

This book was launched on 22 December 2015 at the British Council, Colombo.

The author of the book-Rajiva Wijesinha, MA, DPhil is a Sri Lankan writer in English, distinguished for his political analysis as well as creative and critical work. [Wikipedia](http://Wikipedia)

The book can be ordered from [www.godage.com](http://www.godage.com)

## Preface

This book brings together articles on governance issues written in the last few years. The main theme is the need for structural change, to ensure fulfilment of governmental and social responsibilities. Though there is stress now on corrective action, the greater need is for understanding of the root causes of abuse so these can be addressed, and abuse at least limited.

**Lanka Rights Watch** which began in the **Daily News** in 2012. It arose from the author's appointment to convene the Task Force to implement the National Human Rights Action Plan, which he had been instrumental in drafting when there was a dedicated Ministry for Human Rights under Mahinda Samarasinghe.

The articles describe the commitment of most government agencies to change, but also record the difficulties of progress in the absence of proper coordinating mechanisms. The author in the end resigned from the position in despair, urging the President to establish a Ministry with specific responsibilities, as had contributed previously to more effective action and better liaison with relevant national and international mechanisms.

Amongst themes taken up regularly in the articles are entrenching protection mechanisms for women and children, promoting equitable education, establishing clearcut policies with regard to land rights, expediting judicial reform to reduce wasteful and corruptive remanding, ensuring work norms for judicial officers, and introducing greater accountability to the communities on behalf of whom administrators are intended to function.

The systemic changes to promote effective government were taken up in two sets of columns in 2015, in 'Ceylon Today' and 'The Island'. As the only member on the government side to urge reforms publicly in the preceding couple of years, the author was enthusiastic about the changes brought about by the January Presidential election. He believed passionately in the manifesto that he had helped to draft but, as it turned out, political expediency trumped principle after the election, and hardly any of the promises extended were fulfilled.

The articles indicate the very simple steps that could have been taken to entrench accountability and ensure transparency. Measures to divorce executive action from electoral advantage, to entrench local consultation systems, to ensure responses to public concerns through mandatory response mechanisms, to increase professional input into government, are amongst the various themes taken up in these essays. In particular the writer stresses the need to strengthen Parliament, and indicates the simple steps that might have been taken to amend Standing Orders. But there was little interest amongst politicians who had benefited from existing deficiencies to introduce change.

'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 people, and we expect reciprocation by reading, for their health & longevity  
Health editor



## AUSTRALIA DAY Parade in Adelaide

The Sri Lankan contingent in the annual AUSTRALIA DAY Parade in Adelaide on 26th January 2016 won the award for the "Most Creative Presentation." This presentation and its format was organised by the newly-formed SL Association of South Australia. The Sri Lankan Tusker, a masterpiece, was created by the very talented artist Mr Priyantha Peiris. Needless to say there were also dance troupes and drummers.

Sent by Charles Schokman



Chinese New Year Lion dance : Source: Wikipedia

## Sydney Chinese New Year Festival Events 2016

by Priyanka

Event: 06/02/2016 - 21/02/2016

Year of the Monkey

The city of Sydney is going to welcome the 2016 Chinese New Year with a host of events and entertainment to celebrate the Lunar New Year

While the official date of the Chinese New Year in 2016 is 8th February, the festival events will be held over a period of 2 weeks starting Saturday 06 February 2016 to Sunday 21 February 2016.

<http://www.weekendnotes.com/>



**Turmeric is hot and here's why you should be eating more of it**

Turmeric, popular in Asia for more than 4,000 years, aids in a variety of ailments.

[Read More](#)

## **What Is Microcephaly?**

We explain the birth defects potentially tied to the mosquito-borne Zika virus.



## **Michelangelo defied arthritic hands to create masterpieces**

Renowned Italian artist Michelangelo likely suffered from arthritis in his later years, but addiction to work may have extended the use of his hands until he died, a new study suggests



## **Best breakfast for children is eggs, claim scientists**

Eggs are the best thing to give children for breakfast to stave off hunger for longer, according to new research.



## This is Sri Lanka today



### Multi-Culturalism

No matter how much people try to stir up the stir fry, Sri Lanka has a pretty integrated society. Everyone can name a handful of close friends from backgrounds different from their own. Sri Lankan neighbourhoods tend to be mixed, and everyone is connected through a mutual love for (and sharing of) each other's delicacies.

<http://www.yamu.lk/>

### Fr. Dilan Perera's Easter Appeal



This is Marcelling Fernando and his family members living in Payagala. He has a daughter who is separated and she has three children. They all live in the same house. It is pathetic to see the living condition and they need our immediate attention. Due to the situation at home two children do not go to school and only the daughter goes to the school.

I would like to beg your help for this family. The cost to build a house is A\$ 5,900.00

Thank you and God Bless You!

Fr. Dilan Perera OMI

Director/ Superior

St. Vincent's Home

Maggona,

Sri Lanka.-0094 718445009

## Does sexual transmission happen a lot?

Zika virus spread thru' Sex.

Until Tuesday's case in Dallas, only one case of certain sexual transmission of Zika had ever been documented: a researcher who came home from Africa to Colorado and infected his wife in 2008. But scientists knew it was theoretically possible.

Of course, most people who have sex live in the same place, so it would be almost impossible to tell whether someone was infected by a sex partner or by the same mosquitoes or mosquito. Tests on two men in the past show the virus can be found in semen. So, to be safe, many experts are telling men who travel to Zika-affected areas to use a condom for a week or so when they get back.

TODAY Healthy Living

<email@mail.today.com>



## **'Spud Fit': Man has lost 22 pounds with a goal of eating nothing but potatoes in 2016**

An Australian man is trying to eat only potatoes for this whole year to help lose weight and curb his food addiction.

[Read More](#)



## All About the Paleo Diet

The Paleolithic - or Paleo diet as it is commonly referred to, is a buzz word at the moment





## Sri Lanka: A new magazine launched

(February 1, 2016, Colombo, Sri Lanka Guardian) Asia Media Corporation launched their maiden publication – the HE magazine today (01).

Publishers say that the magazine would be a change from the mudslinging policy of media which can be seen in the present day. Instead, it would be a media experience of a higher quality, they add.

The publication is to be issued on the first week of every month.

Saranga Wijeratne, who has 12-years of experience at Wijaya Newspapers and 3 years of experience at Ceylon Newspapers, is functioning as the Chief Editor of the magazine and as the CEO and Director of Asia Media Corporation. Asia Media Corporation is a sister company of Suyamas Group of Companies chaired by Laliith Wettasinghe.

Simultaneously the magazine's website – [www.he.lk](http://www.he.lk) was also launched.



Rev. Kanishka Raffel was installed as Dean of Sydney on the 4th February this year at St Andrews Cathedral George St Sydney at 7pm, coinciding with the Independence Day in Sri Lanka, celebrated by Sri Lankans all over the world.

Kanishka was born in London to Sri Lankan parents and was raised as a Buddhist. While studying law at Sydney University a friend gave him a copy of The Gospel according to John and he subsequently became a Christian. Kanishka has served as Rector of St Matthew's since 1999. He is married to Cailey and they have two daughters. He loves curry, cricket and having gelato at the beach with his family but knows no pleasure so great as sharing the news about Jesus with people who have no idea who Jesus is or how much he loves them.

Kanishka gave one of the Bible talks at GAFCON 2013 in Nairobi and the Bible studies at the recent 2015 Anglican Future Conference in Melbourne.

Kanishka is the only son of late Dr Mrs Lilamani Raffel (Toots) held last appointment as Pathologist in Blacktown Hospital, NSW Australia.

by David Ould in Anglican Communion, Featured

Our Blessings & Congratulations



Picture shows the Installation Service of new Dean at St Andrews Cathedral congregation on Thursday, 4th February, the Rev Kanishka de Silva Raffel became the first non-European to hold the post.

<http://sydneyanglicans.net/news/cathedral-wins-raffel>



## Quick Tip #91: Vegan iron sources

*\*\*Iron\*\* is an essential nutrient largely responsible for the transportation of oxygen in the blood...*

by [skatingtomato](#)

## Zika virus a global emergency



The mosquito-borne Zika virus linked to thousands of birth defects in Brazil continues to spread rapidly.



## How Much Vitamin C Do You Need?

by [DoctorSaputo](#)



## Award Winning Best Romantic Short film - Gulcharrey | M...

by [Matineemasala](#)



## VIDEO: U.N. Condemns North Korea Rocket Launch

The United States and its allies called for an emergency meeting of the United Nations Security Council after North Korea defied warnings with the launch on Sunday.

Full Highlights of "Kumar Sangakkara with Hobart Hurricanes" in Melbourne.

Video Production of SNNI with AusNewsLanka.

Click Here to watch : <https://lnkd.in/biTVQVuQ>

<http://www.asianmirror.lk/business/item/14126-australians-support-ckdu-stricken-areas-in-sri-lanka>



- Aloo Paratha, Punjabi Aloo Paratha recipe by Tarla Dalal Tarla Dalal 627,573 views



# Does Alcohol Affect Your Health?

Susan E. Matthews,  
MyHealthNewsDaily Staff

An apple a day keeps the [doctor](#) away, but what about a beer a day? Or for that matter, a glass of wine or even a shot of hard liquor?

It's well-established that drinking too much, even every once in a while, is bad for you, but there's often uncertainty regarding how moderate drinking affects [health](#). There are some negatives, and some positives, so decisions about whether to drink really depend on people's individual situations, said Dr. Sam Zakhari, the director of the metabolism and health effects at the National Institute of Alcohol Abuse and Alcoholism.

But first, establishing what "moderate drinking" means is key for anyone looking for health benefits associated with [alcohol](#), Zakhari said. For men, moderation means no more than two drinks a day, while for women, moderation means no more than one drink a day. Zakhari emphasized that drinking seven drinks in one day, and not drinking the rest of the week, will have dramatically worse effects on health, even though it averages to the same levels of consumption.

