

What foods should you eat if you have pancreatitis?

By [Megan Ware RDN LD](#)

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

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Pancreatitis is a serious condition that occurs when the pancreas becomes inflamed. The pancreas is an organ that produces insulin and digestive enzymes. The same enzymes that help with digestion can sometimes injure the pancreas and cause irritation. This irritation can be short-term or long-term.

Certain foods may make abdominal pain caused by pancreatitis worse. It is important to choose foods that will not make symptoms worse and cause discomfort while recovering from pancreatitis.

Read on to learn more about the best foods to eat and those to avoid during episodes of pancreatitis.

[Read more](#)

[What foods should you eat if you have pancreatitis?](#)

ABBOTT VASCULAR CLINICAL SPECIALIST

Ms. AMAN KAHLON - Abbott Vascular and Clinical Specialist in Coronary Products of the Victorian branch has donated coronary stents and balloons to AUSLMAT for it's 2018 Medical Mission to Sri Lanka. Dr. Andrew Cochrane and the medical team of 21 will be with Dr. Santhanathan in the Intervetional Cardiac Unit at Karapitiya hospital on Friday 13th July. This donation is valued at AUD\$10,000. AUSLMAT is grateful to Abbott Vascular for this generous donation. We have supported the cardiac unit from our very first visit to Galle soon after the 2004 Asian tsunami. Quintus de Zylva

Watch the Youtube Video published by JICA

<https://www.youtube.com/embed/6hb7Kwuj6PI>

Eggs for breakfast

[Eggs](#) are undeniably healthy and delicious.

Studies have shown eating eggs at breakfast increases feelings of fullness, reduces [calorie](#) intake at the next meal and helps maintain steady blood sugar and [insulin](#) levels ([1](#), [2](#), [3](#)).

In one study, men ate either eggs or a bagel for breakfast. They felt more satisfied after the eggs, and took in fewer calories during the rest of the day ([3](#)).

Additionally, egg yolks contain lutein and zeaxanthin. These [antioxidants](#) help prevent eye disorders like cataracts and macular degeneration ([4](#), [5](#)).

Eggs are also one of the best sources of choline, a nutrient that's very important for brain and liver health ([6](#)).

They're also [high in cholesterol](#), but don't raise cholesterol levels in most people. In fact, eating whole eggs may reduce heart disease risk by modifying the shape of LDL, increasing HDL and improving insulin sensitivity ([7](#), [8](#)).

What's more, three large eggs provide about 20 grams of high-quality [protein](#).

Eggs are also very versatile. For example, hard-boiled eggs make a great portable breakfast that can be prepared ahead of time.

Bottom Line: Eggs are high in protein and several important nutrients. They also promote fullness and help you eat fewer calories.

Health line

Eating Fish May Help Reduce RA Disease Activity

There's nothing fishy about it. Seafood lovers may enjoy less active rheumatoid arthritis symptoms.

What Is Rose Tea?



Rose tea, quit simply, is made from whole rose blossoms or the rose petals themselves (after being dried). This is a popular Middle Eastern variety of tea, but it can be enjoyed anywhere in the world. The many benefits of rose tea are a result of the high [concentrations](#) of [vitamin C](#), polyphenols, [vitamin A](#), various [minerals](#), nerol, geraniol, myrcene, [quercetin](#) and [other](#) antioxidants.

Health Benefits Of Rose Tea

Adding rose tea to your health regimen can help you treat [arthritis](#), menstrual cramps, [cancer](#), flu, cold, digestive difficulties, [bronchitis](#), [depression](#), [insomnia](#) and many other chronic diseases. Unlike rosehip tea, which is made from the fruit of the rose plant, rose tea is derived from the whole blossoms or petals.

[Organicfacts.net](#)

Indoor Air Pollution

Volatile organic compounds (VOCs) are gases released by many household products.

[Read more...](#)

Graves' Disease Thyroid Condition

Graves' disease is the most common cause of hyperthyroidism in the U.S. Symptoms of Graves' disease include... [Read more...](#)

Sri Lanka Association of NSW presents A Night of Compassion.

Annual Dinner Dance 2018
7th July 2018, at DOCKSIDE, Cockle Bay,
Darling Harbour, Sydney.

In Aid of **FOODBANK** - The largest hunger relief organization in Australia



Message from the President, Sam Masachchi
"Dear friends, come along to our next event on the 7th of July and listen to, CEO of Food bank NSW & ACT Mr Gerry Anderson AOM (left) speak about how you can help hunger which is reaching crisis levels. Call me if you have not purchased your tickets to this fundraiser"

Spicy Pain-Relieving Cream Recipe

- 1 tablespoon aloe gel
 - 1 tablespoon olive oil
 - 2 teaspoons ground turmeric
 - 2 teaspoons ground ginger
 - 1 teaspoon ground cayenne pepper
- In a small bowl, blend ingredients into a paste. To use, spread paste over the affected area. Hold it in place with cheesecloth or plastic wrap, then wash your hands with soap and water. Remove paste after 30 minutes.

Note: Turmeric is used to dye fabrics yellow, and as such will stain clothing and temporarily stain your skin. The cayenne can burn sensitive areas; avoid touching your eyes after handling.



Could God Help You Live Longer?

Being religious may come with a longevity boost, a new study suggests.

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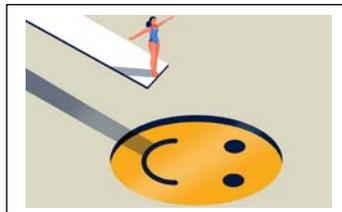


Could Eating More Seafood Help Couples Conceive?

Eating seafood twice a week could up your odds of getting pregnant.

[Read](#)

How Aristotle is the perfect happiness guru



Happiness is not a state as far as Aristotle is concerned, it's an activity, says Professor Edith Hall, and you just have to decide to become happier. You've got the Headspace app, know your downward dog from your black dog, and once read something by Freud, so what can a guy who lived 23 centuries ago tell you about the pursuit of happiness today? "Aristotle did it first and better. So why not go to the source, the original brain that figured all of this out?" says [Professor Edith Hall](#). "I think there is a comfort in ideas that people have held for thousands of years." Her book, *Aristotle's Way*, promises to teach you "how ancient wisdom can change your life", in particular how to achieve a lifelong state of what the ancients referred to as eudaimonia and we come closest to with "contentment". According to Aristotle, Hall writes: "The ultimate goal of human life is, simply, happiness, which means finding a purpose in order to realise your potential and working on your behaviour to become the best version of yourself." It's an ancient version of that poster "Work Hard & Be Nice to People", but in a less cool font.

