



LANKA: Tourism arrivals rise 12.6 percent in January 2018 over last year



The higher number of arrivals has been achieved despite serious set-backs to the tourism industry right throughout 2017

ECONOMYNEXT – Sri Lanka's tourist arrivals rose 12.6 percent from a year earlier to 246,972 in January 2018 with a surge in Indian visitors while China fell back, data from the state tourism promotion office showed. Tourists from India, the top generating market, soared 40 percent to 43,643 in January pushing South Asian arrivals up 32 percent to 54,815. Visitors from Pakistan rose 18.2 percent to 2,971 and Maldives was up 9.4 percent to 6,194. Western European arrivals rose 14.9 percent to 83,324 at the tail-end of the winter season after a weak 5.8 percent growth in December with UK growing 15.1 percent to 22,410. Germany grew 20.2 percent to 14,982, France was up 14.5 percent to 12,209. Sweden grew 15.5 percent to 5,524, Italy 20.7 percent to 5,360 and Netherlands was up 13.3 percent to 5,048.



This choir represented Sri Lanka in the World Choir Games. They were winners of the Silver award for the Pop category, and the Bronze award in the sacred category.

Voice Print - The Acapella Band from Sri Lanka performed at the Blue Elephant Restaurant in Sydney

[YOUTUBE.COM](https://www.youtube.com)



A vocal choir consisting of six in the band was invited to provide entertainment for the 70th National Day Anniversary Celebrations, in Sydney

Please refer to page 3 of this newsletter for more information

Siva Kumaran of Blue Elephant Restaurant in Pennant Hills, Sydney organized a function for the choir to participate on the 8th February. This you tube is all about that function.

Please use your headphones to enjoy the you tube.

VOICE PRINT –proudly Sri Lankan

How Your Doctor Chooses Your Cancer Treatment

You've got the diagnosis: It's cancer. Now, your doctor will come up with a plan to treat it. Between surgery, chemotherapy, radiation, and other tools, how does she choose what's right for you?

Many issues come into play when a doctor is planning treatment, but there are three main things doctors think about, says Christopher Filson, MD, a urologist and prostate cancer specialist at Emory University's Winship Cancer Institute in Atlanta.

Surgery, Chemo, Radiation: How Does a Doctor Choose?



Know the 3 main things your doctor considers when recommending treatment, and see how other factors can influence the decision.

What Is Metastatic Prostate Cancer?

If your prostate cancer spreads to other parts of your body, your doctor may tell you that it's "metastatic" or that your cancer has "metastasized."

Most often, prostate cancer spreads to the bones or lymph nodes. It's also common for it to spread to the liver or lungs. It's rarer for it to move to other organs, such as the brain.

It's still prostate cancer, even when it spreads. For example, metastatic prostate cancer in a bone in your hip is not bone cancer. It has the same prostate cancer cells the original tumor had.

Metastatic prostate cancer is an advanced form of cancer. There's no cure, but you can treat it and control it. Most men with advanced prostate cancer live a normal life for many years.

Can Metastatic Prostate Cancer Be Cured?



Your waist size can be an indicator of your overall health.

Women with waists larger than 35 inches and men with waists bigger than 40 inches tend to have a higher overall risk to get obesity-related diseases than people with smaller waists. That includes type 2 diabetes, high cholesterol, and high blood pressure.

Extra inches around your waist are worse than around your hips.

Because much belly fat is "visceral" fat. It wraps around the inner organs, different from fat under the skin that you'd find in your hips and thighs. Extra belly fat also puts you at greater risk for type 2 diabetes, high cholesterol, high triglycerides, high blood pressure, and heart disease

WebMD

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
Health editor

Rosacea Causes and Treatments

What causes rosacea? Get the facts on rosacea including symptoms, home remedies, treatments, and more. [Read more...](#)



Prof Eugene Rogan of St Antony's College, Oxford is with Oxford Alumni Kevin Bradford, Agnes Thambyrnayagam and Prof Abdel Rakriti at the University of Houston, Texas

Prof. Rogan delivered a lecture on the subject” **1918: The End of the Great War in the Middle East and the Genesis of a Century of Conflict** ←

On February 1st 2018, at the **University of Houston Alumni Association O'Quinn Great Hall**

Baulkan Hills Sansoni surprised at AOM



DAVID Sansoni, who has received an **Medal** of the Order for service to the community of Baulkham Hills, said he is very humbled to be recognised for his many years being active with the choir of St Pauls Anglican Church, Castle Hill.

He is a subscriber to this newsletter. Congratulations David

[Know the Signs of Endometriosis](#)



Harvard Health Blog

Is “man flu” really a thing?

Robert H. Shmerling, MD,
Faculty Editor, Harvard Health Publishing



I'd never heard of “man flu” but according to a new study of the topic, the term is “so ubiquitous that it has been included in the Oxford and Cambridge dictionaries. Oxford defines it as ‘a cold or similar minor ailment as experienced by a man who is regarded as exaggerating the severity of the symptoms.’” Another reference called it “wimpy man” syndrome. Wow. I'd heard it said (mostly in jest) that if men had to carry and deliver babies, humankind would have long ago gone extinct. But wimpy man syndrome? I just had to learn more.

[Learn more »](#)

Fibromyalgia Chest Pain: Symptoms and Treatment

Fibromyalgia chest pains can be a frightening experience because the painful feelings can mimic a heart attack. Here's what to do if you experience symptoms. [Read on](#) →

Feel the Rhythm

Your body has tiny clocks all over the place to keep everything running smoothly. But the master one in your brain calls the shots and drives your circadian rhythm. That's your 24-hour cycle that controls things like your body temperature, hunger, and -- the big one -- sleep. And that clock is wired directly to your eyes, so light has a big effect on it.
WebMD

Sugar kills your brain skills.

Sugar stays true to its infamy, this time beyond the weighing scale. A study shows that it messes with the brain's ability to learn, memorize, and control motor skills. So if sugary coffee or energy drinks are your thing, find an alternative pronto! A fresh fruit smoothie perhaps? At least make sure you don't indulge your sweet tooth on an empty stomach.
[Read More](#)

New Procedure May Replace Traditional Hip Replacement Surgery

Subchondroplasty involves an injection of bone substitute. Advocates say it's easier, less invasive, and has a quicker recovery time. [Read on](#) →

Find Out How Alcohol Affects Your Brain

Most people use alcohol to unwind or relax, which makes sense because your first couple of drinks activate the reward centers of your brain. But cross your limits and it all goes downhill. You start slurring, stumbling, and losing your memory. Regular heavy drinking can even do permanent damage to your brain. If you must drink, stick to one standard drink a day.