According to Dr. Robert Gish, of the University of California, San Diego School of Medicine, moderate levels can be a bit higher daily, at one and a half drinks for women and two to three drinks daily for men. But it's important to take a couple days off each week from drinking at all, Gish said. Even though drinking at moderate levels has some benefits, as soon as people start drinking more than the recommended amounts, benefits diminish quickly, and problems arise, Gish said.

"If you tell people they can have a drink, or a drink and a half a day, they tend to overconsume," Gish said.

Zakhari noted that one drink is equal to one bottle of beer, one glass of wine or one shot of liquor. Drinking a large glass of wine counts as two drinks, not one. But, he added, because the benefit is from the alcohol itself, positive results can come from habitual, moderate consumption of any of these types of alcohol.

"A drink is a drink is a drink," he said.

## NISHAJI - the fisho's daughter of Weligama



Dr. Jennifer and I first met Nishaji's father NISHANTHA soon after the tsunami. He was selling fish on the side of the road at Weligama bay. We stopped and spoke to him and took some photographs. I sent him the photograph with a letter when we returned to Melbourne. He had kept that letter in a cupboard and did not reply as he said he cannot read or write in English. Nishaji found that letter, photocopied it, and wrote to me in English - some ten years since we first met her father! She is now nineteen years old and is studying for her Advanced Level with Physics, Chemistry and Biology as her main subjects. She got "A" passes in all the subjects she offered for her GCE Ordinary Level exam. She was a student and prefect at Sujatha College Matara.

She wants to study Medicine. AuSLMAT will support her in this endeavour. We look forward to meeting Nishaji and her family when AuSLMAT next visits Sri Lanka. We have a kind donation of a laptop from a generous friend in Melbourne. She did computer studies for the GCE ordinary level exams. We will pay for her further IT studies at a private tutor in Matara.

AuSLMAT support many such children who have the desire to study and enter University for further studies. Waruni is a girl from Habaraduwa whom we have supported since the time of the tsunami. She is now doing an Arts degree at Ruhunu University and her sister Pushpika will follow her next year.

Hilary Rodham Clinton in Newsweek on the 15th of January 1996 was quoted as saying "There is no such thing as other people's children".

Quintus de Zylva

### SLIDESHOW

#### All About Cataracts

Cataracts are painless, but they can lead to blindness. Know the warning signs and what can make you more likely to get them.



## Infections with Mosquito-Borne Chikungunya Virus Can Cause Brain Inflammation, Death

The chikungunya virus usually causes fever and severe pain, but it may also lead to brain inflammation and even death, a new study shows.

[Read More »](#)



Place the egg in a bowl of water.



If it sinks to the bottom, it's fresh as can be.



If it starts to stand up, it's still good.



If it floats to the top, it's no longer fresh. Throw it away.

## Happy Valentine's Day

*The season for remembering family, friends and the needy*

*Is now far gone and remains a distant but unforgettable memory*

*Only the financial splurge remains left to worry  
And the thoughts of speedy monetary recovery*

*But what's ahead is a path of red and so rosy  
And it is time to think of your one and only  
Of one that's a twinkle in the eye and so lovely  
That you dare not want to blink even momentarily*

*Wining and dining is part of the delectable revelry  
Looking into each other's eyes in every which way  
With love and affection that must never stray or sway  
To keep continuing as always and eternally*

*They call this day - "Valentine's Day"  
And not necessarily for "Love Birds" in the aviary  
But also folks wishing to show appreciation to their Beloved Party*

*As appropriate and in a manner so very pleasantly  
But some say you have to be wary  
For this is a leap year that is in the foray  
And for Ladies to propose is customary  
But remember; "Faint hearts never won the Hand of a Fair Lady".*

*Happy Valentine's Day to all.*

Noor Rahim



## Eggs

It may sound alarming at first, but what many people don't realize is that eggs have an incredibly long shelf life. They can last up to several months in the fridge. In fact, eggs actually don't even have to be refrigerated initially IF they have not been washed/scrubbed commercially.

In America, eggs are refrigerated because of the factory farming practices. The USDA requires that an egg be power-washed because many factory farm chickens carry salmonella. This washing process removes the natural layer of protection that an egg has when it is laid. Without this natural layer, contamination can leak in through the tiny pores of the egg shell, so commercial eggs are coated with a thin layer of oil to substitute the egg's natural protection and to keep it from drying out.

Some homesteaders say that they can leave their farm fresh eggs out of the fridge for around a week before they refrigerate them. Of course, refrigeration is always the safest way to ensure eggs don't become contaminated, as it is difficult to be certain that the chickens laying eggs are completely free from salmonella.

Read more at <http://www.reshareworthy.com/egg-cartons-julian-date/#XlVoObxGwh7R1vUO.99>

## Eight per cent attend church in Australia

**Hugh Mackay** is a social researcher and commentator:

Many Australians like to claim we're a Christian country, and it's true that the churches were hugely influential in laying the foundations of Australian culture, especially in education. But although 61 per cent of us ticked "Christian" in the last census, only 8 per cent attend church weekly. One the other hand, "the Muslim threat" that has spooked so many Australians is hard to find: only 2.2 per cent of the population is Muslim, and our fastest-growing religion is actually Hinduism.

Others will say we are a sporting nation, consistently punching above our weight in international competition. Yet we are noticeably less sports-mad than many other countries (try Britain), and we are acquiring an ugly reputation for sledging, poor sportsmanship and general boorishness. So what should we celebrate?

Surely our greatest source of justifiable pride is that we have become a shining example to the world of how to build a harmonious society out of a remarkably diverse group of immigrants, starting in 1788 with that motley collection of convicted criminals.

Though they were mostly British, they included French, African and American convicts, so the seeds of diversity were sown at the very beginning.

If Australia Day is for pondering Australian society – rather than simply rejoicing in the fact that we're here, and it's summer – perhaps we should stop asking "what is an Australian?" and focus on the kind of society we are creating.

**There is much to be proud of, much to celebrate, much to look forward to.**

(Sent by George Rupasinghe-Sydney)

Read more: <http://www.smh.com.au/comment/australia-day-pride-and-prejudice-20160125-gmdaro.html#ixzz3yJVayFPn>

## Sodium phosphate enemas increase risk of long-term kidney injury

REBECCA ZUMOFF —

The use of sodium phosphate enemas increases the risk of long-term kidney injury, according to a new study published in *American Journal of Kidney Diseases*.

The research discovered that the use of sodium phosphate enemas, versus Polyethylene Glycol (PEG), prior to colonoscopy screening in Veterans Affairs patients increases the risk for having long-term estimated glomerular filtration rate (eGFR) decline.

Additionally, patients with non-iron deficient anemia are at particularly high risk for eGFR decline.

**Read also: Study shows association between proton pump inhibitors, chronic kidney disease**

Participants who are prescribed PPIs may be at higher risk of CKD for reasons unrelated to their PPI use, the authors of a new study noted. More "Sodium phosphate enemas are associated with a 38% increase in the chance of developing a decline in kidney function one year following the exposure," said Monica Schaefer, Pharm.D., of the Department of Veterans Affairs. "Our research recommends that the use of sodium phosphate enemas be limited due to the risk of long-term impact on kidney function."

## Sudden Cardiac Death in Athletes

Moira Davenport, MD |



Regular athletic activity can result in structural cardiac changes. These changes may be adaptive, or they may lead to cardiac complications.

Sudden cardiac death is a sudden, unexpected death caused by loss of heart function (sudden cardiac arrest),<sup>[1]</sup> and its occurrence in athletic populations is becoming increasingly common.<sup>[2-4]</sup> Cases have been reported among male and female athletes from all sports. Therefore, it is imperative that physicians be familiar with the risk factors for and common causes of sudden cardiac death in this population.

Image courtesy of Wikimedia Commons/US Navy Photographer's Mate Airman Apprentice Nicholas Garrett.



### Did You Know? Magnesium and Mental Health

Magnesium deficiency can lead to stress and anxiety, yet stress and anxiety can also lead to a magnesium deficiency—a vicious cycle for many. [Read More >](#)



**Grant Cornett for The New York Times. Food stylist: Maggie Ruggiero. Prop stylist: Theo Vamvounakis.**

EAT

### The Generosity in Senegalese Stew



By FRANCIS LAM

Learning how to cook chicken mafe includes unexpected lessons on hospitality.

## The history of the Sydney Opera House

has deepened with the discovery of recordings of the Australian architect who finished the job when Dane Jorn Utzon resigned.

[His family sees him as a tragic victim of "that incredible building"](#)



## The Fiber Factor

*Multi-country study reaffirms that increased dietary fiber may reduce the risk of developing type-2 diabetes.*



Brown fiber cereal - image from Shutterstock

Previously, a number of studies suggest a diverse range of health benefits of diet rich in fiber – ranging from cardiovascular to gastrointestinal to weight management. Researchers from The InterAct Consortium analyzed data collected via the European Prospective Investigation into Cancer and Nutrition (EPIC)-InterAct study on 29,000 men and women with type-2 diabetes, residing in eight European countries, who were followed for an average of 10.8 years. Data analysis revealed that people with the highest total fiber intake – 26 g per day or more – had an 18% lower risk of developing diabetes, as compared to those with the lowest total fiber intake (19 g or less per day). As well, the risk for diabetes fell by 9% for each 10 g per day increase in total fiber intake. The study authors submit that: "The overall evidence indicates that the intake of total and cereal fiber is inversely related to the risk of type 2 diabetes."

[VIEW NEWS SOURCE...](#)



### Spicy Tomato Salsa

*A versatile tomato based salsa with a kick*

by [Annalisa Brown](#)



**5 things you should never do with your oven — and 1 thing you should**

[Read More](#)

## Homemade Fresh Bread Crumbs

Turn stale bread into delicious homemade breadcrumbs. It's so easy and economical!

[Read More](#)

## Fast facts on diabetes

Here are some key points about diabetes. More detail and supporting information is in the main article.

Diabetes is a long-term condition that causes high blood sugar levels.

In 2013 it was estimated that over 382 million people throughout the world had diabetes (Williams textbook of endocrinology).

Type 1 Diabetes - the body does not produce insulin. Approximately 10% of all diabetes cases are type 1.

Type 2 Diabetes - the body does not produce enough insulin for proper function.

