

Babies born with diabetes can now be treated with tablets instead of injections 

Phytochemicals that Fight Cancer

Nutrient-rich plant foods typically contain phytochemicals, which have anti-cancer properties. Phytochemicals are chemical compounds that occur naturally in plants. Some are responsible for color such as the deep purple of blueberries, while others are responsible for smell. For example, the pungent fragrance of freshly squeezed garlic. Phytochemicals can have specific actions on our body when we consume the plants containing them. **It is estimated that there may be as many as 4,000 different phytochemicals in the plant world.** Some of these phytochemicals not only target and kill cancer stem cells, but they also reverse the mechanical flaws in our body which cancer cells thrive on.

By Dr. David Jockers DC, MS, CSCS

Alzheimer's in the family



Dementia affects the person diagnosed but also raises fears for siblings and children. Here are the facts.

Alzheimer's disease represents a personal health crisis, but it's also a family concern. What does it mean for your children or siblings if you are diagnosed with Alzheimer's? What does it mean for you if a close relative develops the condition?

[Read more »](#)

The Sunshine Vitamin Is Ineffective Without Magnesium

You may not be able to absorb vitamin D, a vital vitamin for strong bones, during your morning walks if you have a low level of magnesium in your body. According to a new study published in the journal of the *American Osteopathic Association*, low levels of magnesium hinder vitamin D absorption in the body.

While both, vitamin D and magnesium, are important for body functions, it is one of the key research studies to show that their absorption may be interlinked. Although a number of nutrients in the body are interdependent on the one another, this vitamin and magnesium take special place because the sources of vitamin D are quite limited and its mere presence in the body doesn't count unless it is in the active form. Moreover, nearly 50% of Americans suffer from magnesium deficiency, which means that the absorbed sunshine vitamin remains inactive in their body. Scientists explain that consuming supplements of this vitamin will ensure a rise in the person's calcium and phosphate levels but will still remain vitamin D-deficient. All the enzymes that are needed to metabolize the sunshine vitamin require magnesium. Therefore, without magnesium, the vitamin D is present in the body only in the stored, inactive form. A condition like this may also cause vascular calcification in the absence of optimum magnesium levels.

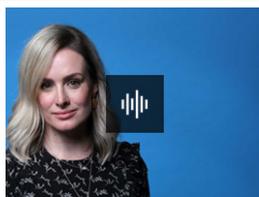
Although magnesium is the fourth most abundant mineral in the human body after calcium, potassium, and sodium; people fail to maintain the optimum level of magnesium in the body, which is 420 mg for males and 320 mg for females. The standard diet of the United States contains only 50% of these values. This leads the mass American population towards various diseases, disorders, and lethality. "People are taking Vitamin D supplements but don't realize how it gets metabolized. Without magnesium, Vitamin D is not really useful or safe," said study co-author Dr. Mohammed S. Razaque, professor at Lake Erie College of Osteopathic Medicine.

Organicfacts.net



4 Real-Life Ulcerative Colitis Stories

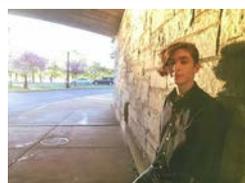
Living with UC is challenging, as you might know. Watch how others living with UC cope with the day-to-day stresses in this video. [Read on](#) 



[The mystery of broken-hearted syndrome](#)

Nikki Stamp is one of only nine female cardiothoracic surgeons in Australia. She spoke to Richard Fidler about the mystery of the broken-heart.

[Listen back](#) 



[Medical Marijuana Is Keeping This Kid with Crohn's Alive](#)

When every suggested treatment failed to help this young man, he turned to medical marijuana, with the support of his parents — and it worked.

[Read on](#) 

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

Broccoli coffee: Scientists hope powdered veg can improve diets, cut down crop waste

By [Clint Jasper](#)



Beetroot, coconut, turmeric and blue algae have all had their turn as the 'it' coffee additive, but now the national science agency says its time for broccoli to take centre stage.

CSIRO researchers hope a powdered form of the brassica will not only make its way into your flat white, but also a whole range of snack foods and meals.



With two thirds of adults not getting enough vegetables everyday, the CSIRO hopes the condensed form of broccoli will help people reach the recommended intake.

(ABC Rural: Clint Jasper)

Broccoli is recognised as a nutrient-rich vegetable, with plenty of fibre, vitamins A, B1 and B6, potassium, zinc and magnesium, among others. "Two tablespoons of broccoli powder is equivalent to one serve of vegetables," CSIRO food scientist Maryann Augustin said.

"We made snacks with this and gave it to kids — they loved it, and their parents did too."

In coffee, broccoli powder is added to the pulled espresso shot, before the steamed milk is added, with more powder sprinkled on top.

Broccoli coffee could lead to improved diets while helping farmers cut waste



Catalina is an exclusive residential country club, with luxury villas for sale near Galle, in the heart of Sri Lanka's 'southern riviera'.

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FEATURED NEWS

When Are Heart Attacks Deadly?

Death from a heart attack was nearly 50 percent higher with this one variable.

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[What Is Celiac Sprue?](#)

[Don't Ignore Your Eyes](#)

[13 Tips to End Addiction](#)

[What Causes Genital Warts?](#)



Why is coconut oil demonized specifically when other foods containing saturated fats are not?

Written by Dr. Harold Gunatillake FRCS, MB, BS
Now and then an article appears in the media written by a journalist demonizing coconut meat and its extracted oil products. Do you read similar articles written on other foods containing saturated fats, including, butter and meat products?

The World Health Organization's advice is to have no more than 10% of total calories coming from s...

[Continue Reading](#)



Turkey-and-Apple Sandwich

Turkey sandwiches are a lunchtime staple, and for good reason: Four slices of the deli meat deliver 9 grams of protein. Look for a low-sodium version, and use it in this twist on the brown-bag favorite: Spread whole-wheat bread with whole-grain mustard. Top with turkey, cheddar cheese, thin slices of green apple, and spinach.

Why do we need vitamin D?



The body can create vitamin D through exposure to sunlight.

Vitamin D is a nutrient that helps regulate the amount of [calcium](#) in the body. This vitamin is crucial for bone health.

A deficiency of vitamin D causes bones to soften and become weak. This is called osteomalacia in adults and [rickets](#) in children. Vitamin D can also help prevent [osteoporosis](#), which is another condition that weakens bones.

In addition, the vitamin may affect the immune system and could help to manage autoimmune conditions such as RA, [Type 1 diabetes](#), and [multiple sclerosis](#) (MS).

Symptoms of vitamin D deficiency vary from person to person. Typical symptoms include:

Read more

[Can vitamin D relieve joint pain?](#)



A Blood Test Can Detect 10 Cancers. But Is It Ready for Prime Time?

A new blood test shows promise for detecting many types of cancer, even in the early stages of the disease, according to a new study.

Read More

[Religious people may live four years longer than atheists: Study](#)



You don't have to be 'strictly vegetarian' to reap the benefits

By David Railton

[Fact checked](#) by Tim Newman

According to new data, a diet rich in plant-based foods and low in meat — without strictly following a vegetarian or vegan diet — may offer protection against obesity in middle-aged and older adults.



Vegetarianism is healthy, but how vegetarian do you need to be?

Experts already know that diets that emphasize plant-based over animal-based foods — such as vegetarian or vegan diets — can decrease the risk of [obesity](#).

