

## Happy New Year's Greetings - 2018.

*As I sit and brood away  
Thinking of the past and how it did sway  
The good and the bad did I weigh  
As I look forward to the dawn of another  
New Year*

*The bad I erase without as much as a  
reminder  
The good I do savour and try to emulate  
and better  
What the future holds is in the hands of  
the Creator  
Lurking in the background will always be a  
challenger*

*So Dear Folks the New Year is not  
faraway  
For what you make of it is yours to foray  
Think positive in your doings is what one  
would say  
In a World of ups and downs which will  
always stay  
"Never trouble trouble; until trouble  
troubles you"*

*Is a saying so wise and worthy of spread  
Troubles you should never woo  
But spread of Goodwill & Peace should  
always be in mind  
Have yourself a Bright & Prosperous 2018  
and forevermore.  
Noor Rahim*



### [OPINION Why surgery for early-stage prostate cancer doesn't save lives](#)

By Dr Ian Haines, Monash University

Many men live with prostate cancer rather than die from it. Here's the evidence for why they shouldn't jump to surgery.



### [When your heart runs a marathon without your body](#)

By [Cathy Johnson](#)

What do you do when your heart is racing at what feels like a million miles an hour? The answer, for some, is to lie on your back, with legs in the air, and blow hard.

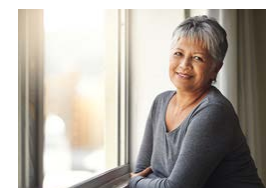
## 6 Steps to a Healthier You

As one year ends and another begins, people often assess their habits and lifestyle.

[READ MORE](#)

### [Oprah for president? A far-fetched idea just got dramatically more real](#)

## The Most Fatal Cancer for



Cancer results from the uncontrolled growth of abnormal cells in the body.

[TAKE THE QUIZ](#)

## NT Young Australian of the Year 2018



### Refugee and migration lawyer

Leaving his birthplace of Sri Lanka to escape civil conflict in his teens gave Kevin Kadirgamar a deep appreciation of the suffering experienced by many, and a steely determination to be a voice of the vulnerable. As a law student, Kevin co-founded Multicultural Youth NT, a youth-led organisation that promotes harmony and empowers young people to implement change in their own communities. Now 28, Kevin is a lawyer championing the rights of migrants and refugees. He's been recognised for his outstanding pro bono work on high-profile cases, fighting for the freedom of children and young people who were held in indefinite immigration detention. A former board member of many youth justice and human rights groups, Kevin mentors students and junior solicitors through Charles Darwin University, provides free migration advice every month and is the President of the Multicultural Council of the Northern Territory. Kevin's indefatigable efforts demonstrate the important role a lawyer can play in fundamentally changing the lives of others.

## Is Your Rash Psoriasis?

Find out how to identify a psoriasis rash. Learn about the types of psoriasis and explore treatment options.



[READ MORE](#)

Health & Views' has a vision and a mission, to make Sri Lankans of the world healthier through the power of health information. We do this by selecting health information from various sources relevant to issues applicable to our people, and we expect reciprocation by reading, for health & longevity

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Thank you  
Health editor

## What are the best ways to make yourself burp?

By Lana Barhum

Reviewed by [Elaine K. Luo, MD](#)

1. [What is the inability to burp?](#)
2. [Methods to trigger burping](#)
3. [Gas and bloating conditions](#)
4. [Reducing gas, bloating, and burp problems](#)
5. [Takeaway](#)

Burping is one of the simplest ways to relieve bloating. It helps remove gas discomfort and can be triggered on demand.

Burping is also known as belching. It involves the release of gas from the digestive tract to the mouth. Burps occur when air is swallowed while eating or drinking and is then expelled.

The air that is released is a mixture of oxygen and nitrogen.

Read more: [What are the best ways to make yourself burp?](#)



### [OPINION Forget the cleaning fads — your vagina cleans itself](#)

By Deborah Bateson, University of Sydney

The vagina is self-cleaning, and vaginal discharge plays an important role in keeping the vagina healthy.

## Humans Arrived in Australia 65,000 Years Ago

By Chris Clarkson, The University of Queensland; Ben Marwick, University of Washington; Lynley Wallis, University of Notre Dame Australia; Richard Fullagar, University of Wollongong, and Zenobia Jacobs, University of Wollongong | July 20, 2017 07: MORE



Scientists found evidence of human occupation at the Madjedbebe site in Australia's Northern Territory.

Credit: Dominic O'Brien/Copyright Gundjeihmi Aboriginal Corporation 2015.

This article was originally published at [The Conversation](#). The publication contributed the article to Live Science's [Expert Voices: Op-Ed & Insights](#).

The question of when people first arrived in Australia has been the subject of lively debate among archaeologists, and one with important consequences for the global story of human evolution. Australia is the end point of early modern human migration out of Africa, and sets the minimum age for the global dispersal of humans.

This event was remarkable on many fronts, as it represented the largest maritime migration yet undertaken, the settlement of the driest continent on Earth, and required adaptation to vastly different flora and fauna.

Although it is well known that anatomically modern humans were in [Africa before 200,000 years ago](#) and [China around 80,000 years ago](#), many archaeologists believe that Australia was not occupied until [47,000 years ago](#).

But our research, [published July 19 in Nature](#), pushes back the timing of this event to at least 65,000 years ago.

## Humans Arrived in Australia 65,000 Years Ago

See This

### [Price tag on gene therapy for rare form of blindness: \\$850K](#) ←

A first-of-its kind genetic treatment for blindness will cost \$850,000, less than the \$1 million price tag that had been expected, but it's still among the most expensive

## [Don't ignore this common wrist problem](#)

First you may notice tingling or numbness in your fingers that comes and goes. Over time the sensations may get worse, lasting longer or even waking you up at night. Eventually the pain and numbness might even make it hard to grip things like a fork, a pen, or other objects. If you're having these symptoms, it could be carpal tunnel syndrome. Harvard Medical School



## It Hurts Your Heart

Scientists first noticed something was up in a study that compared two similar groups: transit drivers, who sit most of the day, and conductors or guards, who don't. Though their diets and lifestyles were a lot alike, those that sat were about twice as likely to get heart disease as those that stood.

WebMD



## Dementia Is More Likely

If you sit too much, your brain could look just like that of someone with dementia. Sitting also raises your risk of heart disease, diabetes, stroke, high blood pressure, and high cholesterol, which all play a role in the condition. Moving throughout the day can help even more than exercise to lower your risk of all these health problems.

## Don't take cancer too seriously.

Laughter is the best medicine, but does it stand a chance against the Big C? Apparently, it does. Using comedic metaphors to communicate embarrassing or frightening elements of the illness helped cancer patients hold on to their silver linings. This goes to show that resilience and humor in the face of danger can be your greatest weapons.

[Read More](#)



# Ayurvedic Medicine: Psoriasis Treatment?

Ayurveda is an ancient, holistic form of medicine that relies heavily on herbal remedies. Find out how worthwhile it could be as a complementary psoriasis treatment. [Read on](#) →



Hotel California (Eagles) - Harp Guitar Cover (arr. T. ...

[Jamie Dupuis](#)



## Symptoms of insulin resistance

Usually, you won't have any. You could have this condition for a long time and not know it. People with severe insulin resistance sometimes get dark patches of skin on their necks, elbows, knees, hands, and armpits.



2018

*With every New Year comes new hope.*

May your light shine brightly throughout 2018 and bring light & hope to children who need your love and care.



Volunteers to Assist Children with Disabilities  
Australia | Web: [www.vacd.org.au](http://www.vacd.org.au) | E-mail: [stephen@bigpond.net.au](mailto:stephen@bigpond.net.au)  
USA | Web: [www.vacdusa.com](http://www.vacdusa.com) | E-mail: [james.gruver@vacdusa.org](mailto:james.gruver@vacdusa.org)  
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**The VACD family wish you and your loves ones the very best in 2018 and in the years ahead**

## [Early Signs of Rheumatoid Arthritis](#)

## Exercises to Lower Blood Pressure

Trying to lower your blood pressure? Explore exercises and other lifestyle changes to prevent high blood pressure.