Approximately 90% of all cases of diabetes worldwide are of this type.

Gestational Diabetes - this type affects females during pregnancy.

The most common diabetes symptoms include [frequent urination](#), intense thirst and hunger, weight gain, unusual weight loss, [fatigue](#), cuts and bruises that do not heal, [male sexual dysfunction](#), numbness and tingling in hands and feet.

If you have Type 1 and follow a healthy eating plan, do adequate exercise, and take insulin, you can lead a normal life.

Type 2 patients need to eat healthily, be physically active, and test their blood glucose.

They may also need to take oral medication, and/or insulin to control blood glucose levels. As the risk of cardiovascular disease is much higher for a diabetic, it is crucial that blood pressure and cholesterol levels are monitored regularly.

As smoking might have a serious effect on cardiovascular health, diabetics should stop smoking.

Hypoglycemia - low blood glucose - can have a bad effect on the patient. Hyperglycemia - when blood glucose is too high - can also have a bad effect on the patient.

MNT

4 million diabetic patients in Sri Lanka out of 21 million

A nation eating processed foods & 4 tsp of sugar in every cup of tea

**I wasn't prepared for this!**

<https://www.facebook.com/star1045/videos/10152871613882066/>

## Heat and high pressure: new technique to process food

Researchers are investigating how to improve a century old technology of processing food. Could this method result in safer food products with better characteristics and an extended shelf life?

High pressure to preserve and sterilize some foods, prolonging their shelf life: this old method of food preservation is called High Pressure Processing (HPP) or Pascalisation, from the name of the 17th century French scientist Blaise Pascal, famous for studying the effects of pressure on fluids.

Applied to certain foods, high pressure can render inactive some microorganisms such as yeast, mould and bacteria, and some enzymes too, which contribute to deteriorating these foods when processed.

In Japan since 1990, HPP has been used to preserve some juices, jellies, and jams, whereas it is now used to preserve fish and meat, salad dressings, rice cakes, and yoghurts. In the US the technique has been used for guacamole: it did not change the taste, texture, or colour, but the product's shelf life increased from three to thirty days.

Now a new version of HPP, the so-called "High Hydrostatic Pressure in combination with Temperature" (HPT) technique, could represent a significant improvement in food processing, by adding a heating step to the high pressure processing.

The combination of a preheating stage and high pressure is expected to sterilise food products and ensure greater food safety, freshness and nutritional quality, while extending shelf life. In addition, HPT promises to be environmentally friendly thanks to its low energy costs and reduced water consumption. HPP does not greatly affect the nutritional value, taste, texture, and appearance of a given food product. Neither does it use chemical preservatives. This is why high pressure treatment is considered a "natural" preservation method. In HPP, food products are sealed and placed into a steel compartment containing water, and pumps are used to create a pressure as high as that measured at the bottom of the ocean. The treatment works equally well for solid and liquid products.

The difference between the two methods is that in HPT, most of the enzymes are killed when the food is heated. Enzymes are responsible for changing the colour and texture of a given product after cutting, juicing or other processing steps; just like an apple turns brown after slicing, and the so-called "cloud-loss" in freshly squeezed orange juice.

"After HPP most of the enzymes are intact, which means the colour and texture (and also flavour) are not stable during chilled shelf life. On the other hand, after HPT treatment the enzymes are mostly rendered inactive, resulting in a stable colour and texture during the ambient shelf life", explains Dennis Favier, Creative Director of the innovation company TOP bv in the Netherlands.

"Another important difference is food safety of non-acidic products, like vegetables or meat. Due to bacterial spores, non-acid food is not safe after HPP treatment. On the contrary, by applying HPT the spores are killed, which makes the products sterile and thus safe for a long period", says Favier.

MNT



# Nutritional breakdown of honey

According to the US Department of Agriculture (USDA) National Nutrient Database, one tablespoon of honey (approximately 21 grams) contains 64 **calories**, 17.3 grams of **carbohydrate** (17.3 grams of sugar no fiber), 0 grams of fat and 0 grams of protein.<sup>1</sup> Honey contains negligible amounts of **vitamins** and minerals.

Cholesterol is rising.

## Antibacterial agent

Honey contains the protein defensin-1, which has the ability to kill bacteria.<sup>4</sup> Raw, unpasteurized honey can be used as a topical agent for wounds but should using honey over sugar results in a more gradual rise in blood sugar levels that is believed to help with hunger levels. Honey is also known to have antioxidant, antimicrobial and soothing effects.<sup>2</sup>

## Possible benefits of consuming honey

### Cold relief

The World Health Organization (WHO) and American Academy of Pediatrics recommend honey as a natural cough remedy. A 2007 study by Penn State College of Medicine suggested that honey reduced nighttime coughing and improved sleep quality in children with upper respiratory infection better than the cough medicine dextromethorphan or no treatment.<sup>2</sup>

### Heartburn relief

Honey may be effective at treating **heartburn**, according to research reported in the *BMJ*.<sup>3</sup> Researchers have suggested that this may be due to the viscosity of honey coating the upper gastroesophageal tract and preventing stomach acid from not being used in place of a prescribed topical agent.

MNT

# Daily Dose of Coconut Oil Generates Powerful Health Benefits

## Functional Foods Cardio-Vascular Weight and Obesity

Recent study shows that just one tablespoon of coconut oil daily could promote weight loss and improve cardiovascular health



I wrote about the health benefits of coconuts in year 2000. The article is still there on [www.ozlanka.com/health](http://www.ozlanka.com/health) link.

I nearly got brick bats from my colleagues.

Editor

Coconut oil - image from Shutterstock

Coconut oil has previously been thought of as a "bad fat", as it contains saturated fatty acids. Recent studies have shown that natural sources of saturated fats are actually not only not "bad", but are beneficial, particularly for the brain. A new study, conducted at the Postgraduate Program in Cardiology at the School of Medicine, Universidade Federal do Rio de Janeiro, evaluated the health effects of extra virgin coconut oil. The study focused primarily on how coconut oil affects HDL cholesterol and a range of other measurements, such as body weight, size, and circumference. Participants were all hypertensive, 63.2% male, with ages ranging from 54 to 70 years. 94.5% had blood lipid profiles indicating dyslipidemia and were taking standard cholesterol-lowering drugs. For the first three months, 136 participants were put on a standardized diet. For the third month and onward, the 116 who completed the first phase were placed in two intervention groups. The first group contained 22 participants who remained on the diet. The remaining 92 were put on the diet and given an additional 13 ml of extra virgin coconut oil daily (equivalent to approximately one tablespoon). The results at the end of the three months showed that the group of participants taking coconut oil saw a decrease in all six of the bodily parameters measured, including weight (reduction of .6 kilograms), body mass (reduction of .2 kg), waist circumference (reduction of 2.1 cm), neck perimeter (reduction of 4cm), systolic blood pressure (reduction of 3.3 points), and diastolic blood pressure (reduction of 3.5 points). Participants also saw a 3.1 to 7.4 mg increase in HDL cholesterol. The researchers concluded that "nonpharmacological interventions are essential for risk factor control in secondary prevention among patients with coronary disease. Our study showed that a diet rich in extra virgin coconut oil seems to favor the reduction of WC and the increase of HDL-C concentrations, raising with secondary prevention for CAD patients."

[VIEW NEWS SOURCE...](#)

# Swimming With Bacteria

A water park crawling with 1,000 kids can have 22 pounds of poop floating around, says Michele Hlavsa, RN, chief of the CDC's Healthy Swimming Program. Little kids can carry as much as 10 grams of leftover feces on their rear ends, she says. They don't make a habit of washing off before jumping in, so all that poop just rinses off into the pool. It adds up, and chlorine doesn't kill everything. The CDC found that more than half of pools test positive for *E. coli*, which can cause bloody diarrhea. Your best line of defense? Try not to swallow any water.

## Yoga



I'm off to Specsavers for my appointment. By the way you haven't shaved very well and your tie is crooked!

# Diet in diabetes

Dr. Araki's research, published in the *Clinical Journal of the American Society of Nephrology*, claims that diets rich in potassium may help protect the heart and kidney health of patients with type 2 diabetes.

The trial involved 623 Japanese type 2 diabetics, none of whom were currently using diuretic medicines or had any history of CVD. The patients were enrolled between 1996 and 2003 with a median follow-up period of 11 years.

This long-term study measured potassium and sodium excretion through urine sampling. The amount of these elements excreted in urine is an accurate indicator of the amount consumed.

**The results showed that higher levels of potassium in the participants' urine indicated a lower risk of renal dysfunction and cardiovascular problems. Sodium excretion, on the other hand, showed no correlation.**

The authors agree with recommendations to restrict energy intake, as is standard practice with diabetic patients, but Dr. Araki warns that a low-calorie, low-sodium diet may also be deficient in potassium.

He is well aware of the difficulties surrounding a diabetic's dietary choices:

"For many individuals with diabetes, the most challenging part of a treatment plan is to determine what to eat."

Dr. Araki believes that raising potassium in diabetes diet plans might prevent ESRD and CVD from developing in individuals, or at least slow its advance.

These results are in line with other recent research that has linked higher dietary potassium intake with lower incidence of kidney dysfunction and CVD in non-diabetic patients.

## Marinades Add Flavor but Don't Always Tenderize

When you marinate meat or fish, the result depends on the composition of the marinade. For flavor without toughness, use a low-acid marinade for shrimp.

by Shirley Corriher from Fine Cooking Issue 34

For true tenderizing, use buttermilk or yogurt. Dairy products are, in my opinion, the only marinades that truly tenderize. Hunters have long known to marinate tough game in milk, Indian recipes use yogurt marinades for lamb and tough goat meat, and some southern cooks soak chicken in buttermilk before frying. Buttermilk and yogurt are only mildly acidic, so they don't toughen the way strongly acidic marinades do. It's not quite clear how the tenderizing occurs, but it seems that calcium in dairy products activates enzymes in meat that break down proteins, a process similar to the way that aging tenderizes meat.