However, scientists do not yet know how strictly these diets need to be followed to reduce the risk of becoming overweight or obese later in life.

The Centers for Disease Control and Prevention (CDC) report that, in the United States, obesity is highest among middle-aged and older adults.

Around [40 percent](#) of 40–59-year-olds and 37 percent of adults aged 60 and over are obese, compared with about 32 percent of those aged 20–39.

Read more

[You don't have to be 'strictly vegetarian' to reap the benefits](#)

How to Get Started With Yoga



Yoga can help tone muscles, build stamina, and relieve stress. No matter what style you choose, nearly all of them include a few key moves.

Are you eating too much protein? Some sources aren't as healthy as you think

For years we've been fed the line that a diet of red meat, supplements and protein shakes can have real health benefits. If only it were that simple



For the past two decades, the benefits of high-protein nutritional regimes have been relentlessly marketed to the general public, largely through the booming diet, fitness and protein supplement industries. However, while this has lined corporate pockets – the whey protein supplement industry alone was worth \$9.2bn (£6.9bn) in 2015 – scientific research has suggested time and again that it may be harming our health.

Read more

Are you eating too much protein? Some sources aren't as healthy as you think

Help Your Kidneys Be Their Best

Other than the obvious advice to stay hydrated, here's what else you can do. Stay away from excess sodium (salt), protein, and alcohol. Sodium and protein strain the kidneys, while alcohol is a toxin. On the other hand, load up on blueberries, soybeans, and leafy greens. Try herbs like Chinese rhubarb and goldenrod to improve kidney function, but consult your doctor first.

[VIEW ARTICLE](#)

How To Increase Platelet Count Naturally



Dark chocolate

Dark chocolate is a rare example of a food that tastes amazing and is good for you (in moderation).



Dark chocolate: delicious and heart-healthy. Scientists now believe that dark chocolate has protective benefits against [atherosclerosis](#), which is when plaque builds up inside the arteries, increasing risk of heart attack and stroke.

Dark chocolate seems to prevent two of the mechanisms implicated in atherosclerosis: stiffness of the arteries and white blood cell [adhesion](#), which is when white blood cells stick to the walls of blood vessels. What is more, studies have found that increasing dark chocolate's flavanol content — which is the compound that makes it tasty and moreish — does not diminish these protective benefits.

MNT

Fish high in omega-3s

Fish is a strong source of heart-helping omega-3 fatty acids and protein but it is low in saturated fat. People who have heart disease, or are at risk of developing it, are often recommended to increase their intake of omega-3s by eating fish; this is because they lower the risk of abnormal heartbeats and slow the growth of plaque in the arteries.

According to the American Heart Association (AHA), [we should eat](#) a 3.5-ounce serving of fatty fish — such as salmon, mackerel, herring, lake trout, sardines, or albacore tuna — at least twice per week.

Red wine (sort of)

Many studies have noted the potential health benefits of the antioxidants in red wine. However, it is unlikely that the benefits of the antioxidants outweigh the dangers of alcohol.



Red wine contains beneficial antioxidants, but bear in mind that it should only be consumed in moderation.

Recently, however, a new study proposed that these same antioxidants could form the basis of a new stent for use during angioplasty — the process where narrow or obstructed veins are widened to treat atherosclerosis.

The researchers behind that study are currently developing a [new kind of stent](#) that releases red wine-like antioxidants into the blood to promote healing, prevent blood clotting, and reduce [inflammation](#) during angioplasty.

It is worth noting that drinking alcohol, in general, is [not healthy](#) for your heart. In fact, it is vitally important for cardiovascular health to drink alcohol [in moderation](#), if at all.

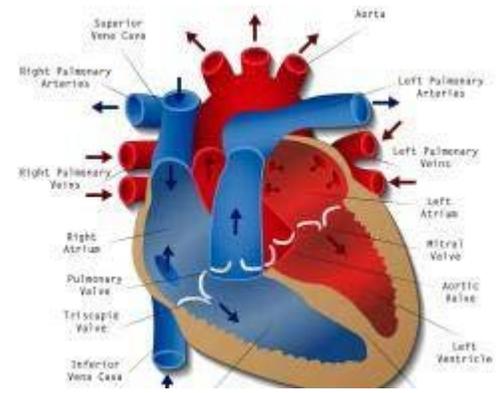
MNT

Tomatoes

Tomatoes have lots of nutrients that might help keep our hearts healthy. The little red fruits are chock-full of fiber, [potassium](#), vitamin C, folate, and choline, which are all good for the heart.

As well as helping to keep heart disease at bay, potassium benefits muscles and bones, and helps prevent [kidney stones](#) from forming.

Scientists have argued that [increasing potassium](#) intake while decreasing sodium intake is the most important dietary change when attempting to reduce the risk of heart disease.



Everything you need to know about heart disease

Heart disease is a term that covers a range of disorders that affect the heart. Find out all about the different types of heart disease. [READ NOW](#)



What are the best foods to fight aging?

What are some of the best foods for a healthful diet that will help you live a long and happy life? Read on to learn which dietary staples to keep in mind.

[READ NOW](#)

[Carbon dioxide injections may help reduce belly fat](#)



The World at the Brink?????

As one looks around the World; one, no doubt, cannot but avoid seeing the Natural catastrophes that abound the World today, in continuance and without any let – Be it Natural or Man-Made (induced or attributed). Sure makes for headline news and sensational visual and television news doesn't it? Yet how much attention do we give such news of tragedies; except, perhaps, to shrug our shoulders with an emphatic/empathetic expression of – “Poor folks”. Doesn't it remind one of the extremely old saying which has been bantered about since the very early 1940s – “Mankind will kill Nature and Nature will kill Mankind”. Yet all we do is sweep these catastrophes under the carpet with another shrug and lament – “Que Sera Sera or What will be will be”; or further utter – “Thank God it is has not happened to us”. Yes! Selfishness has been the bane of humanity. How much are we responsible for such tragic happenings? This does bring into one's mind the saying from the prayers of a Great Faith – “Do not do unto others; that you wouldn't want others to do unto you”. But this is Spirituality and when you look around you; do you see this wonderful prayer being enacted or have you followed this Noble aspect of a Great Faith. No doubt the other Faiths too express these very same aspects in their own interpretation of the same concept. Well the decline of Spirituality too is a burning question in the equation of catastrophes; including Morality, that appears to be declining and plaguing/ravaging humanity in the World today.

No doubt one has heard of Sir Isaac Newton's Law of Motion. Especially the Law on – “Every action has an equal and opposite reaction”. Just think of how this applies to you. How often have you indulged in an action that is detrimental to environment, man and/or beast. What you will dismiss as trivial and think – “Heck! It will make no difference”; and come what may, your action will contribute towards detriment and destruction, on the long run. Imagine if everyone thought the same way? Surely it will collectively bring in destruction in its wake. As the saying goes – “It's the tiny drops of water that make a mighty ocean”. The human race is known to do their “dumping” of garbage and other undesirable “flotsam and jetsam” wherever and whenever it is most convenient to them.