[READ MORE](#)

## Insulin resistance

### What Puts You at Risk?

Your chances of becoming insulin resistant go up if you're overweight, don't get enough exercise, have high blood pressure, or you smoke.

## ARTICLE

## Oral Cancer Facts

Oral cancer is abnormal growth of cells in any part of the oral cavity. It is sometimes termed head and neck cancer.

[Read more...](#)

## Does an onion in the sock work for a cold?

By Lana Burgess

Reviewed by [Debra Rose Wilson, PhD, MSN, RN, IBCLC, AHN-BC, CHT](#)

Putting a raw onion inside a sock and sleeping with it overnight is a remedy that some people believe can treat a cold or the flu. But is there any scientific evidence to suggest it works? According to the [National Onion Association](#), the claim that raw onion can treat the flu is a theory that dates back to the 1500s. In recent years, many articles online have claimed that this folk remedy is effective. Here we explore the origins of the onion sock home remedy and whether there is any evidence to support its effectiveness. The article also considers the health benefits of onions and other treatments available for cold and flu.

Read more:

[Does an onion in the sock work for a cold?](#)

## FEATURED

## Bad Breath: 17 Causes and How to Get Rid of It

Do you know what causes bad breath (halitosis)? See surprising causes as well as solutions to stop the stink.

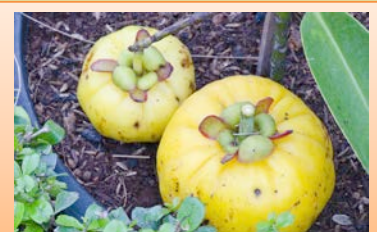
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## [What Is Garcinia Cambogia?](#)

Extract of the fruit garcinia cambogia is an ingredient in some nutritional supplements aimed at stopping weight gain. But is garcinia cambogia safe, and does it work? Here's a look at the evidence.

[Read More](#)



## [What Visual Impairment Occurs in Almost Everyone?](#)



## How Are Psoriasis and Psoriatic Arthritis Connected?

Psoriatic arthritis is a type of arthritis associated with psoriasis. Learn more about both conditions, plus what you can do to ease the symptoms of each. [Read on](#)



## Rosemary Is for Roasting

Its pine-like flavor goes great with roasted chicken, lamb, pork, and salmon. It adds a fresh tang to raw or cooked mushrooms and pumpkin or butternut squash. Or try it baked in whole-grain breads. Sprinkle rosemary in olive oil to flavor the oil. Then use the infused oil as a rich marinade.



## 14 Reasons to Eat More Pasta

Despite what you may think, pasta can be part of a good diet. It can curb your appetite and even help you lose weight. See how.

## Can Diabetic Neuropathy Be Reversed?

Diabetic neuropathy is a common, but painful symptom of diabetes. Here's a look at its underlying causes and possible complications, as well as ways you can manage it.

[Read on](#)

## Medications That Can Cause Heart Failure

Watch out for NSAIDs, certain antidepressants, and these other meds.



## 9 Impressive Health Benefits of Cabbage

Despite its impressive nutrient content, cabbage is often overlooked. This article uncovers 9 surprising health benefits of cabbage, all backed by science.

[Read on](#) →

## Could a Common Blood Thinner Lower Cancer Risk?

By **Steven Reinberg**  
*HealthDay Reporter*

A pill widely taken to prevent [heart attack](#) and [stroke](#) may also guard against [cancer](#), new research suggests.

### Latest Cancer News

- [How Safe Are Your Drinking Glasses?](#)
- [Breast Cancer Patients Gain From Exercise](#)
- [Patients' Gut Bugs May Play Role in Cancer Care](#)

[Warfarin](#) is an inexpensive blood thinner. It's typically prescribed for patients whose leg arteries are prone to clots and for patients with the abnormal heartbeat called [atrial fibrillation](#).

Now, Norwegian investigators say it may also protect against any type of [cancer](#) and from prostate, lung and [breast cancer](#), in particular.

Lower [colon cancer](#) risk was also reported, but only in people taking warfarin for [A-fib](#), according to the study.

The findings don't prove that warfarin reduces the risk of [cancer](#), cautioned lead researcher James Lorens.

"This is an observational study using data on more than 1.25 million people 50 and older from Norwegian national registries, and cannot prove a cause-and-effect relationship," said Lorens, a professor of biomedicine at the University of Bergen in Norway.

Among adults taking warfarin, however, fewer developed cancer compared with those not taking the drug, Lorens said.

Read more:

[Could a Common Blood Thinner Lower Cancer Risk?](#)

Your diet is a bank account. Good food choices are good investments.  
Bethenny Frankel

## Common Heartburn Meds Show Ties to Kidney Trouble

SATURDAY, Nov. 4, 2017 (HealthDay News) -- If you're one of the millions of Americans who takes one of a class of anti-reflux meds such as [Nexium](#), [Prilosec](#) and [Prevacid](#), take heed: These [drugs](#) have been linked to higher odds of kidney trouble.

### Latest Digestion News

- [Common Heartburn Meds Show Ties to Kidney Trouble](#)
- [Lack of Awareness May Spur Spread of Hep C](#)
- [Gut Bacteria Changes Rapidly After Severe Injury](#)
- [Kidney Failure Can Isolate Young Patients](#)
- [Can Aspirin Stop Liver Cancer With Hepatitis B?](#)

The study couldn't prove cause-and-effect -- it's possible that folks who need these [heartburn](#) medicines are simply more prone to [kidney disease](#) for other reasons. But the review of data did show a link.

The medicines in question are called [proton pump inhibitors](#) (PPIs). They reduce stomach acid production and are among the most widely prescribed medications in the world.

According to a team led by Dr. Charat Thongprayoon, of Bassett Medical Center in Cooperstown, N.Y., recent research has suggested an increased risk of kidney problems for people who take the drugs,

Read more: [Common Heartburn Meds Show Ties to Kidney Trouble](#)

## Warning About Supplements

You can't always trust the ingredient label on your favorite supplements, researchers say.

[What Happens During Atrial Fibrillation?](#)

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# The Birth of a New Year.

Time & Tide waits for no man – is the adage. We now await most eagerly to meeting and/or sending greetings of sincere Best Wishes to our Kith & Kin; and Friends, including acquaintances. The message stands out loud and clear – “Wish you a Bright & Prosperous New Year” is the expected and sought after greetings among us all. Yes! We do hope and pray that it will be so for all and Peace and Goodwill will always and forever prevail.

Now this rekindles the experiences that we have encountered in the past year or felt the effect of. Other than our own personal experiences that were good or bad; we indeed as a whole gone through the gauntlet of Nature's wrath on us; moral decay has dawned on us with ferocity, that not a day goes by without a “headline” feature in the media – which needless to say is “making hay while the sun shines”. Thus, to an extent, quenching the thirst/longing for of those who are addicted to this type of media hype.

Human carnage and the loss of human lives appear so rampant and in many instances it looks like the “Law of the Jungle” has invaded our lives; leading to the belief that there is the creation of tension; and we tend to live in a state of fear in our day to day life. Is this going to be the future way of life; and of the future generations to come? Pray - it be not so; should be our humble plea to the Gods above. A life that was lived peacefully and in co-existence with each, other sans such barriers and pitfalls.

Greed for Power and Greed for Wealth seems the domineering feature of the World today. As the Great Bard William Shakespeare said so candidly – “All the world's a stage, and all the men and women merely players”. And we poor folks placed the Politicians on the stage to represent us and stood dumbfounded as the audience; gaping in amazement or is it disgust; at their performance. If they performed badly we had the option of “booing” them off the stage most instantly; and if they did not, they would feel the wrath of the crowd with an avalanche of discarded vegetation (edibles) and eggs. But very unfortunately Democracy dictates that we have to wait the stipulated period to get rid of them. All the while stomaching antics that were only conducive to themselves and their families and ilk. What price Democracy? Tighten your belts; and grin & bear seems the order of the day.

