



A Look at Lone Atrial Fibrillation

Lone atrial fibrillation is one type of atrial fibrillation, but not all doctors agree on what it is. Here's what you need to know. [Read on](#) →



The Maze Procedure: Details and Success Rates

The maze procedure is a surgical intervention used to treat AFib when medications can't adequately control frequent arrhythmias. Learn more about how it works. [Read on](#) →

The Next Generation of Antibiotics Could Come from the Dirt

Researchers are scouring the soil looking for bacteria that can be used to create new antibiotics. It's part of a move away from lab-grown drugs.



Since Scottish scientist Alexander Fleming discovered penicillin, the world's first antibiotic, those wonder drugs have been grown in the laboratory. Today, Sean Brady, PhD, a microbiologist and associate professor at Rockefeller University in New York City, believes the future of antibiotics may lie in the soil just outside our front doors. Brady's discovery, 90 years after Fleming's revelation in 1928, has arrived as the world is facing an [antibiotic crisis](#).
Read more:

Researchers are scouring the soil looking for bacteria that can be used to create new antibiotics. It's part of a move away from lab-grown drugs. [Read on](#) →

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We do this by selecting health information from various sources relevant to issues applicable to our people, and we expect reciprocation by reading, for health & longevity

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Thank you
Health editor



They Offer Complete Protein

One egg has 6 grams of the stuff, with all nine “essential” amino acids, the building blocks of protein. That’s important because those are the ones your body can’t make by itself. The egg white holds about half that protein and only a small portion of the fat and cholesterol.

They're Nutrient Dense

That means eggs have more nutrients -- vitamins, minerals, amino acids -- per calorie than most other foods. Have an egg and you'll get:

- High-quality protein
- Selenium
- Phosphorus
- Choline
- Vitamin B12

Multiple antioxidants, which help keep your cells healthy

They Help Your 'Good' Cholesterol
This “good” cholesterol, called HDL, seems to go up in people who have three or more eggs a day. Of course, LDL, the “bad” type, goes up, too. But the individual pieces of each get bigger. That makes it harder for the bad stuff to hurt you and easier for the good stuff to clear it away.

Additional News from Harvard Health Publishing

[Vegetable of the month: Avocado](#)

[Dogs and health: A lower risk for heart disease-related death?](#)

[Music and heart health](#)



Breast cancer: risks, symptoms, diagnosis and treatment

It's important to get to know what's normal for your breasts. [Read more](#)



[Six common depression types](#)



Depression is not only hard to endure, it is also a risk factor for heart disease and dementia. Depressive symptoms can occur in adults for many reasons. If you are experiencing mood or cognitive changes that last for more than a few weeks, it's a good idea to bring this up with your doctor or consult a mental health specialist to help sort out possible causes.

[Weight loss surgery 'in a pill' could address obesity and type 2 diabetes, finds study](#)



A treatment that delivers the weight loss benefits of gastric band or bypass surgery in a pill taken before each meal could help tackle an epidemic of type 2 diabetes and obesity, scientists have said.

[Next-gen troponin test can diagnose a heart attack within one hour](#)



The latest generation of troponin testing can detect a heart attack in an hour. The rapid diagnosis promises to save more ...



Everything you need to know about hypertension

Hypertension or high blood pressure can lead to heart disease, stroke, and death and is a major global health concern. A range of risk factors may increase the chances of a person developing hypertension, but can it be prevented? Read on to find out what causes hypertension, its symptoms, types, and how to prevent it. [READ NOW](#)

[Turmeric Lemonade That Treats Depression \(Recipe included\)](#)



Statin drugs exposed as a MEDICAL SHAM as new research finds “no evidence” of

[Dietary supplement made from vitamin B3 provides same benefits as calorie restriction for improving arterial health, reversing cardiovascular aging](#)



We all have a vested interest in delaying the aging process as much as possible, but that doesn't just apply ...



[Statin-push quack Steven Nissen exposed for conflicts of interest, statin drug “prostitution” and science denialism](#)

A cardiologist from the Cleveland Clinic has published a scathing op-ed in MedPage Today that chastises people who use the ...