These end up invariably in lands fill sites; which end up as an environmental & health hazard, in addition to killing birds and other animal lives that imbibe and prey on these sites. Furthermore there are materials that are of a corrosive and poisonous nature and some that are not compostable – adding to the ecological debacle of the

areas in which they have been dumped. It is also a known fact that some of these end up in the waterways and oceans that affects the living creatures dwelling in these abodes. In other words we are all guilty of “killing” the Good Earth which is our life blood of existence. These are some of our life style traits that we require to change if Mother Earth is be preserved for our generations to come. Which brings to mind a story I read some 60 years ago. A little military outpost was based near a small village. The members were all invited to the village annual festival; and the requirement was for the attendees to bring along a bottle of wine – which was filled into a large cask (barrel) at the centre of the village. When all guests arrived the cask was opened for all attendees to partake of the wine. Weren't they all surprise when they filled their glasses and mugs there was nothing but water in the flask. It appeared that everyone thought the other would bring the wine and so thought a bottle of water will go unnoticed. The moral of the story is that don't depend on others to do what you are supposed to do. So be kind and conscientious and do right by our Mother Earth. Stop the pollution and think of the future – yours and that of the future generations to come. This is all and good for us as individuals and children of the earth. But we come to some of the bigger fishes that do and keep carrying on doing irreversible damage to the ecology of the land in myriad ways – be it mining for oil, coal, minerals or valuable metals or even de-forestation. Unfortunately they are the Corporate and Governmental sectors that do so; for what they call economic development and fiscal/capital gains for themselves and that of the inhabitants of land and that of foreign lands; where they have vested interests. They even go a bit further in such exploitations outside their realm and pounce on the under-developed countries with benefits for their own domestic needs. A virtual rape of their natural resources mainly for their personal gain or is it greed? A policy of Cut; Dig; Burn and Move-On is what appears to be the order in such ventures. Who profits from these exploitation of these foreign lands is of course another story.

Results of such doings are now seen by us human beings in feeling the catastrophic changes in weather patterns; the increase in number of calamities be it earthquakes, volcano eruptions, rampant sinkholes, tsunamis, floods; and extremely strong gales/winds

One area of pollution – that of air pollution created especially by high flying jets appears to be lost in their after-burners. These jets emit over 1000 degrees of heat as they fly in and around the Stratosphere of the Earth. Areas that abound these heights and is Nature's way of preventing injurious ultra-violet rays of the Sun from effecting the Earth and its inhabitants. We often hear of; and now is commonly big news, that the ice cap at the Poles are melting; and perhaps this is causing the shift in the weather pattern. One of the commonly heard attributes is that there are “holes” in the ozone layer. I keep wondering if the thousands of daily flights that are criss-crossing over the Poles, day in and day out, night & day; have anything to do with this phenomena. I would leave this to the better judgement of the learned reader. All in all a question I would raise is – Have you ever heard of this aspect of Air Pollution in the media or otherwise? Of course you have heard of the once in two year requirements for your motor vehicle emission tests – no doubt.

Well! Dear Readers in all this “gloom & doom” situations all one can say is let's do our part (individually & collectively) in doing whatever is possible in preserving our ecology and our Mother Earth for ourselves and for our future generation

Noor Rahim (Canada)

[Here's How Much Exercise You Need to Give Your Brain a Boost](#)

[See This](#)

[What Is Blood Sugar?](#)

Blood sugar, or glucose, is the main sugar found in blood. It is an important source of energy and provides nutrients to the body.

[Read More](#)



Can we target health through the gut microbiota? An interview with Clara Belzer

A growing number of scientific studies show the diet can affect health through the gut microbiota. However, foods and dietary patterns actually have differing effects on the gut microbiota between individuals. In modulating the gut...



Benefits of apples

Many people love apples for their simplicity, but they are also very nutritious.

One medium apple [contains](#) around 100 [calories](#), 25 g of carbohydrates, and nearly 20 percent of the daily recommended value for fiber. The flesh and skin of apples contain water, [vitamins](#) A and C, and other [antioxidants](#) and trace minerals.

A person feels fuller after eating an apple due to the combination of fiber, water, and nutrients. This may be why so many people enjoy apples as quick snacks to hold them over between meals.

Specific flavonoids, such as quercetin found in apples may, in fact, protect a person from diabetes. A [review from 2011](#) reports that eating apples is associated with a lowered risk of diabetes.

Eating a varied diet rich in vegetables and fruit, including apples, is good for everyone but maybe even more important for a person with diabetes or a high risk for the disorder.



How the Keto Diet Helps Prevent Seizures: Gut Bacteria May Be Key

Long before the "keto diet" became trendy, it was used to treat seizures in people with epilepsy. Now, a new study finds gut bacteria may play a role in the diet's anti-seizure effects.

[Read More](#)



Trump Asked About 'Difference Between HIV and HPV,' Bill Gates Says

Bill Gates says President Trump repeatedly asked him about the difference between two notorious viruses: HIV and HPV.

[Read More](#)



COPD: Causes, Symptoms & Treatment

Chronic obstructive pulmonary disease (COPD) is a chronic lung disease that makes breathing progressively more difficult. It affects about 11 million people in the United States.

[Read More](#)



Summer Grilling Could Expose Your Skin to Cancer-Causing Chemicals

Summer barbecues may expose you to potentially cancer-causing chemicals in a surprising way: The chemicals may literally get under your skin.

[Read More](#)



Thymus: Facts, Function & Diseases

May 09, 2018 | Reference

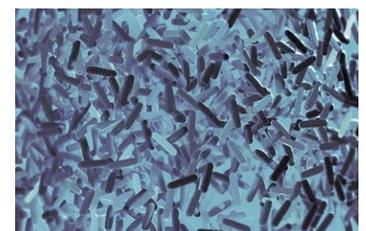
The thymus is the source of T-cells. The body uses T-cells to help destroy infected or cancerous cells.

[Read More](#)

These Everyday 'Drugs' Cause More Harm Than the Illegal Ones, Study Says

These drugs kill the most people worldwide, and they're pretty familiar.

[Read More](#)



How the Bugs In Your Gut Could Affect Your Blood Vessels

The more types of microbes, the better off your blood vessels.

[Read More](#)

'Deodorant can cause breast cancer'

Some individuals have suggested that there may be a link between the use of underarm deodorant and the development of [breast cancer](#).



'Little evidence' has been found for this myth.

This is based on the notion that chemicals from the deodorant affects the breasts' cells, given that they are applied to nearby skin. Nearly all of the studies that have tested this link have found little evidence to support the claim that deodorant can cause breast cancer.

One [retrospective study](#), however, revealed that breast cancer survivors who used deodorants regularly were diagnosed younger than the women who did not regularly use them.

But because this is a retrospective study, its results cannot conclusively prove a link between deodorant use and the development of breast cancer.

The National Cancer Institute [say](#) that additional research would be required to prove that a relationship between deodorant use and breast cancer exists.

By David Railton

'Eggs are bad for the heart'

Ever since the 1970s, there has been a strong focus in healthcare on the role played by [cholesterol](#) in [heart disease](#).



Actually, eggs are very good for us, in a number of ways.

Eggs are rich in nutrients, but they also have the highest cholesterol content of any common food.

Because of this, some have recommended that we should eat only two to four eggs per week, and that individuals with [type 2 diabetes](#) or a history of heart disease should eat fewer.

But [new research](#) suggests there is no link between eating lots of eggs and cholesterol imbalance or increased risk of heart problems and type 2 diabetes.

The study noted that occasionally, people who eat more than seven eggs per week have increased low-density lipoprotein cholesterol, or "bad" cholesterol, but this is almost always matched by a similar increase of high-density lipoprotein cholesterol, which has protective properties.

The evidence suggests that eating even as many as two eggs every day is safe and has either neutral or slightly beneficial effects on risk factors for heart disease and type 2 diabetes.

