

Dedicated Health to Sri Lankans globally and others

'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, for their health & longevity  
Health editor



## Breastfeeding in public: Why are we so uptight?

[Sangeeta Soni](#)



**Breastfeeding in public: Why are we so uptight?**  
(Getty Images)

We call India 'Bharat Mata', we stalk celebrity baby bumps, we name our kids after theirs, but our reverence of motherhood ends with these, without actually coming to what motherhood (if truth be told) is. We appreciate the idea of being a mother as indispensable to life but as soon as it comes to what it entails, all its messy logistics, we shy away, absolutely. So yes, the reference is to public breastfeeding.

An Indiana mother was publicly shamed for breastfeeding in a restaurant (TGI Friday's) when a male who was present there posted a picture of her breastfeeding "I want to know if this is appropriate or inappropriate as I'm trying to eat my Fridays, there are little kids around...I understand feeding in public but could you at least cover your boob up?!"

And in India, situation is no better, if not worse. We are a culture that accepts sexual nudity but has larger-than-leviathan reservations when it comes to seeing bare breasts feeding infants in public. We, as a country, need to create some room to allow motherhood to unfold. Perhaps, all it is about is getting to see more of something to become comfortable with it.

## Salmon

Fatty fish like salmon are rich in an omega-3 called DHA. "DHA, in particular, is great for the brain," Raj said. "Studies show it improved cognition and memory, so get your salmon."

Alcohol and processed meat linked to stomach cancer



## Hope for Reversing Type 2 Diabetes

By **RONI CARYN RABIN**  
New research has raised the tantalizing possibility that the condition can be remedied by changes in diet.

## Screen Fatigue: Computer Lenses



Screen time can be a key factor in choosing eyewear today, with 70% of daily computer users reporting eye strain. Computer glasses may ease the blur. Manufacturers say they help your eyes adapt to electronic words and images, typically viewed farther away than a book. Look for anti-reflective coating and consider a tint to reduce glare from harsh overhead lighting. WebMD

**Presbyopia: Readers**  
Fine print seems to shrink as we age. What really happens is presbyopia -- the eye loses its ability to change focus. Reading glasses can help bring blurry print into sharp focus. You can buy "readers" at many stores. But if you need different strengths for each eye, require bifocals, or have an oddly-shaped eye -- called astigmatism -- see an eye care professional. WebMD

The information contained in this newsletter is informational only and not designed to be a substitute for medical guidance.

## International Festivals – a glimpse of world peace



**Buddhist priest serves food parcels at the Kadampa Festival 2016 to a Muslim girl**

NKT-IKBU International Festivals offer a unique opportunity to spend time with thousands of people from all over the world and to see first hand the universality of Buddha's teachings and the power of modern Buddhism to transform the lives of people of all nationalities and cultures.

[KADAMPA FESTIVALS](#) ←  
International Festivals & Celebrations of Modern Buddhism

## What is fermentation and how does it happen in food?

In simple language, fermentation is when a cell does not have oxygen and uses sugar to convert carbohydrates into acids or alcohols. This is just like adding sugar to yeast for any bread recipe to speed up the fermentation. Yeast feeds on sugar. Fermentation is used in making beer, bread, yogurt, pickles and many other recipes. Lactic acid produced during fermentation gives food its distinct flavor and acts as a preservative.



### Reasons to eat fermented food

- 1. Probiotics**- Probiotic is a good bacterium that improves digestion, metabolism and boosts immunity. It is also known to help with Irritable bowel syndrome, also known as IBS.
- 2. Nutrient Absorption**- Fermentation helps in breaking down natural and synthetic compounds in food to improve the absorption of nutrients in our body. For example, fermentation can help break down phytic acid found in seeds and legumes making zinc and iron easily available for absorption.

**3. Natural Preservative** – While a regular recipe can last in your fridge for a couple of days, fermented food can last for months. Lacto fermentation is the key. -

by Kabhi

- See more at: <http://healthyhints.com.au/the-not-so-big-deal-about-fermented-food/?sb=1&uid=70415&ap=lisema80#sthash.Nx3QG9Ij.dpuf>

## Does double knee surgery make sense for you?



Image: iStock

The idea of having a knee replaced is daunting. But what if both of your knees need repairing? Is one visit to the operating room better than two?

If you are otherwise in good health, it's a conversation worth having with your doctor and rehabilitation team. There are some benefits to replacing both joints during a single surgery (called simultaneous replacement). These include undergoing anesthesia only once, fewer days in the hospital, and only one (albeit prolonged) rehabilitation that lets you resume normal activities sooner than two separate ones.

Simultaneous replacement can also be a good option if the condition of your joints is so poor that replacing only one joint would still leave you unable to function during physical therapy, thereby slowing your recovery. That said, having two separate operations several months apart (called staged replacement) reduces the frequency of some complications. In analyzing thousands of knee replacement procedures, Mayo Clinic researchers found that people who have simultaneous knee replacements are more likely to develop dangerous blood clots or die within 30 days than those who have single-knee surgery, although such complications are rare overall. But because the possibility is there, people over 80 and those with cardiovascular or lung disease are usually offered staged procedures. If you have any significant medical risks, you are probably better off having two separate operations.

Because you spend less time in the hospital with simultaneous joint replacement, it is somewhat less costly. But when replacement of both joints is medically necessary, Medicare and most private insurers usually cover either approach. Whether you have one knee replaced or two, participating in a rehabilitation program will be a major factor in the success of your implant. Think of yourself as an athlete training to come back from an injury. Several times a day, you will need to perform exercises your physical therapist has recommended to restore movement in the knee joint and strengthen the surrounding muscles. In addition, ask your doctor how soon you can return to specific activities such as driving, work, sex, or sports, and what you'll need to do to achieve those goals.

For more details on your options when considering joint replacement surgery, including nonsurgical treatments, purchase [Knees and Hips](#), a Special Health Report from Harvard Medical School.

## Stenting vs Endarterectomy for Carotid Artery Stenosis

Albert B. Lowenfels, MD

Long-term Results of Stenting Versus Endarterectomy for Carotid-Artery Stenosis  
Brott TG, Howard G, Roubin GS, et al;  
CREST Investigators  
*N Engl J Med.* 2016;374:1021-1031

### Summary

What is the preferred method for treating patients with carotid artery stenosis? In this report, the authors provided 10-year follow-up data for 2502 patients who were randomly treated with either endarterectomy or stenting. The study included both symptomatic and asymptomatic patients. The specified composite endpoint was either stroke on the same side, myocardial infarction, or death. At the end of the follow-up period, 11.8% of the group assigned to stenting reached the primary endpoint compared with 9.9% of the group assigned to endarterectomy. There were no significant differences when the results were separated into symptomatic or asymptomatic groups of patients.

### Viewpoint

This report extended the findings of an earlier report based on the same patients. The results extending over a 10-year period were similar to the results obtained during the first 4 years of the study.<sup>1</sup> This is important because anticipated life expectancy for these patients is greater than a decade, implying that long-term follow-up is essential. Similar findings from other randomized trials add credibility to this report. Absent from this study was a comparative group of patients who were treated with only medical management. Such a study (CREST-2) is currently underway and will provide additional information on the best approach to managing patients with carotid artery stenosis.

### [Abstract](#)

## What to Know About Schizophrenia

The disorder affects people in different ways. Some people hear voices or think others are plotting against them. They might not make sense when they talk. Others might sit for hours without moving or speaking. Some people can be violent, though many are not. Once symptoms begin, usually in the late teens, 20s, or early 30s, they last for a lifetime. There's no cure, but medications, talk therapy, and other treatments can help people manage the illness.  
WebMD

### Cancer Treatment: What Are the Options?

We'll give you an overview of surgery, radiation, and more.

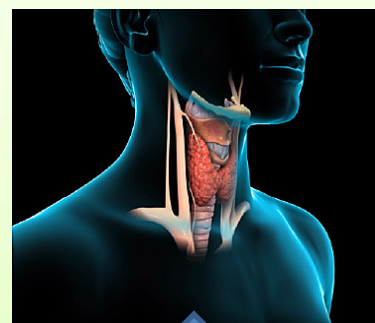
## Greater self-acceptance improves emotional well-being

[Srini Pillay, MD](#), Contributor



Self-acceptance is defined as "an individual's acceptance of all of his/her attributes, positive or negative." It includes body acceptance, self-protection from negative criticism, and believing in one's capacities. Self-acceptance (or lack thereof) has profound effects on your physical and psychological health. For that reason, it is worth understanding what these effects are, and what you can do about it.

### Continue reading the article »



### SLIDESHOW

#### Could You Have a Thyroid Problem?

An over- or underactive thyroid can cause all sorts of health problems, from weight changes to fatigue to hair loss. Know the symptoms.

## Nuts Lead to Diverticulitis

In the past, doctors told people with this condition, in which pouches in the wall of the colon get inflamed and infected, to avoid nuts, corn, popcorn, and food with small seeds, like strawberries. The fear was that pieces of these foods would lodge in the pouches and cause pain. But new studies suggest the opposite -- that people who eat a high-fiber diet have a lower risk of the disease.

WebMD

### Self-Care for Sleep Apnea

We share 5 tips that may help improve your symptoms.





Mom Notices A Rash On Her Son And Issues A Warning That Could Save Lives.



## Okra: Nutrition facts and other benefits



*Okra is a safe food for people with diabetes and is rich in fiber.*

Even if okra proves to be ineffective in fighting diabetes, it remains a safe snack for people with diabetes. A single serving of **100 grams** contains just **30 calories**, but offers a number of nutritional benefits:

- Okra contains no saturated fats or **cholesterol**
- Okra is rich in fiber, containing 9 percent of the recommended daily value (RDV)
- Okra contains 8 percent of the RDV of **calcium**, 43 percent of the RDV of manganese, 10 percent of the RDV of iron and **copper**, and 44 percent of the RDV of **vitamin K**
- Okra is rich in protective substances known as **antioxidants**, including myricetin. According to the **National Center for Complementary and Integrative Health**, antioxidants may reduce oxidative **stress**, a process that damages cells in the body. Oxidative stress plays a role in the development of diabetes, as well as diseases such as: **Parkinson's disease**
- Alzheimer's disease**
- Cataracts**
- Macular degeneration**
- Heart and blood vessel disease**
- Cancer**

In addition to its antioxidant benefits, okra may also reduce **tiredness**. A 2015 study published in **Nutrients** found that substances found in okra seeds known as **polyphenols** and **flavonoids** could reduce fatigue. MNT

## Can okra help with symptoms of diabetes?

Diabetes can often be well-managed with increasing a hormone called **insulin** and other medical therapies. However, some people with diabetes wish to avoid regular insulin injections. Others experience blood sugar dips and other unpleasant side effects, and diabetes medications do not work for everyone.

The possibility that a readily available seed pod could help control diabetes is an exciting one. **But there is no evidence yet that okra can cure diabetes.** So far, the research on okra has only looked at its effects on animals. Human bodies are similar to animals, but not all research on animals has worked out in humans.

### Increased absorption of sugar by muscles

A 2005 study published in **Planta Medica** investigated the effects of okra on rats with diabetes. A substance called myricetin is present in okra and some other foods, including red wine and tea.

Researchers isolated myricetin from okra, then administered it to the rat. The treatment increased absorption of sugar in the rats' muscles, lowering their blood sugar.