But enough of this gloom and doom; we just require to move on to brighter and better things. What more than to usher a New Year and await the good tidings that will follow those who persevere. Keep up your spirits (not the bottled kind) but in your Spiritual beliefs, foremost. Always looking at the brighter outlook in life; and practice your trust and conviction in the Almighty – regardless of whatever Faith you believe in; facing the many challenges that may confront you, with gusto and pride. For negativity will only push you into the doldrums and sulking away. If confronted with an adversity that is insurmountable follow the British. It is said that the British Army never retreats – it only turns about and advances; to fight again on another day (To re-group and perhaps using a different methodology for the next line of combat).

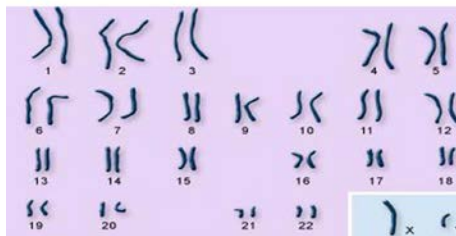
So! Dear readers, as you step into the New Year I implore you to make the best of your time and resources, forget whatever differences or indifferences you may harbour; and take that giant stride towards a very Bright & Prosperous New Year – Seeking the Blessings of the Almighty and thanking Him for His compassion and forgiveness in leading a life of goodness; and spreading of Goodwill; Peace and Harmony in this troubled world of today.

Noor Rahim

## Chromosomes: Definition & Structure

By Jessie Szalay, LiveScience Contributor

Chromosomes are thread-like molecules that carry hereditary information for everything from height to eye color. They are made of protein and one molecule of DNA, which contains an organism's genetic instructions, passed down from parents. In humans, animals, and plants, most chromosomes are arranged in pairs within the nucleus of a cell. Humans have 22 of these chromosome pairs, called autosomes.



## Chromosomes: Definition & Structure

See This



## Fighting Germs

Apple cider vinegar -- any vinegar, really -- will kill some germs because of the acetic acid in it. It works best in your food -- to clean up bacteria lingering on your salad leaves, for example. It's not very good at disinfecting a cut or wound. And because it's an acid, there's a chance it could chemically burn delicate skin.

## Include Papayas In Your Diet To Prevent Heartburn

Sometimes, your stomach can't keep up with what you eat, like an overload of proteins. Trying to keep up, it overproduces stomach acids that may creep up your food pipe and cause heartburn. Enter papayas. Papain, an enzyme in papayas, helps digest proteins and can, thus, share some of your stomach's workload. You will be free from the overbearing threat of a belch!

[VIEW ARTICLE](#)

## The Cold Truth About Cold Cuts

Pre-packaged sliced meat and processed deli counter options may pose health risks.



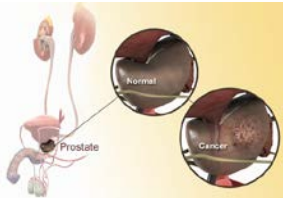
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## Foods That Stabilize Your Blood Sugar Level

Looking for diabetes superfoods that are high in nutrition, low in fat, and low on the glycemic index? We've got a slate of options that won't raise your blood sugar level. [Read on](#)

[Andy Murray considers hip surgery as career hangs in the balance](#)

<https://roar.media/english/life/history/christmas-in-ceylon-in-the-50s-swing-bands-and-grand-galas>



### What Is Prostate Cancer?

Prostate cancer develops in a man's prostate, the walnut-sized gland just below the bladder that produces some of the fluid in semen. It's the most common cancer in men after skin cancer. Prostate cancer often grows very slowly and may not cause significant harm. But some types are more aggressive and can spread quickly without treatment. WebMD

### Symptoms of Prostate cancer

In the early stages, men may have no symptoms. Later, symptoms can include:

Frequent urination, especially at night  
Difficulty starting or stopping urination  
Weak or interrupted urinary stream  
Painful or burning sensation during urination or ejaculation  
Blood in urine or semen  
Advanced cancer can cause deep pain in the lower back, hips, or upper thighs.

### Enlarged Prostate or Prostate Cancer?

The prostate can grow larger as men age, sometimes pressing on the bladder or urethra and causing symptoms similar to prostate cancer. This is called benign prostatic hyperplasia (BPH). It's not cancer and can be treated if symptoms become bothersome. A third problem that can cause urinary symptoms is prostatitis. This inflammation or infection may also cause a fever and in many cases is treated with medication.

### Risk Factors You Can't Control

Growing older is the greatest risk factor for prostate cancer, particularly after age 50. After age 70, studies suggest that most men have some form of prostate cancer, though there may be no outward symptoms. Family history increases a man's risk: having a father or brother with prostate cancer doubles the risk. African-Americans are at high risk and have the highest rate of prostate cancer in the world.



### Eat Your Fruits and Veggies

Fill half your plate with them at every meal. Produce tends to have more nutrients and less fat and calories than meat, dairy products, or grains. And it may help you feel satisfied, even if you eat less. Fresh fruits, like apples and berries, are also great in place of high-fat or high-sugar snacks.



### Steep Price of High Heels

They might look fab, but the higher they rise, the more your weight tips forward. Your thigh muscles have to work harder to keep your knee straight, which can cause pain. When heels go up, so does the twisting force in your knees. If you wear them every day, you boost your odds for osteoarthritis. That's when the bones and the cushioning between the bones break down. WebMD

### Apple Cider Vinegar Lower Blood Sugar

Vinegar can help someone with diabetes control the amount of glucose in their blood after a meal as well as their A1c, a measure of "average" blood sugar for the past few months. A couple of teaspoons in water or food at mealtime works best. High blood sugar over time can lead to heart disease, kidney disease, stroke, and blindness.

### How Much Caffeine Is in Green Tea?

Green tea is an incredibly healthy beverage, though some worry about its caffeine content. This article examines how much caffeine is in green tea. [Read on →](#)

### [Foods That Can Boost Your Immune System](#)



### Your Body's Internal Scale May Sense (and Fight) Weight Gain

The body's skeletal system may have an internal scale that senses when someone has gained weight, so the body can decrease appetite in response, a new mouse study shows.

[Read More](#)

### Painful Foot Problems: Ingrown Toenails

What causes ingrown toenails? How is it treated? Discover symptoms, causes, treatments, and prevention tips for ingrown toenails.

[READ MORE](#)

### [15 Things That Can Make Tinnitus Worse](#)



### [• 'Is a Daily Multivitamin Enough?'](#)




### [Warning Signs of Colorectal Cancer](#)

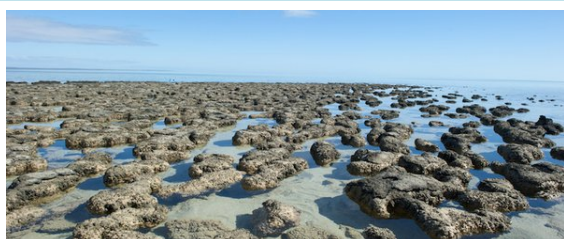


### [Alcohol can cause irreversible genetic damage to stem cells, says study](#)



### Use It or Lose It: How to Keep Your Brain Sharp as You Age

Researchers are pinpointing certain activities, such as word puzzles, that maintain brain health in people who are 50 and older. [Read on](#) 



### How Did Life Arise on Earth?

[See This](#)



## Peanut Oil Is High in Vitamin E

Just one tablespoon of peanut oil contains 11% of the recommended daily intake of vitamin E (1).

Vitamin E is actually the name for a group of **fat-soluble compounds** that have many important functions in the body.

The main role of vitamin E is to function as an antioxidant, protecting the body from harmful substances called free radicals.