[VIEW ARTICLE](#)

The primal diet goes way back.

The primal diet, as the name suggests, only allows foods that were available to primitive humans. That means processed goods, carb-heavy cultivated grains, and refined sugar are straight off the table. Fresh fruits and vegetables, lean meat, and raw dairy are pivotal. Eat your way to lower blood pressure, cholesterol, and a slimmer waistline.
[Read More](#)

[Did you know kissing can help you burn calories?](#)
[Here are 3 other such benefits of kissing](#) ↑

[Sedentary adults benefit from less than an hour of weekly exercise](#) ↑

[MRI is safe for most people with pacemakers and defibrillators](#) ↑

Fried Foods

They're high in fat and can bring on diarrhea. Rich sauces, fatty cuts of meat, and buttery or creamy desserts can cause problems, too.

Choose roasted or baked foods and light sauces that feature vegetables instead of butter or cream.



Sri Lankan Association of NSW

Open Day events dates.

It is a most eventful day for the Sri Lankan Seniors living in NSW, held monthly.

All seniors are welcome-join their mates and enjoy the day.

The program includes -group sing-songs, playing card games, draught, and other so many events to keep you occupied. Lunch is provided. You may contribute a minimum amount of \$ 5, or more per head for your lunch meal.

This novel concept brings in most Senior's together, and the SLA of NSW reciprocates gratitude for the contribution they had made to the community and country at large, during their active phase of life.

Dates of monthly events

Tuesday, 6-Feb-18

Tuesday, 6-Mar-18

Tuesday, 3-Apr-18

Tuesday, 1-May-18

Tuesday, 12-Jun-18

Tuesday, 10-Jul-18

Tuesday, 7-Aug-18

Tuesday, 4-Sep-18

Tuesday, 2-Oct-18

Tuesday, 13-Nov-18

Tuesday, 11-Dec-18

Venue: Pennant Hills Leisure and Learning Centre, 8 Warne Street

[How Does Crohn's Disease Affect the Intestines?](#)



Obesity is a leading cause of healthcare costs and compromised quality of life, and is a growing major public health problem worldwide. It is estimated that in the USA 40% of adults are obese and 30% are overweight struggling with serious obesity related chronic diseases, with an estimated cost of close to \$150 billion each year.

*They say that tiny drops of water make mighty oceans
They also say that it is the cents that makes the millions
So remember that in the World of today there are reasons*

*Financially, for one to make sense with their cents
And ethically they do not let the cents get the better of their senses*
Noor Rahim -Canada



Asparagus: Health Benefits, Risks (Stinky Pee) & Nutrition Facts



WARUNI of YAPAGEWATTA-HABARADUWA



WARUNI and her sister PUSHPIKA met us on the railway line shortly after the tsunami of 2004. We have supported them since then and gave her a laptop some years ago. She entered Ruhunu University and will complete a Geography special degree programme in the English medium next year. She communicates with us by email and speaks English very well.

We will meet her again in Galle this year when AUSLMAT makes another Medical Mission to Sri Lanka for 2018.

She is seen here at UBR demonstrating her confidence in English and IT.

Quintus de Zylva

<https://youtu.be/TDsKKfUENXc>



[Independence celebration](#)

youtu.be

The Independence Celebrations organized by the combined Sinhala Cultural Forum & Sri Lanka Association of NSW, held at Rosslea Centre, Carlingford, on 4th February, objected to the capturing of events for documentation, as they had their own still photographers. The public was deprived of a memorable video professionally produced by this enforcement.

70th National Day independence Celebrations in Sydney was held at the 'Great Hall' Sydney uni. Organized by the Consulate General of the democratic Socialist...



Lungs: Facts, Function and Diseases



SA grandmother recounts being paralysed by rare Guillain-Barré syndrome

By [Candice Prosser](#)



Photo: Mandy Illman spent six months in the Intensive Care Unit at Lyell McEwin Hospital. (Supplied)

Map: Adelaide 5000

Imagine being paralysed, watching a nightmare play over and over again before your eyes, without being able to tell anyone the horrors you're experiencing.

That's what happened to 60-year-old South Australian grandmother Mandy Illman, who was suddenly struck down in April this year by a rare condition called Guillain-Barré syndrome, which causes the body to attack its own nervous system.

"I was fine one day. The next day I fell over and I went to the hospital," she told the ABC.

"When I started to wake up I was locked in a nightmare, and it wouldn't go away and no-one else knew what I was going through because I couldn't communicate to tell them that I was locked in a nightmare."

At first, Ms Illman was unable to move a muscle in her body and could only move her eyes up and down.

ABC

[American intellectual Noam Chomsky on Donald Trump and the Doomsday Clock](#)

Professor Noam Chomsky says Australia has a "difficult balancing act" pursuing a positive path in world affairs between global powers China and the United States.



[How Much Protein Should You Eat Each Day?](#)

Protein is crucial for maintaining strong health and the right weight. We'll show you how much you should be getting on a daily basis. [Read on](#) →

[How the sushi boom is fuelling tapeworm infections](#)



High-Heat Cooking May Damage Other Nutrients

Although cooking eggs makes some nutrients more digestible, it can damage others.

[This isn't unusual](#). Cooking most foods will result in a reduction of some nutrients, particularly if they are cooked at high temperatures for a long period of time.

Studies have examined this phenomenon in eggs.

One study found that cooking eggs reduced their vitamin A content by around 17-20% [\(6\)](#).

Cooking may also significantly reduce the amount of antioxidants in eggs [\(7, 8, 9\)](#).

One study found that common cooking methods, including microwaving, boiling and frying eggs, reduced the amount of certain antioxidants by 6-18% [\(10\)](#).

Overall, shorter cooking times (even at high temperatures) have been shown to retain more nutrients.

Research has shown that when eggs are baked for 40 minutes, they may lose up to 61% of their vitamin D, compared to up to 18% when they're fried or boiled for a shorter period of time [\(11\)](#).

However, even though cooking eggs reduces these nutrients, eggs are still a very rich source of vitamins and antioxidants [\(5\)](#).

Bottom Line: Cooking eggs can reduce their vitamin and antioxidant content.

However, they are still very high in nutrients.

Healthline

[9 Reasons You'll Want to Eat More Oats](#)

What's so great about oats? This whole grain can help with weight loss, lower blood sugar levels, and reduce the risk of heart disease — and that's just for starters.

