



Happy Vesak Day

## Most Cancers Caused by Random DNA Copying Errors



Scientists have long known that it usually takes two or more gene mutations for cancer to arise. And those mutations can be caused by environmental factors, genes inherited from parents, or simply random DNA copying errors.

From their calculations, the researchers now believe that the bulk of cancers are caused by random copying errors.

The findings will be published March 24 in the journal *Science*.

"It is well-known that we must avoid environmental factors such as smoking to decrease our risk of getting cancer. But it is not as well-known that each time a normal cell divides and copies its DNA to produce two new cells, it makes multiple mistakes," study co-author Cristian Tomasetti explained in a university news release.

"These copying mistakes are a potent source of cancer mutations that historically have been scientifically undervalued, and this new work provides the first estimate of the fraction of mutations caused by these mistakes," said Tomasetti. He's an assistant professor of biostatistics at Hopkins' Kimmel Cancer Center and Bloomberg School of Public Health.

For example, using their calculations, the researchers estimated that 77 percent of pancreatic cancers are caused by random mutations, 18 percent by environmental factors, and 5 percent to inherited genes. But not all cancers have the same causation profile, and lifestyle and environment can still have a big influence on cancer risk.

For example, in lung cancer, the leading cancer killer, 65 percent of mutations that cause the disease are environmental in origin (smoking, for example), while only 35 percent are due to DNA copying errors, the team said.

Across the spectrum of the 32 cancer types studied, however, two-thirds of cases are thought to be caused by random DNA copying errors, 29 percent by lifestyle/environment, and 5 percent by inherited genes, the researchers said.

Nearly all childhood cancers are thought to be caused by random DNA copying errors, the researchers said.

• [Most Cancers Caused by Random DNA Copying Errors](#)

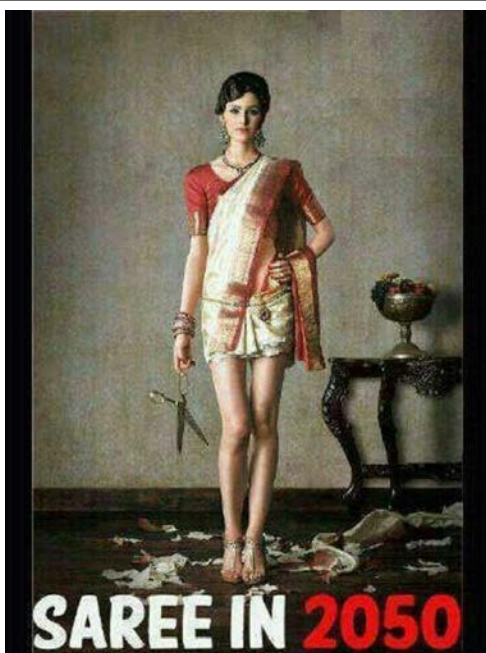
## Vesak Greetings!



Tomorrow is Vesak Full Moon Day which is a public holiday in most Asian countries (even Muslim-majority Indonesia and Malaysia).

The occasion of Vesak is a time to reflect on the Buddha, his enlightenment and the benefit he brought to the world through his teachings, the Dhamma. For many Buddhists it is a time to reaffirm our faith in the Triple Gem (Buddha, Dhamma and Sangha) ... [See More](#)

Kalinga Seneviratne



With change of climate and global warming ladies fashions change, too

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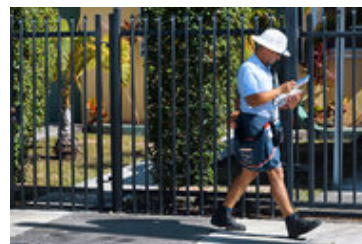
Thank you  
Health editor



## Pop a Pill for Heartburn? Try Diet and Exercise Instead

By JANE E. BRODY

Proton pump inhibitors are linked to problems like nutrient deficiencies, joint pain, bone fractures, heart attacks and dementia.



## Should 15,000 Steps a Day Be Our New Exercise Target?

By GRETCHEN REYNOLDS

A new study of postal workers in Scotland suggests we should aim for far more than the 10,000 daily steps commonly recommended.

## Are you getting enough vitamin A?

Written by Dr Harold Gunatillake-Health writer

There are 4 fat soluble vitamins- A. D. E. K. They are referred to as fat soluble as fatty acids are required for absorption, in contrast to vitamin C which is water soluble. If you do not eat sufficient fatty food, these fat soluble vitamins may rush through the gut and get excreted. Thus -the importance of including fatty foods in your daily diet. Bile secreted in the liver too helps to absorb ...

[Continue Reading](#)

## RELAX & ENJOY

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



80% of Heat Records Worldwide Linked to Climate Change



(Colombo, Hill country like Kandy are experiencing a severe intolerable heat wave).



## Do Indoor Plants Improve Our Health?



By RONI CARYN RABIN

Flowers and plants in the home may have benefits for mind and body, some small studies suggest.



Hans Klok - The World's Fastest Illusionist!

by Hans Klok Official  
974 823 views



### Medicine night 2017

A group of budding doctors studying in Phillipines. Their ambition is to return to Sri Lanka after graduation.— From left to right: [Sankani Siriwardhana](#), [Mindi Dunuwille](#), [Ashini Jayaratne](#), [Sanjana Wijesundara](#) and Dishini Gunatilake at [Sison Auditorium, Lingayen, Pangasinan](#).

## Energy drinks mask alcohol's effects, increase injury risk

JOURNAL OF STUDIES ON ALCOHOL AND DRUGS

PISCATAWAY, NJ - People who mix highly caffeinated energy drinks with their alcoholic beverages may be at increased risk for injury, according to a review in the March issue of the *Journal of Studies on Alcohol and Drugs*.

Researchers at the University of Victoria's Centre for Addictions Research of BC (CARBC), in Canada, searched for peer-reviewed journal articles on the topic of alcohol and energy drinks published from 1981 to 2016 and found 13 that fit their criteria and were able to be analyzed. Of those studies, 10 showed evidence of a link between the use of alcohol mixed with energy drinks (AmED) and an increased risk of injury compared to drinking alcohol only. The study classified injuries as unintentional (such as falls or motor vehicle accidents) and intentional (such as fights or other physical violence). "The stimulant effects of caffeine mask the result that most people get when they drink," says lead study author Audra Roemer, M.Sc. "Usually when you're drinking alcohol, you get tired and you go home. Energy drinks mask that, so people may underestimate how intoxicated they are, end up staying out later, consume more alcohol, and engage in risky behavior and more hazardous drinking practices."

Please share this health newsletter with others

## Medical memories of the past- lest we forget



This picture is precious to the vintage Sri Lankan doctors who got their training in Medicine during the Golden years.

Dr Rustomjee was an ENT Surgeon of repute worked in Colombo, General Hospital. 1949, Dr. R.C.J. Rustomjee F.R.C.S., D.L.O. was appointed to the General Hospital after retirement of Dr. Szenes. He was the first Sri Lankan to pass the fellowship in ear, nose and throat. He retired in the seventies and migrated to Sydney Australia. He practised his speciality in the western suburbs of Sydney.

He passed away at the ripe age of 98 a few years ago, and spent his last days in a private nursing retirement institute in North Sydney

His wife lives alone in an apartment in North Sydney, and all her children are living abroad.

On the right are Professor Milroy Paul and his wife. He was born on 20 June 1900.<sup>[1]</sup> He was the eldest son of Dr S. C. Paul, a leading surgeon from [Manipay](#) in northern province of [Ceylon](#). He then went on to study medicine at [Ceylon Medical College](#) and [King's College London](#) from where he graduated in 1925 with MB degree and a [Conjoint Diploma](#).<sup>[1][2]</sup> Soon afterwards he gained the [MRCP](#) and [FRCS](#) qualification. Paul returned to Ceylon in 1926 after obtaining his medical qualifications in the UK. He applied for the post of Fifth Surgeon at [Colombo General Hospital](#) but was rejected due to his "youth and inexperience".<sup>[2]</sup> He was instead appointed acting professor of [anatomy](#).<sup>[1]</sup> The Fifth Surgeon post remained vacant and two years later Paul applied for the post again. He was rejected again due to his inexperience. He was instead appointed surgical tutor in 1930.<sup>[1]</sup> A year later he applied for the Fifth Surgeon post for the third time but was again rejected. He was advised to obtain a [MS](#) qualification and so he returned to King's College London.<sup>[2]</sup> Paul returned to Ceylon after obtaining his MS and took up a position as surgeon at the Civil Hospital in [Jaffna](#) in 1930.<sup>[2]</sup> In 1937 he was finally appointed Fifth Surgeon at Colombo General Hospital.<sup>[2]</sup> In 1937 he was appointed first professor of [surgery](#) at Ceylon Medical College, a position he held until his retirement.<sup>[1][2]</sup> He continued to work at Colombo General Hospital and [Lady Ridgeway Hospital for Children](#) during that time.<sup>[2]</sup>

He had one son from his first marriage-Wakeley Paul, a crown councillor who migrated to US in the eighties.

Paul married Irma Maheswari Tampoe Phillips, daughter of Francis Philips. They had three sons (Sivanta, Amarjit and Avinder) and one daughter (Shikhandini).

Avinder now lives in Sydney and is a banker, and Amarjit is a dental surgeon practicing in Melbourne

Maheswari (Irma)his second wife is seen with the professor in this photo. She too died a few years ago. (Photo sent by Avinder)



**Dr Michael Thambynayagam** was awarded "Most Outstanding International Professional Award" by Canadian Tamils Chamber of Commerce On Saturday at Markham Hilton Hotel.