Free radicals can cause damage to cells if their numbers grow too high in the body. They have been linked to chronic diseases like cancer and heart disease (2).

What's more, vitamin E helps to keep the immune system strong, which protects the body from bacteria and viruses. It is also essential for red blood cell formation, cell signaling and preventing blood clots.

This powerful antioxidant may reduce the risk of heart disease, certain cancers, cataracts and may even prevent age-related mental decline (3, 4).

In fact, an analysis of eight studies that included 15,021 people found a 17% reduction in the risk of age-related cataract in those with the highest dietary intake of vitamin E compared to those with the lowest intake (5).

Healthline

## Peanut Oil May Improve Insulin Sensitivity

Studies have shown that monounsaturated and polyunsaturated fats may improve blood sugar control in people with diabetes.

Consuming any fat with carbohydrates helps slow the absorption of sugars in the digestive tract and leads to a slower rise in blood sugar. However, monounsaturated and polyunsaturated fats, in particular, may play a bigger role in blood sugar control (11).

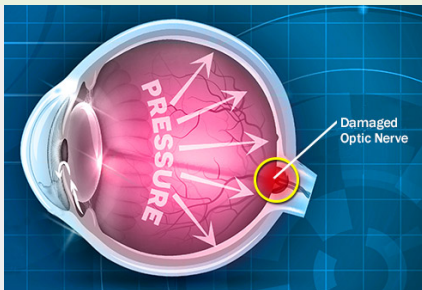
In a review of 102 clinical studies that included 4,220 adults, researchers found that replacing just 5% of saturated fat intake with polyunsaturated fats led to a significant reduction in **blood sugar levels** and HbA1c, a marker of long-term blood sugar control. Additionally, replacing saturated fat with polyunsaturated fat significantly improved insulin secretion in these subjects. Insulin helps cells absorb glucose and keeps your blood sugar from getting too high (12). Animal studies also suggest that peanut oil improves blood sugar control.

Healthline

### SIMPLE TRUTH

Lovers help each other undress before sex. However, after sex, they always dress on their own.

Moral of the story -- In life, no one helps you once you're screwed.



## What Is Glaucoma?

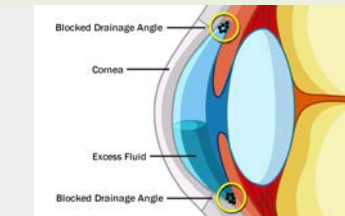
It's a condition that can damage your optic nerve, usually because of too much pressure in your eye. The optic nerve does an important job. It sends signals from your eye to your brain, which turns them into an image you can see. When the optic nerve isn't working right, you'll get problems with your vision. You can even lose your sight.

WebMD



## Types of Glaucoma: Angle-Closure

This type comes on fast and it's a medical emergency. It typically happens to people with a narrow opening to their drainage canal, which gets blocked suddenly. That keeps fluid from flowing out of your eye. Pressure inside the eye rises quickly. If you get severe eye pain, headache, nausea, or vision loss, get medical help right away to prevent blindness. You'll likely need surgery to open up the drainage canal.

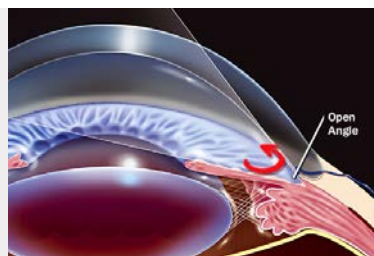


## What Causes Glaucoma?

Your eyes make a fluid that bathes and nourishes tissue in them. Normally the liquid flows through a channel called the drainage angle. When you have glaucoma, the channel stops working well. Fluid backs up and causes pressure to build up inside your eye.

## Who Gets Glaucoma?

You're more likely to get the condition if your parent, brother or sister, or another close relative has it. Your chances of getting it are greater if you're over 40, are African-American or Hispanic, or



## Types of Glaucoma: Open-Angle

There are 4 main kinds of glaucoma. The most common is open-angle glaucoma, which affects about 90% of people with the disease. It's called "open angle" because there's a clear opening to the drainage canal, which gets clogged farther inside. This type comes on slowly. You may not notice any symptoms at first.

## There are several different types of peanut oil. Each one is made using different techniques:

- **Refined peanut oil:** This type is refined, bleached and deodorized, which removes the allergenic parts of the oil. It is typically safe for those with peanut allergies. It is commonly used by restaurants to fry foods like chicken and french fries.
- **Cold-pressed peanut oil:** In this method, peanuts are crushed to force out the oil. This low-heat process retains much of the natural peanut flavor and more nutrients than refining does.
- **Gourmet peanut oil:** Considered a specialty oil, this type is unrefined and usually roasted, giving the oil a deeper, more intense flavor than refined oil. It is used to give a strong, nutty flavor to dishes like stir-frys.
- **Peanut oil blends:** Peanut oil is often blended with a similar tasting but less expensive oil like soybean oil. This type is more affordable for consumers and is usually sold in bulk for frying foods.



Peanut oil is widely used around the world but is most common in Chinese, South Asian and Southeast Asian cooking. It became more popular in the United States during World War II when other oils were scarce due to food shortages.

It has a high smoke point of 437°F (225°C) and is commonly used to fry foods.

**SUMMARY:** Peanut oil is a popular vegetable oil commonly used around the world. This oil has a high smoke point, making it a popular choice for frying foods

Healthline

When I Read About The Evils Of Drinking...I Gave Up Reading

## Taking your blood pressure at home

To get the most accurate blood pressure reading, support your arm at heart level, wrap the cuff around your bare upper arm, and follow the directions on your machine. There are two things to do before you start. First, check your machine against the one in your doctor's office. Second, make sure you have the right size cuff—the inflatable part should encircle at least 80% of your upper arm.

When you first start to check your blood pressure at home, measure it early in the morning, before you have taken your blood pressure pills, and again in the evening, every day for a week. After that, follow the plan your doctor recommends, or check it one or two days a month. Each time you take a reading:

- Avoid caffeinated or alcoholic beverages, and don't smoke, during the 30 minutes before the test.
- Sit quietly for five minutes with your back supported and feet on the floor.
- When taking the measurement, support your arm so your elbow is at the level of your heart.
- Push your sleeves out of the way and wrap the cuff over bare skin. Measure your blood pressure according to the machine's instructions.
- Leave the deflated cuff in place, wait a minute, then take a second reading. If the readings are close, average them. If not, repeat again and average the three readings.

Don't panic if a reading is high. Relax for a few minutes and try again.

Keep a record of your blood pressure readings and the time of day they are taken.

Checking blood pressure at home won't cure hypertension, but it will help control the most common cause of stroke and a big contributor to heart attack, heart failure, and premature death.

Harvard Medical School

## What you need to know about hot feet

By Jayne Leonard

Reviewed by [Daniel Murrell, MD](#)

Hot feet is a hot or burning feeling in the feet. This relatively common sensation often occurs at night and ranges from mild to severe.

Occasionally, hot feet can be accompanied by symptoms such as "pins and needles" (paresthesia), numbness, redness, and swelling. However, usually, there are no physical signs of hot feet.

This article discusses the causes of, and treatments for, hot feet.

Read more: [What you need to know about hot feet](#)

## Common Causes Of Seborrheic Dermatitis (Dandruff)

The exact cause of seborrheic dermatitis is still unknown. It could be triggered by an imbalance of hormone levels, nutritional deficiencies, a weak immune system, or problems in the nervous system. However, observations and statistical studies show that there are some common risk factors associated with the condition.

