



Happy
Easter to
our
readers

Know the Signs of High Blood Pressure



History of Breast Cancer

Medically reviewed by [Christina Chun, MPH](#) on March 15, 2017 — Written by Rena Goldman

Overview

Breast cancer is the most common cancer in women around the world. It has been widely studied throughout history. In fact, research on breast cancer has helped pave the way for breakthroughs in other types of cancer research.

How we treat breast cancer has changed in many ways from the cancer's first discovery. But other findings and treatments have remained the same for years. Read on to learn how breast cancer treatments have evolved to what we know today.

The History of Breast Cancer

Breast cancer has been studied since ancient times. Research and treatments have come a long way since then, though some things have remained the same. [Read on](#) →

What to know about breast cancer and back pain

By Claire Sissons

Back pain is unlikely to be an early symptom of breast cancer, but it can be a factor in the later stages of the disease. Medication and treatment for breast cancer can also be causes. We find out more about the links between the disease and back pain. Breast cancer is [the most common](#) cancer affecting women in the United States with [252,710](#) estimated new cases in 2017. There is a good chance of recovery if the disease is found early. Women aged 45 years old and above, and those who have a family history of the disease, are recommended to have [breast cancer](#) screening. All women should do a [breast self-exam](#) regularly to check for any changes that could indicate breast cancer. [Read more](#)

[What to know about breast cancer and back pain](#)



Dr Quintus de Zylva honoured

Quintus was given this Trophy at the Gala Night for the Nidahas Cricket Celebrations, on Thursday 15th July at Shangrila by SLC in recognition for services rendered throughout the years.



Tastes Great, More Filling

Soup is a good choice as an appetizer, or your main meal if you're trying to lose weight. The water in broth-based soups stretches the flavor of meats, veggies, spices, and other tasty morsels without adding calories. It fills your tank faster and satisfies hunger longer than other heavier foods. Plus, it's hard to gulp or guzzle soup if it's hot. Eating slowly gives your body enough time to signal the brain that you've had enough.

WebMD



Hans Klok - The World's Fastest Illusionist!

Hans Klok Official



Wishing all
our readers
a very
happy
Sinhala &
Hindu
News Year



Why Is Easter Called 'Easter'?

See This

Most Effective Diets to Help Diabetics



<https://youtu.be/GKeCh-HNcXs>

Please use headphone to enjoy

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

Circulation of this newsletter is global: 60% of our subscribers are from Australia: 30% from US: Remaining 10% from UK, NZ, Canada and others

Readers can promote this newsletter by recommending and sharing with others. If they wish to subscribe please email: haroldgunatillake1@gmail.com Thank you
Health editor



DR. SAYUMI JOINS AUSLMAT'S MEDICAL MISSION TO S.L.

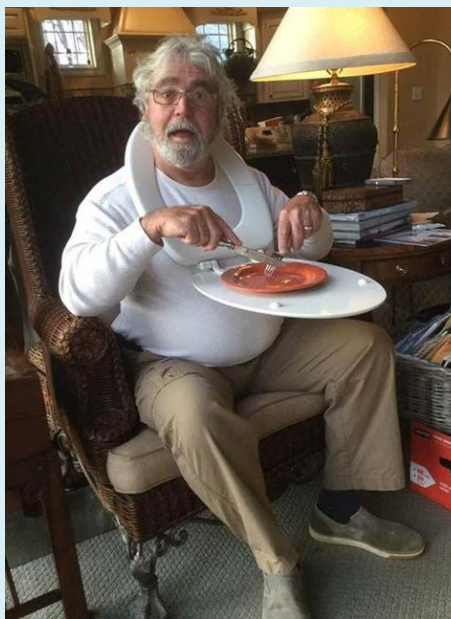
July 2018

Dr. Sayumi is a Junior Registrar in Emergency Medicine and will visit hospitals in Dickoya, Bandarawela, Weligama and Galle when AUSLMAT commences this years mission to Sri Lanka. We will also have Dr. Andrew Cochrane - cardio-thoracic surgeon from Monash and endocrinologist Dr. Erosha Premaratne from the Austin Hospital with us along with Dr. Louise from W.A. and her sister Dr. Carolyn from the U.K and Dr. Virginia from Melbourne. Chin Weerakkody and Harshan Fernando will assist with their expertise in Podiatry and Preethi de Silva will as in the past teach nursing staff in the management of diabetes. Dr. Michelle de Silva will look after the travel arrangements from Sunday 8th July when we leave Colombo Fort Railway Station for Hatton. A forty foot container with donations will reach the Bandarawela hospital in the first week of July.

Two blondes are filling up at a petrol station and the first blonde says to the second, "I bet these awful fuel prices are going to go even higher." The second blonde replies, "Won't affect me, I always put in just \$10 worth."

Why You Need Potassium

See what this mineral does for your body, how much you need, and how you can get more of it.



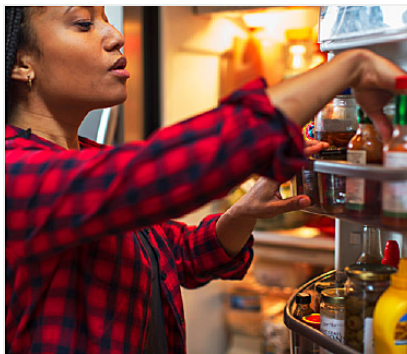
TV Tray for Seniors



Breast Implants Linked to a Rare Cancer: How Big Is the Risk?

Women with breast implants are at increased risk of developing a rare type of cancer, but what exactly are the chances of getting cancer from implants?

[Read More](#)



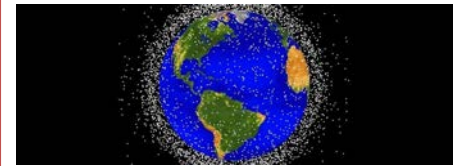
Foods That Can Help Ease Your Heartburn

To fight acid reflux, you know to avoid eats such as onions and red meat. Here are some foods to add to your diet, like watermelon and fennel.



Do Indoor Plants Really Clean the Air?

[See This](#)



How Much Space Junk Hits Earth?

[See This](#)



RECIPE

Microwave Sweet Potato Chips

In just a few minutes, you can make your own crispy chips that are full of vitamins A, B, C, and E.

Symptoms of Polycystic Ovary Syndrome

This hormonal disorder can cause irregular periods and weight gain, and is a common cause of infertility for millions of women.



Why Yoga Pants Are Bad for Women

By **HONOR JONES**

Whatever happened to sweatpants?