[Read more](#)

[How Aristotle is the perfect happiness guru](#)

Exercise as part of cancer treatment

[Monique Tello, MD, MPH](#)

Contributing Editor



In a first, a national cancer organization has issued [formal guidelines](#) recommending exercise as part of cancer treatment, for all cancer patients. The Clinical Oncology Society of Australia ([COSA](#)) is very clear on the directive. Its recommendations are:

Exercise should be embedded as part of standard practice in cancer care and viewed as an adjunct therapy that helps counteract the adverse effects of cancer and its treatment.

All members of the multi-disciplinary cancer team should promote physical activity and help their patients adhere to exercise guidelines.

Best practice cancer care should include referral to an accredited exercise physiologist and/or physical therapist with experience in cancer care.

Lead author of the statement, clinical researcher and exercise physiologist, and chair of the COSA Exercise Cancer guidelines committee, [Dr. Prue Cormie](#) is also very clear in her statement to the press: [Read more](#)

[Exercise as part of cancer treatment](#)

Dear Friends, Family and Colleagues,

June 2018 VACD Newsletter

What we are proud of:

We are proud to announce that through the diligence of the Sri Lanka leadership team, the VACD centre in Bandarawela has reduced less important administrative expenses from 13% of total expenses during the 2015/16 financial year, 9% during 2016/17 and now to a new low of 3%. Donors and supporters would be delighted to know that virtually all their funds directly benefit disabled children and the painstaking reduction in costs has not compromised the services and facilities we deliver to our children.

Family Assistance Program (FAP):

We find that quite a few VACD families (single parent and single income) are finding it extremely tough due to the soaring cost of living, to meet their daily expenses for basic household needs and medication. After receiving several appeals for assistance, the VACD Family Finance & Budgeting Committee have vetted these applications and have identified some of the neediest low-income families for whom it would be compelling to give a small monthly allowance to ease their burdens.

Please consider making a monthly payment of A\$25 (or equivalent) to sponsor a family, all of which will go directly to that family. You may set up a standing order with your bank for monthly payments or pay a lumpsum for the year/6 months/period of your choosing.

Please continue your important financial support:

With the end of the Australian financial year fast approaching it is a most opportune time to donate to VACD, either by credit card, PayPal, direct transfer or even through the Good Company website, where you can make a salary sacrifice and if your employer has a gift matching policy enhance this donation. Please visit the VACD website: <http://www.vacd.org.au/> for all payment options and more information on VACD.

As VACD has been awarded the Deductible Gift Recipient status, our official receipt entitles Australian tax payers to claim a tax rebate.

Collaborative Partner news:

Foundation of Goodness (FoG):

FoG is in the process of establishing a Village Heartbeat Centre in Bandarawela, where VACD have been invited to send eligible parents and children to follow vocational training in a variety of skills. FoG will reciprocate by referring children with disabilities to VACD.



Left photo: entrance to the FoG building in Bandarawela and right photo: an inside view of one of the rooms.

A Tuk-Tuk ride from Jaffna to Colombo from 26th July to 6th August is being organised to raise funds to establish and administer (for 3 years) a FoG Village Heartbeat Centre in Moneragala, where it is envisioned about 750 children, youth and women will receive educational and vocational training. For more information and to support FoG, please visit : <https://www.doinggoodrewards.com/campaign/2018-oyob-tuk-tuk-ride-funding-the-moneragala-village-heartbeat-center-for-3-years/16>

Felix Stephen

Chairman of the Board of Directors - VACD Ltd. Sydney – Australia - <http://www.vacd.org.au/>

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Effects of Alzheimer's disease reversed in mice

Reversing memory deficits and impairments in spatial learning is a major goal in the field of dementia research. A lack of knowledge about cellular pathways critical to the development of dementia, however, has stood in the way of significant clinical advance.



Potatoes

Serving Size: 1 medium potato
Cost per serving size: About 15 cents

Calories: 170

Sure, they're not so healthy as french fries or slathered in butter and sour cream. But spuds have vitamin C, fiber, and potassium, and may help lower your blood pressure and cholesterol. Slice one and roast it in the oven with a drizzle of olive oil, or top a baked potato with veggies or lean turkey chili for a cheap, easy measure

Meat, farmed catfish have highest environmental impact: Study

Industrial beef production and farmed catfish are the most taxing on the environment, while small wild-caught fish and molluscs, including oysters and mussels, have the lowest environmental impact, according to a study.



Eggs

Serving size: 1 egg
Cost per serving: About 25 cents
Calories: 72

With 6 grams of protein each, eggs are another cheap sub for meat. They're full of nutrients, like vitamins D and A, and choline -- essential for pregnant and breastfeeding women. Experts say one egg per day won't throw off your cholesterol numbers. So crack one for breakfast, try one hard-boiled on grain bowls and salads, or scramble some as a base for veggies or in tacos. WebMD

Trials begin of a saliva test for prostate cancer

Lactose Intolerance Vs. Milk Allergy In Babies

If your baby is reacting to milk, it could either be lactose intolerance or cow's milk allergy. While lactose intolerance causes stomach aches, vomiting, diarrhea, and gas, milk allergy can also cause rashes, breathing difficulty, and a blocked or runny nose. Also, lactose intolerance generally develops after 3 years of age, whereas milk allergy is common in babies under 1.

[VIEW ARTICLE](#)

Lentils

Serving size: ½ cup cooked
Cost per serving: Around 20 cents
Calories: 115
They're little, but they pack in protein -- 9 grams per serving. They're also low in fat, so they can be a healthy, less expensive sub for meat. Plus, they're a good source of folate, iron, and potassium. And they have plenty of fiber, so they'll keep you feeling full longer. Try brown, green, or red lentils as a side dish, in a salad, in stews, or over rice. WebMD



Oats

Serving size: ½ cup (dry)
Cost per serving: About 22 cents
Calories: 140
A hot bowl of oatmeal makes a great breakfast. Or use oats as a healthy filler in meatloaf, burgers, casseroles, and fruit cobblers. Their fiber will keep your stomach satisfied and can lower cholesterol and boost your immune system. They also have antioxidants that may help protect your cells from damage.



ARTICLE

Many With Breast Cancer May Not Need Chemo

A majority of women with an early form of a common breast cancer may be able to skip chemo, thanks to this gene test, researchers say.



WELIGAMA - DENIPITIYA KANISHTA VIDYALAYA

The Australia Sri Lanka Medical Aid Team will conduct a free general medical clinic at Denipitiya on Thursday 12th July. The strong diabetic group with Dr. Erosha and Preethi de Silva will check random blood sugars and HbA1c in all the patients who attend from 2.30pm. Dr. Upali Mendis (ophthalmologist) and Mangala Samarakoon (optometrist) will distribute new and used spectacles that we have received from many donors throughout Australia - Maurice Forster and Ryle Moldrich have contributed spectacles throughout the year.

