and **vitamin D**, investigators from the Tufts University School of Medicine reviewed randomized trials and prospective cohort studies published since their last evidence report in 2009. Their findings were used to inform the joint clinical guideline from NOF and ASPC.

MNT

Devil vs. Superbug: Bacteria Succumb to Tasmanian Devil Milk

By Kacey Deamer, Staff Writer |



A Tasmanian devil seen snarling.

Credit: Shutterstock

Milk from Tasmanian devils could be used in the fight against antibiotic-resistant superbugs, new research from Australia finds.

The devils are marsupials, meaning that their teensy young hop into their parents' pouches after birth to finish developing, and in a new study, researchers found that the marsupial's milk contains several **powerful peptides** called cathelicidins, which can act as natural antibiotics. Humans have one **cathelicidin**, but Tasmanian devils have six, and their fellow marsupial opossums have 12, according to the researchers. Tests of the **Tasmanian devils'** cathelicidin found that the peptides were capable of killing antibiotic-resistant pathogens.

Pesticides and herbicides



PHOTO: Insecticidal surface sprays, such as those to deter cockroaches, have a tendency to find their way into waterways. (Supplied: University of Queensland)

No-one likes creepy crawlies going where they are not welcome, and Australia is not short of insects that like to make their home inside our cupboards and other nooks and crannies.

But urban pesticides are an environmental concern, particularly if they are used on hard outdoor surfaces such as concrete or pavers as they get washed into waterways.

"A lot of those things aren't necessarily going to have a human health effect but they are quite toxic to aquatic life, including fish," Professor Pettigrove said.

"Our research centre does a lot of monitoring of contaminants in waterways around Victoria mainly, and we generally see more pesticides in urban areas than we do in agricultural areas."

In particular, insecticidal surface sprays, such as those to deter cockroaches, have a tendency to find their way into waterways because they are often used to create a barrier to stop outside crawlies making their way inside.

"Permethrin and bifenthrin, the usual ones used by pest controllers, are toxic to domestic insect pests but also aquatic life including fish, and they stay in the sediment of streams for months to years, where a lot of aquatic life live," said Professor Pettigrove.

He said imidacloprid, which has been banned in Europe due to a link to bee death, is less harmful.

"It's more soluble so ... it does not accumulate in sediments."

Likewise, herbicides that kill plants are also an avoidable health and environmental concern.

Professor Pettigrove and his colleagues found a common domestic herbicide called simazine used to kill weeds on concrete was still there a year later, and still draining off into waste water every time it rained. This particular chemical is receiving global attention because it can persist in soils for a long time and it is classed as being toxic to wildlife, particularly aquatic organisms. It was **banned for non-agricultural use in the UK in 1993** and is listed as a "priority substance" in the EU's Water Framework Directive.

Professor Pettigrove said it was a household chemical we could easily do without.

"There are other ways of treating weeds on concrete driveways, so for me it's very avoidable."

"Use boiling water or just pull the sucker out."

ABC News

Triclosan antibacterial



PHOTO: The US FDA has banned triclosan in hand and body washes. (ABC News: Giulio Saggin)

Another common household ingredient causing concern both at a health and environmental level is triclosan.

Our obsession with cleanliness and hygiene has seen a huge rise in the number of cleaning products claiming to be "antibacterial". Unfortunately, this usually means they include triclosan.

The US Food and Drug Administration recently issued a **ban on the use of triclosan and triclocarban in over-the-counter soaps and body washes**.

They pointed out there was no evidence that these antibacterial chemicals were any better than ordinary soap and water, and that long-term use may have health risks such as antibiotic resistance and hormonal effects.

Triclosan is also found in one particular brand of toothpaste (Colgate Total). While it has drawn criticism from some groups, the use of triclosan in toothpaste is still **approved for use by the FDA**, which said it was effective in reducing gum disease.

In 2013, the highly respected Cochrane Collaboration looked at the **risks and benefits of using triclosan combined with fluoride in toothpaste**. They concluded the benefits in reducing gingivitis were significant but could find no evidence of harmful effects over three years of use.

Human health issues aside, triclosan is a problem for the environment because it does not dissolve easily so it hangs around for a long time, mainly in aquatic sediments, Professor Pettigrove said.