Exposure to Pesticides May Increase Risk of Liver Cancer

By Sara G. Miller, Staff Writer

People who are exposed to pesticides may face an increased risk of liver cancer, a new meta-analysis suggests. Pesticide exposure was associated with a 71 percent increased risk of [liver cancer](#), according to the meta-analysis, which was presented on April 3 at the American Association for Cancer Research's annual meeting in Washington, D.C. The findings have not yet been published in a peer-reviewed journal.

Liver cancer is the sixth most common cancer in the world, and the No. 2 cause of cancer deaths (behind lung cancer), said lead study author Hamdi Abdi, a cancer research fellow at the National Cancer Institute. [[10 Do's and Don'ts to Reduce Your Risk of Cancer](#)]



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

[Read More](#)



VIDEO

What Calcium Really Does for Your Body

If you think calcium only supports your bones, think again. Make sure you're getting enough.



Trans Fat Ban Tied to Fewer Heart Attacks and Strokes

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

[Read More](#)

Tonsillectomy: is it worth the risk?

Consider the risks before getting your tonsils out. [Read more](#)

Get Your Fill Of Magnesium From These Foods

Magnesium is a nutrient that our body needs for up to 300 biochemical processes. So, it does pull some weight around. Your best bet is a handful of nuts, almonds and cashews in particular. A daily dose of leafy greens packs a punch, too. Add a spoon of pumpkin seeds to your cereal or maybe mix some into a cup of yogurt for a double kick. And for an easy fix, drink a glass of soy milk.

[VIEW ARTICLE](#)

Why You Can't Skip Magnesium If You're Taking Vitamin D

By Rachael Rettner, Senior Writer

If you find yourself wondering, "Am I getting enough vitamin D?" you should also ask yourself another question: "Am I getting enough [magnesium](#)?"

In a new review article, researchers stress the importance of getting enough of this mineral, which aids in the metabolism, or "activation," of [vitamin D](#) so it can be used by the body.

"People are taking vitamin D supplements but don't realize how it gets metabolized," study co-author Mohammed Razzaque, a professor of pathology at Lake Erie College of Osteopathic Medicine in Pennsylvania, [said in a statement](#). "Without magnesium, vitamin D is not really useful." [[9 Good Sources of Disease-Fighter Vitamin D](#)] Magnesium is the fourth most abundant mineral in the body after calcium, potassium and sodium, the researchers said. The element activates hundreds of enzymes that are involved in important biological reactions, including the enzymes that play a role in vitamin D metabolism, the review said.

But many people don't get enough magnesium — a national survey from 2005-2006 found that about half of all Americans didn't consume enough magnesium, the review said. According to the National Institutes of Health (NIH), the recommended amount of magnesium is 400-420 milligrams per day for men, and 310-320 mg a day for women.

Previous research has suggested that consuming magnesium can reduce the risk of vitamin D deficiency: A [2013 study](#) found that people who consumed relatively high levels of magnesium were less likely to have low vitamin D levels, compared with people who didn't get enough magnesium.

It may be that people who get enough magnesium require less vitamin D supplementation to reach adequate vitamin D levels, than they would if they didn't get enough magnesium, Razzaque said. "By consuming an optimal amount of magnesium, one may be able to lower the risks of vitamin D deficiency," he said.

If you find yourself wondering, "Am I getting enough vitamin D?" you should also ask yourself another question: "Am I getting enough [magnesium](#)?"

[Read More](#)



Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet. [Albert Einstein](#) (1879 - 1955)

Good Fats, Bad Fats

Personal Health

By JANE E. BRODY



The media love contrarian man-bites-dog stories that purport to debunk long-established beliefs and advice. Among the most popular on the health front are reports that saturated fats *do not* cause heart disease and that the vegetable oils we've been encouraged to use instead may actually promote it.

But the best-established facts on dietary fats say otherwise. How well polyunsaturated vegetable oils hold up health-wise when matched against saturated fats like butter, beef fat, lard and even coconut oil depends on the quality, size and length of the studies and what foods are eaten when fewer saturated fats are consumed.

So before you succumb to wishful thinking that you can eat well-marbled steaks, pork ribs and full-fat dairy products with abandon, you'd be wise to consider the findings of what is probably the most comprehensive, commercially untainted review of the dietary fat literature yet published. They are found in a [26-page advisory](#) prepared for the American Heart Association and published last June by a team of experts led by Dr. Frank M. Sacks, professor of cardiovascular disease prevention at the Harvard T.H. Chan School of Public Health.

The report helps to explain why the decades-long campaign to curb cardiovascular disease by steering the American diet away from animal fats has been less successful than it might have been and how it inadvertently promoted expanding waistlines and an epidemic of Type 2 diabetes.

When people cut back on a particular nutrient, they usually replace it with something else to maintain their needed caloric input. Unfortunately, in too many cases, saturated fats — and fats in general — gave way to refined carbohydrates and sugars, the so-called SnackWell phenomenon that prompted fat-wary eaters to overindulge in high-calorie, low-nutrient foods.

Read more

Studies on saturated fats often failed to consider [what people ate in their place](#).

Music with dinner is an insult both to the cook and the violinist.

[G. K. Chesterton](#) (1874 - 1936)



Which Essential Oils Treat Psoriasis Best?

Are you considering essential oils as an alternative treatment for psoriasis? Learn which types may help treat the condition, plus how to use them. [Read on](#) →

The History of Chocolate

Did you ever wonder how chocolate came to be so universally loved? Get the facts on chocolate and learn the history of this delicious food.

[READ MORE](#)



5 Essential Oils for Constipation

Some highly concentrated extracts derived from plants may help relieve constipation and other digestive issues. Learn which oils to try and how to use them. [Read on](#) →



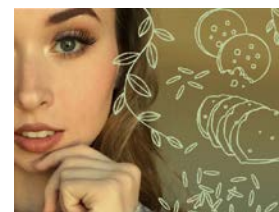
Want to Curb Anxiety? Try These 6 Foods

Evaluating the foods you eat is a straightforward treatment for anxiety. Here are six foods and beverages known to soothe worries and nervousness.

[Read on](#) →

Everything you need to know about omega-3

Omega-3 is the good kind of fat. But it may be time to ditch your supplements for a diet rich in oily fish.



How I Created a Diet That Works for My Crohn's

What one person with Crohn's can eat isn't what every person with Crohn's can eat. This blogger shares how she found the foods that would keep her feeling well. [Read on](#) →

Is Sugar Toxic?