We are also grateful to Sri Lankan Airways and Singapore Airlines who have given us an extra baggage allowance to carry medical equipment. The picture shows the huge crowd that attended the clinic last year. Dr. Dharmapriya Wejisinghe and Dr. Piumika Jayawardena from Sri Lanka will assist us at this clinic. Quintus de Zylva

Blurred Vision, Burning Eyes: This Is a Lasik Success?



A patient during a Lasik procedure at Ophthalmic Consultants of Long Island. The surgery uses a laser to reduce the curvature of the cornea. Uli Seit for The New York Times

By **RONI CARYN RABIN**

Some patients who undergo the eye surgery report a variety of side effects. They may persist for years, studies show.

Today's Health Topic

Food and mood: Is there a connection?



If you've ever found yourself in front of the TV after a bad day, mindlessly digging ice cream out of the container with a spoon, you know that mood and food are sometimes linked. But while stress eating is a verified phenomenon, the relationship between food and actual mood disorders, such as depression, is less clear. Or, to put it another way: can the things you eat influence your risk for depression — and can dietary changes potentially improve your mental health?

[Read more »](#)

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.

Diabetes

This leading cause of kidney failure damages the organs' small blood vessels and filters. That makes it difficult for them to clean your blood. Your body holds on to more salt and water than it should, and there's more waste in your system. Nerve damage caused by the disease can make urine back up and harm your kidneys through pressure or infection.

High Blood Pressure

If the force of blood flow through your body is too high, it can stretch and scar -- and weaken -- your blood vessels, including the ones in your kidneys. This can keep them from getting rid of waste the way they should, and the extra fluid in your blood vessels can raise your blood pressure even more, leading to a dangerous cycle. It's treated with medication and changes to things like your diet, exercise habits, and stress level.

High Cholesterol

If you have too much bad cholesterol, it can build up in the vessels that carry blood into and out of your kidneys, and that can affect how well they work. It also makes you more likely to have high blood pressure and diabetes. A blood test can tell you if your cholesterol level is too high.

The World at the Brink (2)

?????

This article is written in continuity of the previous article of the same title.

In the previous article we discussed how we as Human Beings have intentionally or unintentionally contributed to the drastic ecological changes that are ongoing in our Mother Earth. Most of these debacles being attributed to selfishness and greed that have contributed in the devastating results as felt the whole World over; with not a day passing by without making media headlines – be it on Television; Newsprint; or other electronic means.

In continuance of the earlier article; let's take a look at another major catastrophic debacle that is lurking over us, in the moral and spiritual decay that we have brought upon ourselves – be it legal or illegal. Who is to be blamed is a question that has to be posed and one that needs to be thought of very seriously and most sincerely; without any bias.

It appears that we are in the "decay" mode in all aspects of our "day to day" life inclusive of the "day to day" bad happenings that we are encountering around us and in other parts of the world today. It happens to be rampant and escalating without bounds; and if one must call it – in leaps and bounds. So! Dear readers spare a few moments of your precious time to give thought to this very important facet of life. Think of what it was that you have experienced in life and what it is, at present; and also think of or speculate on what it is going to be and how it will affect us and our future human kind.

When you think back in retrospect; I believe that one will be reminded that much thought was given in formulating and enacting laws/ regulations, by our fore-fathers, in protecting our generations and generations to come. Man-made laws & regulations were thorough after much thoughtful considerations and based on experiences – with the prime objective of protecting us. In these decisions Spiritualism was one of its most important basis/foundation; in whatever Faith we followed. With "God-Fearing"; and the following of Code of ethics and disciplines that were conducive to our well-being - through Love, Discipline, Compassion and Peace; being foremost in mind; with vested interest of everyone.

But woe be unto us these very noble concepts that were etched in our minds; and the practices and noble concepts that were etched into our minds, body and soul, are now appearing to slide away fast. Thanks to the "Pseudo" Prophets that are undoing the very time tested and proven code of ethics – be it Spiritual, Moral or

Enacted Laws of yore; with a "bend backwards" policy in coping to the call of openly flouted and vociferously bantered calls for Human Rights; Freedoms of this, that or other; and the Rights to Sue, amongst others. Just make your representation to the correct authorities and "hey presto" you shall have the "Right" (Freedom of Speech is what I think you call it) to have your way – be it your personal selfish agenda or that of your Community.

Are we going against the Tenets of the Almighty is what 'pops up' in one's mind. Or are we fast emulating the good old biblical story of "Sodom & Gomorrah"? – The two biblical cities that felt the wrath of God; and completely destructed with extreme calamities that smote the two cities and its inhabitants. Seeing what's happening these days one can only ask one's self if we are indeed laying the "red carpet" in welcoming "The 4 Horsemen of the Apocalypse" meaning – "War; Famine; Pestilence; and Death". One can see them on the horizon and some of their effects that appears to have already permeated on us and our surrounds.

As an intelligent human race we need to conscientiously and most dedicatedly mend our ways and/or coax others to return to our old "status quo" of "separating the trees from the woods" - so to say. Yes! To be brave enough to do what is right without prejudice, fear or favour.

To conclude one is reminded of an age old story related to us in schools. That of the Lemmings (a small arctic rodent) which periodically committed suicide by jumping off cliffs. Researchers in later years countered this as a myth and divulged that the Lemmings would when over-populated seek "fresh pastures"; and in their quest would cross waterways and lakes to seek newer grounds. Though they could swim they often misjudged the distance and ultimately drown in the water. The question arises – are we like the Lemmings? The chances of survival appear to be very slim because we have polluted the waterways with human effluence; flotsam and jetsam which will undoubtedly choke us as we swim to newer grounds. So the time appears rife to get rid of such effluence, flotsam & jetsam if we as human beings wish to survive the looming onslaught of the "Four Horsemen of the Apocalypse". I now leave this burning issue in your very capable hands – to spare a few moments of your precious time to think most profoundly on this very serious issue that appears to be slowly eroding our "way of life".

God Bless us all in our quest for Faith, truth and straight/forward thinking.