"They could be killing a lot of the microbial fauna in the sediments, and lot of those organisms can help cleanse the environment by removing pollutants like nitrogen," he said.

Don't use baking soda when cooking vegetables. Although it helps maintain color, vitamin C will be lost in the alkaline environment produced by baking soda.



20 years ago



TODAY

The average cheeseburger in the USA 20 years ago had 333 calories, compared to the ones today with over 600 calories

Listeria

Germs in Food that Make You Sick

By Linda Thrasybule,
MyHealthNewsDaily Contributor



Listeria monocytogenes are bacteria found in soil and water, and are also present in raw foods as well as in processed foods and unpasteurized milk. Unlike other germs, Listeria can grow and spread even in the cold temperatures of an average refrigerator.

Symptoms of Listeria infections include fever and chills, headache, upset stomach and vomiting. But for some people, the illness can become more serious, even fatal. People at increased risk of getting listeriosis are pregnant women and their unborn fetuses, adults over age 50, and people with weak immune systems.

An estimated 1,600 people become seriously ill with listeriosis each year, according to the CDC. Of these, 260 die.

To prevent Listeria infections, the CDC recommends scrubbing firm produce such as melons and cucumbers with a clean produce brush and cleaning up all refrigerator spills right away, especially juices from raw meat, hot dogs and lunch meat.

Factory-sealed, unopened packages of lunch meat should be stored for no longer than two weeks, and meat sliced at a local deli no longer than three to five days in the refrigerator, the CDC says.

Don't peel vegetables until after cooking them. Better yet, don't peel at all to maximize [fiber](#) and nutrient density

Myth: Cold weather makes you sick.

"This myth is common around the world, but it is just not true," Vreeman told Live Science. Studies have shown we may feel more cold symptoms — real or imaginary — when we are chilled (after all, a cold is called a "cold" for a reason), but the temperature itself does not make us more susceptible to viruses. This has been known since at least 1968, when a study in The New England Journal of Medicine showed what happened when researchers exposed chilly people to the rhinovirus (one cause of the common cold).

It turned out that whether they were shivering in a frigid room or in an icy bath, people were no more likely to get sick after sniffing cold germs than they were at more comfortable temperatures.

Vreeman said that cold air also does not make a difference in people's recovery time from a cold. In fact, although the research is in its early stages, "it is possible that being exposed to cold may even help your body in some way," she said.

However, its unclear [how chilly conditions might affect the germs](#) themselves. Research has shown that two common causes of colds — rhinoviruses and coronaviruses — may thrive at colder temperatures, and that the flu may spread most effectively under cold, dry conditions. Some scientists speculate that [colds are more common in cooler months](#) because people stay indoors more, interacting more closely with one another and giving germs more opportunities to spread.

In general, cooking for shorter periods at lower temperatures with minimal water will produce the best results.

Myth: Supplements always make you healthier.

Vitamin supplements may be not only ineffectual but even dangerous, studies have shown. For example, [a study published in 2016](#) showed that some older women who take calcium supplements may face an increased risk of dementia. And in a huge review of 20 years of supplement research [published in 2015](#), researchers found that taking high doses of vitamins may be linked with an increased risk of cancer.

Aside from these possible long-term risks, reports have suggested that supplements can cause damage in the short term too. A [report published in 2016](#) found that a man in Pennsylvania who took Ayurvedic herbal supplement developed lead poisoning. Another report, also [published in 2016](#), showed that a 4-year-old boy in England went to the ER after taking a slew of "natural" supplements, and developing a condition called vitamin D toxicity.

"The FDA does not require supplements to be regulated in the same way that drugs are, which can be a real problem," Vreeman said in 2010. As a result, the safety of many [supplements](#) has not been rigorously studied. Furthermore, supplement bottles can sport unsubstantiated claims and even make errors in dosage recommendations, she said.

It's a better idea to get your vitamins and other nutrients from eating real food, rather than taking a pill, she said.

"A vitamin pill is not the answer," Vreeman said. "Eating more healthily in general is the answer."

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Doctor වෛද්‍යවර්ත
magazine

Myth: We use only 10 percent of our brains.