In deciding how long to marinate, consider the texture of the meat or fish. In general, open-textured flesh like fish fillets needs only a few minutes of soaking. I love making "fish fingers" by briefly immersing strips of fish fillets in buttermilk seasoned with cayenne, dusting them with seasoned flour, and then frying them. Food with a tighter texture, such as chicken or lamb, can tolerate several hours in a marinade, even one that's mildly acidic.

## Does your coffee contain mycotoxins?

That first cup of coffee is pure bliss for those people needing their morning caffeine fix, whether it is prepared with milk, sugar or simply black. But how about a splash of mycotoxins? A new study confirms the presence of these toxic metabolites produced by fungi in commercial coffee samples, leading to concerns about potential public health risks.

*Coffee with a splash of mycotoxins? The new study reveals levels that exceed those legally allowed in Spanish samples of coffee.*

The study - led by Dr. Emilia Ferrer of the University of Valencia in Spain - is published in the journal *Food Control*.

She and her colleagues explain that mycotoxins are compounds produced by filamentous fungi - such as *Aspergillus* or *Fusarium* - that cause disease and health issues. These compounds can be carcinogenic and may affect the hormonal and immune systems.

Mycotoxicosis is the toxic effect of mycotoxins on animal and human health. Exposure to these compounds is typically by ingestion, but it can also occur through the skin or by inhalation. According to the World Health Organization (WHO), general interest in mycotoxins came about in 1960, when **turkey** X disease - a form of mycotoxicosis that was related to animal feed - arose in farm animals in England.

From this, it came to light that these toxins are hepatocarcinogens - agents that cause **cancer** of the liver - and thus began more widespread research into mycotoxins.

MNT

## Your Balance on One Leg & Your Stroke Risk Linked

Inability to stand on one foot for 20-plus seconds could suggest brain vessel damage, study contends

WebMD News from HealthDay  
By Steven Reinberg  
*HealthDay Reporter*

(HealthDay News) -- If you can't balance on one leg for at least 20 seconds you may be at risk of a **stroke**, Japanese researchers suggest.

Difficulty standing on one leg may indicate that small strokes or tiny bleeds have already occurred, which means the risk for more serious strokes is high, the investigators reported online Dec. 18 in the journal *Stroke*.

"Individuals showing instability while standing on one leg, as well as problems walking, should receive increased attention, as this physical frailty may signal potential **brain** abnormalities and mental decline," said lead author Yasuharu Tabara, an associate professor in the Center for Genomic Medicine at the Kyoto University Graduate School of Medicine.

**Stroke**, a leading cause of disability and death, occurs when **blood** flow to a part of the **brain** is interrupted because of a clot or bleeding.

For the study, Tabara's team had nearly 1,400 men and women, average age 67, try to balance on one leg for a minute. The researchers also took **MRI** scans to assess disease in the small **blood** vessels of participants' brains, in the form of "silent" strokes -- or microbleeds.

The researchers found that the inability to balance on one leg for more than 20 seconds was linked to having had tiny strokes or small bleeds in the **brain**.

Balance problems were also associated with reduced thinking and memory skills.



[Cardio-Vascular](#)

### Beware Sugary Beverages

As little as 1 or 2 servings of sugary drinks each day has been found to dramatically increase the risk of heart attack or fatal heart disease, type 2 diabetes, [More >](#)

## Vegetarian Thanksgiving: Festive Eggplant Rolls

By  
**TARA PARKER-POPE**



Credit Andrew Scrivani for The New York Times

If you're looking to wow your crowd this Thanksgiving, consider these festive eggplant rolls. Courtesy of reader Christine Vartanian Datian of Las Vegas, these decadent rolls of Japanese eggplant strips, ricotta and walnuts are colorful and tasty, with an added crunch.

Ms. Datian said the dish is influenced by her Armenian heritage. Sometimes she substitutes almonds or pecans for the walnuts and sour cream for the ricotta, depending on her guests, but her preference is the combination of walnuts and ricotta, layered on the strips of Japanese eggplant. She serves it as both an appetizer and a main course, next to a fig and basil salad and with a variety of California red and white wines. She garnishes the dish with parsley and green onions to add more color. "It's very, very pretty," said Ms. Datian. "The ricotta and the walnuts with the crunch factor — people like it, and children like it too."

[Eggplant Walnut Ricotta Rolls With Fresh Greens and Basil Salad](#) : Enjoy making this recipe for special occasions and around the holidays.

[View all of Well's Vegetarian Thanksgiving recipes.](#)



Applying lemon juice to cracked heels will soften the skin as lemon has acidic properties. Stick your feet in a bucket of lukewarm water and lemon juice for 10 to 15 minutes to hydrate your feet. Once you finish, clean your feet with a pumice stone and pat your feet dry. BabaMail




# Gastric Sleeve Surgery

## Surgery Overview

Restrictive operations like [gastric sleeve surgery](#) make the [stomach](#) smaller and help people lose [weight](#). With a smaller stomach, you will feel full a lot quicker than you are used to. This means that you will need to make big lifelong changes in how you eat—including smaller [portion sizes](#) and different foods—in order to lose weight.

This surgery can be done by making a large incision in the [abdomen](#) (an open procedure) or by making several small incisions and using small instruments and a camera to guide the surgery ([laparoscopic](#) approach). More than half of your stomach is removed, leaving a thin vertical sleeve, or tube, that is about the size of a banana. Surgical staples keep your new stomach closed. Because part of your stomach has been removed, this is not reversible.

Sometimes this surgery is part of a larger approach to [weight loss](#) done in several steps. If you need to lose a lot of weight before you have [duodenal switch surgery](#) , [gastric sleeve surgery](#) may help you. -WebMD



## What is restless legs syndrome?

Restless legs syndrome (RLS) can be tricky to diagnose, largely because symptoms tend to be worse at night and less obvious in the doctor's office.

RLS can appear or get worse during pregnancy, and is more common in those with conditions such as [rheumatoid arthritis](#), [diabetes](#), or [anemia](#). But it can strike people without those problems too.

If you think you might have RLS, read on to see the signs and symptoms that are used to diagnose the condition—which is treatable.

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



[Doctors Stand Behind A Blue Sheet. Just Wait Until You See What They're Doing Behind It...](#)

## Order Oysters

There's a reason why these mollusks are known for being great for fertility. They have almost five times your recommended daily dose of zinc. This mineral helps your body make testosterone. You can also get it in beef and beans. And it's often added to breakfast cereal.

Bonus: Zinc boosts your immune system. WebMD

## Gout in Children and Teenagers

### Can Children get Gout?

When we think of gout, we think of older people suffering from the disease and not really children or teenagers but the truth is, that gout affects them also.

Fortunately, gout in children is uncommon but it can affect anybody from the age of 12 and over. Although gout in children does not occur often, their bodies can begin forming excessive uric acid at a young age if they form bad eating habits in early life.

For example, kids who grow up eating a diet high in sugars and low fiber are at an increased risk of suffering from many different health problems, one of them being gout. A kid's diet that is high in sugars and meat, and we know much kids love hot dogs and burgers, can eventually lead to higher uric acid in the blood, laying the groundwork for gout in the future.

Like everybody else, children can experience inflamed, hot and reddened joints caused by gout making moving difficult for them. According to National Institute of Arthritis and Musculoskeletal and Skin Diseases, children can experience gout in any of their joints like their ankles, knees and fingers as well. Children are also at a higher risk of developing gout if they are already suffering from diabetes, kidney disease, obesity or certain blood cancers.

According to [KidsHealth](#) doctors typically test uric acid levels in the blood if gout is suspected and treatments are very similar like the ones for adults.

- See more at:

<http://goutandyou.com/gout-in-children-and-teenagers/#sthash.3U0vNHeo.dpuf>

## Predicting Cognitive "D"ecline

*Low vitamin D status is linked to faster rates of cognitive decline.*



Vitamin D - image from Shutterstock

A number of previous studies suggest that Vitamin D deficiency associates with brain structural abnormalities and cognitive impairments. Joshua Miller, from the Rutgers School of Environmental and Biological Sciences (New Jersey, USA), and colleagues studied 382 men and women, in their 60s to 90s, residing in an outpatient clinic, assessing them for vitamin D levels and cognition once a year for an average of five years. The study included people with normal cognition, mild cognitive loss, and dementia. The group was racially and ethnically diverse, including whites, African Americans and Hispanics. Most (61%) had low vitamin D levels in their blood. While observing that 70% of the African-Americans and Hispanics in the study had low blood levels of vitamin D, the team found no difference in the rates of cognitive decline based solely on racial or ethnic lines, reporting that: "Low VitD status was associated with accelerated decline in cognitive function domains in ethnically diverse older adults, including African American and Hispanic individuals who exhibited a high prevalence of VitD insufficiency or deficiency."

[VIEW NEWS SOURCE...](#)

## Yoga Improves Arthritis Symptoms

A leading cause of disability, arthritis affects 1 in 5 adults – many of whom are younger than age 65. Left unmanaged, arthritis compromises mobility, and can cause declines in quality of life.

Susan J. Bartlett, from Johns Hopkins University (Maryland, USA), and colleagues completed a study in which 75 sedentary men and women, ages 18 years and older, with either knee osteoarthritis or rheumatoid arthritis, were randomly assigned to either a wait list or eight weeks of twice-weekly yoga classes, plus a weekly practice session at home. Compared with the control group, those doing yoga reported a 20% improvement in pain, energy levels, mood and physical function, including their ability to complete physical tasks at

work and home. Walking speed also improved to a smaller extent, though there was little difference between the groups in tests of balance and upper body strength. Improvements in those who completed yoga was still apparent nine months later. The researchers report that: "Preliminary evidence suggests yoga may help sedentary individuals with arthritis safely increase physical activity, and improve physical and psychological health and [health-related quality of life]."

[VIEW NEWS SOURCE...](#)

<http://www.telegraph.co.uk/travel/destinations/asia/srilanka/1212194>

# Dementia & Alzheimer's Disease

Dementia is a broad term for a group of symptoms that mean you have trouble with learning and memory. Alzheimer's disease is one form of dementia, the most common type. But it accounts for only 60% to 80% of all cases.