- Seborrheic dermatitis often flares up in people who are stressed out or fatigued.
- Exposure to extreme weather conditions can trigger seborrheic dermatitis.
- Oily skin or failing to wash the scalp enough can both cause seborrheic dermatitis.
- In people who are HIV positive, seborrheic dermatitis can be found all over the body.
- Weakened immunity due to other conditions can cause seborrheic dermatitis, too. Causes of a weakened immunity include chemotherapy, immunosuppressant drugs, and diabetes.
- The presence of a yeast called *Malassezia* can also trigger seborrheic dermatitis.
- Sometimes, seborrheic dermatitis can run in families.<sup>2</sup>

CureJoy

## Treating Seborrheic Dermatitis

In many cases, seborrheic dermatitis is not severe enough to require medical treatment. It can be treated by using over-the-counter (OTC) creams and shampoos that contain salicylic acid or ketoconazole.<sup>9</sup> While salicylic acid can reduce the severity of the symptoms, ketoconazole does a better job at clearing up potential fungal causes and infections.

In children, these products must always be used as per your doctor's advice. After using a prescription shampoo, the scales begin to soften. You'll need to gently brush them off with a baby brush. If your infant has cradle cap that looks severe, see the doctor. In recurrent cases, the doctor may ask you to apply medication on the scalp. Cradle cap usually resolves completely before a child is a year old.<sup>10</sup>

In some adults, the condition may not resolve with over-the-counter (OTC) medicines. It might even come back and continue to cause itching. Remember, scratching the inflamed area can increase your susceptibility to infection. If your condition doesn't resolve on its own, a dermatologist may prescribe a strong steroidal cream to alleviate the symptoms.

In addition to medication, the best results often come from lifestyle adjustments. Such changes may include using a different shampoo, regularly washing the affected skin, avoiding alcohol products, and refraining from scratching. Wearing clothes that allow proper ventilation is just as important.

CureJoy

## Alternative Treatments For Seborrheic Dermatitis

- **Homeopathic Medication:** Homeopathy believes that seborrheic dermatitis occurs when there is an imbalance of biochemical components in the body. Research shows that treatment of a low dose, oral homeopathic medication can improve (if not cure) the condition. In a placebo-controlled, double-blind study, 41 patients with seborrheic dermatitis and chronic dandruff were administered a low-dose homeopathic preparation containing potassium bromide, sodium bromide, nickel sulfate, and sodium chloride. After 10 weeks, the condition of the patients improved significantly.<sup>12</sup>
- **Phototherapy:** In a test study, 18 patients with severe seborrheic dermatitis were treated with phototherapy using UVB radiation thrice a week for 8 weeks. The treatment proved to be very effective. While 6 patients showed complete clearance, the other 12 showed notable improvement.<sup>13</sup>
- **Aloe Vera:** For centuries, aloe vera has been known for its antifungal properties. It is commonly used for treating psoriasis, eczema, wounds, and burns. One study found that aloe vera extract can help resolve symptoms such as scaliness and itching, two symptoms of seborrheic dermatitis. Patients even reported that they had fewer affected areas after using a topical application of aloe extract.<sup>14</sup>
- **Tea Tree Oil:** Even at mild concentrations, a tea tree oil shampoo can resolve dandruff due to its antifungal properties. In one study, the effectiveness of this shampoo was tested over a period of 4 weeks on a study group of 126 people. Some received a placebo. While the placebo group showed an improvement of 11%, the shampoo group showed an improvement of 41%. To top it off, there were no side effects.<sup>15</sup>
- **Ashwagandha:** In Ayurveda, it is believed that most skin conditions reflect the general state of the body. Purification of the blood may help treat seborrheic dermatitis and other skin conditions at their root. Ashwagandha (*Withania somnifera*) is commonly used by Ayurvedic doctors for blood purification. It is also used to resolve disorders that have a mind-body connection.<sup>16</sup> Arnica, extracted from the dried flowers of *Arnica montana*, is an active ingredient in many preparations prescribed for seborrheic dermatitis.<sup>17</sup>

With so much ongoing research on seborrheic dermatitis, there is no reason to continue dealing with the frustrating symptoms. If you have been suffering from this condition, make an effort to check out traditional and natural cures. Remember, seborrheic dermatitis is often a life-long condition. Relief depends on the type of treatment, time, and a large helping of patience.

CureJoy

*"Darkness cannot drive out darkness; only light can do that.*

*Hate cannot drive out hate; only love can do that."*

*— Martin Luther King, Jr.*





# How to Prevent Psoriasis from Spreading

Since it's a chronic skin condition, what are the odds of psoriasis spreading to other parts of your body — or even other people? We'll look at causes, triggers, and more.

[Read on](#) 

# New Blood Test Detects Cancers

A genetic blood test may detect the early stage of cancers that are fatal when caught too late.

[READ MORE](#)

# How does a high-fat diet raise colorectal cancer risk?

Published Monday By **Honor Whiteman**

While the evidence of a link between an unhealthy diet and colorectal cancer is robust, the underlying mechanisms for this association have been unclear. A new study, however, may have uncovered an explanation. Researchers from the Cleveland Clinic in Ohio have identified a cellular signaling pathway, called JAK2-STAT3, that drives the growth of cancer stem cells in the colon in response to a high-fat diet.

What is more, the researchers found that blocking the JAK2-STAT3 pathway in mice fed a high-fat diet halted the growth of these stem cells, a finding that might fuel the development of new drugs to treat colorectal cancer.

[How does a high-fat diet raise colorectal cancer risk?](#)

# Learn the Myths and Facts on Diabetes

Learn the definition, symptoms, signs, treatment, medications, and diet for diabetes.

[TAKE THE QUIZ](#)

# Probiotics might not be safe for everyone

There are definitely some people who should avoid probiotics in foods or supplements, Hibberd said. These might include individuals with weakened immune systems, such as cancer patients who are receiving chemotherapy. The risks are also increased in people undergoing organ transplants, and for people who have had much of their gastrointestinal tract removed because of disease.

People who are hospitalized and have central IV lines should avoid probiotics, as should people who have abnormal heart valves or who need heart valve surgery, because there is a small risk of infection, Hibberd said.



# Who Can Get Eczema?

Eczema is a common allergic skin condition. Learn causes, symptoms, and treatments.

[VIEW SLIDESHOW](#)



# Greek Yogurt Parfait

Thicker than the regular kind, Greek yogurt packs in more protein: One cup delivers 23 grams. It's also high in bone-building calcium and potassium. For a filling breakfast, layer the creamy stuff with fruit and a high-fiber cereal. Tip: Before serving, stir in that liquid sitting on top of the yogurt. That's whey, and it has protein. WebMD



[SLIDESHOW](#)

# Cervical Cancer

Most cases of cervical cancer are actually caused by the infectious human papillomavirus (HPV). [Read more...](#)



[Sri Lanka 2016](#)

by [Sacha B](#)



# Chia Seed Pudding

Remember Chia Pets -- clay sculptures with the green sprouts? Turns out, the seeds of those plants are loaded with nutrition. One ounce -- around 2 tablespoons -- serves up 5 grams of protein and 10 grams of fiber. When soaked in liquid, chia seeds turn into a thick pudding: Stir 2 tablespoons chia seeds with half a cup of milk, and put it in the fridge overnight. Have it in the morning with fruit and honey.

WebMD

# Your daily coffee could help you live longer

By Honor Whiteman  
Researchers say that drinking one cup of coffee per day could lower the risk of death. If you're a regular coffee drinker, a new study might brighten your day. Researchers have found that consuming the popular beverage may increase longevity, and it doesn't even need to be caffeinated.

[Your daily coffee could help you live longer](#)



# High-Protein Cereal

Not all cereals are created equal. Many are made with only grains, so they don't have much protein. But some have nuts and seeds, and others have soy protein baked into their flakes or puffs. Look for ones with at least 8 grams of protein and 5 grams of fiber per serving. This combo will help fend off hunger throughout the morning.



# Veggie Frittata

With 6 grams of protein each, eggs are a smart way to start the day. For an easy one-dish breakfast, whip up a frittata: Beat eggs with salt and pepper. Mix in fillings, like sautéed veggies and cheese. Pour it in an oven-safe skillet, and cook over medium heat for 4 to 5 minutes. Then put it in the oven, and bake for 10 to 15 minutes.