A 2012 **Food Science and Human Wellness** review points to a number of other laboratory and animal studies that have linked myricetin to lower blood sugar. The study argues that myricetin may also reduce other risk factors for diabetes

MNT

**Completing a 3-month yoga and meditation course may reduce older adults' risk of mild cognitive impairment - considered a precursor for development of Alzheimer's disease and other forms of dementia. This is the conclusion of a new study published in the Journal of Alzheimer's Disease.**

Written by Honor Whiteman

The study was led by researchers from the University of California-Los Angeles (UCLA), including senior author Dr. Helen Lavretsky, of the Department of Psychiatry.

Mild cognitive impairment (MCI) is characterized by noticeable changes in cognitive function, such as the development of memory and thinking problems.

Though these changes are not severe enough to interfere with a person's independence and day-to-day activities, symptoms can worsen with time, increasing the risk of Alzheimer's disease and other dementias.

According to the Alzheimer's Association, long-term studies indicate that around 10-20 percent of adults aged 65 and older are likely to have MCI.

Of these adults, it is estimated that around 6-15 percent develop dementia each year.

While there are currently no approved medications to treat MCI, experts recommend that older adults with the condition engage in mentally stimulating activities - such as crossword puzzles - in order to reduce their risk of dementia.

**Now, Dr. Lavretsky and colleagues say practicing yoga and meditation may be just as effective - if not better - for protecting cognitive function.**

## Studies show that plant based foods reduce incidence of Diabetes

A new study, published this week in PLOS Medicine, shows that a diet low in animal-based foods and high in plant-based foods substantially lowers the risk of type 2 diabetes. They also find that the quality of the plant-based diet plays a significant role.

It is common knowledge that eating fruits and vegetables is essential to maintain a healthy body. It is also becoming clear, as research mounts, that a diet featuring fewer animal products is also a healthier option.

For instance, a study published in 2013 that followed almost 70,000 people concluded that a vegetarian diet lowered the **risk of cancer**.

Similarly, a study published in *Nutrition, Metabolism and Cardiovascular Diseases* in the same year followed more than 15,000 individuals and found that a vegetarian diet lessened the risk of diabetes.

As a final example, a meta-analysis of more than 250 studies, published in *JAMA Internal Medicine* in 2014, demonstrated that a vegetarian diet significantly **reduces blood pressure**

Written by Tim Newman

## Why exercise might boost your memory

Researchers identify a protein released by our muscles when we exercise that also stimulates nerve growth in the part of the brain associated with memory.



## Booze May Cut Heart Attack Risk



Texans living in "dry" counties may be more likely to suffer heart attacks than those in nearby "wet" counties. But there's more to the story.

## Omega-3s Promote Healthy Blood Vessels



Posted on June 23, 2016, 6 a.m. in **Cardio-Vascular | Dietary Supplementation | Fatty Acids, Lipids & Oils |**

Daily omega-3 supplementation helps to reduce pulse wave velocity (PWV) -- a marker of arterial stiffness.

## Could eating whole grains extend your life?

Written by [Tim Newman](#)

Recent research, carried out at the Harvard T.H. Chan School of Public Health in Massachusetts, supports and extends recent findings regarding the benefits of whole grains. The wide-scale study concludes that consuming whole grains regularly could extend our lifespan.



*Whole grains are a global staple; recent research demonstrates why.*

According to the [Whole Grains Council](#), a whole grain food contains "all the essential parts and naturally occurring nutrients of the entire grain seed."

Examples of whole grains include barley, corn, [quinoa](#), rice, rye, and wheat.

Whole grains naturally contain complex [carbohydrates](#) and a raft of beneficial [vitamins](#) and minerals, including [selenium](#), [potassium](#), and magnesium; also, whole grains have minimal fat content.

Much of the nutritional value of grains are lost during the refining process.

Findings from previous research infer that foods containing whole grains have a myriad of [health benefits](#). These benefits include a reduced risk of certain [cancers](#), [diabetes](#), [heart disease](#), and [obesity](#), and they are thought to help maintain gut health.



Having beautiful women standing behind you whilst eating, is good for health and longevity.

## Benefits of breast milk go beyond infant nutrition

• 15 JUN 2016 | [Andreu Prados](#)

It is well-known that [breastfeeding is the gold standard of infant nutrition](#), as breast milk contains protective nutrients for the growth and development of infants and may have a protective effect against long-term diseases including obesity, asthma, celiac disease, and allergies. A recent [review](#), published by [Dr. Thierry Hennet](#) and [Dr. Lubor Borsig](#) from the Department of Physiology and Centre for Integrative Human Physiology at [University of Zürich](#) (Switzerland), describes the up-to-date data regarding the unique biology of human breast milk as a multifunctional fluid.

Humans may have the most complex breast milk of all mammals. It comprises close to 200 different oligosaccharides, far above the average 30-50 found in other mammals. Not only do human milk oligosaccharides act as prebiotics, but they also exert antimicrobial functions by acting as soluble receptors for harmful bacteria and viruses, which inhibit them to infect the host. Researchers still don't know the role of each of these sugars and the reason why their composition changes during breastfeeding, but authors of the review suggest that oligosaccharides are likely linked to the development of the gut microbiota and the training of the mucosal immune system.

Breast milk acts as a fertilizer for bacteria, favouring the colonization of the newborn gut by specific bacterial groups that can digest breast milk oligosaccharides. In fact, [complex milk oligosaccharides](#) -which are higher in colostrum than in mature milk- cannot be digested by the suckling infant and reach the large intestine, where they are assimilated by selected bacterial taxa including *Bifidobacterium* spp. and *Bacteroides* spp. Gut bacteria have preferences for specific milk oligosaccharides and, therefore, interindividual variability in maternal milk oligosaccharides may affect the pattern of bacterial colonization in the neonatal gut.

## Are you a diabetic? You're In Control

Taking care of yourself when you've been diagnosed with diabetes takes effort. You need to check your blood sugar, eat right, stay active, and take your medications. It makes a big difference, because it can help you avoid major problems throughout your body, even in places you might not expect. Stick to your treatment plan so you can help slow them down or prevent them altogether.

[WebMD](#)

<http://www.sbs.com.au/yourlanguage/sinhalese/si/content/vaeddihittiy-nvittmin-b12-lbaa-gt-yuttee-aeiy?language=si>

## Can plant-based meat be better than the real thing?



It looks like meat, it smells like meat, it cooks like meat and it bleeds like meat, but this burger is entirely plant-based.



[Music Festival Season Is Here: How to Avoid Dangerous Health Problems June 17, 2016 | Article](#)  
[Here's how to stay safe at festivals this summer.](#)

[Read More](#)



[Memory-Boosting Trick: Exercise After Learning](#)

June 16, 2016 | [Article](#)

If you want to remember something you just learned, you may want to exercise 4 hours after learning it, a new study suggests.

[Read More](#)

## Best Choice: Vegetable Juice



Drinking your veggies is convenient and good for you. The lycopene in tomato juice may help lower the risk of prostate cancer. Beet juice may help curb blood pressure. Pulp vegetable juice has some fiber (but not as much as raw vegetables); and fiber cuts hunger. You also get far less sugar and fewer calories than in the typical fruit juice. Check the sodium, though, or choose a low-salt version



## Disease Dangers of Chronic Inflammation

Nutritional factors may contribute to – and may thus counteract – the unchecked inflammatory response.



Inflamed joints - image from Shutterstock

Whereas acute inflammation is often necessary as a protective defense against infection and other insults, unchecked, chronic inflammation is implicated in a number of diseases – most notably, arthritis autoimmune diseases, and certain cancers. Anne Marie Minihane, from the University of East Anglia (United Kingdom), and colleagues, report that the nutrition status of the individual with for example a deficiency or excess of certain micronutrients (such as folate, vitamin B12, vitamin B6, vitamin 1, vitamin E, zinc) may lead to an ineffective or excessive inflammatory response. Studies have showed that high consumption of fat and glucose may induce post-meal inflammation – which may have consequences for the development of diabetes and cardiovascular diseases. The study authors submit that: “the ability of diet to positively modulate inflammation and provide the much needed evidence to develop research portfolios that will inform new product development and associated health claims.”

[VIEW NEWS SOURCE...](#)

## Salmon Compound Minimizes Inflammation

*Astaxanthin may improve muscle recuperation, among athletes.*



Astaxanthin supplements - image from Shutterstock

Astaxanthin is a pink-orange carotenoid found in salmon and has been shown by some published studies to exert antioxidant effects, Ivana Baralic, from the Sports Medicine Association of Serbia (Serbia), and colleagues administered astaxanthin (4 grams) daily, or placebo, to 40 young, trained Serbian soccer players for 90 days. The team observed that the men taking astaxanthin showed significant attenuation of muscle damage and subsequent related inflammation. Further, the astaxanthin group showed beneficial immune system effects – including higher salivary IgA – an immunoglobulin that maintains the integrity of the immune system and is involved in muscle function as well. Writing that: “This study indicates that [astaxanthin] supplementation ... attenuates muscle damage, thus preventing inflammation induced by rigorous physical training,” the study authors submit that: “Our findings also point that [astaxanthin] could show significant physiologic modulation in individuals with mucosal immunity impairment or under conditions of increased oxidative stress and inflammation.”

[VIEW NEWS SOURCE...](#)

## A 'thunderclap' headache



Could be: An aneurysm, which is a balloon-like area in an artery

Most of us have experienced mild or moderate headaches — usually an over the counter pain medication makes the pain go away. But if you have the worst headache of your life and it comes on suddenly, call 911. Again, do not drive the hospital yourself.

How do you know it isn't a migraine? With a migraine, you feel nauseous, are sensitive to light and sound and it's a gradual progression. Bleeding in the brain due to a ruptured aneurysm isn't all that common, but when it does happen, swift action is key. Surgeons can save your life by sealing off the weakened spot. If you aren't treated right away, you could die. The biggest risk is, if it does rupture, and you are bleeding into your brain, it becomes difficult to treat, if it can be treated at all. Don't take aspirin for such a sudden, intense headache — it can increase the bleeding.

[www.TODAY](#)



[People Can't Stop Watching This Video Of Guy Dancing To 'Can't Stop The Feeling!' In His Speedo](#)



**It seems that a Caller dialled 911 from a cell phone stating, "I am depressed and lying on a railway line so that when the train comes I can finally meet Allah." To which the call centre employee replied, "Remain calm and stay on the line."**



## Gluten-Free Diets Are Not Necessarily Healthier, Doctors Warn

Some kids are following a gluten-free diet even though they do not need to, and this is worrying some doctors.

[Read More](#)

## Straight Leg Raises Best exercise to strengthen your



If your knee's not at its best, start with an easy strengthening exercise for your quadriceps, the muscles in the front of the thigh. This move puts little to no strain on the knee: Lie on your back on the floor or another flat surface. Bend one knee and place your foot flat on the floor. Keeping the other leg straight, raise it to the height of the opposite knee. Repeat 10-15 times for three sets

## Simple Margarita: 170 Calories



Skip the syrupy mixes in crazy colors and you'll trim hundreds of calories from this Mexican cocktail. Measure out the basics: one shot of tequila, lime juice to taste, and a splash of triple sec. Shake with ice and serve. Staying within the limits of moderate drinking -- one for women and up to two drinks per day for men -- is another way to watch your calories and your waistline. WebMD



## How To EAT An Avocado Seed (& 6 Reasons Why You Should!)

Who knew you could EAT an avocado seed? It's supremely nutritious and really fun to prepare!