Other types include vascular dementia, frontotemporal dementia, Parkinson's disease, and dementia with Lewy bodies. Drug side effects, brain injury, depression, and alcoholism can create dementia symptoms, too. The symptoms may get better when those conditions are treated.

No vitamin, supplement, food, or drug has been shown to cure or treat Alzheimer's.

One promising antioxidant, resveratrol, is found in red grapes. But resveratrol also could wind up like vitamin E, vitamin C, ginkgo biloba, B vitamins, and coenzyme Q10. All carried similar hopes at one time or another, but none has been proved to prevent or slow the disease, much less reverse it.

Research suggests your best bet is a diet rich in fruits, vegetables, fish, and nuts to help protect your brain. There's no silver bullet.

Age is the No. 1 risk factor. The older you are, the more likely you are to get Alzheimer's. The actual cause isn't fully known.

The list of things that don't cause dementia includes aluminum cans and cooking pots, flu shots, artificial sweeteners, and silver dental fillings.

Less than 5% of cases are true "familial Alzheimer's," a type that runs in families. Your genes do play a role, though. If you have a parent or sibling with Alzheimer's, you'll have a higher chance of getting it. That's something you can't change.

But research shows there are some things you do can to lower your odds of getting it. These include staying at a healthy weight, eating a healthy diet, exercising, taking care of your heart, and controlling diabetes if you have it. An active social life -- seeing friends and family and doing things outside your home -- can lower your risk, too. Even more education can make a difference for good.

Repeating yourself, getting lost, and showing fuzzy thinking skills all show up after the process of Alzheimer's has already begun in the brain. Researchers believe the disease may start to cause physical changes years or decades before symptoms appear.

It's normal to forget a meeting. It's a warning sign if you forget many or forget big events or where you are. Normal is misplacing your keys. Not normal is putting the keys somewhere odd, like the oven, or accusing your spouse of stealing them.

WebMD

[The pill that costs \\$9,000 in US sells for \\$70 in India](#)

# When flavonoids are your cup of tea

It has long been known that tea is beneficial to health but more in-depth studies are slowly furthering the understanding of why, writes Katherine Tallmadge.



"A serving of tea is like adding fruits or vegetables to your diet" ... Jeffrey Blumberg, Tufts University.

It helps your heart by keeping blood vessels unclogged and flexible. Blood pressure and stroke risk were reduced in epidemiological and clinical studies (even with sugar added). In a double-blind, randomised study in which hypertensive men drank one cup of black tea daily, both systolic and diastolic blood pressure were reduced.

The blood pressure-lowering effect was maintained even after a large intake of fatty, sugary food, which usually constricts blood vessels, showing that "cardiovascular protection can be achieved even without much sacrifice and with normal intakes", Claudio Ferri, a professor at Italy's University of L'Aquila School of Internal Medicine and co-author of the study, said.

Healthier blood vessels create better blood flow, which means all of your organs, including the brain, are receiving more blood, oxygen and nutrients, enhancing your body's ability to fight disease. So healthier blood vessel linings might be one reason why tea consumption seems associated with so many benefits.

## Advertisement

It improves bone health. After drinking four to six cups of green tea daily for six months, post-menopausal women with low bone mass (osteopaenia) achieved an improvement in certain short-term measures of bone health in a National Institutes of Health-funded study conducted at Texas Tech University Health Sciences Centre. They also improved muscular strength. Tea reduced oxidative stress and inflammation, preventing the usual bone and muscle breakdown. It can help your thinking. When your brain receives better blood flow and oxygen, and inflammation and oxidative stress are reduced, there is improved cognitive function, according to studies.

It might reduce cancer risk. Many animal and test-tube studies have found anti-cancer effects of tea, but human studies have been less consistent. "In lab studies, compounds in tea show a lot of cancer fighting promise. Many act as antioxidants, slow tumour growth and even increase cancer cell death," Alice Bender of the American Institute for Cancer Research said. "But the evidence is too limited and inconsistent to make any conclusions about tea and cancer risk for humans."

It can help you lose weight. Not only does tea have fewer calories than most beverages (zero without milk and sugar) but certain compounds in tea, and especially green tea, have been found to burn body fat. Caffeine slightly increases fat-burning, but recent studies show "the combination of caffeine and green tea catechins [tea's antioxidants] is even more effective at increasing energy expenditure and fat oxidation, though the effect is small, burning 100 calories over 24 hours, or a loss of 2.8 pounds [1.27 kilos] over 12 weeks", Rick Hursel of Maastricht University, co-author of one study, said.

Read more: <http://www.smh.com.au/national/health/when-flavonoids-are-your-cup-of-tea-20121114-29cuc.html#ixzz3qr7UM3ZR>

Follow us: @smh on Twitter | sydney Morning Herald on Facebook

# 3 tips for shopping on eBay — from a woman who furnished her entire home with the site!

Sherry Lefevre knows a thing or two about shopping on eBay. She furnished her home by shopping on the auction site, and now she's sharing what she learned.

[Read More](#)

## Stop Making These Makeup Mistakes



If you're sleeping in your makeup, wearing high-gloss lipstick, or doing these other things, you could be harming your skin and your overall health.



[Baby Orangutan Meets Other Orphans Just Like Her For The Very First Time](#)



Hey, I just wanted to share with you the latest GoutandYou blog post. Let me know what you think.

[Gout and Fast Food](#)





# Why cucumber is a must in your diet

[Chandni Ghosh](#)

Cucumbers are rich in vitamin K, copper, potassium, [vitamin C](#) and manganese and can help avoid a number of nutrient deficiencies. Want to know other ways in which this veggie can keep you healthy? Here's a list.

**Fights inflammation:** Cucumbers may help in cooling the inflammatory response in your body.

Cucumber extract helps reduce unwanted inflammation, in part by inhibiting the activity of pro-inflammatory enzymes. Reduces [cancer](#) risk: Cucumbers help in lowering the risk of breast, uterine and prostate cancer. They also contain phytonutrients, which has cancer fighting properties.

**Helps in digestion:** Cucumbers are rich in water and fiber. If you're struggling with acid reflux, this vegetable is a must in your diet. The skin of a cucumber contains insoluble fiber, which adds bulk to your stool thereby helping your digestive track.

**Helps heart health:** Cucumbers comprise potassium, which is associated with low blood pressure levels. A balance of potassium is extremely important for your body.



Think Stock Photos/Getty

## Antioxidants and Aging

Eat foods rich in antioxidants to help fight free radicals -- unstable oxygen molecules that contribute to the aging process. Antioxidants can be found in colorful vegetables and fruits like berries, beets, and tomatoes. For a balanced diet and to help you reduce your risk of developing cancer and heart disease, add at least five to nine servings of fruits and vegetables to your diet each day

WebMD

## Swedish diagnostic method for Alzheimer's becomes international standard

Researchers at Gothenburg University have developed a reference method for standardized measurements that diagnose [Alzheimer's disease](#) decades before symptoms appear. The method has now formally been classified as the international reference method, which means that it will be used as the standard in Alzheimer's diagnostics worldwide.

Everyone naturally builds the beta amyloid protein in his or her brain. The protein's normal function is not completely mapped, but one theory is that it participates in the formation and removal of synapses, which is vital in enabling the brain to form new memories.

### Remain in the brain

Beta amyloid built by healthy people is quickly transported out to the spinal fluid and blood. But with Alzheimer's, the beta amyloids remain in the brain, where they clump together and begin to damage the synapses, which leads to brain, nerve cell death.

This process can begin in middle age and continue unnoticed for decades until the nerve cells are so damaged that symptoms take the form of a memory disorder and impaired cognitive abilities. At that point, the disease is felt to be too advanced to be treated, so intensive worldwide research is underway to find methods that diagnose Alzheimer's sooner.

### Exact measure

After decades of research, Henrik Zetterberg and Kaj Blennow at Sahlgrenska Academy, Gothenburg University, were able to develop a method that measures the exact amount of beta amyloid in spinal fluid and diagnose Alzheimer's ten to thirty years before the disease becomes symptomatic.

"If the concentration of beta amyloid in the spinal fluid is abnormally low, it indicates that the protein is sticking in the brain, which is the earliest sign of Alzheimer's disease," says Henrik Zetterberg.

MNT

## Add Zing to Your Meals

Onions and garlic are your allies in the kitchen *and* in the bedroom. They help you make more and better sperm. Both raise levels of a hormone that triggers your body to make testosterone. And both have high levels of natural plant chemical called flavonoids, which safeguard your li'l swimmers against damage.

WebMD



## [Unraveling the Ties of Altitude, Oxygen and Lung Cancer](#)

By [GEORGE JOHNSON](#)

Humans need oxygen, but the link between higher altitudes, where there's less of it, and a lower incidence of lung cancer is growing stronger.

## [Cook like Padma Lakshmi for under \\$20: One-dish sausage with rice and lentils](#)

What's better than dinner for four for under \$20? How about a one-dish dinner for four for under \$20? Here, Padma Lakshmi shares her easy recipe for protein-packed sausage with rice and lentils. Want to vary it? Lakshmi says you can substitute all sorts of beans for the lentils. Vegetarian? No problem. Just drop the sausage from this flexible recipe.

[Read More](#)

## [Champagne will improve your memory](#)

A 2013 study from Reading University has shown that drinking three glasses of Champagne a week could help prevent memory loss and protect your brain from diseases like Alzheimer's and dementia. It was discovered that the grapes used in Champagne (Pinot Noir and Pinot Meunier) have high levels of phenolics (a colorless crystalline solid and aromatic compound) which help modulate signals in the hippocampus and cortex - parts of the brain associated with memory and learning. Furthermore, according to the study, Champagne, appears to help restore those protein counts to normal levels. So far though, studies have only been conducted on animals.

BabaMail



## [Crispy Crunchy Kale Chi](#)

Having trouble getting your daily intake of veggies? Make sure to try these highly nutritious and de...

by [crystalnung](#)

Learn how Fast Food can cause many serious health issues including Gout.

[Click Here](#)

## New Drug for Crohn's Disease Shows Early Promise

By Amy Norton

HealthDay Reporter

(HealthDay News) — An experimental drug may quickly quash symptoms of the digestive disorder Crohn's disease — at least for the short term, an early clinical trial finds.