# What are these white spots on my skin?

By Jennifer Huizen  
Reviewed by [Cynthia Cobb, APRN](#)

White spots on the skin often occur when skin proteins or dead cells become trapped under the skin's surface. They may also occur as the result of depigmentation, or color loss.

White skin spots are not usually a reason for concern and do not cause major symptoms. It is important, however, to have white spots checked by a dermatologist, to understand their cause and the best way to treat them.

Read more:

[What are these white spots on my skin?](#)

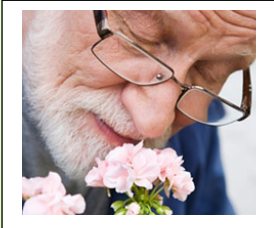
Money cannot buy happiness - but it's far more comfortable to cry in a Porsche than on a bicycle.

# Mexican-Stuffed Sweet Potatoes



We all suffer from breakfast boredom at some point or another. It's so easy to get stuck in a rut of making the same quick meal every day. However, you don't have to sacrifice taste and variation if you're in a time crunch! This quick recipe for Mexican-stuffed sweet potatoes gives you all the protein you'll need to get through your day: eggs, sweet potato, avocado, and black beans! Add some salsa and you've got a delish and different breakfast meal. [Get the recipe!](#)

# Is Your Nose Key to Parkinson's Risk?



Losing your sense of smell may be a sign of an increased risk of Parkinson's disease.

[READ MORE](#)



## WOSCOPS: Statins reduce mortality in men with very high LDL long term

healio.com

Among men with very high LDL followed for 20 years, use of a low-intensity statin conferred reduced risk for CHD, CV ...

[Read more at healio.com](#)



## Does the Ketogenic Diet Work for Type 2 Diabetes?

In an effort to control blood sugar and weight, some people are turning to the ketogenic diet for managing type 2 diabetes. We'll show you how effective it is. [Read on](#) →

## How to lose subcutaneous fat: All you need to know

By Zawn Villines  
Reviewed by Daniel Bubnis, MS, NASM-CPT, NASE Level II-CSS  
3.5260

For people trying to lose weight, it might feel as if all fat is the same. But there are two different types of fat: visceral and subcutaneous. Subcutaneous fat is the jiggly fat visible just under the skin. Subcutaneous fat is normally harmless and [may even protect against some diseases](#). Visceral fat is fat that surrounds the organs. Though it is not visible from the outside, it is associated with numerous diseases. It is possible to lose both subcutaneous and visceral fat. While subcutaneous fat loss might be the goal for people who want to fit into smaller clothes, losing visceral fat improves health.

[How to lose subcutaneous fat: All you need to know](#)



## What Is Agitated Depression?

Also known as “mixed mania” or “mixed features,” agitated depression can be seen in people with bipolar. Learn more, including its symptoms, like anger and restlessness. [Read on](#)

Constant burping can be annoying — and embarrassing! But there are some simple steps that can help you squelch belching. The key is to reduce the amount of air you swallow.

Start by looking at some simple habits. Two of the biggest culprits behind swallowing too much air are chewing gum and smoking. Drop these habits and you'll be gulping less air — and quitting smoking has even more important health benefits! If you wear dentures, make sure they fit snugly. And avoid “high-air” foods and beverages like carbonated beverages and whipped desserts. After eating, consider taking a stroll rather than plunking down in front of the TV. Staying upright and moving helps your stomach empty and relieves bloated feelings. When it's time to go to bed, try sleeping on your stomach or right side to aid in the escape of gas and alleviate fullness.

Harvard Medical School

## 7 ways to get heartburn relief

Maybe you've just eaten, or finished a meal an hour or so ago — and now your stomach just doesn't “feel right.” You feel bloated and uncomfortable. Or maybe it's more of a burning sensation. Maybe you feel queasy, or even throw up. You might say you have an “upset stomach” or indigestion. If there is no known medical cause for your symptoms, your doctor would call it “dyspepsia” or “bad digestion.”

Indigestion is real. The medical term for persistent upper abdominal pain or discomfort without an identifiable medical cause is functional dyspepsia. The symptoms can come and go at any time, but often eating is the trigger. Sometimes the discomfort begins during the meal; other times, about half an hour later. If you suffer from functional dyspepsia, you're not alone. Roughly 25% of the population is affected, and it hits men and women equally. It's responsible for a significant percentage of visits to primary care doctors, in part because many people worry they might have an ulcer. While it's frustrating that the cause of functional dyspepsia is unknown, it's even more frustrating that there is no surefire cure.

### Getting Heartburn Relief

The good news is that there are simple things you can try to help get some heartburn relief:

1. Avoid foods that trigger your symptoms.
2. Eat small portions and don't overeat; try eating smaller, more frequent meals throughout the day, and be sure to chew food slowly and completely.
3. Avoid activities that result in swallowing excess air, such as smoking, eating quickly, chewing gum, and drinking carbonated beverages.
4. Reduce your stress. Try relaxation therapies, cognitive behavioral therapy, or exercise. An aerobic workout 3-5 times per week can help, but don't exercise right after eating.
5. Get enough rest.
6. Don't lie down within two hours of eating.

Keep your weight under control.

Harvard Medical School





## Drinking coffee daily may halve liver cancer risk

By **Honor Whiteman**



Drinking up to five cups of coffee every day could halve the risk of hepatocellular cancer, say researchers. If you enjoy your morning cup of joe, the results of a recent study will be welcome news. Researchers have found that drinking just one cup of coffee per day could cut the risk of hepatocellular cancer - the most common form of liver cancer - by a fifth. What is more, researchers found that the higher one's **coffee** consumption, the lower the risk of hepatocellular **cancer** (HCC), with up to five cups of coffee each day associated with a 50 percent lower HCC risk. Even decaffeinated coffee intake was found to reduce the risk of HCC, but to a lesser effect, the team reports. Lead study author Dr. Oliver Kennedy, of the University of Southampton in the United Kingdom, and colleagues recently reported their **findings** in *BMJ Open*.

According to the American Cancer Society, around **40,710** new cases of **liver cancer** will be diagnosed in the United States this year. HCC will account for the majority of these cases. People with liver disease have the greatest risk of developing HCC, particularly those whose liver has been damaged through infection with **hepatitis B** or C, chronic liver **inflammation**, autoimmune disease, or alcohol abuse.

But according to Dr. Kennedy and colleagues, increasing coffee consumption may help to reduce the likelihood of developing HCC, even among adults with pre-existing liver disease.

## Irritable bowel syndrome an umbrella term for individual gut conditions

Professor Talley said researchers now believe IBS is an umbrella term for individual gut-related diseases. He said those individual diseases include: people being genetically pre-disposed to gut issues, some patients developing the condition after a gut infection, and some people having a chronic gut infection which causes the symptoms.

"We're starting to recognise that IBS is not one disease, but many diseases," Professor Talley said.

"We've started to pick out some of the mechanisms, some of the causes for this set of problems.

"We found a particular gene that's linked to IBS and it appears to be important in some people with this disease. It's actually a mutation.

"We've also found that there's probably a chronic infection of the large bowel that's linked to this disease and we're doing more research to sort out how to best treat this and identify it. But it looks promising.

"We've also recognised that after you get something like gastroenteritis you can develop IBS too, and that group of people also seem to be a very discrete subset of the population.

**"So there's a bunch of diseases here and by recognising what they are we may be able to even cure people in the near future."**

Professor Talley said doctors need to start treating IBS on an individual case-by-case basis.

"It's not one treatment fits all, no doubt about that. We need to individualise treatment and I think we're getting closer to a personalised medicine approach," he said.

## Cardio

Cardiovascular exercise, also called cardio or aerobic exercise, raises your heart rate and makes you sweat -- and that's great for your ticker. Regular cardio, whether it's jogging, cycling, swimming, or brisk walking, will make your heart stronger. It also helps with blood pressure and cholesterol, and can even help ward off some cancers. Your heart's main job is to deliver oxygen to your body. Aerobic exercise, also called cardio, helps it do this better. It includes any activity that makes your body need more oxygen, like jogging. That's 150 minutes of any exercise that makes you breathe harder and revs up your heart rate.