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# Interview with Borja Sánchez: “It is important to know what a microbiota transplant from another person can do to us in the long term”

- 19 MAY 2016 | **Cristina Sáez**
- [Fecal Microbiota Transplant, News Watch](#)



Insects do it, rabbits and chimpanzees too; even your dog is at it. [Many animals consume excrement](#) in search of vital nutrients, like vitamins and minerals, as well as bacteria. Coprophagia, as this practice is called, is not very attractive for humans, but we have, however, been doing it for several years (although we haven't been munching on poo, as such) and it's saving lives. We're talking about faecal microbiota transplants (FMT), a medical practice consisting in transferring in a controlled way faeces from a healthy person to another to treat a health condition. For instance, this practice has already [been shown to be effective for treating the infection caused by Clostridium difficile](#). One of the main problems with using this technique is the difficulty in isolating the bacterial strains from stools and getting effective concentrations. Now, a study carried out by researchers from the [Spanish National Research Council \(CSIC\)](#) and published in [Scientific Reports](#) shows a new technique that allows us to separate most of the gut microbiota from other faecal matter. Borja Sánchez, Ramón y Cajal researcher attached to the Dairy Institute of Asturias (IPLA), part of the food technology department at CSIC, is co-author of the research.



## Important tips for traveling with #diabetes:



**Garlic and chilli prawns**  
*Simple, easy and delicious, this is a classic dish at its best*  
 by [Vee](#)



## Berry-Herb Sangria

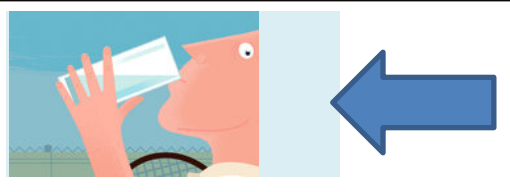
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Help your body to be healthy. Who else loves it

The Size of Your Wine Glass May Affect How Much You Drink  
 Why is that glass of wine so big?  
[Read More](#)

**Brazil Nuts**  
 This snack is rich in selenium, which helps protect your body from tiny, damaging particles called free radicals. One study found that young people who didn't have enough of this nutrient in their diets were more likely to be depressed. The researchers couldn't say that low selenium caused depression, though. Just one Brazil nut has almost half your daily requirement of the mineral so be careful to limit how many you eat. Other foods with this mineral include brown rice, lean beef, sunflower seeds, and seafood. [WebMD](#)

**Clams and Mussels**  
 These seafood favorites are a good source of B-12. Some studies say that people with low levels of the vitamin are more likely to have depression. It may be that a lack of it causes a shortage of a substance called s-adenosylmethionine (SAM), which your brain needs to process other chemicals that affect your mood. If you're looking for other B-12 foods, try lean beef, milk, and eggs.  
[WebMD](#)



**Dehydration: Risks and Myths**  
 By [JANE E. BRODY](#)  
 For most healthy people, thirst is a reliable signal that more water is needed. But there are exceptions.

[https://www.youtube.com/watch\\_popup?v=5DrwY21nP1Q&feature=youtu](https://www.youtube.com/watch_popup?v=5DrwY21nP1Q&feature=youtu)

**You can toast to this: A study finds that a glass of vino may contain muscle fatigue-fighting benefits.**  
 Red wine drinkers can savor their next glass a little more thanks to new scientific research. The results of a study that were [recently published in the journal Frontiers in Physiology](#) show that the muscles of monkeys who received a supplement of an antioxidant called resveratrol are more resistant to fatigue. Resveratrol is a natural component of blueberries, raspberries, mulberries and grape skins — and thus red wine. The antioxidant is believed to help prevent damage to blood vessels, prevent blood clots and reduce low-density lipoprotein (LDL) cholesterol (the “bad” cholesterol), according to the [nonprofit Mayo Clinic](#). The team of researchers behind the latest study of resveratrol also notes that prior animal studies involving mice found that resveratrol increases lifespan and slows the onset of diabetes. One prior study found that resveratrol mirrored the positive effects of aerobic exercise in mice fed a high-fat and high-sugar diet. The latest study of resveratrol involved rhesus monkeys. It was conducted by researchers at Georgetown University, California State Polytechnic University and the National Institute on Aging, which is part of the National Institutes of Health. Researchers wanted to find out if a resveratrol supplement would counteract the negative effects that a high-fat and high-sugar diet has on hind leg muscles. They examined three muscles. The resveratrol supplement helped two of them:

- The soleus muscle. This diet negatively affected this large muscle spanning from the knee to the heel that is used extensively in standing and walking. However, the resveratrol counteracted the diet's negative effect.
- The plantaris muscle. The diet did not negatively affect the 5- to 10-centimeter-long muscle along the back of the calf. However, the resveratrol did benefit the muscle.

The third muscle — the extensor digitorum longus, which is located along the outside of the lower leg — was unaffected by the diet or the resveratrol. Researcher J.P. Hyatt, an associate professor at Georgetown University, [explains in a news release](#) that the results imply that the soleus and plantaris muscles were “far more fatigue-resistant than those without resveratrol.”

As for how the study might apply to humans, Hyatt says muscles of a similar type as the soleus and plantaris “can sustain longer periods of activity and could contribute to improved physical activity, mobility, or stability, especially in elderly individuals.”  
[msn-lifestyles](#)





# Ulcerative colitis patients may benefit from fecal transplantation

Written by [Catharine Paddock PhD](#)

The results of a trial presented at a meeting this week show that 1 in 4 patients with ulcerative colitis found their symptoms disappeared and their gut linings had healed or substantially improved after receiving fecal microbiota transplantation - without the use of steroids.

*Although the causes of ulcerative colitis are not well understood, there is evidence that gut bacteria or microbiota may play an important role.*

The findings feature at [Digestive Disease Week 2016](#), San Diego, CA, 21-24 May, 2016.

Ulcerative colitis is a chronic inflammatory bowel disease (IBD) with no known cure. It arises from a recurring immune response that causes the colon or large intestine to become inflamed and ulcerated.

Symptoms include rectal bleeding, abdominal pain, and [diarrhea](#). The condition is similar to another IBD called [Crohn's disease](#) - except that Crohn's affects the whole digestive tract.

Ulcerative colitis affects millions of people around the world. The Centers for Disease Control and Prevention (CDC) estimate that around 238 out of every 100,000 adults in the United States have the condition.

**Although the causes of ulcerative colitis are not well understood, there is evidence that gut bacteria or microbiota may play an important role.**

Fecal microbiota transplantation (FMT) involves giving fecal material containing gut microbiota from a healthy person to a patient with a condition related to an imbalance of gut microbiota. The material is screened, processed, prepared, and given to the patient via colonoscopy, [endoscopy](#), or enema

- Ulcerative colitis is slightly more common in men than women
- Each year in the U.S., around [2.2-14.3 cases](#) of ulcerative colitis are diagnosed per 100,000 people
- The condition appears to be more prevalent in non-manual (white collar) occupations.

[Learn more about ulcerative colitis](#)

## Symptoms cleared, colons healed in a quarter of patients

### Fast facts about ulcerative colitis

The results show that 11 of the 41 (27 percent) FMT patients [achieved the study's two main goals](#): they reported their symptoms had gone away, and their digestive tract showed signs of having healed or improved (as evidenced via endoscopic examination). Both improvements were achieved without the use of steroids, note the researchers.

In contrast, only three of the 40 (8 percent) patients treated with placebo reached these two goals.

Dr. Paramsothy explains why their study is significant:

**"Our study is the first multi-centered trial that uses an intense therapy of FMT infusions, 40 over 8 weeks, and has been able to show definitively that fecal microbiota transplantation is an effective treatment for ulcerative colitis."**

## Should You Take a Vitamin? Do You Know What a Vitamin Is?

By [ANAHAD O'CONNOR](#)

There are 13 vitamins that are essential for good health, but there is no real consensus on what they actually do and exactly how much of

## Kids with Puzzling Stomach aches Might Benefit from Probiotics

Probiotics could treat kids' unexplained stomach pain.

[Read More](#)

## Pink Slime

You've probably heard about "pink slime," the low-cost beef filler that is treated with ammonia to kill bacteria. But how can you avoid it?

Since "ammonium hydroxide" is considered a processing aid, it doesn't need to be listed on food labels. But many fast-food chains and grocery stores have stopped selling beef that contains it. Check the web site of your favorite store, or ask at the meat counter. [WebMD](#)



## Indian Street Food, Masala dosa, Paper Masala Dosa, Sou...

by [bluestar](#)

"Noodles" Like You've Never Seen Before  
A spicy and filling soup full of delicious veggies.



Vitamin B12 helps

## New study uncovers mechanisms underlying how diabetes damages the heart

Cardiac complications are the number one cause of death among diabetics. Now a team of scientists has uncovered a molecular mechanism involved in a common form of heart damage found in people with [diabetes](#).

A research team from The University of Texas Medical Branch at Galveston in collaboration with Baylor College of Medicine, University of California San Diego and the University of Texas at Dallas have published their findings the journal *Cell Reports*.

People with diabetes have a two to five time higher risk of developing cardiovascular diseases. For decades physicians have noticed unhealthy changes in the hearts of diabetics called diabetic cardiomyopathy, which is a disorder of the heart muscle that can lead to [heart failure](#).

The molecular mechanisms responsible for this cardiac disorder are poorly understood, although they are key to revealing new targets for the discovery of better treatments and development of more accurate diagnostics.

RNA provides the blueprint for making the protein building blocks of cells. The RNA is cut or spliced to generate mRNA used to build proteins. RNA splicing mistakes are associated with many human diseases because they lead to production of the wrong or harmful proteins.

The research team has previously shown that splicing is incorrectly regulated and levels of the splicing regulator RBFOX2 are elevated in diabetic heart tissue. The current study sought to further investigate how RBFOX2 regulation contributes to splicing defects seen in diabetic hearts and the consequences of splicing changes on cardiac function.

The UTMB-led study found that RBFOX2 binds to 73 percent of the RNA that are mis-spliced in diabetic heart tissues. This **alternative** splicing was found to impair normal gene expression patterns in the heart, especially genes important for molecular metabolism, programmed cell death, protein trafficking and [calcium](#) handling in heart muscle tissue. Calcium balance is important in regulating a heartbeat.

"We discovered that RBFOX2 function is disrupted in diabetic hearts before cardiac complications are noticeable and RBFOX2 dysregulation contributes to abnormal calcium signaling in the heart," said N. Muge Kuyumcu-Martinez, lead author and UTMB assistant professor in the department of biochemistry and molecular biology. "Identifying RBFOX2 as an important contributor to diabetic complications and learning how it is dysregulated may allow us to develop new tools to diagnose, prevent or treat diabetic cardiomyopathy in the future."

[MNT](#)

## Beans are good for your heart by providing both soluble and insoluble fiber, as well as folate, magnesium, and potassium.

That makes beans a cholesterol-reducing, blood-pressure-lowering, and gas-producing powerhouse. But, beans also improve blood glucose control, having a low glycemic index due to the fiber and protein content. Ultimately, these complex legumes are starchy vegetables, so don't forget that your 1/2-cup serving is a 15 gram carbohydrate portion after you deduct half of the fiber from total carbohydrate. Remember that managing diabetes is not only about controlling blood glucose levels as effectively as possible, but also about reducing your risk for heart disease, which is significantly elevated simply by having diabetes. Dummies.com

## Combine citrus and green tea



Shutterstock

Green tea is rich in a compound called epigallocatechin gallate (EGCG), one of several catechins in tea, which has been associated with increased metabolism, fat burning and blocking histamine release associated with allergies when consumed over time. As part of a bigger class of plant nutrients called catechins, research has also shown that pairing it with citrus (an excellent source of vitamin C) increases the absorption of the catechins by up to 5 times! So go ahead and squeeze some lemon or orange in your tea or sweeten it with a splash of orange juice.