Coffee is good for Alzheimer's and Dementia

Studies have shown that elderly people who [consume](#) coffee on a regular, moderate basis are 65% less likely to develop Alzheimer's and [dementia](#). Keeping those [synapses](#) firing with some caffeine isn't a bad idea!

Prevents Parkinson's

Regular consumption of coffee helps lower [\[32\]](#) your chances of getting affected by Parkinson's disease. Research says that caffeine has a protective [\[30\]](#) effect on the nervous system, which eventually helps in preventing the disease.

Microwaving and freezing food will turn bad carbs into good ones

You can turn 'bad carbs' into good ones - Scientists have discovered that cooking and cooling turns refined 'bad' carbs - into resistant starch foods, which your gut bacteria will love! And it's even better if you re-heat things like pasta, rice and potatoes - and make sure everything, especially the rice, is piping hot - this further increases the resistant starch content. So pop last night's lasagne into the microwave the next day for a more guilt free way to eat carbs - our bodies only take around half the calories from this food than they do from refined carbs. In effect resistant starch feeds our gut bacteria, rather than us.

BBC



[Artichoke extract found to lower high cholesterol and protect the liver from alcohol damage](#)

Coffee is good for Weight Loss

Coffee energizes people to move around, get active, and [burn](#) calories faster. The stimulant nature of caffeine speeds [\[8\]](#) up the body's metabolism almost by 11% and increases calorie-burning. Furthermore, it acts as an appetite suppressant, so you can calm your cravings and remain firm in your dieting goals with a cup of joe on your side!

It's ok to eat bread!

But switch from mass produced to rye bread - Most mass-produced bread is full of easily-digested starch, which only reaches your small intestine, before dumping glucose into your blood. But Rye Bread uses wholegrains, which contain resistant starch and makes it all the way to your large intestine, where your gut bacteria is waiting. But do check the sugar content, because some mass-produced brands of rye bread add sugar to counteract the bitterness of the wholegrain.

The best way to eat bread - toasted straight from the freezer

Take all that unused, mass-produced bread - the 24 million slices we chuck away everyday - and pop them in the freezer. Why? Because just like cooking and cooling, freezing also turns starch into resistant starch. Amazingly, this means that your body gets far fewer calories from the bread. In effect, the resistant starch feeds your gut bacteria, rather than feeding you. BBC

Tonsil surgery might put kids at greater risk of chest bugs: study



Could having your tonsils or adenoids out as a child mean you are more likely to get respiratory infections as an adult? A large international study says yes.



Not all carbs are bad

Carbohydrates are one of the ways in which our bodies get energy from food. There are three types - Starch, Sugar and Fibre. There's a lot of Starch in things like potatoes, flour, rice and pasta. Fizzy drinks, sweets and most processed and refined foods all contain sugar. Both starch and sugar end up as glucose in the blood and are used as energy or stored as fat. But there's another type of carb - this is dietary fibre. Fruit and vegetables contain fibre, and fibre is a kind of carbohydrate that releases energy very slowly, it's very good for our guts and so stuff like this doesn't tend to make us fat. BBC

Swapping your 'bad' processed carbs for 'good' carbs containing more resistant starch and your chances of avoiding bowel cancer go up to a whopping 30%!

Most of the starch that we eat is digestible, about 95% of it. But there is a small fraction that gets through to the large intestine where it can then be acted on by gut bacteria, and that's what we define as resistant starch. Resistant starch can travel through the body surviving the stomach - until it reaches the bowel, feeding bacteria in the gut which in turn produces chemicals that prevent us getting diseases such as bowel cancer.

A low carb diet can help turn your Type 2 Diabetes around

Rather than prescribing more and more pills, we can make people healthier by reducing the amount of the beige and white carbs and increasing the green. Research has shown that cutting out the bad carbs reduces HBA1C levels - the key determinant for a diabetic. Keeping up a low carb diet can eventually reverse the disease.

BBC

How to Minimize the Risk of Food Poisoning

Cases are no longer mainly tied to foods made with raw eggs (like homemade mayonnaise and eggnog) or undercooked meat and poultry. Harmful organisms now show up in foods that were not considered a problem years ago, like raspberries, cantaloupe, ice cream, salami, scallions, parsley, apple cider and even toasted oat cereal.