Michael and his wife Agnes walking to receive the award

Michael Thambynayagam is a retired scientist from Schlumberger, USA. His career spans over 30 years in the oil and gas industry, where he has held several managerial positions, including, Vice President Product Development, Reservoir Management Group, Houston, Texas, Managing Director of Schlumberger Gould Research, Cambridge, England and General Manager, Abingdon Technology Center, Oxford, England.

Prior to his UK assignments, he led interpretation research and product development at various Schlumberger research and engineering centers in Ridgefield, Connecticut, USA, Stavanger, Norway and Clamart, France. He also served as a Board Member, Intersect, a Chevron-Schlumberger Alliance.

Michael has been granted a number of patents in technologies related to chemical and petroleum engineering and has published extensively in the scientific literature. He is best known, however, for his work on the mathematics of linear diffusion.

A compilation of his work, over one thousand analytic solutions to important practical industrial problems, was published in April 2011: The Diffusion Handbook: Applied Solutions for Engineers, McGraw-Hill, New York. The book was the recipient of the 2011 R.R. Hawkins Award, the highest recognition in the world of professional and scholarly publishing. In addition to the top prize, announced at the annual meeting of the American Association of Publishers for Professional and Scholarly Excellence (PROSE) in Washington, D.C., the book also received the PROSE award for Excellence in Physical Sciences & Mathematics and the Engineering & Technology category



**Canadian Tamils**  
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## Gluten-Free Without a Medical Reason?

Eating 'gluten-free' when there's no medical need might harm your health.

[READ MORE](#)

## Siva is always there



Siva Kumaran is a hard working owner Restaurateur at Blue Elephant Restaurant in Waldorf residential apartments in Pennant Hills, Sydney.

For many years he has supported and organised his function centre for up-market catering to the Sri Lankan and Indian community in Sydney. In addition, he runs his restaurant- Blue Elephant serving the community with Asian foods, such as hoppers, Indiappams, Rotis and so on.

On Sundays he has his "Brunch Sunday" quite a popular layout for Asians to enjoy the traditional cuisines with families and friends with traditional soft music to create a congenial ambience, starting at 10 am and goes on till 2pm.

He is a well experienced man in the hotel business, very reliable and puts out a great awesome display for any function- such as weddings, birthday parties, lecture presentations , among others.

He takes personal interest in managing all functions and interacts with the guests to make any function to run smoothly to their satisfaction

Siva is a great asset to our community where in Sydney as there are so few Asian eateries and function centres compared to Melbourne.

He studied at Cornell University and had his secondary education at Zahira College, Gampola, and Jaffna Hindu College.

So, keep a Sunday morning to relax and enjoy a unique experience of tasting Asian treats, with your family and friends, at the 'Blue Elephant'



Gluten-free



## Healthy Air Frying technology

Cooking with air without oil enables you to fry with air to make food crunchy on the outside and tender on the inside.

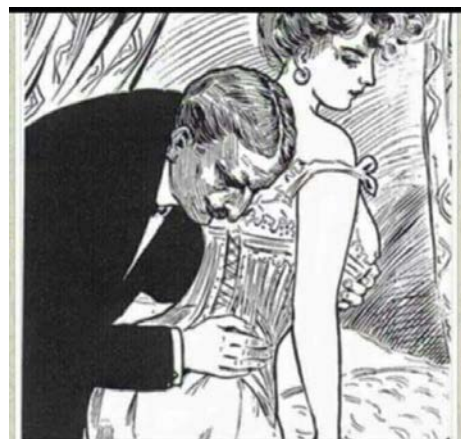
In an air-fryer there is a combination of fast and precise circulating hot air, an optimal temperature balance and a grill element to allow you to fry, roast, bake or grill all varieties of delicious food.

You could roast a whole family-size chicken tender in 30 minutes. Meat and fish can also be grilled with the Air fryer. You can enjoy juicy, tender meat.

You could bake impressive cakes. You can make desserts such as crème brûlée, a delicious apple pie and even cupcakes. You do not get the smell of fried oil in the home because no oil is used. The parts of the Air-fryer can be cleaned in a dishwasher.

Phillips Air-fryer sells for less than 400 dollars. It is worth purchasing one- your blood cholesterol numbers will drop and an easy way to reduce weight.

Good advice by Dr Harold



This was how physicians used to hear lung and heart sounds before Lennac invented stethoscope. Doctor over centuries never forgave Lennac for his discovery

10:41

Sent by Ken Sellayah



[William and Kate 'seek €1.5m in damages' in trial over topless photos](#)

Prince's lawyer says duke found invasion of privacy 'particularly shocking' considering his mother's battles with paparazzi



[Samsung self-driving cars take fight to Apple, Uber and Google's Waymo](#)

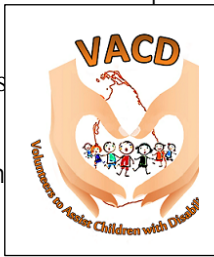




## Volunteers to Assist Children with Disabilities Ltd.

(VACD) is a charity that is overseen by 65 likeminded volunteers offering their skills and services in various capacities along with 4 administrative staff. 90% of all our revenue is directly deployed towards projects and programs that benefit VACD registered children and their families.

We are registered as a not for profit, non-government, limited liability institution with the Australian Securities and Investment Commission (ASIC) and the Australian Charities and Not-for-profits Commission (ACNC). ACNC have given us their 'Tick of Approval' for our transparency and accountability while the Australian Taxation Office (ATO) have endorsed VACD with charity concessions and Deductible Gift Recipient (DGR) status. VACD is also registered in Sri Lanka as a not for profit, non-government charitable institution.



## Services we deliver to our children with disabilities and their parents in Sri Lanka

- Provide special education, nutritious meals, life skills, vocational, music, dance and computer training at the VACD Centre in Bandarawela;
- Sponsor and equip Paediatric clinics in local hospitals to provide regular health checkups, medication, therapeutic services etc.;
- Provide financial assistance for specialist medical consultations, hearing aids, spectacles, wheelchairs etc.
- Grant monthly allowances to children with academic potential or a gifted sibling;
- Provide skills training and micro finance for parents to start cottage industries and small businesses to supplement their household income;
- Conduct regular seminars and workshops for children and parents;
- Conduct specialist eye, dental, physiotherapy and other health clinics;
- Engage with the local community, religious organisations, businesses, government departments and ministries to eliminate the stigma, discrimination, physical and sexual abuse and social isolation associated with disabilities and improve the welfare and rights of these children and their families;

Expand our footprint and services by opening new centres in key townships.

Many thanks, warm regards, Love & God Bless...Yasmin

### Yasmin Stephen

Administration & Communications Secretary

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Webpage: <http://www.vacd.org.au/>

Facebook page: <https://www.facebook.com/Volunteers-to-Assist-Children-with-Disabilities/>

ETSY: <https://www.etsy.com/shop/RipplesGifts/>

<https://youtu.be/FKD7XzmTNnUe/FKD7XzmTNnI>

Japan kills more than 300 whales in annual Antarctic hunt



## Remedies for Nausea and Vomiting

That gurgling feeling in your stomach is something we all know. Once it begins to bubble, nausea can lead to vomiting.

[READ MORE](#)

## How to Get a Good Night's Sleep

Sleep is influenced by the regular body changes in mental and physical characteristics that occur over 24 hours.

## How Healthy Are Your Eyes?

Answer a few questions to find out how your day-to-day choices may lead to vision troubles later -- and what you can do now to protect your eyesight.

## 'Border Girls' take on male roles to help Sri Lanka recover from civil war



Women and girls whose male relatives were killed in Sri Lanka's brutal civil war are now helping the country recover, taking on roles formerly reserved for men and heading to schools and universities to complete their education.



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Telephone No. 466. Telegraphic Address: "Seaside" Galkissa.

No one should leave Ceylon without visiting this charming resort, built on a cliff overlooking the sea, always cool and quite free from mosquitoes and dust. It is seven miles from Colombo, and can easily be reached by carriage. Motor or Rail, in 15 to 30 minutes.

The drive of seven miles along the Galle Road is one of the most picturesque and interesting in Ceylon, while the Railway journey along the sea shore, occupying under 30 minutes, is equally pleasant. A short distance from the Hotel adjoining the Galle Road there is a magnificent Buddhist Temple which visitors to the Island will find well worth visiting.

Sent by Ken Sellaya

😄😄😄

**A Good Wife Can Bring Balance To Your Life**

In this short three-minute video, we'll uncover the different factors that affect just how much sugar you should allow yourself to eat a day



[>>> You can watch it here](#)

Strong language: swearing makes you stronger, psychologists confirm



Can ayurveda treat cancer? AIIMS to study



<http://elanka.com.au/taking-salt-in-your-food/>



## Foods That Help Fight Depression

While there is no specific food that can prevent or treat depression, a healthy diet may help boost your mood. [Read more...](#)



## Common illness could be deadly in 'post-antibiotic era', expert warns

An infectious diseases expert fears a woman's death may be a sign that an over-reliance on antibiotics may herald an era in which simple illnesses could become life-threatening.



### Selenium and CoQ10 Combo Cuts Heart Disease Deaths in Half

Five year study reveals that combining selenium with CoQ10 has been found to dramatically slash the risk of death from cardiovascular disease

[Read the full story](#)

### Do Diet Sodas Pose Health Risks?

While many choose diet soda to cut calories, they also raise the risk of stroke or dementia.