[Read on](#) →

[What Treatment Options Exist for Advanced Breast Cancer?](#)

From oral medications to injections, chemotherapy, and more, there are far more than just one treatment option for advanced or metastatic breast cancer. [Read on](#) →

[Psoriasis Types and Treatments](#)



Biriyani rice is quite suitable for Diabetics

Written by Dr Harold Gunatillake-health writer
Any variety of white processed boiled rice when consumed gets digested and absorbed fast into the body. You tend to get hungry sooner than you expect. Unprocessed brown, red or wild rice when digested will be absorbed slower, most suitable for those having diabetes. Eating white boiled rice may cause sugar spikes in your blood, and may cause more insulin resistance among diabetics.
Lo...

[Continue Reading](#)



[Cannot sleep due to stress? Here is the cure](#)

University of Tsukuba

[When is body temperature too low?](#) ↑

[Common Early Symptoms of Dementia](#)

Dementia is a collection of symptoms that can occur due to a variety of possible conditions. We'll take you through ten of the most common early signs. [Read on](#) →

[Ask Dr. Rob about vitamin B12 deficiency](#)



Eating Red Meat is bad news

Trimethylamine N-oxide (TMAO) test to check on risk of serious heart problems

Written by Dr Harold Gunatillake-health writer



When you are admitted to Casualty as an emergency with chest pain, doctors, in addition to performing various investigations does a test to measure the blood levels of a molecule called trimethylamine N-oxide (TMAO). Positive results of this test ... [See More](#)

Walking may just be the elixir of life. 2.5 of hours moderate physical activity is what is generally advised for a longer life with fewer health complications. A study says that walking 2.5–5 hours per week fits the bill perfectly and reduces the risk of mortality by 20%. It also reduces deaths caused by heart disease by 20%. And this is when walking is your only form of physical activity. Yes, we'll take it!

[Read More](#)

Healthy Gut means healthy microbiota

A healthy gut means healthy aging. The study suggesting this found that we can improve our health if we increase the number of good bacteria in our gut. Achieving this in older people then seems to be key in helping them live a longer life (add this to your walking goals). All that needs to be done is to make the gut microbial population in the aged resemble that of a 30-year-old through diet and lifestyle choices.

[Read More](#)

Dizziness

Lightheadedness is often a direct result of something wrong with your heart because it isn't pumping enough blood to your brain. Dizziness could be a symptom of an abnormal rhythm, called an arrhythmia. Heart failure, meaning the weakening of the muscle, can also make you unsteady. Feeling woozy is one of the many lesser-known symptoms of a heart attack. too.



Yellow-Orange Bumpy Rash

Extremely high triglyceride levels can make your skin break out around the knuckles of your fingers and toes and on your bottom. A lot of these fats in your blood may play a role in hardening your arteries, and high numbers are often related to other conditions that put you at risk for heart disease and strokes, too.

WEBMD

Poor Grip Strength

The strength of your hand may tell you something about the strength of your heart. Research suggests the ability to squeeze something well means a lower risk of heart disease. If it's hard for you to grasp an object, odds are higher that you have or could develop problems. (But improving your grip strength alone won't necessarily make your heart healthier.)



Dark Spot Under Nails

If you haven't banged or hurt your finger or toe recently, little dots of blood trapped under your nail could point to an infection in the lining of your heart or valves, called endocarditis. You can also get these blood specks when you have diabetes, and people with that condition are two to four times more likely to have heart disease and strokes.

Healthy Heart

One of the biggest health benefits of pistachios is that they are heart-friendly nuts. Research suggests that regular pistachio consumption can decrease the levels of bad LDL cholesterol in the body. The antioxidants, phytosterols, and unsaturated fatty acids (both polyunsaturated and monounsaturated fatty acids) are great for promoting a healthy heart.

Absolutely fascinating knowledge to assimilate.

[INTERACTIVE: A Guide to the Workings of the Human Body](#)

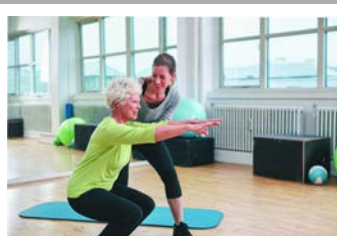


Why Fermented Foods Like Kombucha Are So Good for You

Years of eating processed foods can really mess with your gut, which can affect everything from your skin to your mood. You can take pricey probiotic supplements, or you can go the real route with fermented foods. [Here's how](#) →

Today's Health Topic

Age-proof your knees



Knee pain is common in older age, often caused by osteoarthritis (the wearing away of knee cartilage). Fortunately, there are ways to fool Father Time and postpone knee problems or even prevent them entirely. "In many cases, you can delay or avoid the need for surgical intervention, such as a knee replacement," says Dr. Lars Richardson, an orthopedic surgeon with Harvard-affiliated Massachusetts General Hospital.

[Read more »](#)

Pistachio Nutrition Facts

Pistachios contain nutrients such as carbohydrates, protein & amino acids, fats, and dietary fiber. It is rich in minerals such as phosphorus, potassium, calcium, iron, magnesium, manganese, zinc, copper, sodium and selenium. Pistachios also provide you with essential vitamins like vitamin A, K, C, E, B6, thiamine, riboflavin, niacin, folate, pantothenic acid choline and betaine.

According to Thomas and Gebhardt (2006), pistachios contain a lower calorie content of only 160 calories per one ounce in comparison to other nuts and dried fruits such as cashew nuts, walnuts, almonds, pecans, hazelnuts, Brazil nuts, and chestnuts.

Pistachios contain a higher amount of protein in comparison with other nuts such as almonds, cashews, hazelnuts, macadamias, pecans, and walnuts. The amount of protein found in pistachio is 6 grams per 1 ounce, which is the highest in comparison to other nuts.

Organicfacts.com



Nobel Prize in Medicine Awarded for Work on Biological Clock

By Megan Gannon, Live Science Contributor |

BERLIN—Three scientists who made key discoveries on the workings of our internal clock have been awarded this year's Nobel Prize for Physiology or Medicine.

The 9 million Swedish kronor (\$1.1 million) award will be shared by Jeffrey Hall of the University of Maine, Michael Rosbash of Brandeis University in Massachusetts and Michael Young of Rockefeller University in New York.

If you've ever worked a night shift or taken a time zone-crossing flight, you know that sleeping out of sync with the planet can be disruptive. Hall, Rosbash and Young found important biological mechanisms that drive our ability to go to bed at night and be awake during the day. In the 1980s, the three scientists isolated the "period gene," which had been theorized to control the [biological clock](#), or circadian rhythm, in fruit flies. Hall and Rosbash then discovered a protein called PER that is encoded by the period gene and fluctuates over a 24-hour cycle; PER levels build up at night and drop during the day. [\[Nobel Prize in Medicine: 1901-Present\]](#)

Three scientists who made key discoveries on the workings of our internal clock have been awarded this year's Nobel Prize for Physiology or Medicine. [Read More](#)

10 Things Only an Experienced Type 2 Diabetes Patient Would Understand

If you've lived with type 2 diabetes for a while, it's likely that you find yourself explaining your condition over and over again. Here's a lighthearted look at how to approach it. [Read on](#) →

The Lowest-Carb Fruits and Vegetables Out There

Fruits and vegetables are a crucial part of a low-carb diet. We've detailed the lowest-carb options for you. [Read on](#) →

Teens who ate the least [vitamin K](#)-rich foods -- such as spinach, cabbage, iceberg lettuce and olive oil -- had triple the risk for enlargement of the heart's left pumping chamber compared to their greens-eating peers, according to the study.