Motivational speakers and other self-help gurus have been promoting this one since as early as 1907, as a way to encourage people to tap into some latent capacity, explained Vreeman and the co-author of her book, Dr. Aaron Carroll, both of the Indiana University School of Medicine, write in the book. But these people were not basing the proclamation on sound science.

Today, scientists can look at any [brain scan](#), measuring activity at any given time, and have a big laugh at this myth. "You just don't see big dormant areas," Vreeman said. The idea lingers in popular culture because "we want to think we haven't reached our full potential," Vreeman said.

By Robin Nixon, Elizabeth Peterson

Irritable Bowel Syndrome (IBS) and low FODMAP diet

There is no proper medicine to cure chronic irritable bowel syndrome, other than by dietetic discipline. This is a very common malady among Asians including Sri Lankans due to spicy carb varieties of food they eat, and silently suffer with the condition. In this syndrome you suffer with abdominal pain and cramping, a bloating feeling, gaseous embarrassing moments, constipation, followed by diarrhoea and mucus in your stools, w...

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Consume the liquid left in the pan after cooking vegetables

Ham & Cheese Pizza Hack



rolled dough stuffed with cheese and pepperoni, though — that's what pizza night was made for.

[View this email in your browser](#)



This Superfood Has Super Healing Properties

By Jordyn Cormier
No food deserves the proclamation of "superfood" so much as sprouts. They are a

What causes asthma?

A number of triggers can potentially cause an asthma attack. When a person is exposed to their particular trigger, the airways react by getting tighter. This causes asthma symptoms. A person can have several asthma triggers or just one.

Common asthma triggers include:



Numerous triggers can cause an asthma attack such as smoke and dust mites.

- Air irritants, such as air pollution, chemicals, and smoke
- Common allergens, such as dust mites, cockroaches, molds, and pet danders
- Exercise
- Medications, including over-the-counter medicines such as aspirin and acetaminophen
- Stress
- Weather extremes, such as very hot or cold days

Doctors will often recommend a person keep an "asthma journal." In these journals, people track their symptoms and what they were doing, eating, or drinking when an asthma attack occurred.

How does alcohol use affect asthma?

Alcohol has often been suggested as a contributor to and trigger for asthma. However, researchers haven't conducted a significant amount of research as to the specifics of alcohol and asthma.

One of the biggest research studies on the topic was published in 2000 in *The Journal of Allergy and Clinical Immunology*. The study from Australia asked more than 350 adults to fill out a questionnaire on their allergy triggers related to alcohol. The study's findings included:

Moderate alcohol consumption may provide some health benefits.

- 33 percent said that alcohol had triggered an asthma attack on at least two occasions
- Wine was associated with being particularly allergenic
- The onset of most alcohol-related asthma symptoms occurred within 1 hour of drinking alcohol
- Most asthma symptoms reported were mild to moderate in severity

The researchers highlighted two components of some alcoholic beverages that appeared to be particularly allergenic and could contribute to an asthma attack: sulfites and histamines.

Sulfites are a preservative that is commonly used in making wine and beer, but also may be added to other food types. People with asthma are often especially sensitive to the effects of sulfites.

Another potentially allergy-causing substance in alcohol is called histamine. This compound is created when alcohol is fermented. Histamine is present in all alcohol types, including liquor, beer, and wine.

Histamines are common causes of allergic reactions - this is why some types of allergy medications are called antihistamines.

MNT

Treatments for asthma

Asthma treatments involve avoiding asthma triggers and taking medicines that can reduce asthma symptoms. People can also have their own unique personal triggers for asthma, including alcohol.

A doctor may also prescribe medications to help people control and treat their asthma. These medications are usually divided into short- and long-acting options.

Short-acting medicines are used to provide immediate relief during an acute asthma attack. These medications open up the airways, making it easier for a person to breathe. Examples include short-acting beta-2 agonists, such as albuterol.

Long-acting medications are intended to reduce inflammation that can lead to an asthma attack. Examples of these medications include:



An asthma inhaler delivers medicine directly to the lungs.

- Antileukotrienes
- Cromolyn sodium
- Immunomodulators
- Inhaled corticosteroids
- Long-acting inhaled beta-2 agonists
- Methylxanthines
- Oral corticosteroids

Finding the right combination of medications to treat asthma can require some trial and error. As a general rule, if a person must use short-acting medications more than twice a week, their asthma could be better controlled.