By GARY TAUBES

That it makes us fat is something we take for granted. That it might also be making us sick is harder to accept.

Smartphones Have Germs

You carry your smartphone with you wherever you go. You have it on you at school, work, and while out shopping and running errands. Some people even carry their smartphones into the bathroom (not recommended)! Smartphones harbor viruses and bacteria like E. coli that can make you sick. Use alcohol-based wipes that are safe to use on electronics and wipe down your smartphone at least once daily to remove dirt, dust, and germs.

Watch Your Neck

Looking down at your smartphone while texting and browsing strains neck muscles and may lead to knots or spasms. It may even lead to nerve pain that radiates to the back, shoulders, or down the arms. Take regular breaks at least every 20 minutes when you are texting or browsing on your smartphone. Maintain good posture and do not hunch forward. Hold your phone higher when you are using it. Proper smartphone ergonomics helps prevent injuries associated with smartphone use, a common public health consideration. Do regular exercise that strengthens and stretches muscles like yoga and Pilates.

Hold the Phone Properly

Any position that involves bending the neck in an awkward position for a prolonged period of time may result in neck pain, including holding your smartphone between your shoulder and ear. If you are in this position for too long, neck pain may result. If you must be in this position while talking on the phone, take frequent breaks and move your neck to avoid getting stiff. If your neck cramps up, rest and put a heating pad on the area to combat tight muscles. Over-the-counter pain relievers can decrease pain and stiffness, too. If the pain lasts for more than a few days, talk to your doctor.

Texting While Driving

It is very dangerous to text while driving. Texting while driving distracts you from what's happening on the road. It just takes a few seconds of inattention to lead to an accident. In 2015, nearly 3,500 people were killed and approximately 391,000 people were injured in car accidents involving distracted drivers. Some states have laws that ban cell phone use while driving. Other states require hands-free use of cell phones while driving.

Is Your Cellphone Bad For Your Health?

You carry your smartphone with you wherever you go. You have it on you at school, work, and while out shopping and running errands.

[READ MORE](#)

New Coconut Oil Studies: Antioxidant Effects Protect Liver and Kidneys - Reverses Effects of Chemotherapy

New research from Nigeria shows how virgin coconut oil can have protective health benefits due to its high amounts of antioxidants. One study looked at the effect of virgin coconut oil when supplemented in a diet high in consumption of heated vegetable oils, and how virgin coconut oil protected the liver and kidneys, and the other study looked at how virgin coconut oil can reverse the free radical damage done by cancer chemotherapy drugs. Virgin coconut oil, depending on how it is processed, is much higher in antioxidants than refined mass-produced coconut oils. It is not surprising that scientists and researchers in Africa are exploring the benefits of coconut oil, which is native to many tropical African countries, after being deceived for many years by western thinking that coconut oil is harmful due to it being a highly saturated fat.

[Read More...](#)

Study: Oil Pulling with Coconut Oil Improves Dental Health

More conventional dentists and medical professionals are now understanding the merits of "oil pulling." Not only are there numerous testimonies that have motivated many to urge others into the practice of oil pulling, there is empirical scientific evidence from clinical studies that show one's health may benefit from oil pulling. You'll find information and demonstrations of oil pulling for oral and dental health mostly on internet websites and YouTube channels. They're part of the renaissance of an ancient health practice from India, swishing a dietary oil around one's mouth and sucking it through the spaces between one's teeth, thus the term "oil pulling." The most recent study was done in India. Study: Comparative Evaluation of Antiplatelet Efficacy of Coconut Oil Pulling and a Placebo, Among Dental College Students: A Randomized Controlled Trial

[Read More...](#)

14 Health Problems That Can Sneak Up After 50

As you get older, you're more likely to get diabetes, heart disease, high blood pressure, obesity, and these other problems.

Pining for the Onset of "Spring".

I stand out on a cold, rainy and dreary day today
Looking so intently at the horizon and do pray
For the quick and speedy arrival of "spring" that appears lurking
And look anticipating; at what its arrival will bring
The snow on the ground has almost melted away
And one sees the green grass; with the wind doth sway
The squirrels have come out to enjoy the weather swing
Hopping and frolicking around with mouthful of edible gathering
As I look forward to the onset of a very early "spring"
I feel that, to my liking, it is arriving too slowly
"Patience is a virtue"; is the age old saying
So I take the cue and keep on with my wishful thinking
I do hope and pray the reader will share my views anyway
For I know some who love that "winter" should always stay
But for the rest of us it is a change which we are pining/longing
And it wouldn't be long before we get into the "Springy Swing"
Noor Rahim



Health Benefits of Garden Parsley

by Harold Gunatillake



How Crohn's Disease Affects Intestines

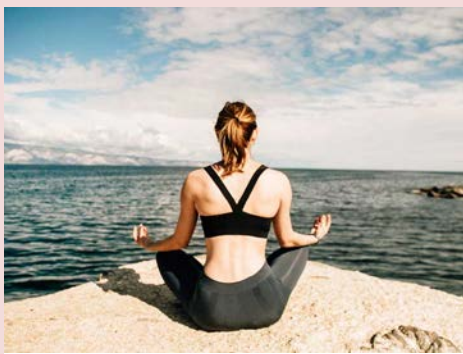
Crohn's disease usually affects the small intestine and less commonly the colon.

[VIEW SLIDESHOW](#)

Take The Right Dosage Of Ashwagandha-for good health

Ashwagandha is available in 3 forms: powder, extract, and capsule. For the dried root or leaf powder, stick to 1–2 teaspoons twice daily, boiled in water or mixed with milk, honey, or ghee. If you're looking for convenience, capsules of the ashwagandha extract may be the better way to go. 1–2 capsules twice daily is the safe limit. It's better to avoid the raw extract as its dosage is dicey.

[VIEW ARTICLE](#)



14 Natural Ways to Improve Your Memory

Having a poor memory can be frustrating. Fortunately, you can use these 14 lifestyle and dietary tips to improve your memory naturally. [Read on](#) →



What Foods Can You Eat to Prevent Migraines?

Did you know that making a few tweaks to your diet may decrease your likelihood of experiencing migraines? Here's a closer look at foods that could help. [Read on](#) →

Should All Women Be Tested for Breast, Ovarian Cancer Gene Mutations?

Researchers say women over 30 with certain genes should all be tested. They say it would reduce the number of breast and ovarian cancer cases. [Read on](#) →

What Is Asthma? Definition

Asthma is a chronic lung disorder that can make breathing difficult by narrowing and inflaming the airways (bronchial tubes).