[READ MORE](#)

### Strike a Pose

Yoga is a gentle way to improve your posture, balance, and coordination. It helps you move better and relax, too. Look for a beginners' class, and tell your teacher about any injuries or other physical limitations you have. Once you're comfortable with the poses and breath exercises, try them at home.

## Harvard Health Blog

# Cracking the coconut oil craze

POSTED APRIL 10, 2017, 10:00 AM  
[Julie Corliss](#), Executive Editor, *Harvard Heart Letter*



If you Google "coconut oil," you'll see a slew of stories touting the alleged health benefits of this solid white fat, which is easy to find in supermarkets these days. But how can something that's chock-full of saturated fat — a known culprit in raising heart disease risk — be good for you?

[Learn more »](#)

**President Trump invites the Pope on his mega Yacht . A puff of wind blows off the Pontiffs hat into the water. The crew and secret service were scrambling to launch a boat when Trump says to them never mind I will get it . Trump climbs over board and walks on the water collects the hat and returns it to the Pope .the next day NBC CBS ABC MSNBC CNN carried the following head lines " TRUMP CANT' SWIM .**

## The Myth of the College Dropout: Why Zuckerberg's Success Is an Anomaly

Mark Zuckerberg is, quite famously, a college dropout. But his case is the exception — not the rule, according to a study of more than 11,000 of the most successful people in the U.S.

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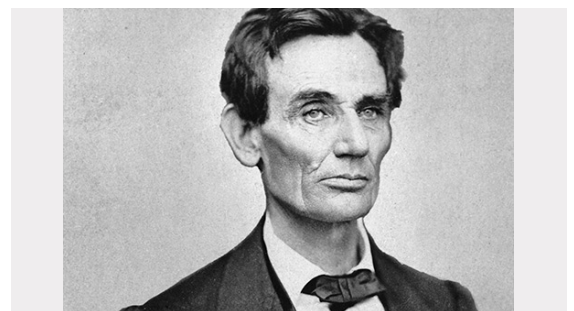
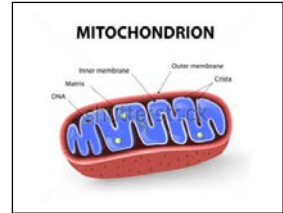
## Energy production in our Cells and to fight cancer eat less carbohydrates

Written by Dr Harold Gunatillake-health writer

Every cell in our body produces energy for survival. In each cell there is a structure called mitochondrion.

In addition to supplying cellular energy mitochondria are involved in other tasks such as signalling cellular differentiation and cell death. Our red blood cells have no mitochondria, whilst the liver cell can have more than 2000. Each cell is composed...

[Continue Reading](#)



## Abraham Lincoln

(1861-1865) Researchers have debated the reason for Lincoln's unusually long, thin hands, feet, face, and neck for decades. One newer theory is that he may have inherited a condition from his mother called multiple endocrine neoplasia type 2. It affects the glands that make hormones and can cause problems with your muscles, joints, and digestive system. It also can cause cancer. We may never know for sure. Lincoln was assassinated in 1865.

## Daily consumption of sodas, fruit juices and artificially sweetened sodas affect brain

Boston University Medical Center



Pay attention to your breathing pattern. Deep breathing reduces your stress hormones, heart rate and blood pressure.

## How to eat healthy away from home if you have diabetes

For people with diabetes, eating out — whether at a restaurant, a social function, or a friend's home — can be a challenge. Portions can be hefty and packed with calories and saturated fat. When you eat out, it may help to follow these simple guidelines:

- Ask how entrées are prepared, and avoid fried foods or dishes served in heavy sauces or gravies.
- Choose skinless chicken, fish, or lean meat that's broiled, poached, baked, or grilled.
- Get the server's advice to help you select healthy, low-fat dishes. Restaurants are used to dealing with special diets.
- Don't feel obliged to clean your plate. Eat a reasonable portion, and take the remainder home.
- Choose steamed vegetables and salads to accompany your meals. Request low-calorie dressings and toppings, and if they're not available, ask for all dressings, butter, and sauces to be served on the side so you can use them sparingly.
- If you take insulin and you know your meal will be delayed, time your injection appropriately. You may need to eat a roll or piece of fruit to tide you over.

If you're craving dessert, have some — but split it with someone else.

Harvard Medical School

## Acid Reflux? Here Are 10 Foods You Should Avoid

by [CureJoy Editorial](#)



The entrance to your stomach is usually closed by a valve called the lower esophageal sphincter (LES). The LES opens when you eat food and closes immediately after. If your stomach produces too much of acid, the acid can back up through the valve and into your esophagus. You can experience a burning, painful sensation in your chest called heartburn. The other symptoms of acid reflux are dyspepsia and regurgitation. If the symptoms occur at least 2 times a week, then you might be suffering from a stomach disease called gastroesophageal reflux disease (GERD). GERD can be caused by genetic abnormalities in the stomach, certain types of medication, and your food choices. A lot of foods lead to the build up of acids in your stomach and prevent the LES from closing properly, which lead to uncomfortable GERD symptoms. Here are a list of foods you should avoid if you suffer from acid reflux.

Tomatoes, Onions, Citrus foods, Caffeine, Peppermint, Soda, Chocolate, Fried food, Alcohol, Spicy foods

## Did Abraham Lincoln's Bromance Alter the Course of American



It was a friendship that proved redemptive for Lincoln, helping him through two serious, suicidal bouts of depression that threatened his relationship with his future wife and his political ambitions.

[Read More](#)

## Painting a Song: Lorde's Synesthesia Turns Colors into Music



Lorde — the 20-year-old singer and songwriter of the hits "Royals" and "Green Light" — has a rare neurological condition called synesthesia, and she said it helps her to write her wildly popular music.

[Read More](#)

## The Outer Space Treaty Has Been Successful – But Is It Fit for the Modern Age?



Space exploration is governed by a complex series of international treaties and agreements which have been in place for years. The first and probably most important of them celebrates its 50th anniversary on January 27 – The Outer Space Treaty.

[Read More](#)

## Exposure to Pesticides May Increase Risk of Liver Cancer

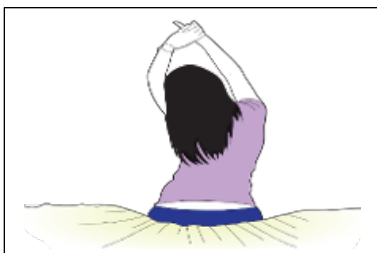


People who are exposed to pesticides may face an increased risk of liver cancer, a new meta-analysis suggests.

[Read More](#)

## FITNESS

### 5 stretches you can do in bed!



These simple stretches can be done in your bed and will help release stress and any muscle tension that you have been experiencing.



We should have respect for animals because it makes better human beings of us all.

Studies say that if you sleep drunk, you might fall asleep too quickly but this will negatively affect the latter half of your sleep. Drinking in excess also makes you distressed and tired. This may translate to an increased pulse rate, which may further result in increased anxiety



These Jane Goodall Quotes Will Inspire You to Save the World

Choose the Best Glasses for You  
Get tips to help you choose a pair that flatters your face and works for your life.



# Throw Out The Egg Yolk



Have you ever been guilty of binning the yolk and eating only the egg white? Egg yolk is almost always condemned by nutritionists everywhere and rather unfairly at that. Most of an egg's nutrition lies in the sunny yolk. Nearly half of the protein in an egg is concentrated in the egg yolk, along with biotin, vitamins and minerals. The reason why egg yolks get their bad rep is because they contain cholesterol. We know cholesterol is bad for our hearts, so therefore, egg yolks are probably bad for our hearts too, right? It's not that simple. The main reason for our cholesterol levels rising are saturated and trans fats. Cholesterol in egg yolks barely impacts our body at all, we just produce less cholesterol to compensate. What's more, the cholesterol in eggs is largely HDL, the 'good' cholesterol which lowers your blood cholesterol levels. Yolks do contain saturated fats, but only a measly 2 grams. For a healthy person, eating up to 3 whole eggs a day is perfectly safe and has no adverse health effects.

Extract of Cure Joy editorial

## Finally! April the Giraffe Delivers Her Newborn



After keeping millions of people anxiously glued to their computer screens for weeks, April the giraffe finally delivered her calf.

[Read More](#)



Dr harold Gunatillake



Cauliflower is an extremely healthy vegetable that's a significant source of nutrients.

It also contains unique plant compounds that may reduce the risk of several diseases, including heart disease and cancer.

Additionally, it's weight loss friendly and incredibly easy to add to your diet.

### Contains Many Nutrients

The nutrition profile of cauliflower is quite impressive.

Cauliflower is very low in calories yet high in vitamins. In fact, cauliflower contains some of almost every vitamin and mineral that you need (1).

Here is an overview of the nutrients found in 1 cup, or 128 grams, of cauliflower (1):

**Calories:** 25

**Fiber:** 3 grams

**Vitamin C:** 77% of the RDI

**Vitamin K:** 20% of the RDI

**Vitamin B6:** 11% of the RDI

**Folate:** 14% of the RDI

**Pantothenic acid:** 7% of the RDI

**Potassium:** 9% of the RDI

**Manganese:** 8% of the RDI

**Magnesium:** 4% of the RDI

**Phosphorus:** 4% of the RDI

**Summary:** Cauliflower is an excellent source of vitamins and minerals, containing some of almost every vitamin and mineral that you need.

Authority Nutrition

## Trans Fat Bans Tied to Fewer Heart Attacks and Strokes

By NICHOLAS BAKALAR

New York counties that banned trans fats in foods showed steeper declines in heart disease than those that didn't have trans fat restrictions.