Noor Rahim

[The Connection Between Thyroid and Digestive Health](#)

The thyroid is a butterfly-shaped gland that sits at the base of our throats and affects functions throughout our bodies via hormones that control metabolism. As one digs deeper into the endocrine system, it seems there's no way to truly separate our endocrine health from what's happening with our digestion. [Discover the connection between healthy digestion and a healthy thyroid.](#)



[Your Thyroid, Heavy Metals, and Harmful Chemicals](#)



[5 Herbs for Women's Health](#)



[Advanced breast cancer wiped out by woman's own immune system in experimental treatment](#)



Please circulate and share reading this Newsletter

Avoiding meat and dairy is 'single biggest way' to reduce your impact on Earth

Biggest analysis to date reveals huge footprint of livestock - it provides just 18% of calories but takes up 83% of farmland



Avoiding meat and dairy is 'single biggest way' to reduce your impact on Earth



Himalayan Pink Salt awarded 2 stars
Awarded to remarkable products with marks between 80% and 90%

For more information please visit www.mountmayon.com

[You May Have a 'Second Brain' in Your Butt... And It's Smarter Than You Think](#)

[See This](#)

You're reading these words because you have a brain in your head. But did you know you also have a brain in your butt? OK, not a literal brain — more of an autonomous matrix of millions of neurons that can, somehow, control intestinal muscle movements without any help from [your central nervous system](#). And these neurons don't actually live *in* your butt, but they do live in [your colon](#), or large intestine — that tube-like organ that connects the small intestine to the rectum and shepherds what remains of the food you ate through the final leg of the digestive tract.

Scientists call this site of colon intelligence your enteric nervous system, and because it can function without instructions from the brain or spine, some scientists like to call it your "[second brain](#)." How smart is this autonomous, intestinal brain? Scientists don't know for sure yet. But according to a new study in mice, published May 29 in the [journal JNeurosci](#), the answer might be *pretty smart for an intestine*.

[New Treatment for Ulcerative Colitis Approved](#)



Obesity and inactivity have long been known to be the most important risk factors that drive the development of type 2 diabetes.

Drink Pineapple Juice For Cough Relief

But only if your cough is caused by an allergy or asthma and only as a supportive treatment. Pineapple juice is equipped with an enzyme called bromelain that is determined to keep your airways clear of inflammation and mucus. Another upside is that it doesn't make you all drowsy like a regular cough syrup would. Let's also not forget the complementary vitamin C.

[VIEW ARTICLE](#)

Even healthy foods need moderation.

When you decide to switch out calorie-dense junk foods for the likes of nuts, peanut butter, and chia seeds, do you remember to *limit* yourself? Such a rookie mistake. People tend to think healthier foods come with a free pass to guilt-free calories, but calories are what they are – fattening. Some healthy foods are quite calorie dense like nuts, peanut butter, and chia seeds!

[Read More](#)

Life-Threatening Allergy Triggers

From insect stings to nuts and fish, this slideshow shows you what can trigger anaphylaxis, a severe allergic reaction, and how to be prepared for an allergy emergency.

[READ MORE](#)

[Is Celiac Disease Inherited?](#)



[Vitamin supplements have no health benefits](#)



Sugar alternatives?

Stevia can be made from the leaves of the Stevia rebaudiana plant which contain a variety of steviol compounds. These bypass digestion in the small intestine and are broken down by bacteria in the colon.

[Food Standards Australia New Zealand has approved](#) the use of a wide range of different steviol compounds. Labelled either by its name or "additive 960", stevia is marketed by some as a "natural" product. Although what is added to drinks and other foods is a highly purified extract, often blended with a sugar alcohol (usually erythritol) or complex carbohydrates called oligosaccharides.

In its favour, stevia has virtually no kilojoules, and can be used by those with diabetes. But [its effect on "good" bacteria](#) in the colon may be undesirable.

Arguments continue to rage over [whether intense sweeteners are beneficial or not](#). Some studies claim they [help with weight loss](#). Others say they may [increase the risk of excess weight](#) and some associated health problems. Their [effect on the "good" gut bacteria](#) also needs careful evaluation.

[Opinion: Sorry to break the news, but your reduced sugar Coke is still dangerous](#)

Coca-Cola is aiming for a 10 per cent reduction in sugar across their range by 2020. But a single can of reduced sugar Coke still contains almost 40 per cent of your recommended daily intake, plus these drinks remain a "dental disaster", writes Rosemary Stanton.



Breast cancer: A low-fat diet may improve survivors' outlook

By [Ana Sandoiu](#)

[Fact checked](#) by Jasmin Collier

New research now suggests that consuming less dietary fat after being diagnosed with breast cancer may significantly improve a person's survival rate.

Estimates show that around [1 in 8](#) women in the United States will be diagnosed with invasive [breast cancer](#) at one point in their lives.

If the [cancer](#) is found only in the breast and has not spread to other parts of the body, [99 percent](#) of the people who receive such a diagnosis go on to live cancer-free lives for a minimum of 5 years.

And, if the cancer has spread to the surrounding lymph nodes, 85 percent of patients with breast cancer have the same 5-year survival rate. However, this rate drops to 27 percent if the cancer has traveled to distant parts of the body.

But what are some of the factors that influence the survivors' outlook? Some studies have revealed that being obese, for example, raises the risk of breast cancer recurrence, even death, by [35–40 percent](#). Does this mean that following a low-fat diet will impact a patient's chance of cancer recurrence and overall survival? Scientists led by Dr. Rowan T. Chlebowski, Ph.D. — of the City of Hope National Medical Center in Duarte, CA — set out to investigate. Their [findings](#) were published in the journal *JAMA Oncology*.

Read more:

[Breast cancer: A low-fat diet may improve survivors' outlook](#)

[Most men with small-growing prostate cancers aren't being properly monitored](#)

It is well known that many prostate cancers are slow-growing, but specialists have warned that does not mean men with low-risk cancers can avoid the doctor's office all together.

[More](#) 

What causes spleen cancer?



The spleen is an organ that filters and stores blood.

Cancer that first starts in the spleen is a rare occurrence.

Researchers believe it happens in less than [2 percent of all lymphomas and 1 percent](#) of all non-Hodgkin [lymphomas](#). A form of cancer that does develop in the spleen is called splenic marginal zone lymphoma or SMZL, which is considered a kind of non-Hodgkin lymphoma. Since most cancers affecting the spleen are cancers that spread from another place, understanding the causes of spleen cancer means looking at what causes these other diseases.

Most cancers that start in the spleen are a kind of lymphoma or [leukemia](#). Most of the time, it is not possible to find a specific cause of lymphoma, according to [Lymphoma Action](#).

Researchers have, nonetheless, identified factors that may increase the risk of developing lymphoma, including:

- being older
- being male
- having a relative with lymphoma
- having immunity complications
- being exposed or vulnerable to infections

Several studies have [identified a link](#) between chronic infection with the [hepatitis C](#) virus, and the risk of developing a specific kind of cancer known as B-cell non-Hodgkin lymphoma, which can lead to spleen cancer. Researchers have also identified possible links between spleen cancer and environmental hazards, such as thorium dioxide or monomer vinyl chloride.