According to the CDC, eggs are [one of the "most nutritious and economical foods"](#) that nature can offer us, and that the main health risk posed by them is a risk of *Salmonella* infection. The CDC provide guidance on how to best avoid *Salmonella*.

By David Railton

Fable of the Porcupine

It was the coldest winter ever. Many animals died because of the cold

The porcupines, realizing the situation, decided to group together to keep warm. This way they covered and protected themselves; but the quills of each one wounded their closest companions.

After a while, they decided to distance themselves one from the other and they began to die, alone and frozen. So they had to make a choice: either accept the quills of their companions or disappear from the Earth.

Wisely, they decided to go back to being together. They learned to live with the little wounds caused by the close relationship with their companions in order to receive the heat that came from the others. This way they were able to survive.

The best relationship is not the one that brings together perfect people, but when each individual learns to live with the imperfections of others and can admire the other person's good qualities.

The moral of the story is:



Just learn to live with the Pricks in your life!

[Do meal replacement shakes help you lose weight?](#)

Meal replacement products can be found in just about every supermarket health-food aisle and pharmacy. But do they work? We take a look at the science of weight-loss shakes.



[More](#) >

Thanks to the campaigning of patients like her, the Federal Government will spend \$57.8 million to support the growing number of Indigenous people whose kidneys have failed.

Aboriginal patients convince the Government to help them get home and it's 'a game changer'



Big Sugar and the 'big flaw' in Australia's federal health programs

Twenty-eight countries have a sugar tax but powerful interests are standing between Australia and a healthier future in the face of an obesity epidemic, public health advocates say.



Americans have a shorter average life expectancy--79.3 years--than almost all other high-income countries. The U.S. ranked 31st in the world for life expectancy in 2015. The new study aimed to quantify how much healthy lifestyle factors might be able to boost longevity in the U.S.



Early Signs of Crohn's Disease

The most common symptoms of Crohn's disease are abdominal pain, diarrhea, and may include fever.

[READ MORE](#)

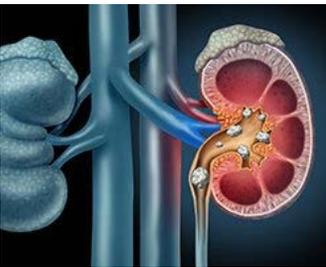
The dark side of Brazil's "right to beauty"

In the US, if you want a face lift or a tummy tuck, it's generally assumed that you'll be paying out of pocket. Insurance will tend to cover plastic surgery only when the surgery is deemed "medically necessary" and not merely aesthetic. In Brazil, however, patients are thought of as having the "right to beauty." In public hospitals, plastic surgeries are free or low-cost, and the government subsidizes nearly half a million



Vitamin D deficiency linked to greater risk of diabetes

UNIVERSITY OF CALIFORNIA - SAN DIEGO



What Are Kidney Stones?

Small masses of salts and minerals that form inside the kidneys and cause pain.

[VIEW SLIDESHOW](#)

Energy drinks fuelling decay crisis, warns British Dental Association

The BDA is lending its support to a campaign to ban the sale of energy drinks to under-16s. The Association has joined the Daily Mirror, MPs, teachers and celebrity campaigners including Jamie Oliver in pressing the Government to take action, urging it to 'make sugar the new tobacco'.

Weight loss surgery may cause significant skeletal health problems

A new review examines the negative impacts of weight loss surgery on bone health.

Following five healthy lifestyle habits may increase life expectancy by decade or more

Harvard T.H. Chan School of Public Health

Is the future of meat fake and slaughter-free?

It sounds like a contradiction — but the meat you eat in the future might come from a plant, or a laboratory, eliminating the need to slaughter animals.



What Is Ulcerative Colitis?

Ulcerative colitis is a disease in which there is chronic inflammation of the inner lining of the colon. [Read more...](#)



Heartburn: Foods to Eat, Foods to Avoid

Heartburn is a burning discomfort usually in the center of the chest that can continue up to the throat. [Read more...](#)

What Is Leaky Gut?

The human digestive tract is where food is broken down and nutrients are absorbed.

The digestive system also plays an important role in protecting your body from harmful substances. The walls of the intestines act as barriers, controlling what enters the bloodstream to be transported to your organs.

Small gaps in the intestinal wall called tight junctions allow water and nutrients to pass through, while blocking the passage of harmful substances. Intestinal permeability refers to how easily substances pass through the intestinal wall.

When the tight junctions of intestinal walls become loose, the gut becomes more permeable, which may allow bacteria and toxins to pass from the gut into the bloodstream. This phenomenon is commonly referred to as "leaky gut." When the gut is "leaky" and bacteria and toxins enter the bloodstream, it can cause widespread inflammation and possibly trigger a reaction from the immune system.

Supposed symptoms of leaky gut syndrome include bloating, food sensitivities, fatigue, digestive issues and skin problems (1).

However, leaky gut is not a recognized medical diagnosis. In fact, some medical professionals deny that it even exists.

Proponents claim that it's the underlying cause of all sorts of conditions, including chronic fatigue syndrome, migraines, multiple sclerosis, fibromyalgia, food sensitivities, thyroid abnormalities, mood swings, skin conditions and autism.

The problem is that very few scientific studies mention leaky gut syndrome. Nevertheless, medical professionals do agree that increased intestinal permeability, or intestinal hyperpermeability, exists in certain chronic diseases (1, 2).

SUMMARY: Leaky gut, or intestinal hyperpermeability, is a phenomenon that occurs when the tight junctions of the intestinal wall become loose, allowing harmful substances to enter the bloodstream.

[Read on](#) →



What Is Psoriasis?

This skin condition causes a thick, patchy, red rash with silvery, white scales. The most common type is called plaque psoriasis.

You can get it anywhere, but it shows up most often on your scalp, elbows, knees, and lower back. You can't catch it by touching the skin of someone who's got it.

Kids can get psoriasis, but it's more common in adults.



Psoriasis Symptoms

When psoriasis starts, you may see a few red bumps on your skin. These may get larger and thicker, and then get scales on top.

The patches may join together and cover large parts of your body. Your rash can be itchy and uncomfortable, and it may bleed easily if you rub or pick it.

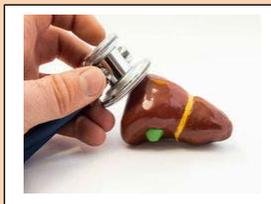
Nail Psoriasis

Up to half of people with skin plaques have psoriasis of the nails as well. This makes your nails look yellowish-red. Your nails may also crumble, become pitted, or get grooved lines. Nearly

WebMD

Liver Cirrhosis

Liver cirrhosis is a disease that occurs when there is an irreversible scarring of the liver and a permanent loss of liver cells. It is becoming more and more common with about 10 lakh new patients being diagnosed with liver cirrhosis every year in India alone! The primary causes of the disease included Hepatitis B and C till some time ago but now it is primarily due to alcohol abuse and non-alcoholic fatty liver disease. We are witnessing a paradigmatic shift in the dynamics of this disease as it is now on the verge of becoming one of the most common lifestyle diseases in the country. The more common causes, that are alcohol abuse and non-alcoholic fatty liver disease, are easily preventable by modifications in one's lifestyle. The symptoms of the disease include loss of appetite, weakness, easy bruising, yellowing of skin, fatigue and itching. The patient's body may also face complications such as ascites (fluid build-up in the abdominal cavity), spontaneous bacterial peritonitis, hepatic encephalopathy, increased chances of variceal bleeding and other infections. However, one in every three patients may not show any symptoms. A liver biopsy can show the condition of one's liver and if they need treatment. The treatment for liver cirrhosis basically includes preventing further damage to the liver, treating the complications that are associated with the occurrence of the disease and detecting or preventing liver cancer. Patients whose liver has undergone a lot of damage may need a liver transplantation. But the situation of liver demand and supply in our country is very grim. In north India, close to 97 per cent of liver transplants are Living Donor Liver transplants. Only the remaining 3 per cent transplants are cadaver (after brain death) transplants. Our country needs to develop a more radical outlook towards organ donation to help people suffering from liver cirrhosis and other diseases that need transplant.