"Asthma" is an ancient Greek word meaning "short breath, panting." One of the telltale signs of asthma attacks is the wheezing and breathing difficulty that they cause.

Asthma attacks can be a frightening experience, and affect breathing by causing inflammation, swelling, and narrowing of the airways, recurring wheezing, chest tightness, coughing, and shortness of breath.

Chronically inflamed bronchial tubes become very sensitive to inhaled allergens or irritants such as pollen, pollution, tobacco smoke, or triggers such as exercise.

Prevalence of Asthma

About 25 million people in the U.S. have asthma; 7 million of those are children. Asthma reports are on the rise. The condition affects men and women equally. Asthma causes over 14 million visits to doctors each year and nearly 2 million visits to emergency departments.

Asthma Can Be Deadly

Asthma can kill. The rate of asthma deaths spiked from 2,600 in 1979 up to 4,600 in 1988. The reasons for this spike are unknown, but may be related to inadequate medical care, an increased severity of asthma, and/or an increase in the number of people with asthma.

African Americans are about three times as likely to die from asthma as white Americans. Most people who die from asthma are over age 50, but children sometimes die of the condition, too.

Asthma Inhalers & Nebulizers

Asthma inhalers and nebulizers have advantages over oral medications and injections in that they deliver medicine directly to the airways. They also have fewer side effects than other forms of asthma medication.

Asthma Inhalers

The most common treatment for asthma involves a device called an inhaler. An inhaler is a small device that delivers asthma medicine directly to the airways. Inhalers come in two types:

Metered Dose Inhalers (MDI): MDIs are the most common type of inhaler. They spray medicine from the inhaler like an aerosol can.

Dry powder inhalers: Dry powder inhalers deliver a powdered medicine that does not spray from the inhaler. Instead, the user must breathe in the medicine quickly and forcefully.

Spacers

Sometimes MDIs are used along with a device called a spacer. Spacers help coordinate breathing with the release of the asthma medicine, and also make the droplets of medicine smaller, making it easier to breathe them in.

Nebulizers

For babies and very young children, an inhaler requires too much work. In that case, a nebulizer can be used. Nebulizers are powered by electricity to turn asthma medicine into a fine mist. The mist is delivered through a tube attached to a facemask or mouthpiece. Disadvantages to nebulizers include the fact that they can be noisy, they can be big, they can be time-consuming, and they may not be very portable.

Asthma Medications for Inhalers & Nebulizers

Common medications used with inhalers and nebulizers include the following:

Inhaled Corticosteroids: Inhaled corticosteroids reduce inflammation in the airways, which reduces swelling and tightening. Sometimes these medicines are used even without asthma symptoms, as they can help prevent future asthma attacks. Types of inhaled corticosteroids include beclomethasone, budesonide, ciclesonide, flunisolide, fluticasone, and triamcinolone.

Short-Acting Bronchodilators: Bronchodilators have no steroids and work by relaxing the tiny muscles that can tighten airways during asthma attacks. Short-acting bronchodilators give quick relief to asthma symptoms.

Types of short-acting bronchodilators include albuterol, levalbuterol, terbutaline, and ipratropium.

Long-Acting Bronchodilators: Long-acting bronchodilators are taken daily to help control asthma and prevent future asthma attacks. Types of long-acting bronchodilators include salmeterol and formoterol.

Medicine.Net

Regularly Check Your Breasts For Bumps

Breast bumps often come with puberty. It's normal. Sometimes they show up during pregnancy or breastfeeding. It mostly has to do with blocked milk ducts, which need to be unplugged. A moveable bump is likely a breast cyst – harmless. A firm bump that doesn't move and is accompanied by dimpling skin, retracted nipples, and nipple discharge may be a tumor and needs a scan.

[VIEW ARTICLE](#)



Eat These Foods to Lower Your Cholesterol

You don't have to sacrifice flavor for better eating habits. From garlic to fresh fruit, be sure to keep these cholesterol-friendly foods within easy reach. [Read on](#)

Tai chi

This Chinese martial art that combines movement and relaxation is good for both body and mind. In fact, it's been called "meditation in motion." Tai chi is made up of a series of graceful movements, one transitioning smoothly into the next. Because the classes are offered at various levels, tai chi is accessible — and valuable — for people of all ages and fitness levels. "It's particularly good for older people because balance is an important component of fitness, and balance is something we lose as we get older," Dr. Lee says. Take a class to help you get started and learn the proper form. You can find tai chi programs at your local YMCA, health club, community center, or senior center.

Harvard Medical School

What is DNA?

By [Tim Newman](#)
 Reviewed by [Alana Biggers, MD, MPH](#)

DNA is perhaps the most famous biological molecule present in all forms of life on earth. But what is DNA or deoxyribonucleic acid? Here, we cover the essentials. Virtually every cell in your body contains DNA or the genetic code that makes you you. DNA carries the instructions for the development, growth, reproduction, and functioning of all life. Differences in the genetic code are the reason why one person has blue eyes rather than brown, why some people are susceptible to certain diseases, why birds only have two wings, and why giraffes have long necks. Amazingly, if all of the DNA in the human body was unraveled, it would reach to the sun and back more than [300 times](#). In this article, we break down the basics of DNA, what it is made of, and how it works

[Read more:](#)

[What is DNA?](#)

Here's How Alcohol Can Damage DNA and Increase Cancer Risk

By Tereza Pultarova, Live Science Contributor

Scientists think they know how alcohol damages DNA and increases the risk of cancer. Researchers in England conducted the study in mice, however, experts say that the mechanisms linking alcohol to DNA damage are the same in mice and men. Indeed, earlier studies have shown strong links between alcohol and certain cancers in humans; in addition, the [International Agency for Cancer Research](#) classifies alcohol consumption as "carcinogenic to humans." What wasn't clear, however, was how alcohol did its damage. [\[7 Ways Alcohol Affects Your Health\]](#)

[Here's How Alcohol Can Damage DNA and Increase Cancer Risk](#)



Part of the secret of success in life is to eat what you like and let the food fight it out inside.

[Mark Twain](#) (1835 - 1910)

Ibuprofen may increase risk of fertility issues in men, study suggests

High doses of the common painkiller over a long period of time may put men at greater risk of fertility problems and other health issues, research indicates

[Read more:](#)

[Ibuprofen may increase risk of fertility issues in men, study suggests](#)



Drinking and Dementia: How Much Is Too Much?