Read more

[What are the symptoms of cancer of the spleen?](#)



Know the

Limits

Before you start a petition to replace the office water cooler with a beer keg, let's be clear: Alcohol is only healthy in smaller amounts -- about 1 drink a day for women (5 ounces of wine, 12 ounces of beer, or 1.5 ounces of liquor) and 2 for men. After that, the benefits get hazier and the risks increase.

Helps Your Heart

If you're in good shape, moderate drinking makes you 25% to 40% less likely to have a heart attack, stroke, or hardened arteries. This may be in part because small amounts of alcohol can raise your HDL ("good" cholesterol) levels. Heavy drinking, on the other hand, boosts your risk of heart disease.

Gets You More Active

Moderate drinkers are far more likely to exercise than people who don't drink. And they may even get more healthy effects from it. On the flip side, the more you exercise, the more likely you are to drink now and then.

Prevents Kidney Stones

Regular moderate drinkers are less likely to get kidney stones -- 41% less likely for those who drink beer, 33% for wine drinkers. Part of the reason may be that alcohol, like caffeine in coffee and tea, makes you pee more often. That helps clear out the tiny crystals that form stones. Drink too much, though, and you can get dehydrated, and that increases your risk of kidney stones along with other health problems.

Makes You More Social

Good friends are good for you. And people who have a drink or two together -- rather than, say, sodas -- are likely to spend more time talking. They're also more likely to share smiles and keep everyone involved in the conversation. But don't overdo it -- it's called happy hour for a reason.

Gives Your Sex Life a Boost

Intimacy helps you deal with stress, and a little alcohol may move things along. In one study, women who had one or two glasses of red wine a day said they had more desire, arousal, and sexual satisfaction than those who didn't. Those who drank more reported no change. A drink also may help raise a man's testosterone levels, which makes both men and women friskier. But men who drink too much can lose the desire and the ability to have sex.

WebMD

Barbecuing meat

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

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

Pink Slime

You've probably heard about "pink slime," the low-cost beef filler that is treated with ammonia to kill bacteria. But how can you avoid it? Since "ammonium hydroxide" is considered a processing aid, it doesn't need to be listed on food labels. But many fast-food chains and grocery stores have stopped selling beef that contains it. Check the web site of your favorite store, or ask at the meat counter.

Bacteria on the surface of ground beef can get mixed inside when you make hamburger patties. So don't skip on the cooking time. As a rule, cook a 4-ounce ground beef patty that is about 1/2 inch thick and 4 inches wide over medium coals for 11 to 13 minutes. With a gas grill, check the manual for cooking times. -Read more

15 Grilling Dos and Don'ts

Cooking out can be a fun way to make healthier meals. Try these tips to marinate meat, get juicier burgers, and more.

VIDEO

Why Rambutans Rule

This funny-looking tropical fruit tastes refreshing -- and is higher in antioxidants than green tea

Recipes

- Italian Peasant Soup With Cabbage, Beans, and Cheese
- Caprese Salad
- Turkey and Tomato Panini



SLIDESHOW

What to Buy for More Omega-3s

Fish isn't the only way to get these heart-healthy fatty acids. See which other foods are rich in them.



9 Best Foods You're Not Eating

Lentils aren't as popular as beans, but they're just as worthy. What else should you add to your plate?

Additional News from Harvard Health Publishing

[Drinking excessively could raise risk of early-onset dementia](#)

[Inflammatory foods are linked with higher colon cancer risk](#)

[Fat-dissolving treatments for a double chin](#)



18.04.08 Events & Places of Interest.pd

AUGUST 17th TO 27th 2018

Kandy Esala Perahera

Magnificent torch-lit procession, without equal anywhere in the world, with hundreds of dancers, drummers and gaily-caparisoned elephants. Booking of tickets to view well in advance of the event is **strongly** advised.

<https://lanka.com/events/kandy-esala-perahera/>

[Natural Remedies for Spring Allergies](#)

Natural remedies for seasonal allergies can help you enjoy spring without the coughing, sneezing, and congestion of hay fever.

[Breathe easy this spring with these 10 remedies.](#)



[Cures in Your Cupboard](#)



RECIPE

Spaghetti With Quick Meat Sauce Recipe



What is a Gold Karat?

By Corey Binns



Most gold jewelry isn't made of pure gold.

The amount of gold in a necklace or ring is measured on the karat scale. Pure gold is 24 karats. Bars of gold kept in [Fort Knox](#) and elsewhere around the world are considered to be 99.95 percent pure, 24-karat gold.

As metals are added to gold during jewelry making, the gold becomes less fine and the number of karats drops. For example, 12 karat gold contains 50 percent gold and 50 percent alloys by weight.

The word karat comes from the carob seed. In ancient Asian bazaars, the seeds were used to balance scales that measured the weight of gold.

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We're also on [Facebook](#) & [Google+](#).



Ken Burris RECIPE

Sweet Potato Hash With Black Forest Ham Recipe



[What is Sciatica?](#)

[Causes of Sciatica](#)

[Symptoms of Sciatica](#)

[Treatments for Sciatica](#)

- [Pain Killers](#)
- [Steroid Injections](#)
- [Acupuncture](#)
- [Chiropractor](#)
- [Massage](#)
- [Hot and Cold Therapy](#)

[Home Remedies for Sciatica](#)

- [Valerian Root](#)
- [Turmeric](#)
- [Sleep Quality](#)

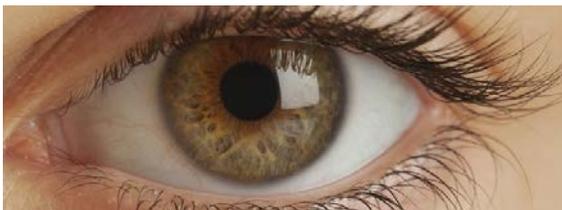
[Exercises for Sciatica](#)

What Is Sciatica?

Sciatica refers to a localized pain in the lower back that may often extend down into one of the legs and through the buttocks. This throbbing sensation may be rapid and it fades quickly or could even remain present for weeks. In most cases, this strong, lancing pain will only affect one of your legs, but rarely both, due to the underlying cause of this condition. The name is derived from the nerve that causes this pain, the sciatic nerve. When this nerve is impinged or impacted in some way, the pain will appear at some level of severity. For many people, the pain is only temporary, but [recurring problems](#) with sciatica are common, and often worse if they aren't addressed or treated in some way. Due to the location of the pain, many people misdiagnose sciatica as a problem with the leg, whereas the actual nerve impingement is happening in the lower back. In some cases, the effects can even be felt at the foot and lower leg.