TOI

What Is Zinc?

It's a mineral your cells need to fight off bacteria and viruses and make the genetic material, called DNA, that tells your body how to work the way it should. It helps you heal wounds, aids your senses of smell and taste, and is important for infants and children as they grow.

How Much Do You Need?

An adult man needs 11 milligrams a day, and an adult woman, 8 milligrams. If you're pregnant or breastfeeding, you'll need more -- around 12 milligrams. Children need 2 to 11 milligrams depending on their age and gender. Talk to your pediatrician about how much is right for your child.

Do I Get Enough?

Probably, yes -- most Americans do. But some things can make it hard for your body to use it, including surgery on your stomach or intestines, alcohol abuse, and digestive diseases like ulcerative colitis or Crohn's disease. And people who don't eat meat or animal products can have a harder time getting enough zinc from food. WebMD

What Is Prostate Cancer?

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

Symptoms of Prostate Cancer

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

Frequent urination, especially at night; Difficulty starting or stopping urination; Weak or interrupted urinary stream;

Painful or burning sensation during urination or ejaculation; Blood in urine or semen

Advanced cancer can cause deep pain in the lower back, hips, or upper thigh

Enlarged Prostate or Prostate Cancer?

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

Risk Factors You Can't Control

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

Risk Factors You Can Control

Diet seems to play a role in the development of prostate cancer, which is much more common in countries where meat and high-fat dairy are mainstays. The reason for this link is unclear. Dietary fat, particularly animal fat from red meat, may boost male hormone levels. And this may fuel the growth of cancerous prostate cells. A diet too low in fruits and vegetables may also play a role

Myths About Prostate Cancer

Here are some things that will not cause prostate cancer: Too much sex, a vasectomy, and masturbation. If you have an enlarged prostate (BPH), that does not mean you are at greater risk of developing prostate cancer. Researchers are still studying whether alcohol use, STDs, or prostatitis play a role in the development of prostate cancer.

Can Prostate Cancer Be Found Early?

Screening tests are available to find prostate cancer early, but government guidelines don't call for routine testing in men at any age. The tests may find cancers that are so slow-growing that medical treatments would offer no benefit. And the treatments themselves can have serious side effects. The American Cancer Society advises men to talk with a doctor about screening tests, beginning at:

Age 50 for average-risk men who expect to live at least 10 more years

Age 45 for men at high risk; this includes African-Americans and those with a father, brother, or son diagnosed before age 65

Age 40 for men with more than one first-degree relative diagnosed at an early age

Screening for Prostate Cancer

Your doctor may initially do a digital rectal exam (DRE) to feel for bumps or hard spots on the prostate. After a discussion with your doctor, a blood test can be used to measure prostate-specific antigen (PSA), a protein produced by prostate cells. An elevated level may indicate a higher chance that you have cancer, but you can have a high level and still be cancer-free. It is also possible to have a normal PSA and have prostate cancer

PSA Test Results

A normal PSA level is considered to be under 4 nanograms per milliliter (ng/mL) of blood, while a PSA above 10 suggests a high risk of cancer. But there are many exceptions:

Men can have prostate cancer with a PSA less than 4.

A prostate that is inflamed (prostatitis) or enlarged (BPH) can boost PSA levels, yet further testing may show no evidence of cancer.

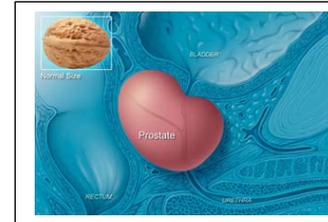
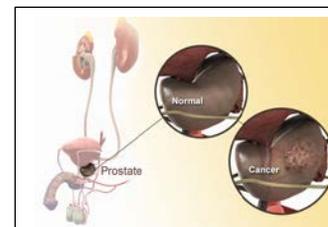
Some BPH drugs can lower PSA levels, despite the presence of prostate cancer, called a false negative.

If either a PSA or DRE test are abnormal, your doctor will order other tests

Prostate Cancer Biopsy

If a physical exam or PSA test suggests a problem, your doctor may recommend a biopsy. A needle is inserted either through the rectum wall or the skin between the rectum and scrotum. Multiple small tissue samples are removed and examined under a microscope. A biopsy is the best way to detect cancer and predict whether it is slow-growing or aggressive.

Read more:



Symptoms of Prostate Cancer ←

What Happens To The Food You Eat?

by Dr. Harold Gunatillake - Health writer



We all like a pleasant display of a variety of foods on our dining tables cooked by a MasterChef or akin and have the pleasure of eating such tucker with a glass of wine to compliment. Most Sri Lankan housewives become spontaneous Master Chefs cooking a variety of cuisines for their families daily.

But what happens to such superfoods when consumed?

In the mouth the food mixes with the alkaline saliva secreted by the salivary glands, in preparation for further digestion in the stomach containing acid juice in waiting to be neutralised. This is one reason that you should not skip breakfast, as the night secretion of acid juice in your stomach needs to be neutralised. Un-neutralised acid juice can cause gastric problem, such as gastritis, ulcers and so on. Eating your breakfast prevents such disorders. No wonder according to Chinese tradition they eat more frequently short meals.

Your molar teeth help you to breakdown the food into tiny particles referred as chewing. This chewed food is referred to as the 'bolus'. Chewing with your mouth closed is good etiquette as you grow up.

The bolus of food enters the oesophagus. That is a tube 10 inches long that connects the back of the throat to the stomach. Food is squeezed through this tube and may give the appearance of a snake swallowing a frog and a similar movement occurs in your gullet (oesophagus). This movement occurring in the gut is referred to as 'peristalsis', visible to radiologists on barium swallow screening. In the stomach the food and the liquids gets mixed with the gastric juice. Stomach churns and makes the contents into something akin to a fruit salad. This fruit salad like mixture is referred to as 'chyme'. The acid secreted in the lining glands of the stomach is hydrochloric acid (HCL) and the pH (alkalinity -acidity measurement) can drop to 1 or 2. This juice enables the body to breakdown proteins, activate important enzymes and hormones, and form a barrier against bacterial overgrowth in the gut. Hydrochloric acid in the stomach assists in the digestion and absorption of

carbohydrates, fats, and vitamins A and E by stimulating the release of pancreatic enzymes and bile for further breakdown in the small intestine. As you get older the secretion of acid juice diminishes. We refer to this condition as 'Hypochlorohydría'

Hypochlorohydría can lead to indigestion, bloating, flatulence, diarrhoea and diseases like asthma, anaemia, cancer and so on.