Among risks for dementia, researchers say drinking is the most preventable. However, there's conflicting research on how much alcohol is considered too much. [Read on](#) →



Keto Diet May Hold Key to Treatments for Brain Inflammation

Researchers say a biological mechanism of the diet could be used to help treat brain trauma, stroke, and other neurological issues. [Read on](#) →

Erectile Dysfunction Treatments

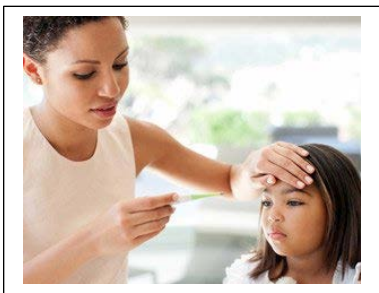
What is erectile dysfunction? Learn about erectile dysfunction causes and treatments.

[READ MORE](#)

12 Ways to Avoid Diabetes Complications

See how to help cut your risk of diabetes complications. Learn how to avoid nerve pain, heart disease, and kidney damage. [Read more...](#)

Treating Cold, Flu, and Fever



Maybe it starts with the sniffles. Maybe it starts with a cough and mild aches and pains. Maybe it's a long day with an upset stomach.

[READ MORE](#)



Omelette EGG-ROLL - How to make an OMELETTE ROLL Recipe



Eggs with Tomatoes & Potatoes - Easy Afghani Style Brea...

MY DASTARKHWAN

4,452,892 views • 4 months ago

Putting your testes to the test

How to spot the second most common cancer in Australian men. [Read more](#)



SLIDESHOW

Cough Relief Tips

Can't stop coughing? See which home cough remedies and other cough treatments work. [Read more...](#)

Can Blood Thinners Raise Stroke Risk?

Taking blood-thinning drugs is typically thought to ward off stroke with heart issues.

[READ MORE](#)

Teacher writes a bunch of lines on a chalkboard. When he connects them—I'm flooded

https://www.theepochtimes.com/uplift/teacher-writes-a-bunch-of-lines-on-a-chalkboard-when-he-connects-them-im-flooded_2429117.html



Sea levels could rise an extra 60cm if we don't meet Paris climate targets by 2035: study

A new study estimates sea levels could rise between 0.7 and 1.2 metres by 2300, but scientists warn delays in meeting Paris emissions targets could push them even higher.



Opinion: 'Breasts are for your husband': French defiant on breastfeeding amid formula scandal

Even an infant formula scandal wasn't enough to budge many French attitudes toward breastfeeding — namely that it is a degradation of women's rights, and a poor long-term use of Les Lolos, writes Anne Bagamery.



10 Things Your Gut Wants You to Know

Whhhhat? Seventy percent of your immune system is housed in your gut? Yep. So your gut has a lot to say about everything from mood to

energy levels. [Listen up](#)



Favorite Foods for Mania and Depression

Discover 10 foods and drinks that might help you manage the highs and lows of bipolar disorder. Plus, find out the ones you should avoid. [Read on](#)

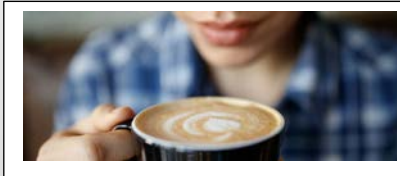




Alternative Treatments for Arrhythmia

Plenty of alternative treatments for arrhythmia are available to complement your existing AFib treatment plan. Here's a look at several options. [Read on](#) →

Is Caffeine addictive?



Caffeine can cause some mild physical dependence, but it is not technically addictive. It is a central nervous system stimulant that is not considered an addictive drug because it does not affect a person's physical health or cause the same drug-seeking behaviors as alcohol or street drugs. A mild physical dependence on caffeine may cause some withdrawal symptoms when it is stopped, such as headaches, fatigue, and irritability.

Boost Your Health With Red Wine Vinegar

Other than just perking up a salad, red wine vinegar has some great benefits. For starters, it's great for heart health (thanks to its antioxidants) and prevents spikes in blood sugar. Add it to your weight loss routine as a way to stay full longer. After your meals, a couple of tablespoons diluted in a glass of water is all you need. You can even make a facial toner by diluting it in rose water.

[VIEW ARTICLE](#)



5 Options for When Your Blood Thinner No Longer Works

Are you satisfied with your blood thinner medication? If not, it may be time to try another approach. We'll discuss your five best options. [Read on](#) →



Preoperative Planning and Questions to Ask Your Surgeon

Before you undergo a total knee replacement, the surgeon you have selected will conduct a thorough preoperative evaluation.

They will evaluate your health. [Read on](#) →

Pregnant women should reduce consumption of coffee



In general, doctors recommend women reduce caffeine consumption when pregnant. Caffeine is a stimulant which can increase your heart rate, something that should be avoided during pregnancy. Caffeine also crosses the placenta and while an adult woman can handle the caffeine, a developing baby may not be able to. Studies have shown caffeine can cause birth defects, premature delivery, and miscarriage. Moderate levels of caffeine (150 – 300 mg) may be ok. Consult your doctor. -Medicine.net



New Patch Can Heal Heart Muscle After Heart Attack

A patch that reinforces the heart after a heart attack seemed to work well in a recent clinical trial involving pigs. How will it work in humans?

[Read on](#) →



Eggs

When it comes to healthy eating, few foods have sparked as much debate as eggs. The latest research suggests an egg a day is safe and nutritious for most adults -- and if you eat that egg for breakfast, you'll boost your odds of losing weight. The reason: Eggs are packed with protein, which takes time to digest. Eating protein in the morning keeps your stomach full, so you eat less during the rest of the day.

Caffeine reduces the risk of certain diseases

Moderate caffeine consumption may reduce your risk for developing diabetes, liver disease, gallstones, and Parkinson's disease. It may also help reduce headaches and the risk for certain heart related illnesses. That said, caffeine is generally not recommended to reduce the risks for these conditions, as caffeine can also cause health problems such as decreased bone density, increased blood sugar levels, dehydration, and poor sleep. -medicine.net



Stand Back, Way Back: Flu Virus Can Be Spread Just by Breathing

Simply standing back when someone coughs or sneezes won't necessarily protect you from the flu — the virus can spread just by breathing.

[Read More](#)



Pineapple: Health Benefits, Risks & Nutrition Facts

Spiny on the outside, sweet on the inside, pineapples are one fantastic fruit.