[Double Bay](#) ←

It was an experience to watch- assembling sailing boats, making them vertical (erect) from sleeping position, in preparation for...
YOUTUBE.COM



[New Stem Cell Treatment Reverses Vision Loss in 2 Patients](#)

See This

[5 Signs and Symptoms of Lactose Intolerance](#)



Lactose intolerance is common and can cause a wide range of symptoms. Here are 5 signs and symptoms of lactose intolerance. [Read on](#) →

[What's Causing Your Leg Pain?](#)



Injuries, blood clots, and inflammatory conditions like rheumatoid arthritis may cause leg pain.

READ MORE

[MS vs. ALS: What's the Difference](#)

ALS (amyotrophic lateral sclerosis, Lou Gehrig's disease) and MS (multiple sclerosis) are not the same disease. [Read more...](#)



[Can You 'Speed Up' Your Metabolism?](#)

See This



[How Much Caffeine Is in That?](#) ←

Caffeine can boost your energy, but too much can make you anxious or jittery. Find out how much is in green tea, soda, and these other things.



[How Brain Surgery Stops Parkinson's Disease Tremors](#)

Experts say two types of brain surgery can have immediate results for Parkinson's disease patients. However, they say oral medications should be tried



How to make mini terrariums

Get creative with this simple planting activity. [Read more](#)



Asparagus and feta frittata recipe

Thyme and feta bring a delicious flavour to this dish. [Read more](#)



How to grow micro-greens

It's easy to grow your own delicious little sprouts. [Read more](#)

Has dopamine got us hooked on tech?

IN an unprecedented attack of candour, Sean Parker, the 38-year-old founding president of Facebook, recently admitted that the social network was founded not to unite us, but to distract us. “The thought process was: ‘How do we consume as much of your time and conscious attention as possible?’” he said [at an event in Philadelphia in November](#). To achieve this goal, Facebook’s architects exploited a “vulnerability in human psychology”, explained Parker, who resigned from the company in 2005. Whenever someone likes or comments on a post or photograph, he said, “we... give you a little dopamine hit”. Facebook is an empire of empires, then, built upon a molecule.



Dopamine, discovered in 1957, is one of 20 or so major neurotransmitters, a fleet of chemicals that, like bicycle couriers weaving through traffic, carry urgent messages between neurons, nerves and other cells in the body. These neurotransmitters ensure our hearts keep beating, our lungs keep breathing and, in dopamine’s case, that we know to get a glass of water when we feel thirsty, or attempt to procreate so that our genes may survive our death.

In the 1950s, dopamine was thought to be largely associated with physical movement after a study showed that Parkinsonism (a group of neurological disorders whose symptoms include tremors, slow movement and stiffness) was caused by dopamine deficiency. In the 1980s, that assumption changed following a series of experiments on rats by Wolfram Schultz, now a professor of neuroscience at Cambridge University, which showed that, inside the midbrain, dopamine relates to the reward we receive for an action. Dopamine, it seemed, was to do with desire, ambition, addiction and sex drive.

[Read more: Has dopamine got us hooked on tech?](#)

What You Eat for Breakfast May Help Combat Arthritis Pain

Researchers say a bowl of muesli on most mornings could help ease rheumatoid arthritis symptoms.

Beef, Milk Bacteria May Have Negative Impact on Rheumatoid Arthritis

Should beef and dairy products be avoided by people with rheumatoid arthritis? Maybe, says a new study. [READ MORE](#)



Causes of Fatigue

Lack of sleep causes fatigue, and can have a negative impact on your overall health and well-being. [Read more...](#)

What causes dizziness and fatigue?



Dizziness and fatigue may be caused by hypoglycemia, concussion, or iron-deficiency anemia (IDA).

A wide variety of conditions can cause both dizziness and fatigue. Below are five of the most common causes of both symptoms.

1. Chronic fatigue syndrome (CFS)

As indicated in the name, fatigue is the main symptom of CFS, and it can be so severe that it creates difficulty in performing everyday tasks.

The condition is also known as myalgic encephalomyelitis.

In addition to fatigue and dizziness, a person with CFS may experience:

- sleep problems
- muscle or joint pain

- [headaches](#)

- a [sore throat](#)

- difficulty thinking, remembering, or concentrating

- a fast or irregular heartbeat

The symptoms may be mild, moderate, or severe, and tend to worsen after exercise.

2. Hypoglycemia

[Hypoglycemia](#) happens when the level of glucose in the blood drops below normal levels. It is also known as low blood glucose or low blood sugar.

The condition commonly occurs in cases of insulin-dependent [diabetes](#). People with this long-term condition do not properly process glucose, the body's main energy source, and they require supplementation with [insulin](#).

Symptoms of mild to moderate hypoglycemia can vary from person to person. They tend to come on quickly and may include fatigue and dizziness.

People with hypoglycemia can also experience any combination of the following symptoms:

- being shaky or jittery

- [excessive sweating](#); hunger; headache; blurred vision; confusion;

- poor coordination; trouble concentrating

- weakness

- a fast or irregular heartbeat

People with severe hypoglycemia may be unable to eat or drink. They may experience seizures or convulsions and can even lose consciousness.

Severe hypoglycemia is dangerous and needs to be managed right away.

Read more: [Why do I feel both tired and dizzy?](#)

If you feel tired?

The thyroid is a butterfly-shaped gland in the neck. It produces the hormones that regulate metabolism. Low levels of thyroid hormone can cause a range of symptoms, including fatigue, constipation, dry skin, brittle nails, hair changes, aches and pains, and feeling down. Untreated, an underactive thyroid (hypothyroidism) can increase the chances of developing high cholesterol, high blood pressure, and heart disease.

Women are more likely than men to have problems with their thyroid, particularly as they get older. In some women, the onset of thyroid trouble is so gradual that it's hardly noticeable; in others, symptoms come on abruptly over the course of a few weeks or months. These include:

- **Fatigue.** You may feel unusually tired and have less energy.
- **Cold intolerance.** You may feel chilly even when others around you are comfortable.
- **Appetite loss, weight gain.** When metabolism is dragging, you need fewer calories so your appetite may decrease — at the same time, you are using fewer of the calories you do eat, so more are stored as fat.
- **Cardiovascular effects.** Low levels of thyroid hormone can lead to high blood pressure as well as elevated levels of total and LDL cholesterol. Over time, an underactive thyroid can compromise the ability of the heart to pump blood effectively.
- **Mental effects.** Hypothyroidism and depression share many of the same symptoms, including trouble concentrating, memory problems, and loss of interest in things that are normally important to you.
- **Other signs and symptoms.** Hypothyroidism can cause symptoms throughout the body, from constipation to muscle aches and pain around the joints. Skin, hair, and nails may become dry and thin.