[www.today](http://www.today)

## Healthy intestinal flora keeps the mind sharp - with some help from the immune system

A special kind of immune cell serves as an intermediary between gut bacteria and the brain. Dr. Susanne Wolf of the Max Delbrück Center for Molecular Medicine in the Helmholtz Association (MDC) discovered this in tests on mice and published her findings in the journal *Cell Reports*. The research findings are of significance when it comes to the effects of using [antibiotics](#) in the long term, and could also help to alleviate the symptoms of mental disorders.

The gut and the brain "talk" to one another via hormones, metabolic products or direct neural connections. A specific population of monocyte immune cells acts as a further link between the two, as Dr. Susanne Wolf from the MDC research group led by Prof. Helmut Kettenmann recently discovered in collaboration with colleagues from the University of Magdeburg, the Charité - Universitätsmedizin Berlin, and the US National Institutes of Health (NIH).

The researchers switched off the gut microbiome in mice, i.e. their intestinal bacteria, with a strong concoction of antibiotics. Compared to the mice that had not undergone treatment, they subsequently observed significantly fewer newly formed nerve cells in the hippocampus region of the brain. The memory of the treated mice also deteriorated because the formation of these new brain cells - a process known as neurogenesis - is important for certain memory functions.

As well as impaired neurogenesis, the researchers also found that the population of a specific immune cell in the brain - the Ly6C(hi) monocytes - decreased significantly when the microbiota was switched off. Could these immune cells be a previously unknown intermediary between the two organ systems? Wolf and her team tested and confirmed this hypothesis: when they removed just these cells from the mice, neurogenesis declined and when they gave the cells to the mice that had been on antibiotics, neurogenesis increased once again.

The researchers cured the antibiotic-treated mice using two different strategies: the mice were either given a mixture of selected bacterial strains or had access to voluntary training in the running wheel, thus reversing the negative effects of the antibiotics. The mice's number of monocytes increased and their memory performance and neurogenesis improved. However, it was not possible to restore the immune and brain functions using the microbiota of untreated mice.

According to Wolf, the previously unknown intermediary function of the immune cells is of particular scientific interest: "With the Ly6C(hi) monocytes, we may have discovered a new general communication path from the periphery to the brain."

MNT

**Years ago it was suggested that, "An apple a day keeps the doctor away." But, since all the doctors are now Muslim, I've found that a bacon sandwich works great!**

## New Obesity Treatment: Gas-Filled Balloons

A new obesity treatment that involves balloons may help people lose more weight than they would by just dieting, a new study suggests.

[Read More](#)

## Drones to deliver blood supplies in Rwanda

Written by Matthew Driver

Drones and healthcare may sound like an unusual partnership, but in an effort to improve the access to vital medications, vaccines, and blood supplies, a new project in Rwanda will take to the skies in a bid to use drones to deliver essential medical supplies to remote regions of the country.



Drones are set to deliver essential medical supplies to remote regions of Rwanda.

Image credit: Zipline Inc.

In a joint partnership between Rwanda's Ministry of Health, Gavi (the Vaccine Alliance), and Zipline - an autonomous robotics company based in San Francisco, CA - a new national drone delivery network is due to launch this summer, delivering blood supplies to remote and hard-to-access regions across Rwanda.

The project will also test the suitability of drones for the delivery of a wider range of medical products and vaccines.

The project has been backed by global delivery and logistics giant UPS through its "global citizenship" arm, the UPS Foundation. It will initially involve Zipline establishing a small launching hub for a fleet of 15 autonomous drones.

When a patient needs a blood transfusion, [antibiotics](#), or vaccines, a doctor, nurse, or health center technician will send Zipline a text message and a drone will airdrop the needed supplies within 30 minutes.

The drone will send a message to the health center when it is 2 minutes away, and the package, equipped with a parachute, will fall slowly to the ground. The aircraft would then return to the launch hub.



## Rapamycin Shows Further Promise for Anti-Aging

Research Science Cardio-  
Vascular Longevity

Initial results of anti-aging medical trial on dogs are 'astonishing'



Rapamycin is a bacterial by-product that was discovered in 1964 in the soil at Easter Island, by a group of Canadian scientists who had gone there to study the health of the isolated local population. Since its discovery, rapamycin has been used to suppress the immune systems of transplant patients, to stop them from rejecting their new organs. It's also been used for its ability to stop cells from dividing, forming the basis of potential anti-cancer drugs. More recently, it was discovered to extend the lifespan of mice. It is hoped that rapamycin will one day help humans to live longer.

Now, researchers from the University of Washington have tested it on dogs. They were shocked by the initial findings, which showed that some dogs displayed improvement in heart functionality after just a few weeks. Dogs normally age very rapidly in contrast to humans, with most living between 10 to 13 years. This enables the scientists to study their aging process in a short period of time. 40 dog-owners were recruited by the team, and instructed to give their pets three tablets of rapamycin a week. Upon weeding out dogs with heart conditions, or other medical conditions, the team was left with 24 middle-aged dogs, who each received low doses of the drug. Echocardiograms were taken throughout the course of 10 weeks, to determine changes in the animals' heart function. The researchers discovered that the dogs taking the rapamycin exhibited either an improvement in heart functionality, or no change. Additionally, the dogs that had come in with worse conditions, initially saw the greatest improvement.

Matt Kaeberlein, the biologist leading the team, said the results are 'astonishing' and that he was 'shocked' when he got the data. The researchers hope to next conduct further tests with the drug, spanning multiple years, with the hope that it will be approved for humans in the next decade.

[VIEW NEWS SOURCE...](#)

## "E"ssential Vitamin for Brain Health

Vitamin E maintains levels of docosahexaenoic acid (DHA) in the brain (zebrafish model).



Vitamin E - image from Shutterstock

Docosahexaenoic acid (DHA) is an omega-3 fatty acid that is a primary structural component of the human brain, cerebral cortex, retina, and other key parts of the central nervous system. Maret G. Traber, from Oregon State University (Oregon, USA), and colleagues employed a zebrafish model to study the role of vitamin E on the brain. Animals fed a diet without vitamin E for 9 months had about 30% less DHA (as DHA-PC) – a component of brain cell membranes. As well, the vitamin E-deficient animals had higher levels of hydroxyl-DHA-PC – a compound that forms after exposure to free radicals. Vitamin E-deficient animals had lower levels of lysophospholipids – compounds that join with Vitamin E to carry DHA into the brain.

[VIEW NEWS SOURCE...](#)

## Black Beans



Mild, tender black beans are packed with heart-healthy nutrients. Folate, antioxidants, and magnesium can help lower blood pressure. Their fiber helps control both cholesterol and blood sugar levels. Add beans to boost soups and salads.

**Prep Tip:** Rinse canned beans to remove extra salt. WebMD

## Are All Sugars the Same?

Is the sweet taste of strawberries different from the sugar in a slice of chocolate cake?



## Inflammation, Not Acid, Cause of GERD, Study Suggests

Veronica Hackethal, MD

Gastroesophageal reflux disease (GERD) may be caused by an immune reaction, rather than direct chemical injury from stomach acids, according to results from a small, single-center study published online May 17 in *JAMA*.

"In this preliminary study of 12 patients with severe reflux esophagitis successfully treated with PPI therapy, stopping PPI medication was associated with T lymphocyte-predominant esophageal inflammation and basal cell and papillary hyperplasia without loss of surface cells," write first author Kerry Dunbar, MD, PhD, from the Dallas Veterans Affairs Medical Center in Texas, and colleagues.

"If replicated, these findings suggest that the pathogenesis of reflux esophagitis may be cytokine-mediated rather than the result of chemical injury," they add.

Since 1935, convention has held that GERD, which affects about 20% of Americans, results from irritation of the esophageal lining as a result of refluxed acid from the stomach. A recent study in rats, however, has suggested that GERD may not be a result of chemical injury but, rather, a result of an immune reaction. That prompted researchers to test this

## How depression develops

A novel study published in *Psychotherapy and Psychosomatics* discloses how **depression** may develop.

To explain the overt heterogeneous nature of major depressive disorder (MDD), it could be valuable to focus on individual symptoms. MDD symptoms differ in their underlying biology, risk factors and psychosocial impairments. In addition, the presence of specific symptoms (e.g. psychomotor agitation) may have important clinical implications, such as expectations regarding the response to **antidepressants**.

The network approach is a conceptualization that specifically focuses on individual symptoms. According to this approach, psychopathology results from the associations between symptoms, and each of these symptoms may have its unique set of associations with other symptoms. This information can be visualized into a network, in which symptoms are represented as nodes and the associations between them as lines. The present study aimed to test whether symptom centrality was indeed related to the risk of developing MDD.

The Authors selected 501 adults with no lifetime DSM-IV depressive or **anxiety** disorder from the baseline assessment of the Netherlands Study of Depression and Anxiety (NESDA). Results showed that the risk of developing MDD depends on the type of subthreshold symptom that a person reports. Loss of interest/pleasure, depressed mood, **fatigue** and concentration problems were the most important risk factors, and these symptoms could, therefore, help clinicians (e.g. general practitioners) in identifying persons who are most vulnerable for MDD. These specific symptoms were also central in the MDD symptom network and may, consequently, be valuable targets in prevention strategies. By eliminating or reducing such a central symptom, it is hypothesized that activity within the whole network can be reduced (or prevented).

In conclusion, subthreshold MDD symptoms were differentially associated with the prospective onset of MDD and these findings demonstrate the value of an approach focusing on individual symptoms. The network approach may be such an approach, as we showed that the risk of developing MDD depended on the centrality of a symptom in the network. This centrality may, therefore, inform clinicians on the symptoms that are likely to have the most prognostic impact when adapted by targeted treatment. Article: **A Prospective Study on How Symptoms in a Network Predict the Onset of Depression**, Boschloo L, van Borkulo CD, Borsboom D, Schoevers RA., *Psychotherapy and Psychosomatics*, doi: 10.1159/000442001, published online 5 April 2016.



[You can do it! Our step-by-step guide to homemade pancakes](#)

[Read More](#)

## Do this at home - checking BP

This important study underscores what we have been saying for years: it's a good idea to check your blood pressure at home, and not just rely on the measurements made in your doctor's office. Measure your blood pressure in the morning before you take your blood pressure pills or have breakfast, and again in the evening, every day for a week. Write down the numbers, along with the heart rate the monitor records, and bring them to your doctor. After that, follow the plan your doctor recommends.

White-coat and masked hypertension suggest that your blood pressure is more jumpy than normal. This hyper-responsiveness could gradually nudge you toward sustained hypertension. If your blood pressure is sometimes high, doing what you can to keep it in check is a big step toward preventing heart attack, heart failure, and the most common kind of stroke. Harvard Medical School

## What to Expect From Chemo

We explain what it is, how it works, possible side effects, and more.



## Added Benefits Seen With Early Initiation of Anti-VEGF Agents for Diabetic Retinopathy



# Diverse diets enrich gut microbes

Written by [Catharine Paddock PhD](#)

More and more research is revealing the important role that the vast colonies of bacteria and other microbes that live in the gastrointestinal tract play in health and disease.