Too Little of This Vitamin Could Harm Young Hearts



Intense Exercise Could Slow Parkinson's Symptoms

Researchers put people with Parkinson's on a high-intensity exercise routine. They say they noticed a slowdown in the patients' decline in motor skills. [Read on](#) →



People who eat leafy green vegetables every day may maintain a sharper mind as they age, a new study suggests.

Eat Your Greens, Boost Your Brain

People who eat leafy green vegetables every day may maintain a sharper mind.

[READ MORE](#)



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](#) →

Sepsis: the truth about this hidden killer

Sepsis is responsible for more deaths in the UK than bowel, breast and prostate cancer combined. So why is so little known about it?

[Sepsis: the truth about this hidden killer](#)

Can Essential Oils Treat Neuropathy in People with Diabetes?

Essential oils may bring relief for a number of conditions, but can they help relieve symptoms of diabetic neuropathy? Here's what the research says. [Read on](#) →

10 Tips for Starting Insulin Therapy

If you need to begin taking insulin for your type 2 diabetes, follow these tips

to help ensure that you start the right way. [Read on](#) →

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[Newsner.com](#) Read Winton's full story here: <http://bit.ly/2vRvArt>



He saved 669 children from the Holocaust - now watch the audience...

[EN.NEWSNER.COM](#)

Want to beat antibiotic-resistant superbugs? Rethink that strep throat remedy ←

Skipping breakfast to burn fat? Not so fast

ABC Health & Wellbeing

By [James Bullen](#) for the [Health Report](#)
[What impact does a morning fast have on your body's metabolism?](#)



Do you skip breakfast?

Whether by accident or design, many of us miss our morning meal.

"There's a lot of observational evidence of breakfast consumption. We know that people who regularly consume breakfast are typically less heavy than other people," said Javier Gonzalez, associate professor of human physiology at the University of Bath.

"But they are also healthier in many other ways, so they are more likely to be physically active and drink less alcohol and so on."

What wasn't clear was whether those differences were because of something about the character of those people who ate breakfast — that they led healthier lives in general — or if it was directly caused by breakfast consumption.

[Read more:](#)

[Skipping breakfast to burn fat? Not so fast](#)

Cancer & Keto diet

Insulin is a hormone that lets your body use or store sugar as fuel. Ketogenic diets make you burn through this fuel quickly, so you don't need to store it. This means your body needs -- and makes -- less insulin. Those lower levels may help protect you against some kinds of cancer or even slow the growth of cancer cells. More research is needed on this, though. -WebMD

Keto diet & Heart Disease

It seems strange that a diet that calls for more fat can raise "good" cholesterol and lower "bad" cholesterol, but ketogenic diets are linked to just that. It may be because the lower levels of insulin that result from these diets can stop your body from making more cholesterol. That means you're less likely to have high blood pressure, hardened arteries, heart failure, and other heart conditions.

Acne & keto diet

Carbohydrates have been linked to this skin condition, so cutting down on them may help. And the drop in insulin a ketogenic diet can trigger may also help stop acne breakouts (insulin can cause your body to make other hormones that bring on outbreaks).

FDA Issues Warning on MRIs

The FDA has called for tougher warnings and more research into MRI dye.

[READ MORE](#)



KETOGENIC DIET- What Is It?

"Ketogenic" is a term for a low-carb diet (like the Atkins diet). The idea is for you to get more calories from protein and fat and less from carbohydrates. You cut back most on the carbs that are easy to digest, like sugar, soda, pastries, and white bread.

How It Works

When you eat less than 50 grams of carbs a day, your body eventually runs out of fuel (blood sugar) it can use quickly. This typically takes 3 to 4 days. Then you'll start to break down protein and fat for energy, which can make you lose weight. This is called ketosis.

Who Uses It?

People use a ketogenic diet most often to lose weight, but it can help manage certain medical conditions, like epilepsy, too. It also may help people with heart disease, certain brain diseases, and even acne, but there needs to be more research in those areas. Talk with your doctor first to find out if it's safe for you to try a ketogenic diet, especially if you have type 1 diabetes.

Weight Loss

A ketogenic diet may help you lose more weight in the first 3 to 6 months than some other diets. This may be because it takes more calories to change fat into energy than it does to change carbs into energy. It's also possible that a high-fat, high-protein diet satisfies you more, so you eat less, but that hasn't been proved yet.

Milk fights depression

It's a good source of vitamin D. If you have very low levels of this nutrient in your body, that can sometimes cause depression. One Norwegian study found that people who took a vitamin D supplement were less depressed a year later than those who didn't. Don't like milk? Boost the D in your diet with enriched cereals and juices, and canned fish.



Turkey to fight depression

The traditional Thanksgiving bird has the protein building-block tryptophan, which your body uses to make serotonin. That's a brain chemical that plays a key role in depression, researchers say. In fact, some antidepressant drugs work by targeting the way your brain uses serotonin. You can get the same mood-boosting effect from chicken and soybeans.



Brazil Nuts to fight depression

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

Web MD



You "Spike" Your Blood Sugar

When you eat sweet or starchy carbs like doughnuts, pastries, or regular soda, they send a lot of sugar into your system at once. So your body releases the hormone insulin, which helps your cells use it as fuel or store it for later. But that flood of sugar can cause your body to make more insulin than you need. That can lower blood sugar too much and make you hungry.

Does Cooking Boost Nutrients in Tomatoes and Spinach?

By **RONI CARYN RABIN**

Levels of some nutrients may go up with cooking. But levels of others go down.



Peppermint

Mint has been used for hundreds of years as a health remedy. Peppermint oil might help with irritable bowel syndrome -- a long-term condition that can cause cramps, bloating, gas, diarrhea, and constipation -- and it may be good for headaches as well. More studies are needed to see how much it helps and why. People use the leaf for other conditions, too, but there's no evidence it helps with any of them.

Honey

This natural sweetener may work just as well for a cough as over-the-counter medicines. That could be especially helpful for children who aren't old enough to take those. But don't give it to an infant or a toddler younger than 1. There's a small risk of a rare but serious kind of food poisoning that could be dangerous for them. And while you may have heard that "local" honey can help with allergies, studies don't back that up.