If you have any of these symptoms, see your doctor. She or he will examine you for signs of hypothyroidism, and may recommend blood tests to check thyroid function.

Hypothyroidism is usually treated with a daily dose of synthetic thyroid hormone, which is taken as a pill. This medication works exactly like your body's natural thyroid hormone. It may take some time to find the right dose for you. Once you do, symptoms usually improve dramatically. Your doctor will check your thyroid function usually once or twice a year to be sure that your dose of medication remains optimal.

For more on steps to a longer and healthier life, buy [A Guide to Women's Health: Fifty and forward](#) a Special Health Report from Harvard Medical School.

Male contraceptive compound stops sperm without affecting hormones

University of North Carolina Health Care



11 Wonderful Benefits Of Brussels Sprouts

What Are Brussels Sprouts?

When you think of [cabbage](#), one usually imagines something about the size of a softball or larger, but brussels sprouts are also a type of cabbage, and bear the scientific name *Brassica oleracea*. The sprouts are grown on long stalks that can be harvested multiple times each year, and they are small, green bulbs that look like miniature cabbages. The taste of brussels sprouts is also quite similar to cabbage, notably quite bitter, but can be improved significantly when they are broiled or cooked. Brussels sprouts, as the name implies, were grown in and around the region of Brussels, Belgium for centuries. This cabbage varietal is native to the Mediterranean and European region, and is now primarily grown in the Netherlands and Germany.

Brussels sprouts are easy to overlook in the international produce market, but when it comes to healthy cruciferous [vegetables](#), these sprouts should not be ignored. Brussels sprouts are rich in [vitamin C](#), [vitamin B6](#) and [vitamin A](#), as well as dietary [fiber](#), [vitamin K](#), [manganese](#), [copper](#), [potassium](#) and many other essential [vitamins](#) and nutrients, including [flavonoids](#) and polyphenolic compounds. Brussels sprouts are prepared in many different ways around the world, ranging from roasting, broiling and frying to steaming and adding them to a stir fry. Brussels sprouts should never be overcooked, as the flavor can become quite sour or unpleasant. However, when cooked properly, brussels sprouts can be complementary to many [meat](#) dishes, and can be topped with dozens of sauces and [spices](#). Aside from their delicious flavor, many people add brussels sprouts to their diet in order to enjoy the many health benefits of this miniature cabbage.



Health Benefits Of Brussels Sprouts

Boosts Immune System

One of the most impressive characteristics of brussels sprouts is their high vitamin C content. A single cup of brussels sprouts contains more than 120% of your daily recommended amount of vitamin C. This is critical for the health of your immune system, as [vitamin C stimulates](#) the production of white blood cells and acts as an antioxidant in the body, reducing oxidative stress and lowering your chances of chronic disease.

Improves Digestion

Like most cruciferous vegetables and types of cabbage, brussels sprouts contain a high level of dietary fiber. Fiber can help to bulk up the stool and [promote](#) healthy digestion by reducing [constipation](#) and stimulating peristaltic motion, which helps [food](#) move through the digestive tracts more smoothly.

Helps in Pregnancy

The [high level](#) of [folic acid](#) found within brussels sprouts makes them very important for expectant mothers. Folic acid is crucial in preventing neural tube defects, which affect thousands of infants every year. B-family vitamins are very important for developmental processes when you are with child.

Prevents Cancer

Research is ongoing into the potential benefits of brussels sprouts for [cancer](#) prevention, but many studies have found that the [antioxidant content](#) of these cruciferous vegetables is able to reduce oxidative stress caused by free radicals. Free radicals are associated with mutating healthy cells and increasing your [cancer risk](#).

Helps in Blood Clotting

Vitamin K is one of the most commonly overlooked vitamins, but this is necessary for blood clotting throughout the body. A [single cup](#) of brussels sprouts contains more than 240% of your daily recommended vitamin K, ensuring that your [blood clots](#) properly, while also protecting heart health and boosting bone strength.

Balances Hormone Levels

Studies have found that the active ingredients and volatile compounds found in brussels sprouts affect the [thyroid gland](#) and its many functions within the body. This can help to regulate hormone levels in the body, which affect everything from metabolic function to digestive efficiency and energy levels.

Heals Wound

Vitamin C does more than simply boost the immune system; it is also an important component in collagen, which is required for the production of skin, muscle and tissue cells. Without proper vitamin C levels, which brussels sprouts provide, the body is unable to rapidly recover from illness and injury.

Improves Bone Strength

There is a broad range of minerals found in brussels sprouts, including manganese, copper, phosphorous and iron, all of which are needed to build strong bones and prevent the onset of osteoporosis. By preventing bone mineral density loss, a diet rich in brussels sprouts can keep you feeling healthy and active as you age.

Reduces Blood Pressure

Potassium is an extremely important mineral in the body, because it acts as a vasodilator, meaning that it can reduce the tension and pressure of the blood vessels and arteries, thereby relieving strain on the cardiovascular system. This can lower your risk of heart attack, stroke, atherosclerosis, and coronary heart

Organic Facts.net

[If Your Mom Was Big on Dieting, Your Kids May Pay the Price](#)



Links between eating red meat and distal colon cancer in women

UNIVERSITY OF THE BASQUE COUNTRY

Drinking Too Much Alcohol May Increase

Dementia Risk

Researchers say drinking is the number one preventable risk for dementia. However, there's conflicting research on how much alcohol is too much. [Read on](#) →

During my check-up I asked the Doctor, "Do you think I'll live a long and healthy life then?"
He replied, "I doubt it somehow. Mercury is in Uranus right now."
I said, "I don't go in for any of that astrology nonsense."
He replied, "Neither do I. My thermometer just broke."



Fighting Cancer by the Plateful

No single food can prevent cancer, but the right combination of foods may help make a difference. At mealtimes, strike a balance of at least two-thirds plant-based foods and no more than one-third animal protein. This "New American Plate" is an important cancer fighting tool, according to the American Institute for Cancer Research. Check out better and worse choices for your plate.

WebMD



PASS UP THE DELI COUNTER

An occasional Reuben sandwich or hot dog at the ballpark isn't going to hurt you. But cutting back on processed meats like bologna, ham, and hot dogs will help lower your risk of colorectal and stomach cancers. Also, eating meats that have been preserved by smoking or with salt raises your exposure to chemicals that can potentially cause cancer.

Cancer-Fighting Tomatoes

Whether it's the lycopene -- the pigment that gives tomatoes their red color -- or something else isn't clear. But some studies have linked eating tomatoes to reduced risk of several types of cancer, including prostate cancer. Studies also suggest that processed tomato products such as juice, sauce, or paste increase the cancer-fighting potential.