Contaminated foods

This natural process may be disturbed if one eats contaminated foods. The commonest germ that affects the stomach is the 'Norovirus', causing swelling of the stomach lining. This can lead to further symptoms like pain, nausea, diarrhoea and vomiting. Foods like oysters and fruits can be contaminated with this virus, and sometimes may come from a cook when eating restaurant food. Salmonella, listeria and E. coli are other germs that can cause food poisoning in the stomach. Cooked rice when kept in the fridge for many days can get contaminated with listeria germ. Beware of ice cream easily contaminated with listeria, and over 3,000 people die in US. yearly.

The brain starts activating just from the visual display and the smell of food. The brain stimulates the endocrine cells in the stomach lining through the vagus nerve, to secrete a hormone called gastrin. Gastrin seems to activate the secretion of gastric juice to produce pepsinogen which further breaks down into pepsin with the help of the acid.

Without adequate gastric secretions, incompletely digested macromolecules can be absorbed into the systemic circulation through the small bowels to cause more problems.

Carbohydrates are not digested in the stomach but the proteins do break down by the pepsin to form peptides which can be absorbed in the small intestines.

The glands in the stomach lining also secretes an enzyme called protease which is vital for further breakdown of proteins into amino acids for absorption in the small gut.

At the angle of the lower oesophagus and the stomach there is valvular action due to smooth muscles located at the junction of the oesophagus and the stomach called sphincter muscles. Valvular activity at this sphincter prevents food and acid regurgitating or refluxing into the lower oesophagus. The oesophageal tube does not like gastric acid, and its presence causes inflammation (oesophagitis), and may cause ulcerations and strictures.

Clinically, you experience the symptoms of heart burn when acid refluxes into the oesophagus in situations where the sphincter is incompetent.

Some believe that you could shrink the stomach through exercise. No exercise can change the size of your stomach. When the stomach is empty it does contract to the size of your fist, and expands according to the bulk of food you eat.

Planks, setups, and crunches tone the abdominal wall muscles between the xiphoid bone in the chest wall and the pelvis bone, while the stomach just floats within.

The churned up partially digested food now enters the first part of the small gut called the 'duodenum' which almost encircles the head of the pancreas. The duodenum and the pancreas by their glandular secretions continue to further breakdown the proteins into amino acids. The amino acids enter the blood stream, reassembles into protein complexes in the liver required for cell functions.

Small gut and digestion

Small gut is about 17 feet long and is a very important organ in the body.

Sometimes, it is referred as the 'second brain' as there are wires between the gut and the brain.

It is called small intestines because the diameter is less than the large bowel. The segments of the small bowel are further divided into- the duodenum, jejunum and ileum. The food after being digested by the enzymes gets absorbed into the blood stream through the inner lining of the small gut. All digested carbohydrates are broken down into sugar, amino-acids are breakdown products of proteins, and fatty acids are from fats: are absorbed including vitamins, minerals, electrolytes and water through the small intestines. The terminal segment ileum absorbs vitamin B12, other soluble vitamins, bile salts, and nutrients that were not absorbed in the upper part of the gut. There are lymph vessels in the gut wall and fatty acids and glycerol are absorbed by the lacteals into the lymph system. This mechanism is important as the water soluble nutrients and the fat soluble fatty acids don't get mixed up in the venous portal blood stream.

Nutrition and depression

Depressions is a big problem in most developed countries, and as problematic as cancer and heart disease. According to the Institute of Functional Medicine in US. -depression is estimated to be the second leading cause of disability worldwide by 2020.

Depression and gastrointestinal disturbances go hand in hand. This is clearly seen in patients having chronic inflammatory diseases of the gut do suffer from depression, too. There seems to be a wire connection between the gut and the brain, and the microbes in the gut do participate in the process.

Our gut and our brain are both in constant communication, as mentioned earlier, through the longest nerve in the body- 'Vagus Nerve'. Any injury to the brain can cause gastro-intestinal distress.

Depression is linked to obesity. Our fat cells release a number of inflammatory and anti-inflammatory factors. One such factor is the inflammatory cytokines that play a role in insulin resistance and increased risk of diabetes and cardiovascular disease. They also cause inflammation of the brain when they pass through the gut-brain barrier. So gut plays an important part in most inflammatory conditions of the body including the brain.

Cntd:

What happens to the food you eat

Food intolerance can lead to systemic inflammation. Dairy products, legumes and grains tend to be the most inflammatory out of all the foods in our diet. Most people may not contain the enzymes capable of breaking down the proline proteins in grains, especially gluten and gliadin. When undigested particles cross through our intestine into our blood stream our body treats it like a foreign invader and sends an immune response. This response causes inflammation. People with celiac disease report much higher rates of depression and these inflammatory processes are linked with the disease. (Some reference to Nutrition and depression article by Squatchy)

Bloating of the stomach
Foods contain soluble and insoluble fibres. Peas, beans, oats and fruits contain soluble fibre. Germs in your large bowel break down such fibre and produce methane gas, resulting in bloating with other gastro-intestinal symptoms. Insoluble fibre is found in unprocessed foods like wheat bran and some vegetables. They are passed unchanged with little gas formation in the large bowel. Breaking down of soluble fibre is mostly done by friendly microbes assisting in the normal digestive process.

Coffee linked to bowel movements
You notice after you enjoy your warm cup of coffee you tend to visit the toilet immediately after. The reason being the coffee contains a compound that can cause to make extra gastric juice. This can cause food in the stomach to be dumped quicker into the small bowels giving the rush feeling. Coffee seems to increase digestive hormones in the gut which helps to move the digestive process faster.

End



Why Do You Need Protein?

Your body uses it to build your muscles and organs, deliver oxygen to cells all over your body, and keep your immune system working. Most people should get at least 10% of their daily calories from protein. That's about 56 grams for a man (based on 2,000 calories a day) and 43 grams for a woman (1,800 calories a day).

Breakfast powered with miso soup

In Japan, breakfast is considered an important and big meal and is served as a variety of small dishes. A bowl of probiotic-rich miso soup is often enjoyed with the first meal of the day to give you an extra push.



Lentils

A half-cup of cooked lentils has 9 grams of protein. Cook them with caramelized onions and wild mushrooms for a meat-like texture (without the meat).



Sugar Snap Peas

They have about 5 grams of protein per cup. Stir-fry them with some tempeh, onions, and hot peppers for a spicy vegetarian feast that's protein-packed.

What is mesenteric panniculitis?



The mesentery attaches the intestine to the abdominal wall. Mesenteric panniculitis is a chronic disorder that affects fat cells in the mesentery. The mesentery is a fold of tissue in the abdomen that attaches the intestine to the abdominal wall to hold it in place. Mesenteric panniculitis causes persistent inflammation, which can damage or destroy fat cells in the mesentery. This can lead to scar tissue and other symptoms.

There are three stages of mesenteric panniculitis. These are:

Read more:

[What is mesenteric panniculitis?](#)



Where Do You Get It?

Meat is a good source, but you shouldn't overdo it, especially the fatty kind. It can make you gain weight and lead to high blood pressure, high cholesterol, and other health problems. You can get protein from other foods, too, like yogurt, eggs, beans, and even vegetables. In fact, veggies can give you all you need as long as you eat different kinds and plenty of them.



Soybeans

Steam them with nothing but a sprinkling of salt for a protein-packed snack: up to 30 grams per cup. That's about what you'd get from a 3-ounce serving of chicken.

WebMD

Five categories for adult diabetes, not just type 1 and type 2, study shows

Photograph: Peter Byrne/PA
Diabetes that begins in adulthood falls into five distinct categories, new research has revealed, with scientists suggesting it is time to ditch the idea that diabetes is largely split into two types.