You Might Have Diabetes

This condition means your body has an energy problem. You may get hungry because your body thinks it needs more fuel. But the real problem is that you have trouble changing food into fuel.

"Polyphagia" is the word doctors use for extreme hunger and can be a symptom of diabetes. You also may lose weight, pee more, and feel more tired. Talk to your doctor if you have any of these symptoms. WebMD

Move

PHYS ED



Facial Exercises May Make You Look 3 Years Younger



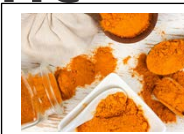
Sniffing Out Dementia Risk

Older adults who've lost their sense of smell appear to have an increased risk of dementia.

[READ MORE](#)

Turmeric

This spice has been hyped as being able to help with inflammation, but the research isn't there yet. Some small studies have shown that it may help with arthritis knee pain and skin rashes that happen after radiation treatment for cancer, though. If you try it, don't overdo it: High doses can cause digestive problems.



Remove Moles, Age Spots, Warts, Blackheads, Tags

Each skin problem has a natural remedy best suited for it. A dash of this and a spoonful of that and you'll be well on your way to blemish-free skin. The secret recipes can now be yours. For moles: castor oil and baking soda; age spots: lemon juice and strawberry; warts: garlic cloves; blackheads: green tea and oatmeal; skin tags: tea tree oil. Remember to be gentle when applying them.

[Read More](#)

Metastatic Breast Cancer in the Lungs: Know the Facts

Metastatic cancer is cancer that has spread far from where it started. With breast cancer, the lungs are one common site. [Read on](#) →

More Women with Breast Cancer Opting for Nipple-Sparing Mastectomies

Nipple-sparing mastectomies for breast cancer don't lead to higher rates of recurrence, but they're not for everybody. [Read on](#) →

Ginger

It's been used for thousands of years in Asian medicine to treat stomachaches, diarrhea, and nausea, and studies show that it works for nausea and vomiting. There's some evidence that it might help with colds, too. But it's not necessarily good for everyone. Some people get tummy trouble, heartburn, diarrhea, and gas because of it, and it may affect how some medications work. So talk to your doctor, and use it with care.



[Working Night Shifts May Widen Your Waistline](#)



What Are the Best Proteins for Your Heart?

It's no secret that high-fat meats are particularly bad for people with AFib or other heart conditions. So what are some heart-healthy protein alternatives? [Read on](#) →



▶ Health and safety issues to consider when eating food served on wooden boards

What is pickle juice?



Pickles are said to date back to 2030 B.C., when cucumbers were preserved by travelers journeying from India to the Tigris Valley.

Pickling requires three main ingredients: cucumbers, salt and water.

The cucumbers are fermented by *Lactobacillus* bacteria, which normally cover the cucumber's skin.

However, these beneficial probiotic bacteria are usually removed during commercial processing, and vinegar is added instead.

After several weeks of curing, the cucumbers have transformed into pickles and are ready to eat. The juice is what remains once the pickles are removed.

Bottom line: Pickling is a simple way to preserve cucumbers and other foods using salt, water and sometimes vinegar.

[Drinking Pickle Juice: Good or Bad?](#)



"TIME FLIES.
FORTUNATELY,
YOU'RE THE PILOT."

[Do You Have Stiffness in Joints?](#)



Tooth decay

occurs when foods containing carbohydrates (sugars and starches) are left on the teeth. Bacteria that live in the mouth digest these foods, turning them into acids. The bacteria, acid, food debris, and saliva combine to form plaque, which clings to the teeth. The acids in plaque dissolve the enamel surface of the teeth, creating holes in the teeth called cavities, or dental caries.

Can Folic Acid Fight Autism?

Can mothers-to-be reduce their child's risk of pesticide-related autism by taking folic acid?

[READ MORE](#)

Halitosis

Bad breath, medically called halitosis, can result from poor dental hygiene and may be a sign of other health problems. Bad breath can also be made worse by the types of foods you eat and other unhealthy lifestyle habits.

What is almond milk?



Almond milk is made by blending almonds with water and then straining the mixture to remove the solids. It can also be made by adding water to almond butter. It has a pleasant, nutty flavor and creamy texture that's similar to regular milk. For this reason, it is a popular choice for vegans and those who are allergic or intolerant to dairy.

You can find almond milk in most supermarkets, usually in the health food section. It is also very easy to make at home.

Commercial almond milk comes in a variety of brands and flavors. For health reasons, it is best to choose almond milk that does not contain added sugar.

Most brands are also enriched with [vitamins](#), minerals or protein. If you do not eat dairy, you might benefit from choosing products that are enriched with [calcium](#).

Controlled studies have linked whole almonds to a variety of health benefits, but many of them may not apply to almond milk.

This is because almond milk is strained and usually made from blanched (skinless) almonds. Most of the fiber and a large portion of its [antioxidants](#) have been removed.

Second, almond milk is watered down and a much less concentrated source of nutrients than whole almonds.

The concentration of nutrients in almond milk depends on how many almonds were used to make it, how much water was used and whether it contains any added vitamins and minerals.

For instance, around 72 almonds (86 grams) may be used to make one cup (262 grams) of homemade almond milk, whereas commercial almond milk is generally much more diluted [\(1\)](#).

[Seven benefits of almond milk](#)



What is gluten, and why is it bad for some people?

By Adda Bjarnadottir, MS

Gluten is very controversial these days. Most sources claim that it is safe for everyone except those who have celiac disease. On the other hand, some health experts believe that gluten is harmful for most people.



According to a recent survey, [more than 30%](#) of Americans actively try to avoid eating gluten.

This article explains what gluten is, and how it can affect your health.

[What is gluten, and why is it bad for some people?](#)



Who Invented the Bicycle?

[See This](#)

Is Coffee Bad for Your Bones?



By CATHERINE SAINT LOUIS

Coffee drinkers may excrete more calcium, but it doesn't appear to weaken bones or cause fractures.

AFib with RVR: What You Need to Know

Some people with AFib don't need treatment. But the presence of RVR (rapid ventricular rate) makes the arrhythmia more serious. Learn more about AFib with RVR. [Read on](#) →

Eat More Broccoli

Fruits and veggies pack an anti-cancer punch because they're high in nutrients and fiber, and low in fat. Try broccoli, Brussels sprouts, cabbage, kale, watercress, or other cruciferous vegetables. They protect against DNA damage that can turn cells cancerous. Or eat colorful berries. Studies show they have cancer-fighting chemicals that ward off damage to cells.