Scientists Say Only 10 Years Left to Save the Planet



## You need to eat anti-inflammatory foods

Inflammatory process in our bodies is a defensive mechanism against infections. How does it happen? As soon as an infection occurs due to some germs in any part of the body- the regional blood vessels promptly expand opening a pathway for the defensive cells and immune cells to get into the focus of infection. There are cells called macrophages that eat up the germs that are causing the inflammatory process. The whole system of this def...

[See More](#)

## Are Instant Noodles Bad for You?

By [Rachael Link, MS, RD](#)

Instant noodles are a popular convenience food eaten all over the world.

Though they're inexpensive and easy to prepare, there is controversy over whether or not they have adverse health effects.

This is because they contain few nutrients and high amounts of sodium and MSG.

This article looks at the possible effects of instant noodles on health.

## What Are Instant Noodles?

Instant noodles are a type of pre-cooked noodle, usually sold in individual packets or cups and bowls.

Typical ingredients in the noodles include flour, salt and [palm oil](#). The flavoring packets generally contain salt, seasoning and monosodium glutamate (MSG).

After the noodles have been made in the factory, they are steamed, dried and packaged (1).

Each package contains a block of dried noodles as well as a packet of flavoring and/or oil for seasoning. Buyers cook or soak the block of noodles in hot water with the flavoring before eating it.

Popular brands of instant noodles include: Top Ramen: Cup Noodles: Maruchan: Mr. Noodles: Sapporo Ichiban

Kabuto Noodles

**Summary:** Instant noodles are pre-cooked noodles that have been steamed and dried. They're usually soaked in hot water before they're eaten.

### Nutrition Facts for Instant Noodles

Though there can be a good deal of variability between different brands and flavors of instant noodles, most types have certain nutrients in common.

Most types of instant noodles tend to be low in calories, [fiber](#) and [protein](#), with higher amounts of fat, carbs, sodium and select micronutrients.

One serving of beef-flavored ramen noodles contains these nutrients (2):

**Calories:** 188: **Carbs:** 27 grams: **Total fat:** 7 grams

**Saturated fat:** 3 grams: **Protein:** 4 grams: **Fiber:** 0.9 grams

**Sodium:** 861 mg: **Thiamine:** 43% of the RDI: **Folate:** 12% of the RDI

**Manganese:** 11% of the RDI: **Iron:** 10% of the RDI

**Niacin:** 9% of the RDI: **Riboflavin:** 7% of the RDI

Keep in mind that one package of ramen contains two servings, so if you're eating the entire package in one sitting, the amounts above would be doubled. It's also worth noting that there are some special varieties available that are marketed as healthier options. These may be made using whole grains or have lower amounts of sodium or [fat](#)

**.Summary:** The majority of instant noodles are low in calories, fiber and protein, but high in fat, carbs, sodium and some micronutrients.

## Safinamide: New Drug Tested on Parkinson's Disease Patients

Safinamide (Xadago), the new, first approved drug by the FDA to treat Parkinson's disease has just been approved for clinical use in the United States. This is the first known drug to treat Parkinson's in more than 10 years. It is a form of add-on treatment that is used in conjunction with levodopa.

### Parkinson's Disease Explained

This disease is a movement disorder which gradually progresses. The disease typically begins around age 60 and symptoms include trembling, stiffness, slow movement and poor balance. Eventually, the disease progresses to difficulties with walking, talking and other routine activities of daily living. 50,000 people are diagnosed with Parkinson's in the United States each year. And while there is no cure available, treatment drugs such as levodopa, dopamine agonists and monoamine oxidase, among others have been found to help manage symptoms. Still, that are no known treatments that slow or stop the progression of Parkinson's disease.

Levodopa has been found to be the most potent and prominent drug used to treat Parkinson's disease. Though its effect tends to wear off over time. Negative side effects have also been attributed to this drug including dyskinesia (impairment of voluntary movement). This type of drug is usually reserved for people whose symptoms have become severe enough to interfere with activities of daily living and whose lifestyles are seriously compromised.

In people with advanced Parkinson's disease, when medications fail, deep brain stimulation (brain surgery) may also be considered to help alleviate symptoms.

For the most part, drugs are generally started at the lowest effective dose and treatment possible. But research supporting the advice: 'start low and go slow' is mixed. Peter Jenner, author of: 'Treatment of later stages of Parkinson's disease' says that "the introduction of L-Dopa (Levodopa) in those with longer disease duration or in high doses may result in a shortened period of good effect before motor complications appear. Very recently, keeping the dose of L-dopa below 400 mg per day in early PD was shown to reduce the risk of dyskinesia induction." However, he also goes on to note the following: "The early use of L-dopa was also shown to be the most effective treatment for motor symptoms and not to affect the long-term risk of dyskinesia."

BabaMail

## What Happens When People Eat Several Whole Eggs Per Day?



For many decades, people have been advised to limit their consumption of eggs, or at least of [egg yolks](#) (the white is mostly protein and is low in cholesterol).

Common recommendations include a maximum of 2-6 yolks per week. However, there really isn't much scientific support for these limitations (5). Luckily, we do have a number of excellent studies that can put our minds at ease.

In these studies, people are split into two groups... one group eats several (1-3) whole eggs per day, the other group eats something else (like egg substitutes) instead. Then the researchers follow the people for a number of weeks/months. These studies show that:

In almost all cases, HDL (the "good") cholesterol goes up (6, 7, 8).

Total and LDL cholesterol levels usually don't change, but sometimes they increase slightly (9, 10, 11, 12).

Eating Omega-3 enriched eggs can lower blood triglycerides, another important risk factor (13, 14). Blood levels of carotenoid antioxidants like Lutein and Zeaxanthin increase significantly (15, 16, 17). It appears that the response to whole egg consumption depends on the individual.

In 70% of people, it has no effect on Total or LDL cholesterol. However, in 30% of people (termed "hyper responders"), these numbers do go up slightly (18).

That being said, I don't think this is a problem. The studies show that eggs change the LDL particles from small, dense LDL to Large LDL (19, 20).

People who have predominantly [large LDL particles](#) have a lower risk of heart disease. So even if eggs cause mild increases in Total and LDL cholesterol levels, this is not a cause for concern (21, 22, 23).

The science is clear that up to 3 whole eggs per day are perfectly safe for healthy people who are trying to stay healthy.

**Bottom Line:** Eggs consistently raise HDL (the "good") cholesterol. For 70% of people, there is no increase in Total or LDL cholesterol. There may be a mild increase in a benign subtype of LDL in some people. By [Kris Gunnars, BSc](#)

Authoritynutrition

## Eggs and Heart Disease



Many studies have looked at egg consumption and the risk of heart disease.

All of these studies are so-called observational studies. In studies like these, large groups of people are followed for many years.

Then the researchers use statistical methods to figure out whether certain habits (like diet, smoking or exercise) are linked to either a decreased or increased risk of some disease.

These studies, some of which include hundreds of thousands of people, consistently show that people who eat whole eggs are no more likely to develop heart disease. Some of the studies even show a reduced risk of stroke (24, 25, 26).

However... one thing that is worth noting, is that these studies show that diabetics who eat eggs are at an increased risk of heart disease (27).

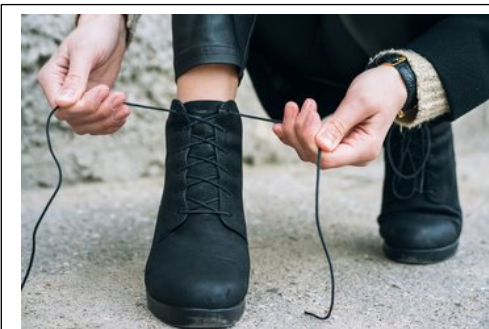
Whether the eggs are causing the increased risk in diabetics is not known. These types of studies can only show a correlation and it is possible that the diabetics who eat eggs are, on average, less health conscious than those who don't.

This may also depend on the rest of the diet. On a [low-carb diet](#) (by far the [best diet for diabetics](#)), eggs lead to improvements in heart disease risk factors (28, 29).

**Bottom Line:** Many observational studies show that people who eat eggs don't have an increased risk of heart disease, but some of the studies do show an increased risk in diabetics.

By [Kris Gunnars, BSc](#)

## Why Do Shoelaces Come Untied? Science Explains



Scientists have unravelled a knotty problem: the forces behind the accidental untying of your shoelaces.

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[United Airlines](#) / \$10,000 for passengers to give up seats on flights





## PHYSICIAN HEAL THYSELF .....

The Medical Profession that was greatly revered and respected has lost its luster. It no longer commands the gratitude, affection or trust of the people it seeks to serve. This blameless occupation that boasts of the Hippocratic oath has gone from being adored to utterly abhorred! What must we do to raise this noble profession back onto the pedestal on which it once stood?

**PREAMBLE:** I hail from a medical family where 4 generations of my ancestors served as physicians and surgeons in the north and south of this country. They were inducted by medical practitioners of pre independent Ceylon in the art, science and ethics of caring for the sick. The profession then continued to practice to the same high standards of their colonial mentors and in time passed their clinical wisdom onto the following generation. The disciplines of nursing and midwifery modeled on the empathic caring of Florence Nightingale, was inspired by nuns and missionaries who brought its practice to our shores and were wholly committed to putting service before self. Following independence national health care that provide medical care from cradle to grave remained largely free at the point of delivery. There has since been a severe crisis in confidence in those who proclaim to be the custodians of this nation's health.