Healthy people, note the authors, have a diverse range of species in these gut microbe populations - collectively referred to as the gut microbiome - while many of our 21st century diseases - such as [type 2 diabetes](#), [obesity](#) and inflammatory bowel disease - are linked to reductions in this richness.

Scientists are beginning to suggest we should view the gut microbiome - whose cells outnumber our own - as an organ in its own right, because without it, we could not metabolize some of the nutrients we need from the food we eat.

**Moreover, the microbiome also produces unique compounds that convey signals important for the body's metabolism - the set of chemical reactions that go on inside our cells that keep them working and alive.**

It follows, argue Heiman and Greenway, that if a varied diet becomes more specialized, then over time, this will change the gut microbiome. In fact, they note, it only takes a few days following a change in diet for the microbe population in the gut to change.

It also follows, that if we adhere to a diet that cuts out certain types of food, then we could also be changing - and perhaps diminishing - the species diversity of our gut microbiome.

## Will stool specimens overtake blood tests?

The authors explain that the richness of the species diversity of the microbiome affects not only the availability of nutrients, but also the richness of different types of signal between the gut and the rest of the body that can affect health and disease.

One of the examples they give is a compound called phosphatidylcholine, which is abundant in foods such as shellfish, eggs, milk, red meat and poultry. Gut microbes convert this compound to trimethylamine (TMA).

The TMA is absorbed by the host and oxidized to form another compound called trimethylamine-N-oxide (TMAO), which is linked to the artery

# Climate change linked to rise in kidney ailments

[Ekatha Ann John](#) | TNN |

Chennai: When a mystery kidney disease killed more than 20,000 people in Central America over the course of a decade, it set alarm bells ringing in several tropical countries including India. The victims had similar profiles: They were young, their work involved hard labour and long hours in the sun.



*Representative image*

Now a group of doctors has come together

to reestablish an inconvenient truth: The world could be witnessing its first human epidemic directly linked to global warming. And India is one of the hotspots. Researchers have identified parts of the country with suspected sites of heat stress-associated nephropathy - a condition caused by dehydration and heat - and they include Andhra Pradesh, TN, Odisha, Goa and Maharashtra.

Chennai-based nephrologist Dr Georgi Abraham, part of the research team, said global warming was not even in the picture when they started the study, the results of which Clinical Journal of American Society of Nephrology has published.

"We just wanted to investigate why certain pockets had such high kidney ailments despite people not having diabetes, high blood pressure or obesity - the usual risk factors for kidney diseases," said Dr Abraham.

After they ruled out metabolic factors and the possible presence of toxins, a study in Latin America gave the researchers their break. Several sugarcane farmers in Nicaragua were hospitalised with chronic kidney diseases. When doctors investigated, they linked the ailments to the practice of burning sugarcane during harvest.

"The high temperature caused the workers to sweat and they weren't drinking enough water," Dr Abraham said. "The heat and dehydration took a toll on the kidney."

Closer home, a team from Jipmer, Puducherry, undertook a similar study on salt pan workers in the Union territory. They found the same result: Increased creatinine levels, signifying impaired kidney functioning or renal disease. Creatinine is a chemical waste product in the blood that passes through the kidneys, which filter it before the body eliminates it in urine.

Doctors also studied farmers in Andhra Pradesh, where a heat wave claimed more than 1,400 lives in a single month in 2015 because of the same causes. Some of the workers in that state also popped pills to ease body ache that added further pressure to their kidneys.

"The impact isn't immediate. Every day we noticed some degree of kidney damage and muscle breakdown because of the heat," said Dr Vivekanand Jha, professor of Nephrology at the George Institute for Global Health in New Delhi, who was part of the research team. "That's when we decided to look at global warming as the possible cause of this mysterious kidney ailment claiming lives of young and seemingly healthy people."

Global warming has caused an overall temperature increase of about 0.8°C over the past century and is responsible for 75% of the extreme heat events. Heat waves typically refer to sustained temperatures of 40°C, or a temperature increase of 5°C to 6°C above the normal maximum temperature of a region.

An increasing shortage of water accompanies the rise in temperature, with the percentage of the world population suffering from moderate water shortage rocketing from 5% in 1800 to 50% in 2005. An estimated 10% of the world population currently has extreme water shortage.

The study noted that although most doctors are aware of the high prevalence of kidney ailments among workers, those affected have extremely limited access to healthcare. The subjects at risk are often from impoverished and neglected populations in places where medical care is poor, doctors rarely perform renal biopsies or make diagnoses, the study noted.



## A Mediterranean style diet might slow down ageing and reduce bone loss

Sticking to a Mediterranean style diet might slow down ageing finds the EU funded project NU-AGE. At a recent conference in Brussels, researchers presented that a NU-AGE Mediterranean style diet, tested in the project, significantly decreased the levels of the protein known as C-reactive protein, one of the main inflammatory marker linked with the ageing process. Another positive effect of this diet was that the rate of bone loss in people with [osteoporosis](#) was reduced. Other parameters such as [insulin](#) sensitivity, cardiovascular health, digestive health and quality of life are yet to be analysed.

"This is the first project that goes in such depths into the effects of the [Mediterranean diet](#) on health of elderly population. We are using the most powerful and advanced techniques including metabolomics, transcriptomics, genomics and the analysis of the gut microbiota to understand what effect, the Mediterranean style diet has on the population of over 65 years old" said prof. Claudio Franceschi, project coordinator from the University of Bologna, Italy. A new personally tailored, Mediterranean style diet was given to volunteers to assess if it can slow down the ageing process. The project was conducted in five European countries: France, Italy, the Netherlands, Poland and the UK and involved 1142 participants. There are differences between men and women as well as among participants coming from the different countries. Volunteers from five countries differed in genetics, body composition, compliance to the study, response to diet, blood measurements, [cytomegalovirus](#) positivity and inflammatory parameters.

NU-AGE's researchers also looked at socio-economic factors of food choices and health information as well as the most significant barriers to the improvement of the quality of a diet. As with biological markers, considerable country differences were seen when comparing several aspects, for instance on the overall [nutrition](#) knowledge. In France and the UK, over 70% of participants thought they had high nutrition knowledge while in Poland only 31% believed so.

Also, when elderly people buy food products, there are country differences in the attitudes towards nutrition information on the food labels (what is important for a person from Poland, may not be as important for a person from Italy). In addition, participants from different countries understand and trust nutrition claims differently. Participants from the Netherlands and the UK appeared to understand nutrition claims better than participants from France, followed by those from Poland and Italy. In terms of trust, over 40% of Italian participants thought that nutrition claims on food products are reliable, while only 20% of British participants had the same opinion (on reliability of these claims). Surprisingly to experts, no gender differences were observed in nutrition knowledge between men and women.

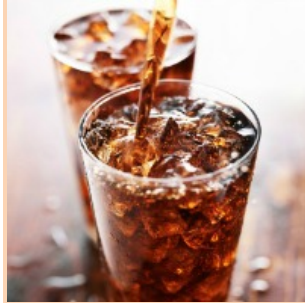
"The NU-AGE conference was a great success and allowed us to share the most recent results of the project as well as decide on the next steps and future work," concluded Franceschi.

MNT

[Magic mushroom compound could help treat depression](#)

## Sugary Drinks Significantly Raise Cardiovascular Risk Factors

*Drinks sweetened with high-fructose corn syrup significantly increase risk factors for cardiovascular disease, even when consumed for as little as 2-weeks.*



Soda - image from Shutterstock

Drinks that are sweetened with low, medium and high amounts of high-fructose corn syrup have been shown to significantly increase several risk factors for cardiovascular disease, even if they are only consumed for as little as 2-weeks. Kimber Stanhope, a research scientist at the University of California, Davis, School of Veterinary Medicine, and colleagues investigated the effects of consuming beverages containing high-fructose corn syrup on blood levels of low-density lipoprotein (LDL) cholesterol, triglycerides and uric acid – all of which are known risk factors of cardiovascular disease. A total of 85 participants, aged 18 to 40-years, were placed in 4 different groups for the 15-day long study. Participants were assigned to consume beverages sweetened with high-fructose corn syrup equivalent to 0%, 10%, 17.5% or 25% of their total daily calorie requirements. Participants in the 0% control group were given a sugar-free beverage sweetened with the artificial sweetener aspartame. Results showed that risk factors increased in line with the dose of high-fructose corn syrup. With even the participants who consumed the 10% dose exhibiting increased circulating concentrations of LDL cholesterol and triglycerides compared with their concentrations at the beginning of the study. Results also showed that men appeared to be more greatly affected than women, and that increased cardiovascular risk was independent of body weight gain. "These findings clearly indicate that humans are acutely sensitive to the harmful effects of excess dietary sugar over a broad range of consumption levels," concluded Stanhope.

[VIEW NEWS SOURCE...](#)

Stanhope KL, Medici V, Bremer AA, Lee V,

## Brain Food

Ginseng, Fish, Berries, or Caffeine?

Listen to the buzz about foods and dietary supplements, and you'll believe they can do everything from sharpen focus to enhance memory, attention span, and brain function. But do they really work? There's no denying that as we age, our body ages right along with us. The good news is that you can improve your chances of maintaining a healthy brain if you add "smart" foods and drinks to your diet.

### Caffeine Can Make You More Alert

There's no magic bullet to boost IQ or make you smarter -- but certain substances, like caffeine, can energize you and help you concentrate. Found in coffee, chocolate, energy drinks, and some medications, caffeine gives you that unmistakable wake-up buzz, though the effects are short-term. And more is often less: Overdo it on caffeine and it can make you jittery and uncomfortable.

### Sugar Can Enhance Alertness

Sugar is your brain's preferred fuel source -- not table sugar, but glucose, which your body processes from the sugars and carbs you eat. That's why a glass of something sweet to drink can offer a short-term boost to memory, thinking, and mental ability.

Have too much, though, and memory can be impaired -- along with the rest of you. Go easy on the sugar so it can enhance memory without packing on the pounds.

### Eat Breakfast to Fuel Your Brain

Tempted to skip breakfast? Studies have found that eating breakfast may improve short-term memory and attention. Students who eat it tend to perform better than those who don't. Foods at the top of researchers' brain-fuel list include high-fiber whole grains, dairy, and fruits. Just don't overeat; researchers also found high-calorie breakfasts appear to hinder concentration.

### Fish Really is Brain Food

A protein source linked to a great brain boost is fish -- rich in omega-3 fatty acids that are key for brain health. These healthy fats have amazing brain power: A diet with higher levels of them has been linked to lower dementia and stroke risks and slower mental decline; plus, they may play a vital role in enhancing memory, especially as we get older.

For brain and heart health, eat two servings of fish weekly.

### Add a Daily Dose of Nuts and Chocolate

Nuts and seeds are good sources of the antioxidant vitamin E, which has been linked in some studies to less cognitive decline as you age. Dark chocolate also has other powerful antioxidant properties, and it contains natural stimulants like caffeine, which can enhance focus. Enjoy up to an ounce a day of nuts and dark chocolate to get all the benefits you need with a minimum of excess calories, fat, or sugar.