[Read More](#)



Surprise! California Man Finds Huge Tapeworm in His Gut

A California man pulled a shockingly large tapeworm from his body, which he may have contracted from eating sushi, according to his doctors.

[Read More](#)



How Many Drinks Could You Have If the Blood Alcohol Limit Is Lowered?

To help combat drunk-driving deaths, the legal limit for a person's blood alcohol level while driving should be lowered, according to new recommendations.

[Read More](#)

What too much salt can do to your brain

By [Ana Sandoiu](#)

[Fact checked](#) by Jasmin Collier

Too much salt can cause cognitive deficits, according to a new study published in the journal *Nature Neuroscience*. Luckily, these negative effects may be reversed, and the new study shows how.



Too much salt in our diet can have devastating effects on our brain power, and new research reveals the mechanism behind this.

It's a well-known fact that too much salt in our diet raises the risk of cardiovascular disease and [high blood pressure](#).

But it is less known that brain-related problems, such as [cerebrovascular disease](#), [stroke](#), and [cognitive impairment](#), have all been linked to dietary salt.

As the authors of the new research explain, it was suggested that one possible mechanism behind these negative effects involves the so-called endothelial cells inside the cerebral blood vessels. Endothelial cells line our blood vessels and are responsible for regulating the vascular tone — but a high dietary intake of salt has been associated with dysfunction of these cells.

Although it is [known](#) that epithelial dysfunction can bring a plethora of chronic illnesses, it remains unclear exactly how salt-induced endothelial dysfunction may affect the brain in the long run.

This is particularly important given that the brain is heavily reliant on a steady and smooth flow of oxygen to function properly, explain the study authors, who were led in their research efforts by Costantino Iadecola, from Weill Cornell Medicine in New York City, NY.

In their [paper](#), Iadecola and colleagues show how excessive dietary salt affects our gut, immune system, and, ultimately, our brain.

[Read more](#)

[What too much salt can do to your brain](#)

Avocados for weight loss

Avocados are a fruit that provides fiber and beneficial fats, as well as many other nutrients. They may also help promote weight management.

A [study](#) of American adults found that people who consumed avocado weighed significantly less and had a lower BMI than those who did not. People who ate avocado tended to eat more fruits, vegetables, and fiber than people who did not, as well.

The people who ate avocado had an overall healthier diet and consumed significantly less added sugar than those who did not. Similarly, their risk for metabolic syndrome was lower than for those who did [not](#) consume avocado.

[Read more](#)

[What are the best foods for weight loss?](#)



Steak

For years, health experts have been admonishing us to eat less red meat. But steak is not always bad for the waistline. In fact, a lean cut of beef has barely more saturated fat than a similar-sized skinless chicken breast. Like eggs, steak is loaded with protein and can keep you feeling full longer. To get plenty of protein with less fat, choose tenderloin, sirloin, or other extra-lean cuts -- and limit portions to the size of your palm.

Prostate cancer: 'Whole' Mediterranean diet could reduce your risk

By [Catharine Paddock PhD](#)

[Fact checked](#) by Jasmin Collier

New research finds that closely following a whole Mediterranean dietary pattern — that is, incorporating a high intake of not only vegetables, fruits, and whole grains, but also of legumes, fish, and olive oil — is tied to a lower risk of aggressive prostate cancer.

In a [report](#) on their findings that is published in *The Journal of Urology*, the researchers write that guidelines for preventing [prostate cancer](#) should aim to "consider whole dietary patterns instead of individual foods."

Lead investigator Dr. Beatriz Pérez-Gómez, from the Instituto de Salud Carlos III at the University of Alcalá near Madrid, Spain, explains that key elements "such as fish, legumes, and olive oil" should likely be included when suggesting a diet to prevent aggressive prostate cancer.

This is because their results "suggest that a high intake of fruits, vegetables, and whole grains might not be enough."

Prostate cancer occurs because of the uncontrolled growth of cells in the prostate, which is a gland in the male reproductive organs that produces a fluid that forms part of semen. It sits just below the bladder and surrounds the urethra, the tube that urine passes through on its way out of the body.

[Read more: Prostate cancer: 'Whole' Mediterranean diet could reduce your risk](#)

What is cognitive reserve?



Image: Bigstock

An important concept that is crucial to the understanding of cognitive health is known as cognitive reserve. You can think of cognitive reserve as your brain's ability to improvise and find alternate ways of getting a job done. Just like a powerful car that enables you to engage another gear and suddenly accelerate to avoid an obstacle, your brain can change the way it operates and thus make added recourses available to cope with challenges. Cognitive reserve is developed by a lifetime of education and curiosity to help your brain better cope with any failures or declines it faces.

The concept of cognitive reserve originated in the late 1980s, when researchers described individuals with no apparent symptoms of dementia who were nonetheless found at autopsy to have brain changes consistent with advanced Alzheimer's disease. These individuals did not show symptoms of the disease while they were alive because they had a large enough cognitive reserve to offset the damage and continue to function as usual. Since then, research has shown that people with greater cognitive reserve are better able to stave off the degenerative brain changes associated with dementia or other brain diseases, such as Parkinson's disease, multiple sclerosis, or a stroke. A more robust cognitive reserve can also help you function better for longer if you're exposed to unexpected life events, such as stress, surgery, or toxins in the environment. Such circumstances demand extra effort from your brain—similar to requiring a car to engage another gear. When the brain cannot cope, you can become confused, develop delirium, or show signs of disease. Therefore, an important goal is to build and sustain your cognitive reserve. You can get a rough idea of your cognitive reserve simply by gauging how much your education, work, and other activities have challenged your brain over the years. Our six-step program will help you improve your cognitive reserve. To learn more about staying mentally sharp and fit, read Cognitive Fitness, a Special Health Report from Harvard Medical School.

Osteoporosis

Osteoporosis, or porous bones, is a bone disease characterized by bone loss, or the body's inability to make new bone. The bones lose mass and density, and a person with osteoporosis is more prone to fractures, especially of the hip, spine, and waist. About 54 million people in the U.S. have osteoporosis and low bone mass. Approximately half of all women and up to one quarter of men age 50 and older will fracture a bone due to the disease.

Bone is made up mostly of collagen, along with the mineral calcium. The collagen provides the soft framework, and calcium provides strength. This combination makes bones flexible and strong at the same time so they can withstand stress.

Many people do not realize they have osteoporosis until a fracture occurs or spinal vertebrae collapse, which is why osteoporosis is often referred to as a "silent disease." Bone loss can occur gradually over time with no symptoms. Osteoporosis causes bones to become so fragile that fractures can occur even after minor falls, or normal stresses and strains on bones.