**CONCERN:** Many still continue to flock to the government hospitals where the skill, care and attitude of the medical professionals starting out on their career remain committed and good. The middle and lower classes now seem to access the private sector which has compartmentalized healthcare into many parts that tends to command a fee for each and every service. One would think that 'Going private' means accessing a superior and swifter service that allows you to see the doctor of your choice with time to develop a good doctor patient relationship within which healing can begin and a high level of patient satisfaction. Sadly this does not seem to be the case. Doctors in the private sector are like Gods who can work at lightning speed from dawn till dusk seeing as many patients as they can cram into an hour and multiplying that many times over by the hours they work in a day. Most high risk professions like Airline pilots, nurses, fire fighter, police and prison officers have mandatory periods of rest built into their work contracts. Patients who have travelled far and feeling unwell or anxious are kept waiting for long hours as these seemingly over worked and clinically high skilled doctors battle the traffic in between numerous hospitals to carry out yet another run of rapid quick consultations that lasts a couple of minutes compared to the hours that the patient has sat waiting to see the doctor..

Outside clinic work they could visit hospital patients late at night when either the patient is asleep though they think nothing of charging an inflated fee for the 'hard work.' of viewing a sleeping patient. The patient cannot refuse to see this parade of clinical staff who go in and out of rooms doing baseline health checks for an additional fee. The old adage that 'money is time and time is money.' rings true as the pace of work for the doctors in particular is frenzied and seems to fill all hours of the day and night. Their hurried manner of working seems almost a kin to that of an addict seeking a drug induced fix. The only difference being that the substance that satisfies their addiction is neither drugs nor alcohol but money in ever increasing amounts while their 'rushing' does not truly satisfy the craving for attention by the patient.

Countless anecdotes abound of one minute consultations, prescriptions being written before history is taken from the patients. There is no time for that most therapeutic and ancient of healing rituals which is the laying on of hands that is called the physical examination! Breaches in patient confidentiality happens on account of patients being ushered into the consulting room in readiness to access the seat of the vacating patient who leaves in less than a couple of minutes unsure of their diagnosis. Unnecessary tests scans and investigations are ordered repeatedly without thought as to how it will change the clinical management of the patient. There is general disregard as to whether these further investigations are really needed or are affordable to the patient, many who do not have a medical insurance or a ready flow of cash. There is the assumption that if you have 'come private' then you must well afford to pay! The process of disempowering the patient whilst constant empowering of the doctor to demi God status is complete, as no questions dare be asked of the over worked physician who can rarely make eye contact, let alone form any degree of therapeutic rapport. They are all too busy to uphold the fundamental standards of a medical consultation. The patient and their families become so worn down with worry that they can no longer think outside of their own fears as to how long it would take to get better. No patient receives the reassurance that they seek but are invited to keep coming back for subsequent consultations while the doctors in partnership with laboratories, radiology services, pharmaceutical companies and hospital administrators make enormous sums of money off the sickness and suffering of their fellow citizens.

An average specialist in Sri Lanka can earn in a day or two what a world class British specialist involved with clinical work, teaching and research earns in a month!.. The speed of work of a physician is not regulated or reviewed by the private hospital administrators that employ them and there is no facility for patient feedback that could inform areas for improvement. There are no minimum standards of good practice set for doctors by medical or government regulatory bodies. Current debates center around the caliber of private medical degrees and the need to stifle the input of privately educated doctors from serving its citizens even though our degrees from this country's universities rank rather low in the world. Doctors here rarely face litigation or negligence law suits nor are they at risk of losing their medical license for incompetence or lack of care. Doctors who remain in the country and who make enormous amount of wealth claim the need to do so in order to educate children and grand children abroad though they do this off the pensions and low wages of their patients. The assumption is that everyone in Sri Lanka has someone abroad whose money can be tapped. The irony here being that most of the economic migrants from working classes head to the middle east as domestic workers or to other middle or low income jobs abroad and do so in order to simply educate their children in Sri Lanka and to give their family a better future here..

No one who accessed health care in the days gone by were ever affected by distress debt or the fear of an un payable medical bill. While the governments health administrators fail to address this issues one cannot help but notice the anguished faces of the patients who line the OPDs of private health facilities. The mental health of the nation is slowly slipping into an abyss as they endlessly worry for their physical health. The parents who have to feed, educate and equip the future generation of Sri Lankans are being continuously robbed by the private health care system that charges first world health care prices to the third world wage earner.. I observed a heart patient paying a very high bill for specialist cardiac surgery. If his heart disease did not kill him his bill certainly would!

**NATURE OF THE PROBLEM:** Who then is responsible for corrupting the noblest of professions? Hippocrates in his sacred oath asks of doctors down the ages to teach their skill freely, guard against corruption and at the very least to do no harm to those who seek their healing. The time has come to impose checks and balances to ensure fairness of care for all patients across the private and government sectors.. The daily remuneration of money given to doctors in the private health system can be compared to a gambler who seeks the immediacy of winning a bet. Monetary reward is undoubtedly a strong motivator for all sorts of human behavior but if unchecked has the power to corrupt ones soul. Doctors working in the specialty of addictive behavior will confirm that the psychological drive to seek the substance of addiction is often strong and overwhelming.. There follows heightened activity repeatedly seek the offending substance in order to avoid the profound emotional low of being separated r withdrawn from it. Hence the impossibility of ever stopping work by physicians well into their 8<sup>th</sup> decade when they well afford to serve the people free if they wished but the addictive power of wealth stops them from being altruistic.

Is this then what has befallen our noble profession and have they become slaves to addictive power of money and the constant need to seek the thrill that it brings? The drive to create wealth by bankers, stock brokers, Hedge fund managers and business entrepreneurs is linked to the drive by the body's secretion of adrenaline that gives us humans the capacity to take risks be that financial or other for the benefit or detriment to ourselves, for others or society..

Dr Ayesha Muthuveloe

Retired Specialist in Forensic Psychiatry

# Why Natto Is Super Healthy and Nutritious

By [Alina Petre, MS, RD](#)

While few people in the Western world have heard of natto, it's very popular in Japan.

This fermented food has a unique consistency and surprising smell. In fact, many say it's an acquired taste. However, you shouldn't be deterred by this. Natto is incredibly nutritious and linked to various health benefits, which range from stronger bones to a healthier heart and immune system. This article explains what makes natto so nutritious and why you should consider giving it a try.



## What Is Natto

Natto is a traditional Japanese dish consisting of fermented [soybeans](#) and characterized by a slimy, sticky and stringy texture. It's easily recognizable by its distinctive, somewhat pungent smell, while its flavor is commonly described as nutty.

In Japan, natto is typically topped with soy sauce, mustard, chives or other seasonings and served with cooked rice.

Traditionally, natto was made by wrapping boiled soybeans in rice straw, which naturally contains the bacteria *Bacillus subtilis* on its surface. Doing so allowed the bacteria to ferment the sugars present in the beans, eventually producing natto.

However, at the beginning of the 20th century, the *B. subtilis* bacteria was identified and isolated by scientists, which modernized this preparation method.

Nowadays, the rice straw has been replaced with styrofoam boxes in which *B. subtilis* can be directly added to boiled soybeans to start the fermentation process.

**Summary:** Natto is a traditional Japanese dish made from fermented soybeans. It has a sticky texture, pungent odor and somewhat nutty flavor.

## It Is Rich in Several Nutrients

Natto is super nutritious. It contains good levels of many nutrients that are important for optimal health. A 3.5-ounce (100-gram) portion provides the following (1):

**Calories:** 212

**Fat:** 11 grams: **Carbs:** 14 grams: **Fiber:** 5 grams: **Protein:** 18 grams:

**Manganese:** 76% of the RDI: **Iron:** 48% of the RDI

**Copper:** 33% of the RDI: **Vitamin K:** 29% of the RDI: **Magnesium:** 29% of the RDI: **Calcium:** 22% of the RDI

**Vitamin C:** 22% of the RDI: **Potassium:** 21% of the RDI: **Zinc:** 20% of the RDI: **Selenium:** 13% of the RDI

Natto also contains smaller amounts of vitamin B6, folate and pantothenic acid, as well as antioxidants and other beneficial plant compounds (2).

Natto is especially nutritious because its soybeans undergo a process of fermentation, which creates conditions that promote the growth of probiotics. [Probiotics](#) are beneficial bacteria that provide a wide range of health benefits. One such benefit includes making foods more digestible, which makes it easier for your gut to absorb their nutrients (3, 4, 5).

This is one reason why natto is considered more nutritious than boiled soybeans.

Natto also contains fewer [antinutrients](#) and more beneficial plant compounds and enzymes than non-fermented soybeans (2, 6, 7, 8).

**Summary:** Natto is rich in protein, vitamins and minerals. The fermentation process it undergoes reduces its antinutrients, increases its beneficial plant compounds and helps your body absorb the nutrients that it contains.

**AuthorityNutrition**

# Is it really a problem for Christianity that sincere people disagree?

An article published earlier this week about God and "the problem of sincere disbelief" must have touched a nerve. But there isn't actually a problem at all, writes Michael Jensen.



## Coffee

Your morning cup of joe just might give your cholesterol level an unwanted jolt. French press or Turkish coffee lets through cafestol, which raises levels of LDL, or "bad," cholesterol. Espresso does too, but serving sizes are small, so there's less to worry about. If you drink drip coffee, you're in the clear. The filter catches cafestol, so stick to drip. WebMD



## Organ meats

"Nose to tail" eating may be trendy in the restaurant world, but it could leave your cholesterol trending up. Organ meats such as liver, kidneys, and sweetbreads are higher in cholesterol than other cuts of meat. Beef liver is high in iron, though there are other foods that aren't organs that give you iron. Enjoying a 3-ounce portion once a month is OK.