Break it up any way you'd like -- do 30 minutes a day, 5 days a week -- just be sure to move for at least 10 minutes at a time. Can't get to the magic number? Do what you can. You're still doing your body good.

Your muscles burn calories even when you're not working out. So the more muscles you have, the more calories you'll burn. If you work out with weights often, you'll also lose fat and look slimmer. Want to turn your bod into a lean, calorie-torching machine? Reach for the dumbbells or hop onto a machine that uses weights.

Cardio is king when it comes to your heart, but strength (also called resistance) training does wonders for your bones and joints. Get in at least two sessions a week and work your legs, hips, back, abdomen, chest, shoulders, and arms.

Whether you swim, run, power through pushups, or use a leg-curl machine, you're doing something good for your brain. Cardio and strength training can both help you think more clearly and improve your memory

. Using weights can lower your chances of osteoporosis, a disease that weakens bones and makes you more likely to fall and have fractures. Training with weights strengthens your bones, helps with your balance, and can make daily tasks easier as you age -- like climbing stairs, getting out of a chair, or lifting groceries. Other weight-bearing exercises, like walking or dancing, can help with this, too.

WEbMD

## All foods with probiotics are not created equal

Dairy products typically have the most probiotics, and the amount of live bacteria in these foods is quite good, Hibberd said. To get billions of good bacteria in a serving, choose a yogurt labeled "live and active cultures," she said. Other probiotic-rich foods include kefir, a fermented milk drink, and aged cheeses, such as cheddar, Gouda, Parmesan and Swiss.

Beyond the dairy case, probiotics are also found in pickles packed in brine, sauerkraut, kimchi (a spicy Korean condiment), tempeh (a soy-based meat substitute) and miso (a Japanese soybean paste used as a seasoning). Then there are foods that seemingly jumped on the probiotics bandwagon. They aren't naturally fermented or cultured, but may supply some live organisms; these foods include probiotic-enriched juices, cereals and snack bars.

Although the majority of probiotics found in foods are safe for most people, the bigger concern is whether the organism is actually present when the person consumes the food, Hibberd said. In some cases, the organism may have decayed, making it less active than it could be and less able to offer health benefits, she said.

By Cari Nierenberg,  
Live Science  
Contributor

**Effects of Vitamin E on Cognitive Performance during Ageing and in Alzheimer's Disease**



## Does a Healthy Gut Equal a Long, Healthy Life?

Researchers find that a healthy gut may make the difference between aging poorly and aging well.

**Read on**



<https://youtu.be/A0Gb2fvjKY0>



## Does the heart or brain function first? If it's the heart, where did it get its signal? If it's the brain, then where did it get the blood from?

Dave Lorde, studied Human Biology

· Upvoted by

Michael Soso, BA Berkeley Physiology/Biophysics 1967, PhD Neurophysiology UW 1975 and MD Stanford 1979, 30 years ...

The heart starts developing a little before the brain, around 2.5 weeks, and the brain around 4 weeks into pregnancy. By this time, the heart and circulation are beginning to function, so there's a blood supply available when the brain is big enough to need it. The heart doesn't need a signal from the brain to function. The individual heart muscle fibres have a built-in rhythmic twitch. When there are many growing together, they tend to synchronize their twitching, so a heart will contract spontaneously without any nerves, although it wouldn't be coordinated enough to pump very well.

As the heart grows, it develops its own 'pacemaker' nerve cluster, the sino-atrial or sinus node (SAN) to coordinate the contractions. So a heart can beat without any outside control.

As the nervous system develops, the heart also receives nerves from the brain via the sympathetic branch and parasympathetic branch (vagal nerve) of the autonomic nervous system, to accelerate or retard its rate.

## Signs of Ankylosing Spondylitis

Ankylosing spondylitis is a arthritis condition that causes inflammation of the spine.

[TAKE THE QUIZ](#)

## Eating a plant-based diet is healthy, and you don't need to give up meat

A survey of Australians found 70 per cent thought a plant-based diet would prevent disease. But what does the literature say? And is meat really bad that for you?



Photo: Plant-based

diets have been found to be far more beneficial for our health. (Flickr: OakleyOriginals, CC BY 2.0)

Plant-based diets are often shown to be good for health. Yet Australians eat a lot of meat and are sometimes reluctant to completely cut meat from their diet.

It's important to know that eating a plant-based diet doesn't have to mean becoming a vegetarian.

Plant-based diets are high in vegetables, wholegrain bread and cereals, legumes and whole fruits, yet can still contain small amounts of lean meats and reduced-fat dairy products. A survey of Australians found most (70 per cent) thought a plant-based diet would prevent disease.

But what does the literature say? And is meat really bad for you?



## Addison's Disease

Your adrenal glands sit on top of your kidneys. When your immune system attacks and damages them, they can't make enough of certain hormones. When that happens, your body can have trouble changing food into fuel and keeping your blood pressure stable, among other things. Early signs of Addison's disease can include fatigue and patches of skin that are darker than the areas around them. To treat it, you'll take medicine to replace the hormones you're missing.

WebMD



## The Pioppi Diet Claims to Know the Secret to a Long, Healthy Life

However, skeptics say the diet is difficult to follow and lacks science to back up its lofty claims.

[Read on](#)

## Your target heart rate

Your target heart rate tells you if you're exercising too hard or not hard enough. Everyone's target is different, but in general, during moderate or vigorous exercise, you want it to be between 50% and 85% of your maximum heart rate, which is the hardest your heart can work safely.

220 minus your age

This is the fastest your heart can beat during physical activity. Like your target heart rate, your maximum heart rate is an estimate. If you feel like you can't breathe or talk, or you get dizzy while exercising, that's a sign you're overdoing it. Slow down. You may be at risk of hurting your heart.

Wearable electronic heart monitors, and exercise machines with built-in heart sensors, can give you up-to-the-minute information on how hard your heart is working. That can tell you how hard you're exercising. It can help you pace yourself, too. It may even help keep you motivated. They aren't a necessity unless your doctor says so, but they can help you get the most out of exercise.

## Barbecuing Tip

Barbecue masters know that grilling meat at high temperatures can burn or char the outside and leave the inside underdone. Medium or low heat produces tastier, healthier food -- whether on a gas or a charcoal grill.

On a charcoal grill, medium or low heat gives coals a slight red glow and a covering of gray ash. If you can hold your hand above the heat at cooking height for 4-5 seconds, you should be good to go.

## How long can you keep fresh beef ribs or steaks in the refrigerator?

To avoid spoiling, cook refrigerated beef ribs or steaks within 3 to 5 days of purchase or before the "use by" date, if there is one on the label. Poultry and ground meat go bad faster, so cook them within 1 to 2 days.

Otherwise, freeze meat to keep it safe until you're ready to cook it.

WebMD

## Does cheese have gluten?

By Megan Ware

Reviewed by Natalie Olsen, RD, LD, ACSM EP-C

Most cheese starts with the milk from a cow, sheep, goat, or buffalo. Most commercially available cheeses are made using milk that has been pasteurized, a high-temperature process that kills bacteria.

Other cheeses are made from raw milk and contain beneficial bacteria, but also carry a higher risk of foodborne illness. According to the U.S. Food and Drug Administration (FDA), the risk of foodborne illness (also known as food poisoning) is highest in children, people with a compromised immune system, older people, and pregnant women.

When properly prepared, stored, and consumed in moderation, cheese is healthful for people without allergies. But is cheese gluten-free?

Read more: [Does cheese have gluten?](#)



## Kidney Cancer How Does It Happen?

These organs' main job is to filter waste from your blood and make pee. But they also help control your blood pressure and make sure you have enough red blood cells. Kidney cancer, also called renal carcinoma, happens when cells in one or both of them start to grow out of control and form a tumor that crowds out healthy cells. This kind of cancer is one of the 10 most common in both men and women.