The study, of more than 150 adults with Crohn's, found that just two weeks of treatment sent many into remission — meaning they had few to no symptoms of the inflammatory bowel disease 28 days after the study began.

Experts said the findings are encouraging. For one, the drug is a pill, whereas the current "biologic" drugs for Crohn's — such as Remicade and Humira — are given by injection or IV.

And the drug worked quickly. "There was a pretty high remission rate in a short period of time. That's impressive," said Dr.

Raymond Cross, a gastroenterologist at the University of Maryland Medical Center, who was not involved in the study.

In theory, the new drug — dubbed mongersen — could be safer than existing medications, too, according to Cross. Cross also co-chairs the education committee for the Crohn's & Colitis Foundation of America (CCFA).

But time will tell, Cross said. "You can't really assess safety in two weeks," he explained.

And, the study authors wrote that longer-term studies of both the safety and effectiveness of mongersen need to be done, along with studies that compare the new drug to existing therapies. Results of the study were published March 19 in the *New England Journal of Medicine*

**A live plant or bunch of flowers in the hospital ward or private room helps patients recover more quickly. Nature is a great healer and tends to make people more satisfied with life, less stressed and less anxious. - Marie Vonow**

## Omega-3 fatty acids may help improve treatment and quality of life in cancer patients

Adding **omega-3** fatty acids to anti-tumor medications may improve treatment response and quality of life for **cancer** patients according to a new study by researchers at the University Hospitals of Leicester in the United Kingdom.

The study, published in the OnlineFirst version of the *Journal of Parenteral and Enteral Nutrition (JPEN)*, the research journal of the American Society for Parenteral and Enteral Nutrition (A.S.P.E.N.), examined 50 patients with advanced **pancreatic cancer**. Patients were given 1,000 mg of gemcitabine weekly followed by up to 100 g of omega-3 rich lipid emulsion for three weeks followed by a rest week. This was continued for up to six cycles, progression, unacceptable toxicity, patient request, or death.

The study found evidence of activity in response and disease stabilization rates, reduction in liver metastasis volume, and improved quality of life scores in this group of patients.

While this is the first study to use omega-3 fatty acids with a **chemotherapy** agent in a cancer setting, the researchers believe the results are encouraging enough to warrant further investigation in a randomized phase III trial.

MNT

## Now, muscles created from onion cells

BEIJING: The humble onion is proving its strength outside the culinary world, enabling scientists to develop artificial muscles by using gold-plated cells of the vegetable.

Unlike previous artificial muscles, this one, created by a group of researchers from National Taiwan University, can either expand or contract to bend in different directions depending on the driving voltage applied. "The initial goal was to develop an engineered micro-structure in artificial muscles for increasing the actuation deformation (the amount the muscle can bend or stretch when triggered)," said researcher Wen-Pin Shih.

"One day, we found that the onion's cell structure and its dimensions were similar to what we had been making," said Shih, who lead the study. The onion epidermis is a thin, translucent layer of blocky cells arranged in a tightly-packed lattice. Shih and his colleagues thought that onion epidermal cells might be a viable candidate for the tricky task of creating a more versatile muscle that could expand or contract while bending.

TOI

# Health

When we're so zeroed in, sitting at a desk all day staring at a bright screen, it can be easy to forget that some of the things that go with more productivity can be bad for our health. By instituting a couple routine checkpoints, you'll find that you will not only become healthier, but you might even feel sharper and increase your productivity as a result.

**Standing Desk:** I was skeptical at first too, but now I can barely function without one. It's only better for your body, it makes the day fly by and helps stay focused and awake on whatever is on your plate.

**Drink TONS of Water:** Sitting at your desk all day and drinking water is one of the best things you can for a couple reasons. First off, staying hydrated is important, if you're drinking all day, you never have to worry about it. Additionally, if you're a coffee drinker, it'll hopefully help wash some of the stain off your teeth. Lastly, silly as it might seem, you'll have to use the bathroom more frequently! If you're drinking water non-stop, it's not unlikely you'll have to run to the john every 30 minutes. Most experts would agree going for a walk every 30 minutes is extremely important, and you'll have your own biological alarm clock!

Dummies.com

## New study provides key insights into aspirin's disease-fighting abilities

Researchers have found that salicylic acid targets the activities of HMGB1, an inflammatory protein associated with a wide variety of diseases, offering hope that more powerful aspirin-like drugs may be developed.

**Aspirin** is one of the oldest and most commonly used medicines, but many of its beneficial health effects have been hard for scientists and physicians to explain. A recent study conducted by researchers at the Boyce Thompson Institute (BTI), in collaboration with colleagues at Rutgers University and San Raffaele University and Research Institute, shows that aspirin's main breakdown product, salicylic acid, blocks HMGB1, which may explain many of the drug's therapeutic properties. The findings appear Sept. 23, 2015 in the journal *Molecular Medicine*.

"We've identified what we believe is a key target of aspirin's active form in the body, salicylic acid, which is responsible for some of the many therapeutic effects that aspirin has. This protein, HMGB1, is associated with many prevalent, devastating diseases in humans, including **rheumatoid arthritis**, **heart disease**, sepsis and inflammation-associated **cancers**, such as **colorectal cancer** and **mesothelioma**," said senior author Daniel Klessig, a professor at BTI and Cornell University.

Aspirin's pain relieving effects have long been attributed to its ability to block the enzymes cyclooxygenase 1 and 2, which produce prostaglandins--hormone-like compounds that cause **inflammation** and pain--a discovery that netted its discoverer, John Vane, a Nobel prize. However, the body rapidly converts aspirin to salicylic acid, which is a much less effective inhibitor of cyclooxygenase 1 and 2 than aspirin. Nonetheless, it has similar pharmacological effects as aspirin, suggesting that salicylic acid may interact with additional proteins.

"Some scientists have suggested that salicylic acid should be called '**vitamin S**', due to its tremendous beneficial effects on human health, and I concur," said lead author Hyong Woo Choi, a research associate at BTI.

MNT



# What Is Sudden Cardiac Arrest?

When you hear about a young person dropping dead, you may think **"heart attack."** But sudden cardiac arrest (also referred to as sudden cardiac death) is different. A **heart attack** stems from a circulation, or "plumbing," problem of the **heart**, according to the Sudden Cardiac Arrest Association. It happens when a sudden blockage in a coronary **artery** severely reduces or cuts off **blood** flow to the heart, damaging heart muscle. In contrast, a sudden cardiac arrest is due to an "electrical" problem in the heart. It happens when electrical signals that control the heart's pumping ability essentially short-circuit. Suddenly, the heart may beat dangerously fast, causing the heart's ventricles -- its main pumping chambers -- to quiver or flutter instead of pumping **blood** in a coordinated fashion. This rhythm disturbance, called ventricular fibrillation, "occurs in response to an underlying heart condition that may or may not have been detected," Lawless says. Ventricular fibrillation disrupts the heart's pumping action, stopping blood flow to the rest of the body. A person in sudden cardiac arrest will collapse suddenly and lose consciousness, with no **pulse** or breathing. Without immediate CPR or a shock from an automated defibrillator, the person usually dies within minutes -- that's why it's called "sudden cardiac death." There is a connection between **heart attack** and sudden cardiac death, however. A heart attack can trigger an electrical malfunction that can lead to sudden cardiac arrest.

## Causes of Sudden Cardiac Arrest

You probably know that **high blood pressure**, **high cholesterol**, **diabetes**, and other problems can lead to **heart disease** in older people. But you may not know about the rare heart disorders that can cause sudden cardiac arrest in young people.

"The underlying conditions in young people are very different from the underlying conditions in somebody who is 50 or 60 years old," Lawless says. "In the younger people, we're looking for inherited diseases of the myocardium [the heart's muscular tissue], of the electrical system, and then of course, congenital [heart] diseases." The No. 1 culprit: hypertrophic **cardiomyopathy** (HCM), a disorder marked by abnormal thickening of the heart muscle. "Their heart is thick," Lawless says. "The inner layers of the heart maybe are not getting enough blood supply with **exercise**."

But remember, HCM is rare. It has been estimated to affect only 0.05% to 0.2% of the population.

Congenital abnormalities of the coronary arteries pose another risk for sudden cardiac arrest. The arteries may be positioned improperly -- or, as in basketball star Pete Maravich's case, a person may be born with only one coronary artery, instead of the usual two.

Other conditions that can trigger sudden cardiac arrest include an inherited electrical disorder of the heart called long QT syndrome; an inflammatory heart condition called acute **myocarditis**; and **Marfan syndrome**, which led to Flo Hyman's cardiac arrest.

Marfan syndrome is a genetic disorder of the connective tissue that can have fatal cardiovascular effects. People with Marfan syndrome "tend to be tall and lanky," Lawless says. They are at risk for tears in their blood vessels (such as the **aorta**). That risk rises with sudden increases in **blood pressure**, as may happen during intense sporting activity.

Some athletes die after being struck in the chest, a trauma called **commotio cordis**.

WebMD

# Fat Stigma Fuels Weight Bullying

By  
**RONI RABIN**

Being "fat" is the most common reason children are bullied, and something needs to be done about it.

That is the predominant view of thousands of adults from four different countries who, when asked why children are bullied, said the most common reason was not race, religion, physical disability or sexual orientation, but weight. Nearly three-quarters of respondents said that schools and anti-bullying policies need to address the issue, with many calling it a "serious" or "very serious" problem.

Yet most state anti-bullying laws don't protect overweight children, said Rebecca Puhl, deputy director of the Rudd Center for Food Policy and Obesity at the University of Connecticut in Hartford and the lead author of the report, the first cross-national study investigating weight-based bullying, [published in Pediatric Obesity](#).

There are no federal laws that guarantee equal treatment of people who are overweight or obese.

"It is actually legal to discriminate on the basis of weight, and that sends a message that bias, unfair treatment or bullying of overweight children is tolerable," Dr. Puhl, a professor of human development and family studies at UConn, said.

As obesity rates have risen, she said, so much emphasis has been placed on taking personal responsibility for body weight and changing behaviors "that there is a perception that these youth are somehow to blame for their weight and in some way deserve this treatment."