# Do DHA Supplements Make Babies Smarter?

By ALICE CALLAHAN

Adding DHA, an omega-3 fatty acid, to infant formula or prenatal supplements doesn't improve babies' brain development, recent reviews have found.



## Walk, Stretch or Dance? Dancing May Be Best for the Brain

By GRETCHEN REYNOLDS

Moving and socializing appears to perk up the aging brain.



## Shrimp

You've probably heard seafood is a good choice when you're watching cholesterol. That's true, but shrimp is an exception. One serving, even if you cook it without fat, has about 190 milligrams of cholesterol. The American Heart Association recommends limiting cholesterol to 300 milligrams per day, or 200 milligrams per day if you have heart disease or high cholesterol. Try the scallops instead. They have less than a quarter of the cholesterol of shrimp. WebMD

If your hearing aids are no longer effective, there are other solutions available, such as a cochlear implant.



## Ear Infections

Sometimes it seems like kids are always getting ear infections. Ear infections are very common in children. Children get ear infections about two out of every three times they have a cold. Children are more prone to ear infections because their small ears do not drain fluid as well as adult ears. Kids' immune systems are also immature, and this increases the likelihood of certain infections.

There are three types of ear infections. Each type is defined according to where they occur in the ear canal. An ear infection may take place in the inner, middle, or outer ear. Each type of ear infection may exhibit different symptoms.

### Swimmer's Ear (Outer Ear Infection)

An infection of the ear canal (the outer ear) is sometimes referred to as swimmer's ear. The name comes from the fact that it most often occurs when the ear canal stays wet long enough for bacteria or other organisms to grow.

#### *Causes of Swimmer's Ear*

The skin lining the ear canal and outer ear offers protection against infections from bacteria and fungi. However, when this skin barrier is broken, bacteria or fungi can invade the ear and cause infection. This ear infection is known as swimmer's ear or an outer ear infection. Swimmer's ear can be caused by too much moisture in the ear canal or from inserting something too deep into the ear.

Swimming or showering causes the acidic environment of the ear canal to be altered, which allows bacteria or fungi to invade the ear. The lining of the ear canal can also be broken by scratching or injuring from cotton swabs or other objects when inserted into the ear. Other causes of swimmer's ear include chemicals that irritate the ear canal and skin conditions that cause the skin to crack.

#### *Swimmer's Ear Symptoms*

Swimmer's ear is typically painful. Pain caused by swimmer's ear gradually begins over a day or two. The pain is especially intense when the ear is touched or pulled, or when chewing. Symptoms of swimmer's ear include the following:

Ear pain or earache (almost always involves only one ear)

Ear canal itching

Outer ear redness

Ear canal swollen shut

Ear draining fluid or pus (drainage may be clear, white, yellow, or sometimes bloody and foul smelling)

Fluid crusting at the opening of the ear canal

Trouble hearing

Ringing in the ear (tinnitus) and dizziness or spinning sensation (vertigo)

Feeling of fullness in the ear

Pain on the side of the face or neck

Swollen lymph nodes

### *Swimmer's Ear Treatment: Drops and Home Remedy Options*

Treatment for swimmer's ear includes avoiding swimming, over-the-counter pain relievers, and possibly antibiotics. Doctors may prescribe medications that offer symptom relief and clean the affected ear. Home remedies for swimmer's ear include applying heat to the ear with a heating pad and a white vinegar rinse to help restore the ear canal's natural pH and reduce swelling.

[Rheumatoid Arthritis Symptoms and Treatments](#)



## FEATURED SLIDESHOW

### Deep Vein Thrombosis

Deep vein thrombosis is a blood clot that forms inside a vein, usually within your leg.

[VIEW SLIDESHOW](#)



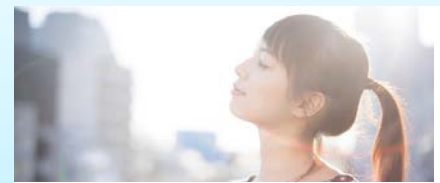
### [Beating Human Heart Tissue Grown from Spinach Leaves](#)

[See This](#)



### 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. Pulpy 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.



### [Why Breathing Deeply Helps You Calm Down](#)

[Read Article](#)

Health tip for the day

### All diabetics should know what "Insulin resistance" means

Your pancreas secretes insulin when you eat a meal. The carbs in the meal are broken down to glucose and absorbed into the blood stream through the gut. Insulin joins with the glucose fetches it to the fat cells, liver and muscles- to be stored. In the fat cells it's stored as triglycerides; in the liver as glycogen; muscles it is used as energy for muscle activities when required.

[...See More](#)



### Worst Choice: Juice 'Cocktails'

Be on alert for the terms *juice cocktail*, *juice-flavored beverage*, and *juice drink*. Most of these products have only small amounts of real juice. Their main ingredients are usually water, small amounts of juice, and some type of sweetener, such as high-fructose corn syrup. Nutritionally, these drinks are similar to most soft drinks: rich in sugar and calories, but low in nutrients. Water is a better choice. WebMD

## Dealing with depression: What epics teach

When Sita, the heroine of Ramayan, was taken away by the villain-king Ravan and held hostage in Sri Lanka, she showed signs of severe depression.



## Physiological constipation

Written by Dr Harold Gunatillake  
—Health writer



Moments of irregular constipation causing blockage are common among healthy people at one time or another and is not considered serious. When constipation becomes regular, more persistent and progressive, then one has to take serious note of and get investigated. Endoscopy and barium studies including blood tests are done preliminarily to find out whether some pathological event is happening within the...

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Is that hefty price tag worth it or is peanut butter just as healthy as ... [READ MORE](#)



#### How To Open Coconuts Without Any Tools

by Grant Thompson -  
"The King of Random"  
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## Can Eating Too Much Spicy Food Kill You?

By Katharine Gammon,

In a contest that matches humans against some of the world's hottest chili peppers, no one wins. Last week, restaurant in Edinburgh, Scotland, held a competition to eat the extra-hot Kismot Killer curry. Some of the competitive eaters were left writhing on the floor in agony, vomiting and fainting.



Credit: © Nenovbrothers / Dreamstime

According to [reports](#), two British Red Cross workers overseeing the event at the Kismot Indian restaurant in Edinburgh but became overwhelmed by the number of casualties and ambulances were called. Half of the 20 people who took part in the challenge dropped out after witnessing the first diners vomiting, collapsing, sweating and panting.

So what exactly are the health impacts of eating really [hot chili peppers](#)? Can eating too much of the spicy stuff kill you?

To answer this question, Life's Little Mysteries turned to one of the experts: Paul Bosland, professor of horticulture at New Mexico State University and director of the [Chile Pepper Institute](#), was responsible for finding the world's hottest chili pepper, the Bhut Jolokia.

Bosland says that chili peppers (or as some call them, chile peppers) can indeed cause death — but most people's bodies would falter long before they reached that point. "Theoretically, one could eat enough really hot chiles to kill you," he says. "[A research study in 1980](#) calculated that three pounds of extreme chilies in powder form — of something like the Bhut Jolokia — eaten all at once could kill a 150-pound person."

This scenario wouldn't likely have a chance to play out. "However, one's body would react sooner and not allow it to happen," Bosland said. "One would have to eat it all in one sitting," he says. Taken over the course of a year, those three pounds of chilies wouldn't be harmful. Chili peppers cause the eater's insides to rev up, which can come with some problems. They activate sympathetic nervous system — which helps control most of the body's internal organs — to expend more energy, so the body burns more calories when the same food is eaten with chili peppers. "Eating chili is associated with increases in metabolic rate and thermogenesis," says John Prescott, a professor at Sussex University and editor of the journal Food Quality and Preference. "Capsaicin, the active ingredient in chili, does cause tissue inflammation so the mucosa of the stomach or intestines might be damaged by a sufficiently large dose."

Tissue inflammation could explain why the contestants in the Killer Curry contest said they felt like chainsaws were ripping through their insides. Too much of the spicy stuff can also give you a good case of heartburn.

When it comes to spicy, enough of the hot stuff can cause damage — so eat carefully out there!

*This story was provided by [Life's Little Mysteries](#), a sister site to LiveScience. You can follow Katharine Gammon on Twitter [@kategammon](#). Follow Life's Little Mysteries on Twitter [@lilmysteries](#), then join us on [Facebook](#).*

## Ask Well: Red Cabbage vs. Blueberries?

By RONI CARYN RABIN MARCH



Credit Tony Cenicola/The New York Times

**Q. How does red cabbage compare to blueberries, nutritionally speaking? It seems to have the same dark blue and purple pigments that signal the presence of valuable micronutrients but is less expensive and available year round.**

**A.** Red cabbage is a low-calorie food that's a good source of vitamins. But if you're looking for a big infusion of the potent antioxidants that blueberries are famous for, "you're not going to get that from red cabbage," said Amy Howell, a researcher at Rutgers University's Marucci Center for Blueberry and Cranberry Research.

The antioxidant content of blueberries far exceeds that of raw red cabbage, according to a [Department of Agriculture analysis](#) of nutrient values of fruits and vegetables.

Though red cabbage contains many anthocyanins, the antioxidant plant pigments that give fruits and vegetables a blue, red or, as in the case of red cabbage, purple color, they all have the same parent compound (called an anthocyanidin). Blueberries contain five of these parent compounds and dozens of derivatives, Dr. Howell said, and a greater variety of nutrients is likely to contribute to a wider range of medicinal benefits.