5 Reasons You Should Stop Drinking Bottled Water

If you're someone who swears by the health bible, you are well aware of the fact that drinking lots of water is the key to good health. Many of us prefer bottled water either because of the taste or because of how convenient it is to grab one of these bottles to go...

READ MORE



What Are the Best Proteins for Your Heart?

It's no secret that high-fat meats are particularly bad for people with AFib or other heart conditions. So what are some heart-healthy protein

alternatives? [Read on](#) →

A recent study in the journal [Circulation](#) found that high levels of red meat intake increase your risk for coronary heart disease. You can reduce that risk by shifting to alternative protein sources. Eating more fish and nuts was associated with significantly lower risk. One serving per day of nuts was associated with a 30 percent lower risk of heart disease than one serving per day of red meat. One daily serving of fish had a 24 percent lower risk, while poultry and low-fat dairy also were associated with lower risk, at 19 percent and 13 percent, respectively. -Healthline



Stock Up

They're good for you in all forms. Simply adding them to your diet lowers your chances of getting heart disease, a huge health risk in the U.S. They help improve your cholesterol, among other things.



An aspirin a day keeps the Stroke away.

One thing aspirin does is interrupt the process that makes your blood clot. Taking one every day helps keep your blood flowing smoothly and helps prevent blockages in your blood vessels that can lead to strokes and heart attacks. Talk to your doctor about whether it's a good idea for you.

WebMD

Regular aspirin use may help women avoid: Parkinson's disease

A study found that women who took at least two aspirin a week had a 40% lower risk of Parkinson's. Researchers aren't sure why. Maybe it's because women tend to take higher doses for arthritis and headaches than men take for heart problems.

Aspirin was developed in the year 1890s

As far back as 1500 B.C., people were hip to the medicinal powers of the willow bark plant. But it wasn't until the 1800s that scientists figured out which part of that plant was doing the healing. In 1897, a scientist used a new form of the drug to treat his father's rheumatism. And the aspirin we know today -- acetylsalicylic acid -- was born.

Don't give a child with the flu aspirin because it can make them sicker

Aspirin is a no-no for kids who have a fever or a viral infection like the flu. It's linked to Reye syndrome, a serious condition with symptoms like vomiting, confusion, and being overstimulated. It causes swelling in the brain and liver and may lead to a coma.

Until age 19, you're usually better off reaching for acetaminophen or ibuprofen, unless your doctor specifically says to use aspirin

Is it safe to take aspirin another way, besides swallowing it? Yes

Aspirin comes in different forms: tablets, powder, gum -- and as a suppository. It's probably easiest to take it by mouth, but it affects your body the same, no matter how it gets in there. Follow the directions on the package.

Too much aspirin could cause:

Ringing in your ears

High doses can cause tinnitus. The ringing should go away once you stop taking the medicine.

The most common side effect is a tummy ache. Eat something before you take a dose to help avoid that.

It's possible to have an allergic

Walnuts

These nuts may help protect you against prostate cancer and keep your brain sharp as you age. And, according to one study, you're more likely to eat healthy overall if they're a regular part of your diet. Try them on an apple walnut salad.



Peanuts

Because they grow underground and not on trees, peanuts technically are legumes -- who knew? But nutritionally they're like nuts. They're full of protein and other vitamins, so throw some in your trail mix.



Brazil Nuts

These large, earthy-flavored nuts are chock-full of selenium, an element known to help fight inflammation. It also helps protect against different types of cancer. Eat just a few by themselves, or add them to your own homemade "rainforest granola."

WebMD

[Strong study shows no link between vasectomy and prostate cancer](#)





Perimenopause Into Menopause

Perimenopause symptoms vary from woman to woman. Learn about perimenopause and see the signs, symptoms, and causes of perimenopause and menopause.

[READ MORE](#)

Ten diabetes superfoods

Here are ten examples of foods that can play a role in a healthy, balanced diet for people with diabetes.

[Ten diabetes superfoods](#) ➔

Are There Home Remedies for Menopause?

Discover the signs and symptoms of menopause. Get quick tips for treating and easing menopause symptoms.

[Read more...](#)



Hormones and Depression

Hormone fluctuations and hot flashes related to menopause can make your mood plummet.

[Read more...](#)



What Is Osteoarthritis?

Osteoarthritis is a progressive form of arthritis that breaks down cartilage in joints. [Read more...](#)

What makes pancreatic cancer so aggressive?

Pancreatic cancer is one of the most aggressive **tumour** types because it starts forming metastases early. The **cancer** itself, however, is usually only discovered late. This leads to a high patient mortality rate. Researchers at Friedrich-Alexander-Universität Erlangen-Nürnberg (FAU) have now discovered why pancreatic cancer and other malignant types of tumours can disseminate so rapidly. The results have now been published in the renowned journal *Nature Cell Biology*. [What makes pancreatic cancer so aggressive?](#) ➔



Gut Bacteria Help Regulate Blood Pressure By binding to particular receptors, short chain fatty acids produced by gut bacteria digesting fiber play a role in the complex system that regulates blood



[Stem Cell Therapy Selectively Targets and Kills Cancerous Tissue](#)

Researchers have created a method to kill cancerous tissue without causing the harmful side effects of chemotherapy.

[Read the full story](#)

Dementia- second largest cause of death

Currently, dementia is the second-leading cause of death in Australia. Each day, 244 people are newly diagnosed and about half of all dementia patients are cared for by a loved one. These numbers are high enough to assume that all of us will know or know of someone who has the disease.

The Omega-3 Alphabet

There are many forms of omega-3 fatty acids. The types found in fish, called DHA and EPA, have been studied most extensively and appear to have the strongest health benefits. Another form of omega-3 fatty acid is known as ALA is found in vegetable oils, flaxseed, walnuts, and dark leafy vegetables such as spinach.



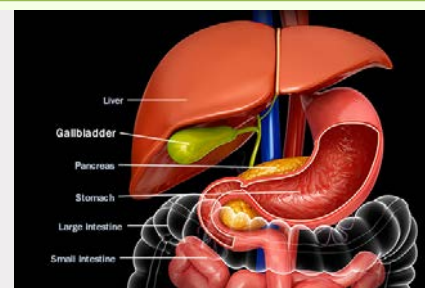
Omega-3: The Good Fat

While excessive fatty food intake can elevate cholesterol and triglyceride levels, not all fats are unhealthy. Omega-3 fatty acids may have significant benefits in lowering the risk of heart disease, the nation's top killer. They may also protect against depression, dementia, cancer, and arthritis. Omega-3 fatty acids are found in higher amounts in salmon, walnuts, and spinach.