You can protect yourself *up to a point* if you take proper precautions with the foods you purchase. Most important: Keep hot foods hot and cold foods cold. If a food is meant to be refrigerated, don't keep it at temperatures above 40 degrees Fahrenheit any longer than it takes you to get from store to home — an hour or two at most. In hot weather or a sun-drenched vehicle, transport the food in an ice-filled cooler or insulated bag.

Once home, store the foods safely. Never place raw meat, poultry or fish in the fridge where it can drip onto other foods, especially foods already cooked and fresh fruits and vegetables that may be consumed raw.

Don't defrost frozen foods on the counter. Take them out of the freezer in ample time for them to thaw in the fridge or use a microwave oven with a defrost feature.

Food safety experts advise against rinsing raw meat, poultry and fish in the sink; it risks spreading noxious organisms on surfaces that will later come into contact with foods eaten raw. However, produce can and should be washed even if you plan to peel or cook it unless it comes in a package labeled triple-rinsed or ready to use. Rinsing, again, risks cross-contamination.

Be doubly sure to wash melons, especially cantaloupe and others with rough skins, before cutting into them lest you transfer nasty organisms from the surface of the fruit to the flesh within. But experts do not recommend using soap or bleach on foods.

Don't assume that because the food was locally grown or from a farmers' market, it's free of potential hazards. Large producers operate under strict rules to prevent contamination; small local farmers may not adhere to the same constraints. Before preparing to cook, use soap and warm water to wash your hands, under your nails and up to your wrists. Use a commercial cleanser or a solution of one teaspoon of bleach in a quart of water to clean kitchen surfaces.

When prepping foods, use separate cutting boards and knives for raw animal foods and produce, even produce you plan to cook, or wash the equipment thoroughly with soapy water between the two.

Always refrigerate foods that are being marinated, even if the marinade is acidic. Never use the same marinade on the food after it has been cooked — unless you boil it first for 10 minutes — and don't reuse it to marinate something else.

Cook animal products to the proper temperature: 160 degrees for ground meat; 165 for poultry; 145 for pork and fin fish; until the flesh is opaque for most shellfish, and until shells open for clams, oysters and mussels. After a food is cooked, put it on a clean platter.

If you're hosting a buffet and expect prepared or raw food to remain unrefrigerated for hours, use a portable burner (like a chafing dish) to keep hot foods hot and set those that should be cold over crushed ice. But no matter how carefully you handle food at home, it is difficult if not impossible to reduce your risk of food poisoning if you rely heavily on restaurant-prepared and takeout foods. All it takes is one food handler along the line who harbors a noxious organism and fails to take needed precautions against contaminating the food being prepared and served.

You may be able, however, to help protect others. If you have good reason to suspect a particular source of your resultant misery, you may curb its spread and prevent others from getting sick by reporting your experience *as soon as possible* to your local health department and the establishment where you purchased or consumed the food.

That said, pinpointing the cause of a food poisoning incident can be very tricky. It may — or may not — originate with the last food or drink you consumed. Different organisms take varying amounts of time to produce symptoms that might be recognized as food poisoning, and the "transit time" it takes for food to make its way through the digestive tract varies from person to person.

For example, while an attack of *Staphylococcus aureus* typically occurs in two to four hours after consuming a contaminated food, it can take as long as two days for a norovirus or *Yersinia* infection to cause misery, and *E. coli* O157:H7 can take up to 10 days before it results in bloody diarrhea and possible kidney failure.

And if you want to know how efficient your digestive tract usually is, eat a cob of corn and notice how long it takes before undigested kernels appear in your stool. This could help you pinpoint the source of a suspected food poisoning attack.

Also, while the most common symptoms of food poisoning include vomiting and diarrhea, several organisms — shigella, *Yersinia* and *Clostridium perfringens* — only cause diarrhea, and a severe infection with *Listeria monocytogenes* involves mainly fever. A hospital-based lab may be able to quickly identify the cause with a DNA test on a stool sample.

For further guidance, consult the website FoodSafety.gov.