Researchers say all of the newly classified subgroups are genetically distinct and have numerous differences, including the age at which they tend to occur and different levels of risk for complications such as kidney disease.

The team say the findings shed light on why some diabetics respond very differently to treatment than others, adding that it could help identify those who might be at high risk of complications, and lead to tailored treatment of the disease.

"For the patient, I think it will mean a more individualised therapy [and] a better quality of life," said Leif Groop, professor of diabetes and endocrinology at Lund University, who led the study.

Read more

Five categories for adult diabetes, not just type 1 and type 2, study shows



Tempeh

It's made when bacteria feed on soybeans -- a process called fermentation, just like milk ferments to make cheese. It's often sold in blocks, and you can use it in place of meat in some recipes. It has about 17 grams of protein per 3-ounce serving (far more than its cousin tofu, made from soybean milk). Try a tempeh "hamburger" to scratch that fast-food itch and get a punch of protein in the process.

[Think Your Nose Is Too Big? Selfies Might Be to Blame](#)



Decades' worth of research proves that chemicals used to make bacon do cause cancer. So how did the meat industry convince us it was safe?

By [Bee Wilson](#)

There was a little cafe I used to go to that did the best bacon sandwiches. They came in a soft and pillowy white bap. The bacon, thick-cut from a local butcher, was midway between crispy and chewy. Ketchup and HP sauce were served in miniature jars with the sandwich, so you could dab on the exact amount you liked. That was all there was to it: just bread and bacon and sauce. Eating one of these sandwiches, as I did every few weeks, with a cup of strong coffee, felt like an uncomplicated pleasure.

And then, all of a sudden, the bacon sandwich stopped being quite so comforting. For a few weeks in October 2015, half the people I knew were talking about the news that eating bacon was now a proven cause of cancer. You couldn't miss the story: it was splashed large in every newspaper and all over the web. As one journalist wrote in Wired, "Perhaps no two words together are more likely to set the internet aflame than BACON and CANCER." The BBC website announced, matter-of-factly, that "Processed meats do cause cancer", while the Sun went with "Banger out of Order" and "Killer in the Kitchen".

The source of the story was an announcement from the World Health Organization that "processed meats" were now classified as a group 1 carcinogen, meaning scientists were certain that there was "sufficient" evidence that they caused cancer, particularly colon cancer. The warning applied not just to British bacon but to Italian salami, Spanish chorizo, German bratwurst and myriad other foods.

Health scares are ten-a-penny, but this one was very hard to ignore. The WHO announcement came on advice from 22 cancer experts from 10 countries, who reviewed more than 400 studies on processed meat covering epidemiological data from hundreds of thousands of people. It was now possible to say that "eat less processed meat", much like "eat more vegetables", had become one of the very few absolutely incontrovertible pieces of evidence-based diet advice – not simply another high-profile nutrition fad. As every news report highlighted, processed meat was now in a group of 120 proven carcinogens, alongside alcohol, asbestos and tobacco – leading to a great many headlines blaring that bacon was as deadly as smoking.

The WHO advised that consuming 50g of processed meat a day – equivalent to just a couple of rashers of bacon or one hotdog – would raise the risk of getting bowel cancer by 18% over a lifetime. (Eating larger amounts raises your risk more.) Learning that your own risk of cancer has increased from something like 5% to something like 6% may not be frightening enough to put you off bacon sandwiches for ever. But learning that consumption of processed meat causes an additional 34,000 worldwide cancer deaths a year is much more chilling. According to [Cancer Research UK](#), if no one ate processed or red meat in Britain, there would be 8,800 fewer cases of cancer. (That is four times the number of people killed annually on Britain's roads.)

The news felt especially shocking because both ham and bacon are quintessentially British foods. Nearly a quarter of the adult population in Britain eats a ham sandwich for lunch on any given day, according to data from 2012 gathered by researchers Luke Yates and Alan Warde. To many consumers, bacon is not just a food; it is a repository of childhood memories, a totem of home. Surveys indicate that the smell of frying bacon is one of our favourite scents in the UK, along with cut grass and fresh bread. To be told that bacon had given millions of people cancer was a bit like finding out your granny had been secretly sprinkling arsenic on your morning toast.

Vegetarians might point out that the bacon sandwich should never have been seen as comforting. It is certainly no comfort for the pigs, most of whom are kept in squalid, cramped conditions. But for the rest of us, it was alarming to be told that these beloved foods might be contributing to thousands of needless human deaths. In the weeks following news of the WHO report, sales of bacon and sausages fell dramatically. British supermarkets reported a [£3m drop in sales](#) in just a fortnight. ("It was very detrimental," said Kirsty Adams, the product developer for meat at Marks and Spencer.)

But just when it looked as if this may be #Bacongeddon (one of many agonised bacon-related hashtags trending in October 2015), a second wave of stories flooded in. Their message was: panic over. For one thing, the analogy between bacon and smoking was misleading. Smoking tobacco and eating processed meat are both dangerous, but not on the same scale. To put it in context, around 86% of lung cancers are linked to smoking, whereas it seems that just 21% of bowel cancers can be attributed to-[Read more](#) **Yes, bacon really is killing us**

Facts About Fracking

By Marc Lallanilla, Assistant Editor |



Hydraulic fracturing, commonly called fracking, is a drilling technique used for extracting oil or natural gas from deep underground.

Fracking is a hotly debated environmental and political issue. Advocates insist it is a safe and economical source of clean energy; critics, however, claim fracking can destroy drinking water supplies, pollute the air, contribute to the greenhouse gases that cause global warming, and trigger earthquakes.

Facts about Fracking

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Winter greens and ricotta lasagne recipe

A green healthy twist on the family favourite. [Read more](#)



These 5 Social Media Habits Are Linked with Depression

You might be familiar with the experience of scrolling through your Facebook feed, only to feel like everyone else's lives are better than yours.

[Read More](#)

Health Benefits Of Broccoli

Broccoli provides a high amount of vitamin C, which aids iron absorption in the body, prevents the development of cataracts, and also eases the symptoms of the common cold.

The folic acid in broccoli helps women sustain normal tissue growth and is often used as a supplement when taking birth control pills and during pregnancies.

The potassium in broccoli aids those battling high blood pressure, while a large amount of calcium helps combat osteoporosis.

The vegetable is also fiber-rich, which enhances the gastrointestinal (GI) tract, as well as aims to reduce blood cholesterol levels.

In recent years, broccoli has made the headlines regarding three components found in the vegetable. For instance, indole-3-carbinol has captured the attention of those looking to prevent hormone-related cancers, such as breast- and [prostate cancer](#). I3C promotes "good" hormones, while working against destructive ones. The sulforaphane in broccoli also helps to increase the level of enzymes that block cancer, while the beta-carotene in broccoli transforms into vitamin A within the body, providing an effective antioxidant that destroys free radicals (responsible for weakening the defense of cells).

Additionally, the health benefits of broccoli have been linked to preventing and controlling the following medical concerns: Alzheimer's disease, [diabetes](#), calcium deficiencies, stomach and colon cancer, malignant tumors, lung cancer, heart disease, arthritis, and even the aging process.

FOOD



How to get the kids off junk food

Four simple tips to reshape your family's eating habits.