WebMD

## Are Blueberries Good for You?

Blueberries are considered a superfood, but why exactly are they so healthy? Here's a look at the nutritional benefits. [More »](#)

## Harvard Health Blog

### The psychology of low back pain

Srini Pillay, MD, Contributor



Over 80% of people will experience an episode of low back pain at some point in their lives. The most common reasons for low back pain are disc injuries, sciatica, lifting heavy objects, or some other non-specific back injury. But although back pain is incredibly common, not all people respond in the same way to this often-disabling condition. Two people with the same level of pain may have differing responses due in part to different psychological attitudes and outlooks.

[Continue reading the article »](#)

### Heartburn Trigger: Too Much Food



The first thing to think about, in terms of curbing heartburn, isn't this or that specific food. It's the amount of food you eat at a time. When it comes to heartburn risk, the sheer volume of what you eat matters. And this is one case where bigger isn't better. No matter what the food is, how good it looks, or how much you like it, eating too much food at once makes heartburn more likely. Tip: Try using smaller plates to trim your portions  
WebMD

### 14 Surprising Things That Happen To Your Body When You Give Up Alcohol



### Nagging Cough

If you don't smoke, there's very little chance a nagging cough is a sign of cancer. Usually, it's caused by postnasal drip, asthma, acid reflux, or an infection. But if yours doesn't go away or you cough up blood -- especially if you are a smoker -- see your doctor. She may test mucus from your lungs or do a chest X-ray to check for lung cancer.  
WebMD

### Bloating

You may have a full, bloated feeling because of your diet or even stress. But if it doesn't get better or you also have fatigue, weight loss, or back pain, have it checked out. Constant bloating in women may be a sign of ovarian cancer. Your doctor can do a pelvic exam to look for the cause.  
WebMD

[Relax Read, Share](#)

### Shitake Mushrooms May Boost Immunity

*Daily consumption of shitake mushrooms over a 4-week period may improve immunity and reduce inflammatory proteins.*



Shitake mushrooms - image from Shutterstock

Mushrooms are widely touted for their medicinal qualities, yet very few human intervention studies have been conducted using present-day guidelines. Professor Sue Percival of the University of Florida's department of Food Science and Human Nutrition, decided to address this issue by conducting a study of 52 healthy adults aged 21 to 41 in order to investigate the effect of mushroom consumption on the immune system. Participants were given a 4-week supply of dry shiitake (*Lentinula edodes*) mushrooms and were asked to consume either 5 or 10 g of mushrooms daily. Each subject had blood drawn before and after 4-weeks of daily mushroom consumption. Saliva and serum were also collected. Results showed that mushroom consumption led to significantly increased numbers of gamma delta T-cells ( $\gamma\delta$ -T) and natural killer T-cells (NK-T). Furthermore, both cell types also demonstrated a greater ability to express activation receptors, suggesting that consuming mushrooms improved cell effector function. Mushroom consumption also led to a drop in levels of the inflammatory proteins c-reactive protein (CRP) and macrophage inflammatory protein-1 $\alpha$ /chemokine C-C ligand 3 (MIP-1 $\alpha$ /CCL3). "If you eat a shiitake mushroom every day, you could see changes in the immune system that are beneficial", Professor Percival concluded. "We're enhancing the immune system, but we're also reducing the inflammation that the immune system produces."

[VIEW NEWS SOURCE...](#)

### Cinnamon Compound Curtails Cancer

*Cinnamaldehyde may be an effective inhibitor of colorectal cancer, in a lab animal model.*

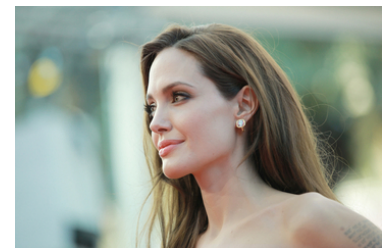


Cinnamon - image from Shutterstock

The second leading cause of cancer deaths in the US, colorectal cancer is a progressive disease generally with poor prognosis. Consequently, scientists are exploring approaches that may prevent the disease. Previously, Georg Wondrak, from the University of Arizona (Arizona, USA) identified the ground bark of *Cinnamomum aromaticum* (cassia cinnamon) and *Cinnamomum verum* (Ceylon cinnamon), as rich dietary sources of cinnamaldehyde – an inducer of Nrf2 (nuclear factor-E2-related factor 2), a master regulator of the cellular antioxidant defense that represents a promising molecular target for colorectal cancer chemoprevention. Cinnamaldehyde is the compound that gives cinnamon its distinct flavor and smell. In the present study, the researchers added cinnamaldehyde to the diet of mice. Not only did the compound appear to protect the mice against colorectal cancer, the team also observed that the animals' cells had acquired the ability to protect themselves against exposure to a carcinogen through detoxification and repair. The study authors submit that: "our data suggest feasibility of colorectal cancer suppression by dietary [cinnamaldehyde] ... derived from the third most consumed spice in the world."

[VIEW NEWS SOURCE...](#)

### 10 Celebrities with Chronic Illnesses



Here's a look at celebrities who live with chronic illnesses, and how they deal with their conditions.

[Read More »](#)

### Lower back pain cure, relief: Why back pain is a First World problem

The Australian -

The World Health Organisation warns that an ageing population will make low back pain ...



He is Canadian .. and ... he is very very good !!!!!

He is the son of Scott Oake.....a CBC Sports commentator...

[www.youtube.com/embed/gHd8zKp7R00](http://www.youtube.com/embed/gHd8zKp7R00)





## Restaurants should offer tap water to help fight child obesity

Restaurants should offer tap water to families dining out, so children have an alternative to a sugary drink, say councils. The Local Government Association, which represents more than 370 councils with responsibility for public health, says tap water needs to be made more freely available, rather than something you have to ask for.

It wants the Government to use its forthcoming childhood [obesity](#) strategy as an opportunity to encourage restaurateurs to take responsibility and offer parents and children the choice of tap water as an alternative drink.

One-in-five people do not know that licenced premises have to provide free tap water by law. Many restaurants however, currently only do so on request.

Council leaders want restaurant owners and chains to step up and give tap water without customers feeling the need to ask for it.

This comes as figures show most people don't ask for tap water when they eat out. Eight out of 10 people usually drink tap water at home, yet only a third do so when eating out at restaurants.

The same survey also found that 15 per cent of people who usually drink tap water at home, never think of asking for water in cafes or restaurants, while 13 per cent said it made them feel awkward.

The LGA wants government to promote initiatives where children are encouraged to drink more water in the childhood obesity strategy, and has previously called for tap water to be made more freely available in schools, nurseries and children's centres. Cllr Izzi Seccombe, LGA Community Wellbeing spokeswoman, said:

"We want restaurant owners to play their part in tackling childhood obesity by offering families tap water.

"While most restaurants will happily provide a glass of tap water on request, we're saying it shouldn't be something you have to ask for. Some people may be too embarrassed or find it awkward to ask for tap water.

Others may simply forget it's an option.

"Water brings important health benefits and keeps people hydrated. For children it's an alternative to a sugary drink, while for adults it might dissuade them from ordering another alcoholic drink."

MNT

## Cabbage – Stomach ulcers

In a research published by the John Hopkins Medical School, it was found that the sulforaphane in cabbage helps battle the helicobacter pylori bacteria (a principle cause of ulcers). It is believed that sulforaphane may also help prevent gastric tumors.

BabaMail

## Aspirin use increased cancer survival, reduced metastasis

With this in mind, Prof. Elwood and his team conducted a systematic review and meta-analysis of 42 observational studies and five randomized trials that included patients who had been diagnosed with either breast, colorectal or [prostate cancer](#).

Fast facts about cancer

- This year, more than 1.6 million new cancer cases are expected to be diagnosed in the US
- It is estimated that almost 600,000 cancer deaths will occur in the US in 2016
- Of these deaths, around 188,000 will be caused by cigarette smoking.

[Learn more about cancer](#)

The researchers found that cancer patients who took low-dose aspirin - in combination with other cancer treatment - showed a 15-20% increase in survival, compared with those who did not take low-dose aspirin.

What is more, they found low-dose aspirin use was associated with a reduction in the spread of cancer, or cancer metastasis.

The researchers also identified a reduction in cancer metastasis with aspirin use when looking at six studies of cancers other than colorectal, breast or prostate, but Prof. Elwood says the number of patients included in these studies was too low to "enable confident interpretation."

MNT



## Will and Kate's royal romance reigns! See their 5 years of marriage in pics

The Duke and Duchess celebrate their fifth year of marriage Friday.

[Read More](#)

## Two Good Fats

*Alpha-linoleic acid (ALA) and polyunsaturated fatty acids (PUFA) may reduce the risk of cardiovascular disease (CVD) and death, among older men and women.*



Salmon salad with avocado - image from Shutterstock

Some fats can indeed be good for you. Published data suggests that a high intake of polyunsaturated fatty acids (PUFA), which can promote healthy cholesterol levels, may reduce the risk of cardiovascular disease (CVD) and mortality. Ulf Risérus, from Uppsala University (Sweden), and colleagues studied 2193 Swedish 60-year-old women and 2039 Swedish 60-year-old men, who did I have cardiovascular disease and study's start. Subsequent cardiovascular disease-related events and deaths among the subjects were recorded. Data analysis revealed that those subjects with the highest blood levels of PUFAs were significantly less likely to die from heart disease or any cause over about 15 years than those with the lowest levels. For both men and women, two fatty acids found in fish – eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) – associated with roughly 20% lower odds of death. As well, alpha-linoleic acid (ALA) appeared to yield a 27% reduction in the likelihood of death during the study among the men, but not the women. The study authors write that: "Serum [linoleic acid] and very long-chain [omega-3 polyunsaturated fatty acids] partly reflecting vegetable oil and fish intake, respectively, were inversely associated with all-cause mortality."

[VIEW NEWS SOURCE...](#)

**Note:** Any medical information published on this website is not intended as a substitute for informed medical advice and you should not take any action before consulting with a health care professional.

## Coconut is an excellent skin moisturizer

This all natural, edible oil is inarguably the best moisturizer out there, and the only one you'd ever need. Coconut oil may be solid at room temperature if your room temperature happens to be below 75F, but it typically remains a liquid in the tropical regions where coconut trees grow. Solidified coconut oil has a texture similar to plain petroleum jelly, but it does not feel sticky or greasy on your skin because our body temperature is normally above 97F.

Coconut oil melts on the skin as soon as you apply it, without leaving any kind of residues. It easily seeps into the skin pores, moisturizing deeply and thoroughly.

**How to use it:** If you have dry skin, apply coconut oil to your face after washing and drying it lightly with a towel. You need only a small amount since the oil spreads well. Take just ¼ teaspoon oil in the palm of one hand rub it with the other. Apply it on the face with both palms, gently massaging it in. Wait for 5-10 minutes for the oil to absorb into the skin, and wipe away any excess with a soft cotton towel. A thin layer is all you need to prevent moisture loss through evaporation from the skin surface. If you have oily skin, you can still make use of the moisturizing effect of this oil. Overproduction of sebum is often the result of inadequate skin hydration; it is body's own attempt to prevent further dehydration. However, extra sebum secretion can cause skin problems like [comedo formation](#) and acne, especially when dry, flaky skin easily forms keratin plugs over the follicles.

by Sierra Bright

## The Pizza Problem

Favorite foods like pizza may just need a makeover. Pizza can have lots of calories, refined grains, and fats. But with a few tweaks, it can be OK:

Choose a thin, whole-grain crust.

Pile on veggies and skip meat. Use low-fat or fat-free cheese or just a sprinkle.

Have one small slice and fill the rest of your plate with vegetables.