## British Medical Association Calls for 20% Sugar Tax on Sodas

[Lisa Nainggolan](#)

The UK doctors union, the British Medical Association (BMA), is calling for a tax of 20% to be added to the cost of sugar-sweetened beverages, which could then be used to subsidize the price of fruit and vegetables, as part of a sustained attempt to improve the quality of the UK diet.

In a new report, entitled "[Food for Thought: Promoting Healthy Diets Among Children and Young People](#)," the BMA says: "Doctors are increasingly concerned about the impact of poor diet on the nation's health. This is not only a significant cause of ill health and premature mortality, but a considerable drain on National Health Service (NHS) resources."

If collaborative policies to reduce consumption of salt, trans fats, saturated fats, and sugars do not hit target within the next few years, mandatory regulations to limit intake should be instituted, it argues.

Author of the report, BMA board of science chair Prof Sheila Hollins, a former GP and a psychiatrist, said, "I am particularly distressed that poor diet is such a feature of the lives of our children and young people. We should not tolerate that the next generation is growing up with the normality of regularly consuming processed and fast food or that there are children who have no concept of where their food comes from."

Medscape

## Broccoli breakthrough in fight to treat arthritis: Artificial version of ingredient found in vegetable can prevent inflammation

Sulforaphane known to block inflammation and damage to the cartilage People would have to eat several pounds daily to

derive significant benefit Drug company Evgen Pharma has developed synthetic version of chemical. An artificial

version of a compound in broccoli could hold the key to treating arthritis, say researchers.

The broccoli chemical sulforaphane is known to block the inflammation and damage to cartilage associated with the condition.

But patients would have to eat several pounds of the vegetable every day to derive any significant benefit. Sulforaphane in its natural form is also too unstable to turn into a medicine. But UK drug company Evgen Pharma has developed a stable synthetic version of the chemical that offers the potential of a pill treatment.

A single dose of the drug, known as Sulforadex or SFX-01, is the equivalent of eating 5.5lb of broccoli in one day. In tests on mice affected by osteoarthritis, Sulforadex significantly improved bone architecture, gait balance and movement.

Professor Andrew Pitsillides, who co-led the research at the Royal Veterinary College in London, said: 'These initial results are very positive for such an experiment and we have convinced ourselves that sulforaphane is a promising agent for the treatment of osteoarthritis.'

By [Daily Mail Reporter](#)

# Treatment for Migraine headaches

Treatment can be divided into medicinal and behavioral. Behavioral treatment focuses on changing certain habits and avoiding things that exacerbate migraines. It appears that the brain of a patient suffering from migraines is affected by extreme situations, and thus, they need to make sure they get regular and sufficient sleep and food and avoid stress. In other words, people who suffer from migraines must avoid states of extreme hunger, stress or fatigue. In addition, some foods may also lead to migraines, so it is important to recognize them and avoid them completely, though there is no specific food that causes migraines, making recognizing these foods an individual's responsibility. A person suffering from migraines needs to monitor their daily routine and pinpoint the things that exacerbate or trigger migraine attacks in the first place. Since these triggers can change from time to time, it can be very frustrating as this behavior cannot guarantee cessation of migraines.

## Medicinal Treatment:

**Treating a severe attack:** This treatment can be divided into specific treatment by specialized migraine medicine called "Triptans", and non-specific treatment by general painkillers like paracetamol, Aspirin, etc. Specialized treatment is only effective for migraines and is not effective for other kinds of headaches, while non-specific medicine is meant for general use.

Triptans are a relatively new kind of medicine, which works on the serotonin receptors in your brain. These receptors are located on the blood vessels in the brain, mainly in the cerebral cortex and the nerve-endings related to these blood vessels. The drug's effect on the receptors prevents the expansion of these blood vessels and the inflammation that is typical to migraines. Side-effects of triptans include weakness, a feeling of pressure and discomfort in the chest which are not heart-related, aren't dangerous and usually pass quickly. Reaction to these drugs is very individual and cannot be predicted, so it might be necessary to try different variations until one finds the kind that is most effective for them, with minimal side-effects.

These drugs are safe and effective, and often significantly increase a patient's quality of life. In recent studies, the use of triptans early on during the onset of a migraine effectively stopped the progression of the attack and often prevent a recurring attack.

**Preventative Treatment:** Meant to reduce the frequency, intensity and duration of a migraine. Such treatment should be undertaken when a patient has at least 3-4 attacks every month, which debilitate the patient, disturbing their daily routine, and in cases where severe symptoms occur or when treating attacks that are in progress fails.

Preventative drugs include beta-blockers, antidepressants, epilepsy medicine, calcium channel blockers and anti-inflammatories.

It's recommended to start with a low dosage and gradually increase it. 6 to 8 weeks should be provided to establish the efficacy of the treatment and it should be undertaken for at-least 6 months. If an attack occurs during the course of the preventative treatment, a patient may use drugs like triptans in conjunction.

BabaMail

# Common Heartburn Drugs Linked to Kidney Failure in the Elderly

By Lisa Rapaport

(Reuters Health) - Older

patients taking proton pump inhibitors, a common remedy for heartburn and acid reflux, are two times more likely to be hospitalized with

kidney failure than peers who don't take the pills, a study finds.

While the side effect is extremely rare, and the study doesn't prove the drugs cause kidney failure, the association is worrisome because tens of millions of people a year take these pills, sold by prescription and over-the-counter in some countries, with brand names including Prilosec, Prevacid and Zegerid.

"Generally, the drugs are very well tolerated, and the vast majority of patients who take them will not develop (kidney failure) or other serious problems," lead study author Tony Antoniou, a researcher at the Institute for Clinical Evaluative Sciences and St. Michael's Hospital in Toronto, said by email. "But the drugs should be used for the shortest possible duration."

## Murunga

We just discovered an amazing report about **Moringa**, courtesy of our friends over at **The Eden Prescription**. In 2013 scientists reported in a paper published in **BMC Complementary and Alternative Medicine** (A peer-reviewed, open access journal) that A hot-water extract of the leaves of **Moringa Oleifera** killed up to 97% of human pancreatic cancer cells (Panc-1) after 72 hours in lab tests. Moringa leaf extract inhibited the growth of all pancreatic cell lines tested. [1]

Pancreatic cancer is very serious, one of the worst. They live five years after diagnosis. The typical treatment is currently chemotherapy.

Called the "miracle tree" on account of its many virtues, **Moringa** is very well known in India, parts of Africa, the Philippines and several other countries, yet it is relatively unknown in countries such as the USA. However it seems from the current buzz around it that it may well soon experience a rise to new popularity. It has a long history of use in traditional medicine due to its properties as an anti-fungal, anti-bacterial, antidepressant, anti-diabetes, pain and fever reducer and even asthma treatment. We've dedicated a full page on our site to a detailed herbal report on the amazing **Moringa** and those interested in herbalism would do well to investigate this plant.

It also contains numerous powerful anti-cancer compounds such as kaempferol, rhamnetin and isoquercetin. Now, researchers are discovering that Moringa has anti-cancer potential with positive results so far against ovarian cancer, liver cancer, lung cancer, and melanoma in lab tests.



### How to make Aloo ka Paratha

by Nabia Aman  
366,258 views



[If I Ain't Got You - Alicia Keys \(Cover\)](#)

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

Please share this newsletter with friends

## What is the most effective way to banish hiccups? Doctors suggest rubbing your ears works better than holding your breath



There are probably more old wives' tales and zany folklore remedies for hiccups than for any other common ailment. The most popular trick to get rid of them is to hold your breath until they stop.

**Cherries:** Cherries are another one of nature's treats that can help with gout. They are not only packed with antioxidants but also anthocyanins, which are known to reduce joint inflammation and can substantially reduce gout from flaring up in subsequent attacks. A daily serving of 15 to 20 cherries is recommended. If you want to avoid the high concentration of sugar in the fresh fruit, try drinking a glass of black cherry juice or a cherry juice concentrate daily.

BabaMail



## Eating less salt may reduce the risk of stomach cancer: UEG calls for greater salt-awareness across Europe

**Stomach cancer** is diagnosed in around 80,000 people in the European Union (EU) each year<sup>1</sup> and is associated with a very poor prognosis. The most well-established risk factor for stomach cancer is infection with *Helicobacter pylori* (*H. pylori*), which causes **inflammation** within the stomach that can progress to stomach cancer. Now scientists believe that eating too much salt also increases the risk of stomach cancer, with a direct relationship found between salt consumption and **cancer** risk.<sup>2</sup> According to Professor John Atherton, Chair of the UEG Scientific Committee and a leading *H. pylori* expert, the combination of *H. pylori* infection and a high salt intake appears to be especially dangerous. "Although we don't know exactly why salt increases the risk of stomach cancer, studies suggest that it may encourage the growth of *H. pylori* and make it more toxic to the cells of the stomach," he says.

### Stomach cancer in the EU

The recent UEG commissioned Survey of Digestive Health Across Europe<sup>3</sup> reported that more than 80,000 new cases of stomach cancer were identified in the EU in 2012, with twice as many men as women affected.<sup>1</sup> *H. pylori* infection, which typically occurs during childhood and is difficult to detect, has been estimated to be responsible for around three-quarters of all stomach cancers.<sup>3</sup> Excessive salt consumption is thought to contribute to a quarter of all cases.<sup>4</sup>

"Most of us know that salt is associated with **high blood pressure** and an increased risk of **heart disease** and **stroke**," says Prof. Atherton.

"However, I suspect very few people are aware that a high-salt diet also increases the risk of stomach cancer, and it is vital that people understand all the health risks associated with this dietary factor."

### Salt consumption guidelines

The European Commission and many individual European countries have taken positive action towards reducing salt consumption across the continent. Current guidelines from the World Health Organisation (WHO) suggest that no more than 5 g of salt (less than 1 teaspoon) should be eaten per day - a challenging target given that most salt in our diets is not added by us, but comes from processed foods such as bread, cheese, breakfast cereals and ready meals.