Blueberries contain many other beneficial compounds as well, Dr. Howell said. "Blueberries are a melting pot of these bioactive compounds that work together to bring about all these different health benefits," she said. "They eclipse red cabbage."

That said, [red cabbage, like other cruciferous vegetables](#), contains glucosinolates, plant compounds that may have anticancer properties (and are responsible for the slightly bitter taste).

A serving of red cabbage contains 85 percent of the vitamin C you need in a day, 20 percent of the vitamin A, 42 percent of the vitamin K and just under 10 percent of B6, as well as potassium, manganese and other minerals.

But best to eat it raw if you can: Cooking red cabbage degrades the anthocyanins and glucosinolates. If you must cook it, steam it very lightly for a short time.

[You can dance your way to a younger brain, say experts](#)

Could learning to dance the minuet or fandango help to protect our brains from ageing?



Consuming alcohol makes your body muscles relax, including the muscles in your throat. When you fall asleep with relaxed throat muscles, you tend to snore loudly. Some people may even talk or walk during their drunk sleep. This can even cause impaired memory.



# Should we all cut back on salt—regardless of our blood pressure level?

Most of the sodium in our diet comes from salt, or sodium chloride. Sodium has many important functions in the body, including:

- transmitting nerve impulses
- contracting and relaxing muscle fibers
- maintaining proper fluid balance.

But Americans get much more than they need—3,400 mg of sodium per day, on average. (See the chart below for recommended intake.)The kidneys regulate the body's sodium level by getting rid of any excess. But if there's too much sodium in the bloodstream, the kidneys can't keep up. Excess sodium in the blood pulls out water from the cells. As this fluid increases, so does blood volume. That means more work for the heart, increased pressure in the blood vessels, and often, eventually, stiffened vessel walls, chronic high blood pressure, and an increased risk of heart attack or stroke.

Current recommended intakes of sodium for healthy adults by age group			
Group	Adequate intake (AI) of sodium*	Salt equivalent	Upper limit (UL) of sodium intake**
Ages 19&#x2013;50	1.5 g/1,500 mg	3,800 mg, or ¾ teaspoon (tsp.)	2.3 g/2,300 mg (equivalent to 5.8 g/5,800 mg, or 1 tsp., salt)
Ages 51&#x2013;70	1.3 g/1,300 mg	3,200 mg, or ~½ tsp.	Less than 2.3 g, but a precise amount has not been determined
Ages 71 and over	1.2 g/1,200 mg	2,900 mg, or ½ tsp.	

\*The average amount needed to replace sodium lost daily through sweat while providing enough other essential nutrients.  
\*\*UL may be higher for people who lose large amounts of sodium in sweat, such as athletes and workers exposed to extreme heat.  
Source: Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate, National Academies Press (2004).

Some people are especially sensitive to sodium—their blood pressure rises and falls directly with their sodium intake. That puts them at increased risk for cardiovascular disease, even if they don't have high blood pressure. It also means that they particularly benefit from restricting sodium intake.

Those most prone to salt sensitivity include: the elderlyAfrican : Americanspeople with hypertension: people with diabetes: people with chronic kidney disease.

## What about the rest of us?

As many as one in three adults in the United States has high blood pressure, also called hypertension. Many more have "prehypertension," which means that while they don't have high blood pressure yet, they're likely to develop it. Many studies have shown that blood pressure is directly related to dietary sodium, so it makes sense for at-risk individuals to cut back. But what about the rest of us?  
The Centers for Disease Control and Prevention (CDC) says that limiting sodium intake should be just about everyone's concern. In a 2009 study, CDC researchers concluded that 70% of American adults should aim for a sodium intake of no more than 1,500 mg per day. People who fell into this group of about 145 million people included: everyone over age 40: all African Americans: people with hypertension.  
Some public health experts believe the 1,500-mg-per-day cap should be extended to everyone. Others say that proposal ignores other factors influencing blood pressure. Almost everyone agrees that we couldn't reach the 1,500-mg limit without reducing the amount of salt in processed and prepared foods—the main source of dietary sodium.

### Sources of sodium

Most of the sodium we eat comes from restaurant meals and processed foods, including canned vegetables and soups, pasta sauces, frozen entrees, luncheon meats, and snack foods.  
Sodium is also found in many condiments besides ordinary table salt—including soy sauce, Worcestershire sauce, salad dressings, ketchup, seasoned salts, pickles, and olives. Baking soda, baking powder, and monosodium glutamate (MSG) also contain sodium.

## What do the studies show?

Many studies have investigated links between sodium intake, blood pressure, and cardiovascular disease. Some of the most compelling evidence has come from the Dietary Approaches to Stop Hypertension (DASH) trials.  
The first DASH trial showed that a diet rich in the following could lower blood pressure: fruits: vegetables: ow-fat dairy products: whole grains: beans: nuts: fish: lean meats: poultry.  
Harvard Medical School

## HEALTH NEWS



Mushrooms can be pollutants too: IIT-M study  
It has been known for long that mushrooms are rich in nutrients, but an Indian Institute of Technology Madras study now shows they can be harmful to humans too.



## Trans Fat Ban Tied to Fewer Heart Attacks and Strokes

Three years after the trans fat ban went into effect, hospital admissions for heart attacks and strokes started dropping.

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## 5 Reasons You Need Himalayan Salt In Your Diet



Don't be salty. There is a healthier alternative. And it's pink in color. Here are the reasons you need to add Himalayan salt to your life...

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## Which Is More Important For Weight Loss? Diet Or Exercise?

Take a look at which avenue for weight loss shows better results: diet or exercise, all compiled as a list of health and personal reasons...

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My Health Tips for the Day for tummy discomfort Think of eating high fibre foods today. Oats is ideal for breakfast. It's eaten in the form of rolled oats, oatmeal, oat milk, and oat bran and oat flour. They have several essential nutrients, including high dietary fibre. 100 gram serving provides 389 cals Avoid foods baked or cooked with processed rice and wheat flour for breakfast You need to get 35 grams of fibre per day, so choose plant foods like grapes, bell peppers, bea...

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## Use Cold Packs for psoriatic arthritis

They can save the day when the joints in your hands and feet are swollen and painful. You can make one yourself. Put ice cubes in a zip-lock bag, or just grab a bag of frozen veggies. Make sure you always wrap it in a towel before you put it on your skin, and don't use it for more than 10 minutes at a time. For foot pain, you'll get relief if you roll your foot back and forth on a frozen water bottle.

### Give Heat a Chance

Soak in a warm tub or use a heating pad on your painful joints. The heat makes swelling go down, improves your blood flow -- and it feels amazing, too. But don't run the bathwater too hot or stay in the tub for too long, because it can dry out your skin and make psoriasis rashes worse. When you take a bath, add oatmeal or Dead Sea salts, which soothe your itchy, inflamed skin.



### Cut Out the Junk Food

Avoid foods that are loaded with sugar, fat, and salt, since they can leave you feeling sluggish. Instead, eat foods that fight inflammation, like fresh fruits and veggies, lean protein, and whole grains. A healthy diet isn't just good for your psoriatic arthritis -- it can also help you lose weight.

### Get Stress in Check

Often feel like you're under pressure? It could be a trigger of your flares. Try to make time for something relaxing every day. Join a yoga class, exercise, meet a friend for coffee, or just curl up with a book for 30 minutes. Talking to a therapist can help, too. He can work with you on strategies to manage your daily hassles and help you find the right balance of work and family life.

### Try to Keep Moving

Regular exercise can ease pain, boost your mood, raise your energy level, and help you sleep better. And it doesn't take much. A daily walk around the block is a great way to start. Other workouts that are good for psoriatic arthritis are swimming and cycling. Talk to your doctor before you begin, and make sure you take it slow at first. WebMD

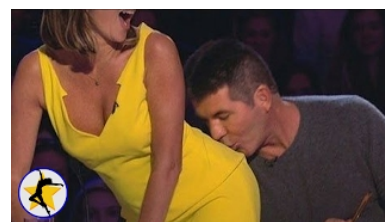
## RECIPE OF THE DAY



## Yuzu Kosho-Glazed Chicken Drumsticks

Drumsticks are lightly glazed with ginger, garlic and sesame for the perfect weeknight dish.

[GET COOKIN'](#)



► **Top 5 | Most Shocking Auditions that surprised judges ...**  
by The Best Talent  
141,395 views



## Ouch: 10 Odd Causes of Headaches

[Read Article](#)



## There Are at Least 79 Obesity 'Syndromes'

[Read Article](#)



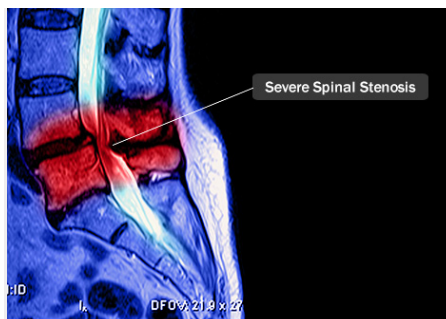
## The Political Scene

The Battle Cry some eons ago was "No taxation without representation"  
So we got that right to choose from a list of nominations  
Come Election Day we chose a candidate with the best Party Mandate & Mission  
Knowing full well that it is our tax money that is to be used for their resolution  
They go about with their mission of spending our money & the assets of the Nation  
Without much ado; and in spendthrift and vaunted fashion  
For they always have recourse to supplement the budget through raised taxation  
Even giving themselves raises – though their records may be bleak & inexpedient  
We hear of luxurious Holidays with family to far off resorts near the ocean  
Trade missions to places that are still to bear fruition  
Perhaps to eventually see the light at the "end of the tunnel" – an apparition?  
And excuses for thrusting us into an electrifying situation  
We the voters are surely to be blamed for the consternation  
For we used our Universal Suffrage to get into this sad position  
Don't you yearn for the days of the stalwarts who worked with dedication?  
Serving the Nation being their foremost thought; and with no other consideration?  
Noor Rahim

### Quote of the Day

*"If we pollute the air, water and soil that keep us alive and well, and destroy the biodiversity that allows natural systems to function, no amount of money will save us."*

— David Suzuki



What is spinal stenosis?  
It's when the spaces between the bones that make up your spinal cord (called your vertebrae) get narrow. This can put pressure on those bones and on the nerves that run from your spine to your arms and legs. It happens most often in your lower back or neck.