• [This stroke victim can't speak — but wait until you hear him sing Unchained Melody](#)



# Apple Cider Vinegar

by JOHN SUMMERLY

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

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

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

ACV is used in salad dressings, marinades, vinaigrettes, food preservatives, and chutneys, among other things. It is made by crushing apples and squeezing out the liquid. Bacteria and Yeast are added to the liquid to start the alcoholic fermentation process, and the sugars are turned into alcohol. In a second fermentation process, the alcohol is converted into vinegar by acetic acid-forming bacteria (acetobacter). Acetic acid and malic acid give vinegar its sour taste.

Apple cider vinegar is purported to treat numerous diseases, health conditions, and annoyances. To name a few, it kills head lice, reverses aging, eases digestion, prevents flu, prevents acne, lowers blood pressure, reduces inflammation, kills fungus, regulate pH balance, dissolves kidney stones and helps relieve allergies, migraines, asthma, nausea, heart burn and wash toxins from the body. Can it really do all these things? You bet it can and more! But what does science say?

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

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

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

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

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

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

# Simple uses of leftover lemons

Srishti Ghosh Shinde



**Simple uses of leftover lemons (Getty Image)**

One of the most-used vegetables, but ignored most of the times are lemons. They are integral part of our kitchen, but they are also easily ignored and that they are extremely useful is something we forget at times. Here are four simple ways leftover lemons can be used to do things that are exceptionally amazing.

## Sparkle stained utensils

If you have utensils that have tough stains — for instance the bottom of the cooker that gets burned due to lack of water, your brass utensils that have lost shine with time. Simply leave some lemon in boiling water and you can get rid of the stains in your cooker. Also, simply rub lemon on your brass utensils and leave them for a while and then scrub them with your regular dish washing liquid.

## Remove oil and grease from hands

Do you know why finger bowls at restaurants have lukewarm water dipped with a piece of lemon to wash your hands after the end of a sumptuous meal? Because of its acidic properties that helps get rid of oil and grease. In fact, you can simply rub lemon on your nails to get clean, white nails,

## Revive your whites

The best way to revive your whites is to soak them in lemon water for some time before washing them in your regular washing powder. In fact, it also helps you get rid of stains from your favourite white clothes. They help the fabric clean every possible dirt due to its acidic property and brings out its original white back.

## Freshen up your home

Not known or used by many, the simplest way let your home and kitchen smell nice and refreshing is by planning lemons around your house. Not just the plant, which is indeed the best thing to do since it exudes an amazing fragrance, but also by rubbing lemon in white clothes and keeping them in neglected corners and changing them every two-three days to keep your home smelling nice. Also, you can rub lemon on your kitchen platform to get rid of any foul



# Here's why Ghee is the new superfood

Neha Bhayana, TNN



Here's why Ghee is the new superfood (Getty Images)

For decades, the jar of ghee on our kitchen shelves came with a huge dollop of guilt. Now, it's making a comeback as a superfood.

At her baby shower next week, south Mumbai resident Sadhna Desai will be handing out trendy gift hampers. But instead of the usual [cake](#) and cookies combo or a wine and cheese selection, her guests will get glass jars filled with desi cow ghee and a bottle of ghee-based chyawanprash. A little note tucked inside will explain the wholesome [goodness](#) of this traditional superfood.

Clarified butter remained India's culinary star for centuries till it was sidelined in the 1980s by vegetable oils because of its high saturated fat. The new oils were aggressively marketed as superior and heart-healthy. Of late, research has shown that saturated fats have no link to [obesity](#), [heart](#) disease or early death. In January 2015, the US [dietary guidelines](#) declared for the first time that total dietary fat and cholesterol intake are not a concern for healthy people. Now, on the back of some recent studies which maintain that it reduces fat and lower cholesterol, ghee too is making a big comeback in India. It is also making a splash abroad in alternative health circuits. Stout jars and tin cans of ghee now stand tall alongside the sleek bottles of olive oil at Indian specialty food stores like Modern Bazaar and Nature's Basket. American supermarkets like Sprouts, Whole Foods and Trader Joe's have also started stocking multiple types of 'Indian ghee'. The latter offers ghee made by a family in New Jersey and promotes it as "liquid gold".

## Just Avoid Simple Carbs?

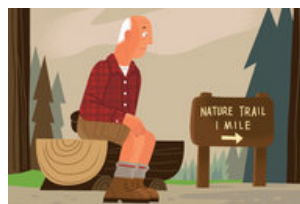
Well, it's not quite that easy. Foods that have been processed with added sugars generally aren't as healthy a choice, it's true. But simple carbs occur naturally in some foods that are part of a balanced diet. For example, most milk and other dairy products contain lactose, or milk sugar. -WebMD

# Gluten

Gluten is water soluble protein that is found in certain grains such as barley, rye and wheat. Celiac disease, gluten intolerance and gluten sensitivity are common problems involving the protein in wheat which can cause many issues such as **as bloating, indigestion, vomiting, heartburn, constipation, fatigue, dizziness, migraines, anxiety, mood swings and joint pain.**

Gluten has been linked by numerous studies to triggering autoimmune diseases, as well as neurological and mental illness, among other chronic conditions. **And most recently, doctors and nutritionists have stated that 75% of the population would benefit from avoiding wheat altogether.**

<http://www.thealternativedaily.com/glutentoxic>



## Millions With Leg Pain Have Peripheral Artery Disease

By JANE E. BRODY  
**The best treatment? Exercise, even though it may be hard at first.**



## He Noticed Something Strange About A Passenger And Child. Then He Realized The Terrifying Truth...



# Yoghurt

The words we're hearing more and more of regarding yogurt is "[probiotics](#)." Probiotics are "friendly bacteria" that are naturally present in [the digestive system](#). Live strains of these "good bacteria" are also found in many yogurt products. While more research needs to be done, there's some evidence that some strains of probiotics can help boost the immune system and promote a healthy digestive tract.

## Make the Right Choice

Think of carbs as raw material that powers your body. You need them to make sugar for energy.

They come in two types: simple and complex. What's the difference? Simple carbs are like quick-burning fuels. They break down fast into sugar in your system. You want to eat less of this type.

Complex carbs are usually a better choice. It takes your body longer to break them down.

## Read the "Fine Print"

Nutrition labels offer an easy way to spot added sugar, the source of simple carbs that you want to cut back on. Just look for words that end in "ose."

The chemical name for table sugar is sucrose. Other names you might see include fructose, dextrose, and maltose. The higher up they appear in the ingredients list, the more added sugar the food has.

WebMD



## Sweet Potato & Chickpea Toasties



## Steve Harvey Asks Her For A Dance Move And The Lesson She Gives Has The Crowd In Hysterics



## Mom Comes To Wake Up Her Son For School, But Keep Your Eyes On What His Dog Does...HILARIOUS!



## Mediterranean diet linked to a healthier heart

Written by Yvette Brazier

Choosing to eat a Mediterranean diet is better for people with heart disease than avoiding the unhealthy contents of a so-called Western diet, says research published in the *European Heart Journal*.

*The Mediterranean diet includes plenty of vegetables and fruit.*

A [Mediterranean diet](#) includes a high proportion of fruit, vegetables, fish, and unrefined foods. A Western diet contains refined grains, sweets, desserts, sugared drinks, and deep-fried food.

The new research shows that the Mediterranean diet can decrease the risk of [heart attack](#) and [stroke](#) in people who already have [heart disease](#).

At the same time, it suggests that if people avoid the unhealthy aspects of a Western diet, they also avoid worsening their risk of cardiac problems.

Guidelines from the American Heart Association (AHA) recommend frequent consumption of fruit, vegetables, fish, and other whole foods, say the authors of the current report.

# Beer, chocolate intake among factors that influence the gut microbiome

Written by [Honor Whiteman](#)

By analyzing more than 1,000 human stool samples, researchers from Belgium have uncovered a number of diet and life style factors that influence the composition of gut microbiota, with intake of beer and chocolate among those identified.



*Beer intake was identified as a key factor that influences gut microbiota composition.*

Study leader Prof. Jeroen Raes, of the University of Leuven (KU Leuven) in Belgium, and his team say their findings may better inform future studies investigating how the gut microbiome - the population of microbes that live in the intestine - affects human disease.

The results - recently published in the journal *Science* - come from the Flemish Gut Flora Project, which the team says is one of the largest population-wide studies to assess the variation of gut microbiota among healthy individuals.

The gut microbiome consists of **tens of trillions of microorganisms**, including at least 1,000 bacterial species, and can weigh up to 2 kg.

While around one third of gut microbiota is common to the majority of people, around two thirds are specific to each individual. As such, researchers are interested in how the gut microbiome may impact human health.

## 69 factors identified that affect the gut microbiome

For their study, Prof. Raes and colleagues analyzed the stool samples of more than 1,000 healthy individuals from Belgium who were part of the Flemish Gut Flora Project.

**Through their analysis, the team identified 69 factors that are linked to the diversity or composition of gut microbiota, many of which are associated with transit time - how long it takes for food to move from the mouth to the end of the intestine - diet, medication use, gender, age, and overall health.**

The researchers then combined their results with those of other analyses across the globe, from which they identified 14 bacterial species that make up the microbiota present in the intestine of each and every person.

Prof. Raes notes that most studies have focused on how the diversity of gut microbiota influences the development of specific diseases.

"However, analyzing the 'average' gut flora is essential for developing gut bacteria-based diagnostics and drugs," he says. "You need to understand what's normal before you can understand and treat disease."

## Transit time, beer and dark chocolate heavily influence gut microbiota

Transit time was found to be the heaviest influence on gut microbiota composition, according to the researchers, and diet - particularly fiber intake - was also found to play a key role.

**Interestingly, the team found that intake of dark chocolate was found to drive the presence of a specific bacterial population, and beer intake was also a key influence on the composition of gut microbiota.**

Supporting previous studies, the researchers also found a link between medication use and gut microbiota composition; use of laxatives, **antibiotics**, **hay fever** medication, and hormones used for **birth control** or **menopause** symptoms were found to affect gut microbiota diversity.

Contrary to previous research, the team also found that delivery method at birth or whether an individual was breast-fed as a baby did not influence gut microbiota composition in adulthood.

On assessing data from the Dutch LifeLines Study, the researchers found they were able to replicate their findings; around 90 percent of the factors they identified that influence gut microbiota were present in the Dutch cohort.

"Such replication adds a tremendous amount of robustness to the results," notes Prof. Raes.

Additionally, from their analysis of the Dutch cohort, the researchers found buttermilk was a key influencer for gut microbiota composition.

The findings from this ongoing project have important implications for future research into human disease, according to the team.

# Fewer heart attacks among those who eat Mediterranean foods

Participants were aged 67 years on average, and the team followed them up for nearly 4 years.

**Results show that for every 100 people eating the highest proportion of healthy Mediterranean foods, there were three fewer heart attacks, strokes, or deaths than among the 100 people with the lowest intake of healthy foods.**

The subjects were part of a trial called **STABILITY**, which aimed to evaluate the effectiveness of a drug called darapladib in reducing heart attacks, strokes, and death.

Fast facts about heart disease

- According to the Centers for Disease Control and Prevention (CDC), **heart disease is the number one killer** for both men and women in the United States
- Around 610,000 Americans die of heart disease each year
- Someone in the U.S. has a heart attack every 43 seconds.