A version of this article appears in print on May 29, 2018, on Page D5 of the New York edition with the headline:

How to Reduce the Risk of Food Poisoning. Order Reprints | Today's Paper | Subscribe

[What to Blame for Your Stomach Bug? Not Always the Last Thing You Ate](#)

[My Life-Threatening Bout With E. Coli Food Poisoning](#)

[When Is It Safe to Eat Salad Again?](#)

You May Have a 'Second Brain' in Your Butt... And It's Smarter Than You Think

The neurons in your colon don't need to be told what to do.

[Read More](#)



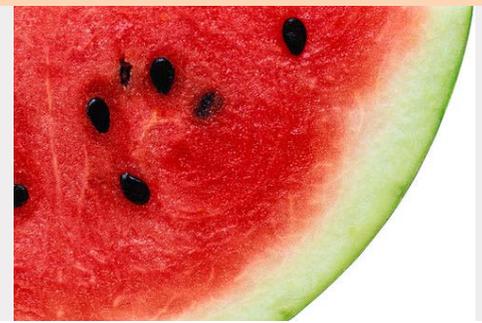
Button Mushrooms

They give you the mineral selenium and the B vitamins riboflavin and niacin. That helps you in several ways. If you're low on selenium, you may be more likely to get a more severe flu. Riboflavin and niacin play a role in a healthy immune system.



Oysters

They've got zinc in them, which appears to have some virus-fighting powers. That's probably because zinc helps create and activate white blood cells involved in the immune response. It also assists your immune system with tasks such as healing wounds.



Watermelon

It's not only refreshing. When it's ripe, it's also got plenty of an antioxidant called glutathione. It strengthens the immune system so it can fight infection.

To get the most glutathione in your watermelon, eat the red pulpy flesh near the rind.

Japanese Whalers Killed 122 Pregnant Whales and 114 Babies Last Summer

By Brandon Specktor, Senior Writer

Japanese research vessels harpooned, killed and necropsied 333 Antarctic minke whales during an annual hunt last summer — and 122 of those whales were pregnant.

The expedition, reportedly mounted for "scientific research," also resulted in the slaughter of 114 immature whales, according to a report of the [hunt released by the International Whaling Commission](#).

According to the report, researchers set out to acquire data on the age, size and stomach contents of minke whales in the South Ocean between Australia and Antarctica. This involved shooting the whales with grenade-tipped harpoons (a controversial killing method that results in instant death only [50 to 80 percent of the time](#)), hauling the slain whales aboard a research vessel and cutting them apart on-site.

[Japanese Whalers Killed 122 Pregnant Whales and 114 Babies Last Summer](#)

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Pour Yourself A Glass Of Orange Juice

Eating an orange is better than drinking orange juice. But if you must, go for unsweetened fresh cold-pressed juice limited to 150 ml a day. You will benefit. We're talking more efficient body repairs, suppressed inflammation, a good supply of vitamin C and potassium, and well-regulated blood pressure and cholesterol. And how can we forget amazing, UV-protected skin!

[VIEW ARTICLE](#)

Cardio away from addiction.

Here's another potential benefit of aerobics: treating substance abuse disorders, including the use of alcohol, nicotine, stimulants, and opioids. Cardio done daily may be able to regulate the dopamine in your brain. FYI, dopamine is the chemical that gets you hooked on to addictive substances. As we wait for concrete instructions, get your heart pumping anyway.

[Read More](#)

Apple Cider Vinegar Remedies

People use this vinegar to shed pounds, lower blood sugar, and more. But does it work?

Piperine

Piperine is found in black pepper and is responsible for its pungent flavor. Every year colorectal cancer kills more than 639,000 individuals worldwide. One of the major causes likely to blame for such a high statistic is a bacterium known as *H. pylori*, which invades the gastrointestinal lining of more than half of the world's population and is carcinogenic. Known as the "King of Spices," [piperine – a compound found in black pepper – helps reduce the incidence of cancers relating to the stomach and breast](#). Piperine has traditionally been used to treat symptoms of cold and fever. Most recently it has gained attention for its cancer fighting properties.

Direct research suggests that piperine has anti-inflammatory effects on *H. pylori*-induced gastritis and may potentially be useful in prevention of *H. pylori*-associated gastric carcinogenesis.