"Following recommended guidelines for salt intake should theoretically reduce the risk of stomach cancer as well as other salt-related health problems," says Prof. Atherton. "Although we need more studies to confirm that eating a low-salt diet reduces the incidence of stomach cancer, there is preliminary evidence from Japan<sup>5</sup> to suggest this would be the case."

Anyone at increased risk of developing stomach cancer is urged to take special care when shopping and to buy low-salt versions of their favourite foods; to eat foods such as cured meat, bread, cheese and table sauces in moderation, and to add no salt during cooking or at the table.<sup>6</sup>

## New study provides key insights into aspirin's disease-fighting abilities

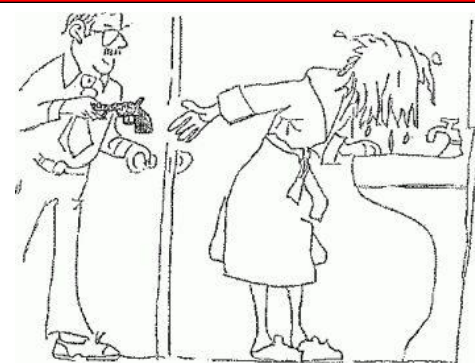
Researchers have found that salicylic acid targets the activities of HMGB1, an inflammatory protein associated with a wide variety of diseases, offering hope that more powerful aspirin-like drugs may be developed.

**Aspirin** is one of the oldest and most commonly used medicines, but many of its beneficial health effects have been hard for scientists and physicians to explain. A recent study conducted by researchers at the Boyce Thompson Institute (BTI), in collaboration with colleagues at Rutgers University and San Raffaele University and Research Institute, shows that aspirin's main breakdown product, salicylic acid, blocks HMGB1, which may explain many of the drug's therapeutic properties. The findings appear Sept. 23, 2015 in the journal *Molecular Medicine*.

"We've identified what we believe is a key target of aspirin's active form in the body, salicylic acid, which is responsible for some of the many therapeutic effects that aspirin has. This protein, HMGB1, is associated with many prevalent, devastating diseases in humans, including **rheumatoid arthritis**, **heart disease**, sepsis and inflammation-associated **cancers**, such as **colorectal cancer** and **mesothelioma**," said senior author Daniel Klessig, a professor at BTI and Cornell University.

Aspirin's pain relieving effects have long been attributed to its ability to block the enzymes cyclooxygenase 1 and 2, which produce prostaglandins—hormone-like compounds that cause **inflammation** and pain—a discovery that netted its discoverer, John Vane, a Nobel prize. However, the body rapidly converts aspirin to salicylic acid, which is a much less effective inhibitor of cyclooxygenase 1 and 2 than aspirin. Nonetheless, it has similar pharmacological effects as aspirin, suggesting that salicylic acid may interact with additional proteins.

"Some scientists have suggested that salicylic acid should be called '**vitamin S**', due to its tremendous beneficial effects on human health, and I concur," said lead author Hyong Woo Choi, a research associate at BTI. MNT



"Hand me the Hairdryer"

## Ask Well: Do Microwaves Degrade Food Nutrients?

By **KAREN WEINTRAUB**

The microwave has gotten a bit of a bad rap about its effects on nutrients. Cooking and heating food by any method can result in some degradation of nutrients. Vitamins C and B12, for instance, **degrade quickly** when a food is heated. But other nutrients may actually benefit from the rise in temperature. For example, carotenoids, the antioxidants found in colorful vegetables like carrots and tomatoes, **increase** when the proteins that bind them break down during heating, said **Guy Crosby**, the science editor for *America's Test Kitchen* and an adjunct associate professor at the Harvard T.H. Chan School of Public Health. The *Harvard Health Letter* recently concluded that microwaving may be preferable to other methods for heating food. "Because microwave cooking times are shorter, cooking with a microwave does a better job of preserving vitamin C and other nutrients that break down when heated," it reported. "The cooking method that best retains nutrients is one that cooks quickly, heats food for the shortest amount of time, and uses as little liquid as possible. Microwaving meets those criteria. Using the microwave with a small amount of water essentially steams food from the inside out. That keeps more vitamins and minerals than almost any other cooking method."

However, **Ashim Datta**, a professor of food engineering at Cornell University, cautioned that because microwaves heat food unevenly, nutrients are more likely to be broken down in spots that get extremely hot. In some cases, Dr. Datta said, microwaving could lead to more degradation over all than another warming method.

To help avoid these problems, put a lid on food in the microwave to retain moisture, and keep the power relatively low to ensure that food is cooked rapidly, but not overheated, said Rebecca Solomon, director of clinical nutrition at Mount Sinai Beth Israel hospital in New York City.

But for people who eat a balanced diet, microwave heating is unlikely to have a meaningful effect, positive or negative, on nutritional intake.

**Herbal Supplements:** Just because the label says "natural" doesn't mean it's safe. One serious danger is kava kava, an herb that can relieve menopause symptoms and help you relax. Studies show it can keep the liver from working, causing hepatitis and liver failure. Some countries have banned or restricted the herb, but it's still available in the U.S. You should always talk to your doctor before you take any herbs to make sure they're safe.

## Parkinson's disease risk 'lowered by diabetes drug'

A new study in humans appears to confirm what has been shown in animal studies - that a class of drug used to treat diabetes may reduce the risk of developing Parkinson's disease.

*Study finds diabetes patients taking glitazone pills were less likely to develop Parkinson's disease than patients receiving other diabetes treatments.*

Published in *PLOS Medicine*, the study shows **diabetes** patients taking glitazone prescription drugs were almost a third less likely to develop **Parkinson's disease** than patients who were on other diabetes treatments and who had never taken that class of drug.

Estimates suggest around 1 in 500 people are affected by Parkinson's disease. To date, there are no effective treatments that directly tackle the disease, which kills nerve cells that produce dopamine - a brain chemical that is essential for conveying messages to muscles that control movement.

Lab and animal studies have shown that glitazones may prevent loss of nerve cells.

The new study - led by the London School of Hygiene & Tropical Medicine in the UK - is the first to investigate glitazone use and incidence of Parkinson's disease in humans.

First author Dr. Ruth Brauer, who worked on the study while at the School and is now at King's College London, says:

**"Although our study only looked at people with diabetes, we believe it's likely that the protective effect of glitazones may also be seen in people without diabetes."**

MNT



click

## Link found between energy drinks and heart problems

New research has discovered a link between consuming energy drinks and hospital admissions for heart problems.

## Indian scientist explains why we shouldn't drink Coke

*While the fizzy cola drink is loved by most people in the world, an Indian scientist has now shown what Coca-Cola does to your body up to an after you gulp it down, and it is not good.*

In the first 10 minutes, a person consumes around 10 teaspoons of sugar (100 per cent of your recommended daily intake), and though the level of sweetness should make one vomit, the phosphoric acid cuts the flavor allowing one to keep it down.

After 20 minutes, the body's blood sugar spikes giving an insulin burst and the liver responds by turning sugar into fat. Caffeine absorption is complete by 40 minutes after which pupils dilate, blood pressure rises, and as a response liver dumps more sugar into bloodstream.

The adenosine receptors in the brain get blocked preventing drowsiness.

After 45 minutes, the body ups a person's dopamine production stimulating the pleasure centres of the brain, which is physically the same way heroin works, and after an hour the caffeine's diuretic properties come into play. The buzz dies down and person starts to have a sugar crash.

Seeing how people following strict low fat diet were gaining weight was what pushed Naik to investigate Coke, and wrote that fructose was the form of high fructose corn syrup, found in most processed foods and most people are totally unaware of its danger.

"Many fruits also contain fructose, but nature has provided the antidote, as these fruits are also packed with fibre which prevents your body from absorbing too much of it."

TOI

## Black Cumin Seed Oil: The Most Powerful Oil In The World?

Black Cumin Seed (*Nigella Sativa*) oil (available to [buy from here on Amazon](#)) has been used in traditional medicine since the beginning of civilization. It was called Panacea (which roughly translates to 'cure-all') in Ancient Egypt; it was found in the tomb of King Tut and it is said that Cleopatra used it as a beauty treatment. Hippocrates, the famous Greek physician, used it to cure digestive and metabolic disorders. The Prophet Muhammad called it "a remedy for every illness except death."

The oil has also been recommended by practitioners of Ayurveda and Chinese Traditional Medicine for thousands of years for conditions from diabetes to indigestion to cancer. In recent years, it has been put to the test of modern science and several studies confirm its long reported health benefits. Black Cumin Seed Oil is also known as Blackseed, Black Onion Seed, Black Caraway Seed and Black Sesame Seed. If you find a product labeled under one of these names, be sure it is real *Nigella Sativa* before purchasing.

[naturallivingideas.com](http://naturallivingideas.com)

## Black Cumin Seed Oil as a Cancer-Fighter

*Nigella Sativa* has been involved in hundreds of studies regarding health, and particularly cancer treatment and prevention. One of the active ingredients listed above, Thymoquinone, has been found to be particularly effective in reducing the size of existing tumors. In studies on rats and humans, researchers found that Black Cumin Seed Oil:

- Inhibited tumor growth by up to 50%
- Increased the growth of healthy bone marrow cells by 250%
- Helps to protect the body against damage from chemotherapy and radiation
- Has strong anti-bacterial and anti-inflammatory properties
- Aides in the production of natural interferon
- Can even deactivate or kill certain types of cancer cells

## This ayurveda drug for diabetes costs just Rs 5

The Council for Scientific and Industrial Research (CSIR) has launched a scientifically validated ayurvedic drug (BGR-34) for type II diabetes here on Wednesday .

Compiled, edited & published by  
Dr Harold Gunatillake  
To unsubscribe  
email:[gunatillakeharold@gmail.com](mailto:gunatillakeharold@gmail.com)

Dr Gunatillake-Health editor is a member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery, Member of the International Societies of Cosmetic surgery, Fellow of the International College of Surgery (US), Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery, Board member of the International Society of Aesthetic Surgery, Member of the American Academy of Aesthetic & Restorative Surgery, Life Member of the College of Surgeons, Sri Lanka, Batchelor of Medicine & Surgery (Cey)