## Learn more about heart disease

Participants completed a questionnaire, in which they provided information about their diet. Details included how many times a week they ate whole grains or refined grains, meat, fish, dairy foods, fruit, desserts, sweets, sugary drinks, deep-fried foods, vegetables - except for potatoes - and how frequently they drank alcohol.

Based on this information, each person received a "Mediterranean diet score" (MDS). The greater the proportion of healthy foods they ate, the higher was the score they received.

The total range of scores was from 0-24.

A "Western diet score" (WDS) gave points according to how much unhealthy food each person ate.

At the end of the 3.7-year study period, 1,588 people, or 10 percent of all participants, had experienced a major adverse cardiovascular event (MACE), whether a heart attack, stroke, or death.

The group that ate the highest proportion of healthy foods scored over 15 MDS points. Of these, 2,885, or 7.3 percent, experienced a MACE.

As the MDS score fell, the likelihood of a person experiencing a MACE went up.

An MDS score of 13-14 points was given to 2,855 people, and 10.5 percent of these had a MACE. Among the 8,579 people with an MDS score of 12 or lower, 10.8 percent had a MACE.

The pattern was consistent regardless of location and income levels.

After adjustments for other factors, with each unit increase in the MDS an individual with existing heart disease had a 7 percent lower risk of heart attack, stroke, or death from cardiovascular or other causes.

Meanwhile, the authors were surprised to note that eating more "Western" foods, considered to be less healthy, did not appear to increase the risk.

"The research suggests we should place more emphasis on encouraging people with heart disease to eat more healthy foods, and perhaps focus less on avoiding unhealthy foods."

*Prof. Ralph Stewart*

## Lack of sleep leads to coronary artery disease

Good quality sleep decreases heart rate and blood pressure, thus decreasing work of heart. Dr Santosh Kumar Dora, senior cardiologist says, "Lack of sleep keeps the heart rate and blood pressure elevated. Both are linked to increased incidence of heart disease. Lack of sleep increases insulin resistance and the risk of type II diabetes mellitus and also increases C-reactive protein, a protein associated with inflammation. Both diabetes and C-reactive protein are associated with higher incidence of coronary artery disease."





### Meaty Dumplings (Korean Mandu)

Fry the dumplings up to get juicy pockets with crispy skin or steam them for a healthier alternative.

[Read More](#)



### Vegetable Juice

Drinking your veggies is convenient and good for you. The lycopene in tomato juice may help lower the risk of prostate cancer. Beet juice may help curb blood pressure. Pulp vegetable juice has some fiber (but not as much as raw vegetables); and fiber cuts hunger. You also get far less sugar and fewer calories than in the typical fruit juice. Check the sodium, though, or choose a low-salt version. WebMD

## High levels of phthalates detected in people who eat fast food

Written by [Yvette Brazier](#)

Eating fast food exposes people to higher levels of potentially noxious chemicals known as phthalates, says research published in the journal *Environmental Health Perspectives*.

*Phthalates can leach into processed food from packaging.*

Phthalates come from a class of industrial chemicals that are used to make food packaging materials and other items involved in the manufacture of fast food and dairy produce.

Previous studies have suggested that these chemicals leach out of plastic food packaging, causing contamination of highly processed foods.

Researchers at Milken Institute School of Public Health at the George Washington University in Washington, DC, led by Ami Zota, are among the first to investigate the relationship between fast-food consumption and exposure to the chemicals.

Zota and coauthors examined data for 8,877 participants. To gather the information, they distributed a questionnaire and collected a urinary sample for each respondent.

The subjects answered detailed questions on what food they had eaten, including fast food, in the last 24 hours.

The researchers tested the urinary samples to see if they contained the breakdown products of two phthalates: di-isononyl phthalate (DiNP) and di-2-ethylhexylphthalate (DEHP)

### 23.8% more DEHP, 40% more DiNP in fast-food consumers

Findings showed that the more fast food an individual reported eating, the higher their exposure to phthalates.

Compared with those who had not consumed fast food, the urine of participants who ate the most fast food had 23.8% higher levels of the breakdown product for DEHP, and the levels of DiNP metabolites were 40% higher.

Meat items and grain-based foods, such as bread, cake, pizza, burritos, rice dishes and noodles, appeared to contribute the most significantly to phthalate exposure, supporting previous findings that grains are an important source of phthalate exposure.

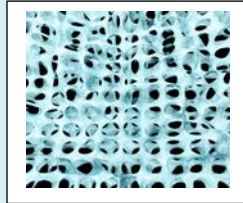
## Harvard Health Blog

### Starting an osteoporosis drug? Here's what you need to know

Maneet Kaur, MD, Contributor

Osteoporosis is most common in older people. Despite the availability of cost-effective and well-tolerated treatments that can reduce fracture risk, only 23% of at-risk women ages 67 or older receive either a bone mineral density test or a prescription for an osteoporosis drug. Why are so many people, especially women, not receiving osteoporosis treatment? In part, because these treatments have faced multiple controversies.

Continue reading the article »



## Avoid processed or salted meat and maintain a healthy weight

Studies show strong evidence that certain products increase the risk of stomach cancer, and specifically:

- Drinking three or more alcoholic drinks per day, or more than 1.5 ounces of pure alcohol
  - Eating foods preserved using salt
  - Consuming meat processed by smoking, curing, salting, or by adding preservatives, such as ham, bacon, pastrami and salami, hot dogs and some sausages
- suggest that if a person eats two strips of bacon each day, about 1.8 ounces of processed meat, the risk goes up by 18%.



Written by Yvette Brazier

## Here are a few benefits of leftover rice

Mrinalini Sundar |

- This rice is a natural coolant, if taken regularly, it will reduce body heat and will keep you cool.
- If you are a tea or a coffee addict, having this rice first thing in the morning will help one to get rid of the craving to have tea or coffee in the morning.

*Here are a few benefits of leftover rice*

Next time when you have left over rice at home, do not waste it. This rice has many health benefits. All you have to do is to soak the leftover rice in an earthen clay pot overnight. The rice will ferment by next morning. Have the rice for the breakfast with raw onions. We list some of the health benefits of leftover rice... This rice is a natural coolant, if taken regularly, it will reduce body heat and will keep you cool. Leftover rice is rich in fibre and it helps relieve constipation. This rice will refresh you and keep you charged for the day .

### Latest Comment

*In Tamil Nadu most of us will eat in the early days especially children as breakfast and it is good for health and also it cools the body and prevent body heat !!! Now it is completely forgotten and... Read More*

**Sankaran Krishnan**

Suffering from an ulcer? Try to have this rice thrice a week in the morning for a speedy recovery.

If you are a tea or a coffee addict, having this rice first thing in the morning will help one to get rid of the craving to have tea or coffee in the morning.

A study says that leftover rice is high on micro-nutrients and minerals such as iron, potassium and calcium. So, having this rice on a daily basis helps one to stay healthy. Leftover rice is a perfect breakfast option.

Alright stop!  
Toddler time.

[goo.gl/caCbv1](http://goo.gl/caCbv1)



How To Grow  
A Giant Basil  
Bush: A Pro  
Gardener  
Reveals Their  
Secret



Simon And The Judges Are  
Completely Spellbound When A  
Couple Do This On Stage...Stunning!



## Beetroots: The health fix for your body

Zeenia Baria |

• Today, an increasing number of nutritionists are encouraging people to use beetroot as a



Getty images

prominent part of their meals -and do it regularly.

**The innocuous beet root may not enjoy the pride of place** on your vegetable shelves but is packed with a host of health benefits that you most definitely need. Gone are the days when this vegetable was relegated to just salads.

Today, an increasing number of nutritionists are encouraging people to use beetroot as a prominent part of their meals -and do it regularly. So, what is it about beetroot that makes it so essential to consume? Here are its health benefits... Beetroots comprise generous amounts of nitrates, which are changed into a compound known as nitric oxide. This compound is then said to amplify your blood vessels, which makes sure that your blood circulation remains topnotch. The result? Improved blood pressure levels. Don't enjoy eating boiled beetroot?

Have it as a juice or smoothie at least thrice a week.

The vegetable is also said to keep your heart healthy thanks to the B-vitamin folate and betaine it contains. Betaine is a plant alkaloid and along with Bvitamin folate, can decrease homocysteine, an amino acid that can cause heart disease, if it is present in large levels.

Suffering from low stamina? Let the beetroot come to your rescue. Several studies have revealed that the nitrates present in them are said to boost your endurance levels, which allows you to perform better.

It isn't just your stamina that will increase if you consume beets regularly; the vegetable is also to improve brain function. The compound, nitric oxide, broadens your blood vessels and this is said to raise blood flow to your brain -which means improved mental skills. Health experts say that it is crucial as we mature because as we age, it gets tougher for the body to produce nitric oxide.

### Top Comment

*beetroot is good but people with calcium kidney stones problem better stay away from this vegetable***Danny King**

Do a favour to your liver and detoxify it with a generous amount of beetroots. The liver is an important organ and does a lot of work, which is why you need to make sure that it functions to its optimum best. The amino acid present in beetroots, betaine, is said to lower the build-up of fat inside your liver.

The vegetable is also said to be packed with antioxidants and anti-inflammatory properties that will help you fight chronic ailments such as obesity, heart disease and even certain types of cancer.

improve your bowel movements by having beetroot three to four times a week. The vegetable is rich in fibre that helps relieve constipation while the betaine present in it, will ensure you digest your food well.

## Reducing salt intake could save thousands of lives every year



New research shows Australians are eating almost twice the daily recommended amount of salt — despite the fact that most think they are being sensible in their salt intake.



## Peppermint tea can help improve your memory

This is the finding of a study by Dr Mark Moss, Robert Jones and Lucy Moss of Northumbria University who will present their research today, Wednesday 27 April 2016, at the British Psychological Society's Annual Conference in Nottingham

A total of 180 participants were randomly allocated to receive a drink of peppermint tea, chamomile tea or hot water. Before they consumed their drink they completed questionnaires relating to their mood. After a twenty minute rest the participants completed tests that assessed their memory and a range of other cognitive functions. Following the tests participants completed another mood questionnaire.

Analysis of the results showed that peppermint tea helped improve long term memory, working memory and alertness compared to both chamomile and hot water. Chamomile tea significantly slowed memory and attention speed compared to both peppermint and hot water.

Dr Mark Moss said: "It's interesting to see the contrasting effects on mood and cognition of the two different herbal teas. The enhancing and arousing effects of peppermint and the calming/sedative effects of chamomile observed in this Peppermint tea can help improve long-term and working memory in healthy adults.

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## What is prediabetes?

About 41 million Americans between the ages of 40 and 74 have "prediabetes." Prediabetes is a condition that can be considered an early, yet potentially reversible stage of the development of [type 2 diabetes](#). Prediabetes is sometimes called [impaired glucose tolerance](#) or impaired fasting [glucose](#) (IGT/IFG), depending upon the test that yielded the abnormal result. In prediabetes, a person's [blood sugar](#) (glucose) levels are slightly higher than the normal range, but not high enough for a true diagnosis of [diabetes](#). People with prediabetes have a significant risk of developing full-blown [diabetes](#). In the [Diabetes Prevention](#) Program study, about 11% of people with prediabetes developed type II [diabetes](#) each year during the three year follow-up time of the study. Importantly, people with prediabetes generally have no symptoms of the condition.



Check out the chicken dish that we're obsessed with right now

TODAY's food team is obsessed with these delicious dishes from New York City's Locanda Verde

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