Fighting Cancer With Color

Fruits and vegetables are rich in cancer-fighting nutrients -- and the more color, the more nutrients they contain. These foods can help lower your risk in a second way, too, when they help you reach and maintain a healthy body weight. Carrying extra pounds increases the risk for multiple cancers, including colon, esophagus, and kidney cancers. Eat a variety of vegetables, especially dark green, red, and orange vegetables.

WebMD



The Cancer-Fighting Breakfast

Naturally occurring folate is an important B vitamin that may help protect against cancers of the colon, rectum, and breast. You can find it in abundance on the breakfast table. Fortified breakfast cereals and whole wheat products are good sources of folate. So are orange juice, melons, and strawberries.

More Folate-Rich Foods

Other good sources of folate are asparagus and eggs. You can also find it in beans, sunflower seeds, and leafy green vegetables like spinach or romaine lettuce. The best way to get folate is not from a pill, but by eating enough fruits, vegetables, and enriched grain products. Women who are pregnant or may become pregnant should take a supplement to make sure they get enough folic acid to help prevent certain birth defects.





Tea's Anticancer Potential

Even though the evidence is still spotty, tea, especially green tea, may be a strong cancer fighter. In laboratory studies, green tea has slowed or prevented the development of cancer in colon, liver, breast, and prostate cells. It also had a similar effect in lung tissue and skin. And in some longer term studies, tea was associated with lower risks for bladder, stomach, and pancreatic cancers. But more research in humans is needed before tea can be recommended as a cancer fighter.



The Cabbage Family vs. Cancer

Cruciferous vegetables include broccoli, cauliflower, cabbage, Brussels sprouts, bok choy, and kale. These members of the cabbage family make an excellent stir fry and can really liven up a salad. But most importantly, components in these vegetables may help your body defend against cancers such as colon, breast, lung, and cervix. Lab research has been promising, but human studies have had mixed results.



Ingrown Toenails

An ingrown toenail occurs either when the nail grows into skin or the skin grows over the edge of the nail.



Grapes and Cancer

Grapes and grape juice, especially purple and red grapes, contain resveratrol. Resveratrol has strong antioxidant and anti-inflammatory properties. In laboratory studies, it has prevented the kind of damage that can trigger the cancer process in cells. There is not enough evidence to say that eating grapes or drinking grape juice or wine (or taking supplements) can prevent or treat cancer.



The Mighty Bean

Beans are so good for you, it's no surprise they may help fight cancer, too. They contain several potent phytochemicals that may protect the body's cells against damage that can lead to cancer. In the lab these substances slowed tumor growth and prevented tumors from releasing substances that damage nearby cells.



Dark Green Leafy Vegetables

Dark green leafy vegetables such as mustard greens, lettuce, kale, chicory, spinach, and chard have an abundance of fiber, folate, and carotenoids. These nutrients may help protect against cancer of the mouth, larynx, pancreas, lung, skin, and stomach.

WebMD



Limit Alcohol to Lower Cancer Risk

Cancers of the mouth, throat, larynx, esophagus, liver, and breast are all linked with drinking alcohol. Alcohol may also raise the risk for cancer of the colon and rectum. The American Cancer Society recommends limiting alcohol to no more than two drinks per day for men and one for women. Women at higher risk for breast cancer may want to talk with a doctor about what amount of alcohol, if any, is safe based on their

Water and Other Fluids Can Protect

Water not only quenches your thirst, but it may protect you against bladder cancer. The lower risk comes from water diluting concentrations of potential cancer-causing agents in the bladder. Also, drinking more fluids causes you to urinate more frequently. That lessens the amount of time those agents stay in contact with the bladder lining.



Protection From an Exotic Spice

Curcumin is the main ingredient in the Indian spice turmeric and a potential cancer fighter. Lab studies show it can suppress the transformation, proliferation, and invasion of cancerous cells for a wide array of cancers. Research in humans is ongoing.



Cooking Methods Matter

How you cook meat can make a difference in how big a cancer risk it poses. Frying, grilling, and broiling meats at very high temperatures causes chemicals to form that may increase cancer risk. Other cooking methods such as stewing, braising, or steaming appear to produce fewer of those chemicals. And when you do stew the meat, remember to add plenty of healthy vegetables.



A Berry Medley With a Punch

Strawberries and raspberries have a phytochemical called ellagic acid. This powerful antioxidant may actually fight cancer in several ways at once, including deactivating certain cancer causing substances and slowing the growth of cancer cells. There is not, though, enough proof yet to say it can fight cancer in humans.



Blueberries for Health

The potent antioxidants in blueberries may have wide value in supporting our health, starting with cancer. Antioxidants may help fight cancer by ridding the body of free radicals before they can do their damage to cells. But more research is needed. Try topping oatmeal, cold cereal, yogurt, even salad with blueberries to boost your intake of these healthful berries.

How to Manage Blood Sugar Spikes After Meals

[Why You Should Keep an Eye on It](#)
[How to Measure Your Spikes](#)

[How to Manage After-Meal Spikes](#)

If you're trying to [manage diabetes](#), you already know it's important to keep track of your [blood sugar levels](#). But how do you handle a spike that comes after you eat? It's called "postprandial" [blood](#) glucose, and if you take some simple [steps](#), you can get it under control and help avoid health problems.

Why You Should Keep an Eye on It

When your [blood sugar](#) is high, you can get symptoms like a foggy-headed feeling that makes it hard to focus or think clearly. Your energy may also take a dive, and you may feel nervous or moody.

If your levels go too low, you could even pass out. In the long run, if your blood sugar stays up, you could be at risk for [heart disease](#), [stroke](#), [kidney disease](#), or other problems.

[READ MORE](#)

When Blood Sugar Spikes After Meals

Do Eggs Really Cause Constipation?

No, not on their own. Then why the fuss? Eating one too many eggs may encourage you to compromise on the fiber in your diet. This is not good news for your bowels. The saturated fats from the sausages, bacon, and hash browns that generally go with eggs don't help your cause either. So, get in more fiber and try not to pair eggs with coffee or milk if you find your bowels...unhappy.

[VIEW ARTICLE](#)

Add Cardamom To Help Shed Pounds

Cardamom is like a supportive let's-lose-weight-together buddy. It helps your body remove toxins, one battle won already. It also helps you keep the water weight down by increasing your visits to the bathroom. Now the show stopper. The spice is not a big fan of abdominal fat, something we could all use a little help with. Add cardamom to dairy-free coffee or tea or curries.

[VIEW ARTICLE](#)

[Treatment of cancer could become possible with adenovirus](#)

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Compiled, edited & published by
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