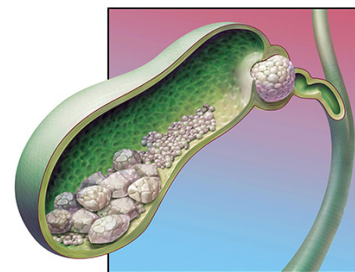
New Research Renews Hope for Chronic Fatigue Diagnostic Test

Medical experts still struggle to understand the mechanisms behind this painful syndrome. But a test involving blood markers may help solve the mystery. [Read on](#) ➔



What It Does

Your gallbladder sits on the right side of your belly, below your liver. It's a small organ, shaped like a pear, that holds a fluid called bile. This liquid, made in your liver, helps you digest fats and certain vitamins. When you eat, your body gets the signal to release it -- through channels called ducts -- into your small intestine.



Gallstones

The most common reason people have trouble with their gallbladder is gallstones. You get them when bile clumps together and forms solid masses. They can be as big as a golf ball, and you can have just one or several.



Types of Gallstones

Most stones are made of hardened cholesterol. But people with certain conditions like cirrhosis and sickle cell disease are more likely to have another kind called pigment stones. These are made of bilirubin -- a brownish yellow compound your liver makes when it breaks down old red blood cells.

now



Following the Mediterranean diet could slow aging process. Researchers have found an association between the Mediterranean diet and longer telomere length - a recognized biomarker for improved life expectancy. [Read now](#)



Oatmeal

A bowl of this stuff in the morning can keep you going all day. Part of the reason is all the fiber. It fills you up and lets your body absorb the oatmeal's nutrients more slowly. That keeps your energy steady. It may even help you eat fewer calories over the course of the day.

What Are Selenium Supplements?

Selenium supplements are taken by people who want to prevent cancer, heart disease, memory loss and diabetes. But does taking selenium work? Here's a look at what the science says.

[Read More](#)

Harvard Health Blog

Fish consumption and rheumatoid arthritis: Natural remedy or just another fish tale?

Robert H. Shmerling, MD, Faculty Editor, Harvard Health Publications



When I see patients with rheumatoid arthritis, I'm often asked about diet. Are there foods that can help? Should I avoid certain foods? Whenever I'm asked about diet for arthritis, my short answer is that with a few exceptions, there is no proven role for making dietary changes. In the case of rheumatoid arthritis, there is no clear evidence that eating more (or less) of any particular food will improve (or worsen) their symptoms or protect their joints. Of course, new research could change my answer.

[Learn more »](#)

Breakfast Quinoa Salad with Eggs and Smoked Salmon



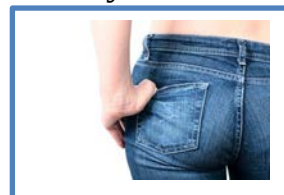
Quinoa isn't a traditional choice for breakfast, but pair it with eggs and salmon and you've got a protein match made in heaven. All three of the main ingredients are super nutritional and the perfect mix of textures to satisfy the palette early in the morning. [Get the recipe!](#)

What is an MRI (Magnetic Resonance Imaging)?

Magnetic resonance imaging (MRI) uses powerful magnets to realign a body's atoms, which creates a magnetic field that a scanner uses to create a detailed image of the body.

[Read More](#)

Why Fat on Your Hips May Be Healthy



A little extra padding around the hips and thighs may be a good thing.

[Read More](#)

Eating the Same Foods Every Day: A Good or Bad Idea?

Are there actual health benefits to maintaining the same eating regimen day in and day out? We'll weigh the pros and cons for you. [Read on](#) →

Migraine or Headache, What's the Difference?

A migraine is a throbbing painful headache, usually on one side of the head, that is often initiated or triggered.

[READ MORE](#)

The information contained in this newsletter is informational only and not designed to be a substitute for medical guidance. At all times a practitioner should be consulted.



How can we live with shyness - and is there any advantage to being shy?

The Best Strengthening Exercises for OA Symptoms

While most osteoarthritis treatment plans focus on medication for pain and swelling, don't underestimate what exercise and physical activity can do for you. Try adding these exercises to your weekly routine. [Read on](#) →

How to Prevent Urinary Tract Infections

If you've ever had a UTI, you know how painful they can be -- and frustrating if they keep coming back. These simple measures can help you avoid them.



The 4 Best Natural Antihistamines

The sneezing, itchy eyes, congestion, and sinus pressure that come with seasonal allergies can be nearly unbearable. Can natural antihistamines be an ally when your allergies are raging? [Read on](#) →

PLEASE RELAX, READ & SHARE WITH OTHERS



Brussel sprouts

Rich in Antioxidants

Brussels sprouts have many health benefits, but their impressive antioxidant content stands out.

Antioxidants are compounds that reduce oxidative stress in your cells and help lower your risk of chronic disease.

One study found that when participants ate about 2 cups (300 grams) of Brussels sprouts daily, damage to their cells from oxidative stress decreased by 28% (6). Brussels sprouts are especially high in kaempferol, an antioxidant that has been studied extensively for its many health-promoting properties.

Test-tube studies show that kaempferol may reduce cancer cell growth, ease inflammation and improve heart health (7, 8, 9).

Eating Brussels sprouts as part of a diet rich in fruits and vegetables can help supply the antioxidants your body needs to promote good health.

SUMMARY: Brussels sprouts contain kaempferol, an antioxidant that may reduce cancer growth, decrease inflammation and promote heart health.

Healthline



Think Twice About Back Surgery

Before you decide to have an operation, here's why you should consider other solutions for back pain.

Eating healthy, exercising regularly, avoiding smoking, limiting stress. They can all help you live a long time.

Health Education for Sri Lankans & others

Fitness May Lower Breast Cancer Risk

By GRETCHEN REYNOLDS

In a new study, rats with low natural fitness were about four times as likely to develop breast cancer as those with high fitness.

ASK WELL



Is Coffee Bad for Your Bones?

By CATHERINE SAINT LOUIS

Coffee drinkers may excrete more calcium, but it doesn't appear to weaken bones or cause fractures.



Home Remedies from Around the World

Years before modern medicine, cultures worldwide used natural solutions to resolve headaches, nausea, and other common migraine symptoms. Many of these herbal remedies are worth trying today. [Read on](#) →



Good Fats, Bad Fats, and Heart Disease

Some fats are better for you than others, and may even promote good heart health. Know the difference to determine which fats to avoid, and which to eat in moderation. [Read on](#) →



How AFib and Stroke Are Linked

Get a better understanding of why having atrial fibrillation can increase your risk of a stroke, and learn ways to prevent this cardiac event from happening in the first place. [Read on](#) →

Pay Heed To The Risks That Come With Loving Bacon

Ham, bacon, salami, sausages. If you're drooling, we're talking to you. Undercooked pork often carries a parasitic worm that causes pain, fever, and diarrhea (trichinosis). It may also carry the hepatitis E virus causing loss of appetite, tiredness, nausea, and jaundice. Obesity and heart disease are on the table, too. A limit of 18 ounces of cooked pork per week may help keep you in the safe zone.