Bone mineral density test

Explanation:

A bone mineral density (BMD) test is a type of low-dose X-ray that measures the amount of calcium and other minerals present in your bones. It is the only test that can diagnose osteoporosis. The most common type of BMD test is a dual-energy x-ray absorptiometry (DEXA) scan.

The National Osteoporosis Foundation recommends bone mineral density tests for:

- Women 65 and older and men 70 and older
- Anyone who has broken a bone after age 50
- Women of menopausal or postmenopausal age with risk factors
- Men age 50-69 with risk factors

While osteoporosis affects women at a higher rate, about 20% of patients with osteoporosis are men. About 2 million men in the U.S have osteoporosis, and 12 million more are at risk of developing the condition. Risk factors that make women more prone to osteoporosis also apply to men, including:

- Family history
 - Use of steroid medications
 - Sedentary lifestyle
 - Smoking
 - Excess alcohol consumption
 - Low testosterone levels
 - Low estrogen levels in men
 - Medical problems such as chronic kidney, lung or gastrointestinal disease, prostate cancer and autoimmune disorders such as rheumatoid arthritis (RA)
- Medicine.net

11 Wonderful Benefits of Brussels Sprouts

Vitamin D

Vitamin D is required to absorb calcium from the intestine, so it is important in maintaining healthy bones and reducing the risk of developing osteoporosis. Unlike calcium that you can only get from food, your body makes vitamin D when you are exposed to sunlight. A few foods such as fatty fish, egg yolks, beef liver, and cheese have vitamin D, as do some foods that are fortified with the vitamin, but foods alone are not enough to get adequate amounts.

Vitamin D supplements can be taken to help you meet the recommended daily allowance (RDA) of 600 International Units (IU) for men and women up to age 70 and 800 IU for adults over age 70. Vitamin D can be found in multivitamins and in supplements in combination with calcium. Getting too much vitamin D, especially over 2,000 IU daily, is not advised unless prescribed by a doctor. Many dietary supplements contain vitamin D, so check the dose in each to make sure you do not take too much.

Follow These Tips On Washing Your Hair Right

It's all about using plant-based products and natural ingredients. For starters, comb out the tangles and lightly oil your tresses with almond or coconut oil. Gently shampoo your scalp (not the length) with your head hanging upside down, and rinse with lukewarm water. Unless your hair is particularly smelly or greasy, a plain water rinse will suffice. Use ACV or aloe gel for a natural conditioner.

[VIEW ARTICLE](#)

Find Out How Milk Makes You Taller

You've probably heard the "drink your milk if you want to grow tall and strong" trope growing up. Well, it's true! Up until your early 20s anyway. Cow's milk is a one-stop source of essential nutrients for bone health and growth like vitamin A, vitamin D, and calcium. But do remember that your height does mostly depend on your genes and can be affected by some medication.

[VIEW ARTICLE](#)

Eat turmeric to be less forgetful.

Curcumin supplements from turmeric help improve memory and mood in older people struggling to remember. Researchers are looking at its potential in treating diseases like Alzheimer's, dementia, and depression. Never take supplements without your doctor's advice, but you're welcome to add a dash of turmeric to your curries and smoothies.

[Read More](#)



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. WebMD



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.

Health Benefits of Yoga



The ancient exercise program does more than burn calories and tone muscles.

Multigrain, wholegrain, wholemeal: What's the difference and which bread is best?



New drug could 'shrink' harmful fat cells

By [Honor Whiteman](#)

[Fact checked](#) by Jasmin Collier

What if there was a drug that could get rid of excess fat without the need for dieting? According to a recent study, such a feat might not be too far off.

Blocking the enzyme NNMT reduced the size of white fat cells in mice fed a high-fat diet.

A team of researchers at the University of Texas Medical Branch (UTMB) at Galveston reveal how using small molecules to block the enzyme nicotinamide-N-methyltransferase (NNMT) led to the "shrinkage" of fat cells in obese mice fed a high-fat diet.

Senior study author Stanley Watowich, from the Department of Biochemistry and Molecular Biology at UTMB, and colleagues say that their findings indicate that targeting NNMT could be an effective way to tackle overweight and [obesity](#).

The team recently published their [results](#) in the journal *Biochemical Pharmacology*.

Read more:

[New drug could 'shrink' harmful fat cells](#)

Is apple cider vinegar good for losing weight?

By Jennifer Berry

Reviewed by [Natalie Butler, RD, LD](#)

Apple cider vinegar is made when apple cider is fermented twice. This process creates tart, amber-colored vinegar rich in acetic acid. Apple cider vinegar is one of the more common types of vinegar produced worldwide. It is touted as a natural health cure, with a number of suggested health benefits. Some of these health claims have potential, with small studies to back them up. Others, however, have little to no evidence of their validity.

In this article, we investigate the claim that consuming apple cider vinegar can help with weight loss.

Read more:

[Is apple cider vinegar good for losing weight?](#)

Understanding Biologic Treatments for RA

[Biological medications are a relatively new type of treatment for rheumatoid arthritis. We'll explain what they are and how they work.](#)

[Read on](#) ➔

Is Aloe vera juice good for IBS?

By Aaron Kandola

Reviewed by [Karen Gill, MD](#)

Aloe vera is a common ingredient in soaps and moisturizers, but it may also have benefits for digestive problems.

Some people have recently suggested that the consumption of Aloe vera juice might help with the treatment of [irritable bowel syndrome](#) (IBS). This article will discuss whether Aloe vera juice can be used to reduce the symptoms of IBS, as well as any possible side effects.

What is Aloe vera juice?

Aloe vera juice is popular as a refreshing beverage and for its potential health benefits.

Extracts from Aloe vera plants are widely used in alternative medicine and are thought to have a range of cosmetic and health benefits.

Aloe vera is thought to have many benefits for skin health. Traditionally, Aloe vera leaves were used to treat wounds or burns.

It is now common for people to extract the gel from the leaves and use it to treat skin conditions, such as dermatitis, or in moisturizers and soaps. Aloe vera gel is also an ingredient in toothpaste because of its anti-inflammatory and antibacterial properties.

Aloe vera can be made into a juice using the green part of the leaf. This juice can act as a laxative and may be used to treat [constipation](#) or [diarrhea](#).

Read more:

[Is Aloe vera juice good for IBS?](#)

[When your doctor tells you you're not thin enough to have an eating disorder](#)



When you don't look like the thin, pretty white girls with anorexia in TV and movies, getting help for your eating disorder can feel impossible.