[Read more](#)

Calcium channel blockers

By *Harold Gunatillake* – Health writer

Do you know what calcium channel blockers are? Most of you may be on a calcium channel blocker, prescribed by your family physician, without your knowing, for High Blood Pressure (essential hypertension).

They are also called **calcium antagonists**, given for the treatment of a variety of conditions, such as high blood pressure, migraine and Raynaud's disease (peripheral arterial spasm).

Calcium is required by the heart muscles and other blood vessels for efficient contraction movement. So blocking such a mechanism or inhibiting transport of calcium into cells will lower the blood pressure and widen blood vessels by affecting the muscle cells in the arterial walls, especially those of the coronary arteries.

These calcium antagonists also tends to slow the heart rate which is also beneficial in situations where not only the blood pressure but also the heart rate needs to be slowed down for efficient muscle contractions and prevent premature aging of the muscle cells of the heart. By such action the blood pressure is lowered chest pain (angina) is relieved and also corrects irregular heart -beat.

Some calcium channel blockers are available in short- acting forms, and others long-acting forms. The quick acting ones act quickly and the effects last only a few hours, while the long-acting medications are slowly released to provide a longer lasting effect.

Examples of calcium channel blocking medication available include:

- Amlodipine (Norvasc)
- Diltiazem (Cardizem)
- Felodipine (Plendil)
- Isradipine (DynaCirc SR)
- Nifedipine (Adalat CC)
- Nisoldipine (Sular)
- Verapamil (Calan Verelan)

These drugs are normally prescribed in combination with other anti-hypertensive drugs. These calcium channel blockers are beneficial to prevent or improve symptoms in a variety of conditions, including

- High blood pressure
- Chest pain due to angina
- Migraine headaches
- Brain aneurysm complications
- Irregular heart beats
- Circulatory conditions like Raynaud's disease

Effect on kidneys

Studies suggest that calcium channel blockers do not worsen the progression of renal disease but may rather provide benefit when systemic blood pressure has been tightly normalized.

Side effects of these medications are:

- Constipation-(beware of verapamil). Increase your fibre content and drink plenty of water)
- Headache-(due to widening of arteries)
- Rapid heart rate
- Rash
- Drowsiness
- Flushing- (due to widening and relaxing of arteries)
- Nausea
- Swelling of legs and feet (pitting oedema due to water retention).

Serious side effects are rare, and it is not wise to stop calcium-channel blockers without speaking to your doctor.

Most people who take these medications have no side – effects, or only minor ones.

These channel blockers should not be taken with grape fruit as they can reduce your liver's ability to eliminate calcium channel blockers from your body, allowing the medications to build up in your body.

Rebound effect

Some people who suddenly stop taking a calcium-channel blocker have a 'rebound' flare up of angina. Therefore, it is best not to stop taking these drugs without first consulting a doctor.



Always flush with the lid down. We'll spare you the deets.

When you go to a restaurant, do you order a plate of aluminum, propylene glycol, and diethanolamine? We're thinking not. Then why do you use chemical deodorants that have them? They're toxic and can seep through your skin into your bloodstream. Today's newsletter takes the natural route with DIY deodorants, lip balms, and mineral water.

CureJoy

Replace Chemical Deodorants With These DIYs

Your first choice for a natural deodorant is a mixture of water, baking soda, and your favorite essential oil. Tea tree, lavender, and rosemary make interesting picks. If you have sensitive skin, skip the baking soda and go for a milder base with beeswax, shea butter, and coconut oil. Is the smell of coconut oil your pet peeve? Use cocoa butter instead. For a roll-on, add cornstarch.

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[Best Space Books and Sci-Fi: A Space.com Reading List](#)

See This

Big Outdoor Temperature Swings Tied to Heart Attack Risk

By Dennis Thompson
HealthDay Reporter

- [Body Shape Can Raise Women's Heart Attack Risk](#)
- [Flu Shot a Lifesaver for Heart Failure Patients](#)
- [Years of Football Could Harm the Heart](#)
- [Daily Aspirin Can Bring Heart Benefits, Risks](#)
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(HealthDay News) -- Many people know that extreme cold can raise your chances of having a [heart attack](#), but a new study suggests that wild swings in temperature may do the same. The greater the temperature change during the course of a single day, the more people show up at the hospital in need of emergency surgery for a heart attack, the researchers discovered.

The risk of heart attack seems to increase by about 5 percent for every 9 degrees Fahrenheit of temperature swing on a given day, the study findings showed.

This risk appears to crop up mainly during warmer weather, with the most marked effect occurring on days with an average temperature of 86 degrees, said senior researcher Dr. Hitinder Gurm, associate chief clinical officer at the University of Michigan.

Temperature Swings Trigger Heart Attacks

A new study suggests that wild swings in temperature may up heart attack risk.

[READ MORE](#)

Potatoes are a fat-free, carbohydrate-rich snack that can fill you up.

Baked potatoes are a great way to get your fix of the vegetable, though they may have a few more calories than boiled potatoes. The resistant starch in a baked potato (boosted if you have it cooled) is great for colon health and may even help lower cholesterol and triglyceride levels in the body.

Plus, each baked potato packs in 3.8 gm of fiber so it can keep you feeling nice and full. It also has about half the daily recommended intake of vitamin B6 and significant levels of potassium and magnesium.

[Read more-Are Baked Potatoes Good For You?](#)

How do vegetarian and Mediterranean diets benefit heart health?

By [Catharine Paddock PhD](#)
Fact checked by Jasmin Collier

The findings of an Italian clinical trial suggest that a low-calorie vegetarian diet may be as effective at reducing cardiovascular risk as a low-calorie Mediterranean diet.



Low-calorie vegetarian and Mediterranean diets are both heart-healthy and improve health in different ways.

The scientists hope that their findings, which are now [published](#) in the journal *Circulation*, might raise awareness that the vegetarian diet can offer another option for reducing the risk of [heart disease](#) and [stroke](#).

The Mediterranean diet "is widely reported as one of the healthiest models for preventing cardiovascular disease," they note, whereas the vegetarian diet is much less well studied — particularly in regard to its potential to offer a heart-healthy alternative for people who are used to eating meat and fish.

"To best evaluate this issue," says lead study author Francesco Sofi, a professor of clinical [nutrition](#) at the University of Florence and Careggi University Hospital in Italy, "we decided to compare a lacto-ovo-vegetarian diet with a [Mediterranean diet](#) in the same group of people."

A lacto-ovo-vegetarian diet excludes meat, poultry, fish, seafood, and any foods that are derived from them, but it includes eggs and dairy products such as milk, yogurt, and cheese.

Read more

[How do vegetarian and Mediterranean diets benefit heart health?](#)



Tone Your Hips With These Exercises

These exercises are meant to target your glutes, hamstrings, and quadriceps while sculpting out your desired waist. Try quadruped hip extensions to activate your glutes and core. Simple step-ups do the job as well. Strengthen your lower back and pelvic muscles with glute bridges. Of course, you can't go wrong with classic lunges and squats either.

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Know When You Might Be Vitamin A Deficient

A vitamin A deficiency needs to be recognized and treated early to avoid complications. Night blindness or difficulty seeing in the dark is one of the most common signs. Dry eyes that are irritated constantly, dry skin, rashes, and weak nails are other red flags to look out for. If you've been suffering different kinds of infections lately combined with eye problems, see a doctor.

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FOOD

[Chai chia breakfast pudding recipe](#)

This overnight pudding makes an energising breakfast. [Read more](#)

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