## Furmint Hungary's answer to Austria's gruner veltliner

If I had to take a punt on what white wine we're going to be talking about this year, I'd put my money on furmint. Hungary's answer to Austria's gruner veltliner already appears on many fashionable wine lists here, while in the US, which tends to be an enthusiastic adopter of wine trends, it has even spawned a dedicated and rather entertaining website, [furmintusa.com](http://furmintusa.com). Oremus Mandolas Furmint 2014: serve with beetroot-cured salmon. Those in the know will, of course, be aware that it's the main grape in Hungary's famous dessert wine, tokaji, but increasingly producers are making dry versions. To place these in your existing wine-drinking repertoire, unoaked furmints are generally less spicy than a gruner and have something of the same appeal as a good soave or chablis, with which they share a lively acidity, while oaked ones are reminiscent of a more southerly white burgundy; all are extremely versatile with food. Most are made in the Tokaji region by existing tokaji producers. Names to look for are the Vega Sicilia-owned Oremus, whose richly textured Mandolas Furmint 2014 (£15.41 [TheDrinkShop.com](http://TheDrinkShop.com), £19.99 Hennings; 14.5% abv) is a terrific match for beetroot-cured salmon with horseradish, and Disznókő's elegant Tokaji Dry Furmint 2015 (£12.95 Lea & Sandeman; 13.5% abv), which has the piercing intensity of a young premier cru chablis. In a different register is the musky, slightly spicy Patricius Tokaji Dry Furmint 2015 (£12.50 Great Western Wine; 12% abv), which would be delicious with smoked and salted fish such as salmon or salt cod, or a smoked fish pie.

An ideal introduction to the variety is Royal Tokaji's Dry Furmint 2015 (£9.99, or £8.99 on the mix-six deal at [Majestic](http://Majestic); 13% abv), which contains a little harslevelu (an equally interesting grape, but with a name like that, you can see why it won't take off) and is made in a lush style that should appeal if you're a sauvignon fan.

Hungary is not the only country that produces furmint: Slovenia and neighbouring Austria also grow a little, including the lovely, pure Michael Wenzel Furmint, which is unfiltered and made from organically cultivated grapes in Burgenland: you can get the 2015 vintage from [Newcomer Wines](http://Newcomer Wines) for £19; the 2016 will cost a little more when it arrives in May. If that's put you in the mood for trying Hungarian wine, the Co-op does a decent red, Hilltop Merlot Kekfrankos, from one of Hungary's other indigenous varieties. At £4.99, it's terrific value, and commendably light, too, at 12% abv. A nice bottle for a weekend pizza, this.

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



## How Fast Will Your Brain Age? Scientists Identify Key Gene

Scientists have found that a gene called TMEM106B controls how fast the brain ages and helps protect against dementia.

[Read More](#)

## How Many Deaths Are Linked to Diet? | Video

Nearly half of all deaths from heart disease, stroke and type 2 diabetes may be due to diet.

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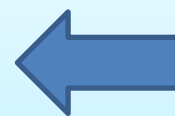
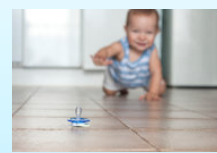
## Breast Changes

Most breast changes are not cancer. It's still important, though, to tell your doctor about them and have her check them out. Let her know about any lumps, nipple changes or discharge, redness or thickening, or pain in your breasts. She'll do an exam and may suggest a mammogram, MRI, or maybe a biopsy.

## How Can I Get Rid Of Stinking Morning Breath Naturally

Bad breath or halitosis can be an embarrassing social problem. Stinky breath in the morning is even worse. After all, who would want to kick off their day with a whiff of unpleasant smells? Spare your loved ones, colleagues, and friends the stink – and yourself the unpleasantness – by treating it naturally...

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## Too Clean for Our Children's Good?

By PERRI KLASS, M.D.

We need to study the health consequences of the modern and more "hygienic" built environment, which is clean but by no means sterile.

Credit: yellowj/Shutterstock

## Allergies: The basics



An allergy is a reaction of your immune system to what are usually harmless, run-of-the-mill substances, such as pollen, cat hair or peanuts. When you're exposed to your allergy trigger (called an allergen), your immune system produces proteins called immunoglobulin E (IgE) antibodies. These antibodies then put out signals that cause the release of other chemicals, such as histamine, which in turn cause your allergy symptoms. According to the American College of Allergy, Asthma and Immunology (ACAAI), more than 50 million people in the U.S. experience allergies each year. Allergies are also often tied to [asthma](#), a condition in which people's airways become inflamed and narrowed, which can lead to coughing, chest tightness, wheezing and difficulty breathing. In some people, the same substances that trigger allergies can also trigger symptoms of asthma, according to the Mayo Clinic.

Read up on some allergy basics below:

- [The 5 Most Common Allergies](#)
- [Sniffle Detective: 5 Ways to Tell Colds from Allergies](#)
- [7 Allergy Myths \(and the Truth Behind Them\)](#)
- [Got Allergies? Blame Neanderthals](#)
- [8 Strange Signs You're Having an Allergic Reaction](#)
- [Can You Outgrow Your Allergies?](#)

LIveScience

Your greatest ally in health is your microbiome — the trillions of bacteria that are the control center of your health!

Sydney is getting a [second international airport](#) after more than 70 years of discussions.

Americans Uneasy With Push to Repeal Obamacare

## Health Tip of the Day

### Eating Beetroot lowers your Blood Pressure

Increasing in blood pressure is common as one grows older. It is simple to explain this phenomenon. After all, heart is a physical pump that pumps oxygenated blood to the whole body through arterial vascular tubes controlled by involuntary smooth muscles and an inner lining of cells. Aging causes these tubes to get thickened and the lumen tends to get more narrowed. This we call 'arteriosclerosis' of the arter...

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## Hydrogen Peroxide Freshens Your Veggies



You can prolong the life and freshness of all your veggies with hydrogen peroxide. To a sink full of cold water, add one-fourth cup of 3 percent hydrogen peroxide solution. Light-skinned vegetables like lettuce should be soaked for 20 minutes, while thicker skinned ones like cucumbers can stand for 30 minutes. Drain, dry and refrigerate.<sup>3</sup>

## Impressive Health Benefits of Goji Berries

By [Dr. Mary Jane Brown, RD](#)

Goji berries have gained popularity in recent years, often promoted as a "superfood." They're thought to help prevent premature aging, boost the immune system, have benefits for diabetes and protect against heart disease and cancer (1). But do they really live up to the hype? This article explores 9 benefits of goji berries that are actually backed by science.



### What Are Goji Berries?

Goji berries, scientifically known as *Lycium barbarum*, are also known as wolfberries, fructus lycii and gougizi. These dried red berries have been used in traditional Chinese medicine for more than 2,000 years (2).

They have a sweet taste and can be eaten raw or consumed as a juice or herbal tea. They can also be taken as extracts, powders and tablets.

All dark blue or red berries, including goji berries, contain high levels of [antioxidants](#), which may help protect the body against damage from free radicals.

What's unique about goji berries is that they contain specific antioxidants called *Lycium barbarum* polysaccharides, which are thought to provide a variety of impressive health benefits.

In addition, goji berries provide 11 essential amino acids — more than other common berries (3).

Read on for 9 evidence-based health benefits of goji berries.

### 1. Very Nutritious

The nutritional content of goji berries is thought to vary widely depending on the type, freshness and how they're processed.

As a rough guide, ¼ cup (85 grams) of dried goji berries has about (4):

**Calories:** 70**Sugar:** 12 grams**Protein:** 9 grams**Fiber:** 6 grams**Fat:** 0 grams**Vitamin A:** 150% of the RDI**Copper:** 84% of the RDI**Selenium:** 75% of the RDI**Vitamin B2 (riboflavin):** 63% of the RDI**Iron:** 42% of the RDI**Vitamin C:** 27% of the RDI**Potassium:** 21% of the RDI**Zinc:** 15% of the RDI**Thiamine:** 9% of the RDI  
In addition, they are packed full of powerful antioxidants, including carotenoids, lycopene, lutein and polysaccharides. In fact, polysaccharides make up 5–8% of dried goji berries (5).

By weight, these berries contain about as much vitamin C as fresh lemons and oranges (5).

## Can Diabetics Drink Orange Juice?

by [CureJoy Editorial](#)



## Can Diabetics Drink Orange Juice?

A fresh-squeezed glass of orange juice contains 20.83 gm of natural sugars and 25.79 gm of carbs that turns into sugars too upon digestion. In essence, if you're a diabetic, be sure to stick to a small glass of fresh, homemade orange juice. Also adjust carb, sugar intake from other meals that day to compensate. Better yet, choose to eat the whole fruit instead.

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