[Read More](#)

Gluten: Friend or foe?

Stop turning into a gluten hypochondriac. Not everyone has a gluten problem. Gluten is simply a protein in flour that gives baked goods their chewy texture. You should only be concerned if you have celiac disease, a wheat allergy, or non-celiac gluten sensitivity. Outside of these problems, gluten is not the monster it's sometimes made out to be.

[Read More](#)

[7 Anti-Aging Foods for Your Skin](#) →

• [How to Get Rid of Blackheads](#) →

Yoga can Decrease Stress



Yoga is known for its ability to ease stress and promote relaxation.

In fact, multiple studies have shown that it can decrease the secretion of cortisol, the primary stress hormone (2, 3).

One study demonstrated the powerful effect of yoga on stress by following 24 women who perceived themselves as emotionally distressed.

After a three-month yoga program, the women had significantly lower levels of cortisol. They also had lower levels of stress, anxiety, fatigue and depression (4).

Another study of 131 people had similar results, showing that 10 weeks of yoga helped [reduce stress and anxiety](#). It also helped improve quality of life and mental health (5).

When used alone or along with other methods of alleviating stress, such as meditation, yoga can be a powerful way to keep stress in check.

SUMMARY: Studies show that yoga can help ease stress and lower your levels of the stress hormone cortisol.

Healthline

Yoga relieves Anxiety

Many people begin practicing yoga as a way to cope with feelings of anxiety.

Interestingly enough, there is quite a bit of research showing that yoga can help reduce anxiety.

In one study, 34 women diagnosed with an anxiety disorder participated in yoga classes twice weekly for two months.

At the end of the study, those who practiced yoga had significantly lower levels of anxiety than the control group (6).

Another study followed 64 women with post-traumatic stress disorder (PTSD), which is characterized by severe anxiety and fear following exposure to a traumatic event.

After 10 weeks, the women who practiced yoga once weekly had fewer symptoms of PTSD. In fact, 52% of participants no longer met the criteria for PTSD at all (7).

It's not entirely clear exactly how yoga is able to reduce symptoms of anxiety. However, it emphasizes the importance of being present in the moment and finding a sense of peace, which could help treat anxiety.

SUMMARY: Several studies show that practicing yoga can lead to a decrease in symptoms of anxiety. Healthline

Yoga may Reduce Inflammation

In addition to improving your mental health, some studies suggest that practicing yoga may reduce inflammation as well. Inflammation is a normal immune response, but chronic inflammation can contribute to the development of pro-inflammatory diseases, such as heart disease, diabetes and cancer (8).

A 2015 study divided 218 participants into two groups: those who practiced yoga regularly and those who didn't. Both groups then performed moderate and strenuous exercises to induce stress. At the end of the study, the individuals who practiced yoga had lower levels of inflammatory markers than those who didn't (9).

Similarly, a small 2014 study showed that 12 weeks of yoga reduced inflammatory markers in breast cancer survivors with persistent fatigue (10).

Although more research is needed to confirm the beneficial effects of yoga on inflammation, these findings indicate that it may help protect against certain diseases caused by chronic inflammation.

Yoga could Improve Heart Health

From pumping blood throughout the body to supplying tissues with important nutrients, the health of your heart is an essential component of overall health.

Studies show that yoga may help improve heart health and reduce several risk factors for heart disease.

One study found that participants over 40 years of age who practiced yoga for five years had a lower blood pressure and pulse rate than those who didn't (11).

High blood pressure is one of the major causes of heart problems, such as heart attacks and stroke. [Lowering your blood pressure](#) can help reduce the risk of these problems (12).

Some research also suggests that incorporating yoga into a healthy lifestyle could help slow the progression of heart disease.

A study followed 113 patients with heart disease, looking at the effects of a lifestyle change that included one year of yoga training combined with dietary modifications and stress management.

Participants saw a 23% decrease in total cholesterol and a 26% reduction in "bad" LDL cholesterol. Additionally, the progression of heart disease stopped in 47% of patients (13).

It's unclear how much of a role yoga may have had versus other factors like diet. Yet it can minimize stress, one of the major contributors to heart disease (14).

SUMMARY: Alone or in combination with a healthy lifestyle, yoga may help decrease risk factors for heart disease.

"Sugar-sweetened beverages, particularly soda, provide little nutritional benefit and increase weight gain and probably the risk of diabetes, fractures, and dental caries."

Weed out the worst fats

There is so much evidence implicating trans fats in heart disease that the FDA has proposed removing the "generally recognized as safe" designation from them. "The first thing we do when I'm counseling patients is to go over all the sources of trans fats in their diet and make substitutions," McManus says.

Trans fats are created by adding hydrogen to a liquid fat to help it solidify. Food manufacturers started using trans fats because they extend the shelf life of packaged baked goods. Fast-food purveyors took to them because they can be reused again and again. Although public pressure has forced the food industry to phase out trans fats, they haven't disappeared entirely. To avoid eating them inadvertently, scrutinize the labels on food packages before you put them in your shopping cart. If you see "partially hydrogenated" in the list of ingredients, pass that product by. If trans fats aren't banned from restaurants in your area, ask if the cook uses partially hydrogenated oil before you order.

Saturated fats and dietary cholesterol, which are derived primarily from animal products, aren't exactly heart-healthy, but it's all right to eat them in small amounts. McManus says that because eggs are such a good source of nutrients, it's okay to have as many as four yolks a week and whites as often as you like. She also gives a nod to red meat, shrimp, lobster, high-fat cheeses, butter and organ meats — but only to small portions of each one every couple of weeks or so.

Eat more of the better fats

Both polyunsaturated and monounsaturated fatty acids help lower LDL. Most plant-derived oils, including canola, safflower, sunflower, olive, grapeseed, and peanut oils, contain both. Fatty fish (such as salmon, tuna, trout, herring, and mackerel), seeds, nuts, avocados and soybeans are also great sources.

Harvard Medical School

Chronic Kidney Disease (CKD)

When health problems (like diabetes) affect your kidneys, they can cause CKD. This is permanent damage that may get worse over time. If they're so damaged that they stop working, it's called kidney failure, or end-stage renal disease (ESRD). The treatment is usually either dialysis -- when a machine does the work your kidneys normally do -- or a transplant -- when you receive a healthy kidney from a donor.

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