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Some Heartburn Drugs May Increase Stroke Risk

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The actor is a longtime advocate of environmental causes, and his film is surely helping to ... [READ MORE](#)

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Dark chocolate is incredibly healthy and nutritious. However, there are many brands available and ...

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India was the First to Start Selling Fruits & Vegetables ONLINE. 😂

(sent by Randolph Melder)

Vibrio

Vibrio parahaemolyticus bacteria

live in saltwater, and are often found in raw seafood.



People who eat raw or undercooked shellfish become infected usually within 24 hours, causing symptoms such as watery diarrhea with stomach cramping, nausea, vomiting, fever and chills.

Symptoms can last up to three days. More severe infections are rare, and occur more commonly in people with weakened immune systems.

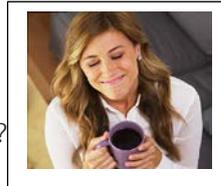
An estimated 4,500 cases of *V. parahaemolyticus* infection occur each year in the U.S., according to the CDC.

Most infections can be prevented by thoroughly cooking seafood.

By Linda Thrasybule, MyHealthNewsDaily Contributor

Coffee's Impact a Matter of Genes?

FRIDAY, Oct. 21, 2016 (HealthDay News) -- Why can some people enjoy a cup of coffee just before bed and [sleep](#) peacefully, while others lie awake for hours?



A new study suggests genes may hold the answer.

"Each of us could be potentially responding to [caffeine](#) differently, and it's possible that those differences can extend beyond that of [caffeine](#)," said study author Marilyn Cornelis. She is an assistant professor in the department of preventive medicine at Northwestern University Feinberg School of Medicine in Chicago.

In earlier research, Cornelis linked variations in genes to patterns of coffee consumption. In the new study, she looked for connections between these gene variations and chemicals that appear in the blood after people consume caffeine.

She found that gene variants linked to lower levels of caffeine chemicals -- which suggest faster caffeine metabolism -- are the same variants previously linked to higher levels of coffee consumption.

Cornelis' team also came across something unusual: a gene that may be connected to both caffeine metabolism and the metabolism of [glucose](#) and [lipids](#).

"How this gene relates to both caffeine metabolism and caffeine-seeking behavior is unclear but worthy of further study, given its link to several health outcomes," Cornelis said in a university news release.

In the big picture, she said, "the study further re-emphasizes the notion that not everyone responds to a single cup of coffee or other [caffeinated](#) beverage in the same way."

The study findings are based on an analysis of caffeine chemicals and genes in almost 10,000 people of European descent.

The study was published recently in the journal *Human Molecular Genetics*.

-- Randy Dotinga

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Defrosted Meat



Researchers found that meat cooked for over 6 minutes in a microwave loses half of its vitamin B-12 content. Another big danger is that parts of the meat that have been defrosted, but are still in the microwave as it works, are bacteria heaven. Since defrosting meat can take quite a long time there is a very real danger of either overcooked meat, or under-cooked meat full of bacteria. You are much better off defrosting meat in the fridge overnight and cooking it in some other way.

BabaMail

Sweet Way to Stave Off Diabetes

Containing 43 mg of magnesium per ounce, dark chocolate may reduce a person's risk of diabetes.

Consuming ample magnesium via dietary sources may reduce a person's risk of diabetes, especially for those who may be exhibiting metabolic impairments. Adela Hruby, from Tufts University (Massachusetts, USA), and colleagues assessed 2,582 subjects, average age 54 years, enrolled in the Framingham Heart Study Offspring cohort, following them for 7 years to assess magnesium intake and risk of metabolic impairments including impaired fasting glucose, impaired glucose tolerance, insulin resistance, and hyperinsulinemia. Data revealed that among those experiencing such impairments, the subjects who consumed the most dietary magnesium were 32% less likely to develop diabetes, as compared to those with the lowest dietary magnesium. The study authors conclude that: "Magnesium intake may be particularly beneficial in offsetting risk of developing diabetes among those at high risk."

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Medicine X



We're so excited to launch our new app on Diabetic Macular Oedema, which explains how diabetes can affect vision through an easy-to-understand story! Check it out for free at <https://goo.gl/mT5VKE> or download from the App Store!