## Other Things That Raise Your Odds

You're more likely to get it if:

You smoke: This doubles your risk. It's believed to cause 30% of kidney cancers in men and 25% in women.

You have extra weight: People who are overweight or obese are nearly twice as likely to get RCC.

You take too many over-the-counter meds: Too much aspirin, acetaminophen, or ibuprofen over a long period of time can play a role.

## Health Benefits of Probiotics

Probiotics are live microorganisms that offer many benefits such as a healthy digestive tract and immune system. [Read more...](#)



## How to Eat More Greens

Not eating enough veggies? Add more greens to your diet with these easy-to-make dishes. [Read more...](#)

[Popular Heartburn Drugs Don't Raise Risk of Alzheimer's: Study](#)

## 15 Cancer Warning Signs

From a nagging cough to unexplained weight loss, these symptoms can sometimes mean cancer.

## Symptoms of kidney cancer

If you have a small tumor, you might not notice any signs, but larger ones can cause these problems:

Blood in your pee

A lump on your side or lower back

Low back pain

Feeling tired

Weight loss for no reason

Fever

Diagnosis: Urine and Blood Tests

Your doctor will give you an exam. If he thinks you might have kidney cancer, he'll probably start with urinalysis, which tests your pee for blood or cancer cells. He also might do a blood test to see how well your kidneys are working and a complete blood count to make sure you have a healthy number of white blood cells, red blood cells, and platelets. People with kidney cancer often have anemia -- when you don't have enough red blood cells.



## Vitamin D Supplements

If you don't get enough sun exposure, food is unlikely to give you the amount of vitamin D your body needs. [Read more...](#)

## Everything You Need to Know About ADHD

If you live with ADHD, you know that it's a complex condition. Here's a top-to-bottom look at it, from causes and testing to natural remedies and tips for coping. [Read on](#)



## Treating Lupus

Learn about the symptoms, skin rashes, joint pain, causes, diagnosis, and treatments for lupus.

[Read more...](#)

## The human body has about how many muscles?

Correct Answer: 600

You need muscles for everything you do, from running and lifting to digesting, breathing, and even getting goosebumps! It's no wonder you have more than 600 of them to keep your body in working order.

## What percent of your body weight is muscle?

30%-45%

If you're a lean man, your body is about 45% muscle, 15% bone, and 15% fat. If you're a woman, you have around 30% muscle, 12% bone, and 30% fat. The other 25% of your weight comes from your organs.

## Which muscle(s) in your body works the hardest?

:Heart

It may not do any heavy lifting, but your heart is a muscle your body uses constantly. From the minute it forms while you're in the womb until you die, it beats without stopping, helping move blood through your body



## Stand on One Leg-for balance

Slowly raise one foot off the ground so you're standing on one leg. Try holding for 30 seconds, then switch. As you get better, try to hold the pose for a little longer. You can practice this move most anywhere -- at the sink in the morning, in line at the grocery store, or while talking on the phone. Your goal is to do this hands-free. Make sure there's a steady object nearby in case you need to steady yourself.

## Comparing the Healthcare Systems in India and the United States

The two democratic nations have some similar problems in healthcare. Could U.S politicians learn a few things from the system in India? [Read on](#)



Many people are alive only because it's illegal to shoot them.




## Slow or Prevent Diabetes Nerve Damage


Got an exercise plan? Stick with it. Doing so could help control nerve pain, or peripheral neuropathy. In one study, people who took a brisk one-hour walk on a treadmill four times a week were able to slow the rate at which their nerve damage worsened. The key is making activity a regular part of your life. Talk to your doctor first to see what kind of workout is right for you.

WebMD

## Fructan — Not Gluten — Could Be Source of Stomach Woes

It turns out that fructan may be a culprit of gastrointestinal issues — and that cutting out gluten may be unnecessary after all. [Read on](#) 

## Your Ulcerative Colitis Journal

Writing a daily log can help you identify triggers that lead to UC flares. Take a look at this sample journal to see what you should be tracking. [Read on](#) 

## What are the benefits of moringa?

By Bethany Cadman

Reviewed by [Debra Rose Wilson, PhD, MSN, RN, IBCLC, AHN-BC, CHT](#)


*Moringa oleifera* is a plant, which is often called the drumstick tree, the miracle tree, the ben oil tree, or the horseradish tree.

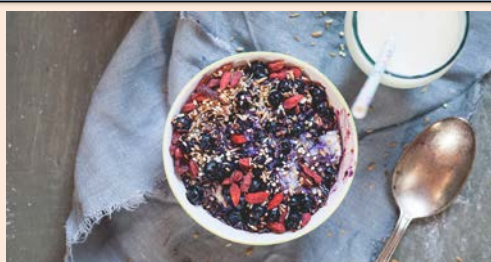
Moringa has been used for centuries due to its medicinal properties and health benefits and has antifungal, antiviral, [antidepressant](#), and anti-inflammatory properties.

Read more: [What are the benefits of moringa?](#)




## How Tattoos Affect Sweat and Exercise

A recent study claims that tattoos may inhibit exercise — and even change the way we sweat. [Read on](#) 



## Quinoa for Breakfast? 7 Recipes Worth Waking up For

Turning a morning meal into a creative quinoa-fest isn't as outrageous as you may think. Here's how. [Read on](#) 

## What Is Visceral Fat?



Visceral fat is commonly known as belly fat.

It's found inside your abdominal cavity and wraps around your internal organs.

It's hard to judge how much visceral fat you have. However, a protruding belly and large waist are two signs that you have too much of it.

On the other hand, subcutaneous fat is stored just below your skin. It's the fat that you can pinch easily from just about anywhere on your body. Carrying too much visceral fat is a serious health problem.

Studies have shown that excess visceral fat is linked to a higher risk of type 2 diabetes, insulin resistance, heart disease and even certain cancers ([1](#), [2](#), [3](#)).

Visceral fat also produces inflammatory hormones, such as IL-6, IL-1 $\beta$ , PAI-I and TNF- $\alpha$ . Elevated levels of these hormones are related to the health problems described above ([4](#), [5](#)).

**SUMMARY:** Visceral fat sits inside your abdominal cavity and wraps around your organs. It's a health problem linked to a higher risk of chronic disease.

### Why Is Visceral Fat Harmful?

Fat cells do more than simply store excess energy. They also produce hormones and inflammatory substances.

Visceral fat cells are especially active and produce even more inflammatory hormones, such as IL-6, IL-1 $\beta$ , PAI-1 and TNF- $\alpha$  ([4](#), [5](#)). Over time, these hormones can promote long-lasting inflammation and increase the risk of chronic disease ([6](#), [7](#), [8](#), [9](#)).

One example of this is heart disease. Long-lasting inflammation may cause plaque to form inside the arteries, which is a risk factor for heart disease.

Plaque is a combination of cholesterol and other substances. It grows larger over time and can eventually rupture.

When this happens, the blood in the arteries clots and either partially or completely blocks blood flow. In the coronary arteries, a clot can deprive the heart of oxygen and cause a heart attack ([10](#)).

The "portal theory" also helps explain why visceral fat is harmful ([11](#), [12](#)). It suggests that visceral fat releases inflammatory hormones and free fatty acids that travel through the portal vein to the liver.

The portal vein carries blood from the intestines, pancreas and spleen to the liver.

This may cause fat to build up in the liver and potentially lead to liver insulin resistance and type 2 diabetes ([11](#), [12](#)).

**SUMMARY:** Visceral fat may promote long-lasting inflammation, which in turn may increase the risk of chronic disease. The "portal theory" also helps explain why it's harmful.

### Healthline

Compiled, edited published by Dr Harold Gunatillake

To unsubscribe email: [haroldgunatillake1@gmail.com](mailto:haroldgunatillake1@gmail.com)

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