[More](#) ➔



What to eat for hypoglycemia

By Bethany Cadman

Reviewed by [Natalie Olsen, RD, LD, ACSM EP-C](#)

Hypoglycemia is low blood sugar that can cause headaches, weakness, and anxiety. What foods should a person with hypoglycemia eat to reduce symptoms? In this article, we list meal plans for people with [hypoglycemia](#), as well as other tips for managing the condition.

What is hypoglycemia?

People with persistent low blood sugar may have hypoglycemia. Having low blood sugar is often associated with [diabetes](#), but it is possible to experience hypoglycemia without having diabetes. Other common causes include hormonal deficiencies, critical illnesses, and excessive alcohol consumption. When blood sugar drops within 4 hours of eating a meal, a person may be experiencing reactive hypoglycemia. This condition is caused by excessive [insulin](#) production after eating. Read more:

[What to eat for hypoglycemia](#)



Tips for Dealing With UC Flares

The key to dealing with an ulcerative colitis flare is knowing what caused it and how to fix it. We'll show you. [Read on](#) →

[Aussie blokes, you're eating twice as much salt as you should](#)

Step away from the cured meats and put down those chips: Australian men are eating twice as much salt as the maximum recommended by the World Health Organisation, a study finds, putting them at risk of heart failure, strokes and kidney disease.

[More](#) →



How to Get Rid of a Migraine: A Step-by-Step Guide

The hammering, throbbing pain of a migraine can quickly ruin your day. Here's a step-by-step guide detailing what to do when a migraine strikes. [Read on](#) →



What to Do When a Cough Won't Go Away

The average cough lasts just 18 days. A lingering cough or a chronic cough not brought on by a recent cold can be an indicator of a more serious condition.

[Read on](#) →



Could Your Cell Phone Soon Help Produce Insulin?

Researchers claim that new technology may soon be able to send electrical pulses to the pancreas in an effort to stimulate insulin production.

[Read on](#) →

Genes that may lead to obesity identified



NEW YORK: You can blame your genes for your obesity as researchers have found 13 genes that carry variations associated with body mass index (BMI). The researchers identified 14 [genetic](#) variations in 13 genes, including a risky copy variation -- a phenomenon in which sections of the genome are repeated -- that causes carriers to weigh 15 pounds more, on average, than individuals who do not carry the variation.

The gene is called MC4R and approximately 1 in 5,000 individuals carry this risk copy, which causes the gene not to produce any of the protein needed to inform the brain to stop eating.

"Our study has identified genes that play a crucial role in the neuronal control of body weight. They act in the brain in pathways that may affect people's food intake, hunger and satiety," said Ruth Loos, lead author of the study and professor at The [Charles Bronfman](#) Institute for Personalized Medicine at the [Icahn School of Medicine](#) at [Mount Sinai](#).

"Individuals who inherit these genetic variations may find it harder to eat less or stop eating, as compared to those who did not inherit these variations."

Read more:

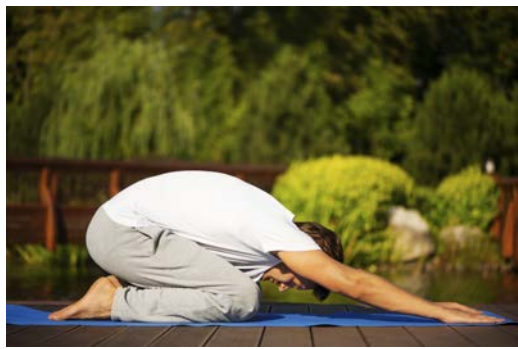
[Genes that may lead to obesity identified](#)



Can Prednisone Cause Withdrawal Symptoms?

Learn about prednisone withdrawal, ways to help prevent it, and how to tell if it's happening to you. [Read on](#) →

Yoga for anxiety and depression



Meditation and other stress-reduction techniques have long been studied as possible treatments for depression and anxiety. One such practice, yoga, has received less attention in the medical literature, though it has become increasingly popular in recent decades. Yoga classes can vary from gentle and accommodating to strenuous and challenging; the choice of style tends to be based on physical ability and personal preference. Available reviews of a wide range of yoga practices suggest they can reduce the impact of exaggerated stress responses and may be helpful for both anxiety and depression.

[Read more »](#)



Decoding the Top Chemotherapy Regimens

For people with breast cancer, chemotherapy drugs can be combined into regimens designed to kill cancer cells. [Learn about the most common ones.](#)



Can Alternative Medicine Help Your Treatment Symptoms?

Are you experiencing side effects from your breast cancer treatment? Here's how alternative treatments can help provide relief and improve your quality of life. [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](#) →

What does the evidence say about turmeric's health benefits?

By [James Bullen](#)

You may have seen it popping up on cafe menus recently — the "golden latte". It's hot milk mixed with turmeric, coconut oil, maybe a bit of honey.

Turmeric has been proclaimed a superfood; a health booster — the yellow powder used as a central component in Asian cooking for thousands of years.

But what does the evidence say about the health benefits of taking turmeric? And are some forms better than others?

[Your golden latte isn't a superfood, but turmeric has promise](#)

[More](#) →



9 Surprising Benefits of Turmeric and Curcumi



Relax
Read
&
Share

If you are truly concerned about preserving good health over all, focus on a Mediterranean-style diet heavy on plant foods and unsaturated vegetable oils, with whole grains like brown rice and bulgur, fruits and vegetables as the main sources of carbohydrates.

Pasta

Rather than avoiding pasta when you're dieting, make the switch to whole grain and keep your portions small. Research suggests people who eat several servings of whole-grain foods per day are more likely to slim down and maintain healthy weights. According to one study, eating whole grains rather than refined grains can also help burn belly fat. WebMD



Nuts

Nuts may be high in fat, but it's the good kind. And they are also rich in nutrients, protein, and fiber, which can help stabilize blood sugar. Sure, you'll get a few extra grams of fat from munching on a handful of nuts, but it's worth it if it helps you avoid reaching for cookies or other sweets. Even peanut butter can be a dieter's friend. In one study people who ate a handful of nuts a day were slimmer and even lived longer.

VIDEO

5 Natural Substitutes for Salt



Just because you're trying to watch your sodium doesn't mean your meals can't be full of flavor. Zest things up with these tasty, natural foods.

Compiled, edited & published by
Dr Harold Gunatillake
To unsubscribe
email: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)