Piperine appears to prevent *H. pylori* growth by preventing it from adhering to the gastrointestinal surface. Piperine has also been shown to target cancer stem cells of breast tumors in testing. As a result of piperine's actions, the *H. pylori* bacterium cannot release toxins, cause stress, raise inflammation levels, and promote cancer growth. The antimutagenic factors which piperine induces may be due to its ability to prevent proteins from binding which would normally stimulate cancer formation. Add piperine to your daily diet by including freshly ground high quality black pepper in marinades, salad dressings, sauces, dips, and soups.

By Dr. David Jockers DC, MS, CSCS



7 Diabetes-Friendly Chicken Recipes

Since chicken is high in protein and often low in fat, it can be a smart dietary option if you live with diabetes. Try any of these seven delectable recipes. [Read on](#) →

Good advice from Dr Harold

Do spices cause cirrhosis of the liver?

Some spices like red chillies (also called cayenne pepper) and garam masala produce heat in the body. That would stimulate your body metabolism (50%) to produce more heat. During winter months eating chillies and spices would keep you warm. They have zero calories. Chillies are rich in vitamin C, and loaded with antioxidants, protecting against cancer. Those who eat chillies daily may not get prostate problems...

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Anorexia is claiming lives, so why isn't treatment properly funded?

By Tracy Bowden

The cost of treatment for eating disorders is leaving patients tens of thousands of dollars out of pocket, with many going into debt to fund their treatment.



OPINION Your asthma puffer could hurt the environment, but there's a better alternative

By Brett Montgomery

As if having asthma wasn't bad enough news, your health condition is probably contributing to climate change. But there is an alternative to using a metered dose inhaler to deliver medicine into your airways, writes Brett Montgomery.



These two common cancers are often detected in later stages

By the Specialist Reporting Team's Alison Branley

For many people the shock of a cancer diagnosis can only be tempered by the phrase: "at least we caught it early". But new data shows this can't be said for many patients diagnosed with two of Australia's most common cancers — lung and bowel.



Going bald? Here's what you need to know

ABC Health & Wellbeing

By health reporter Olivia Willis

Losing your hair at any age can be distressing, but even more so when it's premature or severe. So what happens when your hair starts to fall out? And can it be stopped (or at the very least slowed down)?



Babies can get cataracts too, but this stem-cell research could help treat them

By medical reporter Sophie Scott and the Specialist Reporting Team's Alison Branley

Australian scientists use stem cells to create human eye lens cells, and then grow them into eye lenses, giving hope to children with cataracts.



10 foods and drinks that make dentists wary

It's not just chewy lollies and fizzy soft drinks that are enemies of your pearly whites. Some of the foods and drinks that can cause trouble for your teeth will probably surprise you.



Pearly whites? Only half of all Aussies brush their teeth twice a day

By the Specialist Reporting Team's Alison Branley

The country's first comprehensive dental health report card has found some pretty gross stats: 90 per cent of adults have some form of tooth

What Are Psychotic Disorders?

They're a group of mental health conditions that change your sense of reality. They make it hard to know what's real and what isn't. When you have these disorders, you might see and hear things that don't exist or believe things that aren't true.

Who's at Risk?

Scientists don't know exactly what causes psychotic disorders, but they've got some theories. Viruses, problems with how certain brain circuits work, extreme stress or trauma, and some forms of drug abuse may play a role in some people. You also may be more likely to get a psychotic disorder if you have a family member who has off

Schizophrenia

If you have this condition, you might have hallucinations, which means you hear voices or see things that aren't real. You could also have delusions -- strong beliefs in things that aren't true. John Nash, the Nobel prize-winning mathematician whose story was told in the movie *A Beautiful Mind*, had schizophrenia.

Schizoaffective Disorder

This condition mixes symptoms of schizophrenia with a mood disorder -- mania or depression. If you have the depressive type, you often feel sad and worthless. If you have the bipolar type, you have periods of mania -- racing thoughts and extreme happiness. Brian Wilson, founding member of the Beach Boys, has schizoaffective disorder.

Schizophreniform Disorder

It has the same symptoms as schizophrenia, but they're temporary. Hallucinations and delusions last between 1 and 6 months, although sometimes your symptoms can return later. This disorder is much less common than schizophrenia. It most often affects teens and young adults. Schizophreniform disorder can turn into full-blown schizophrenia even after it's treated.

Brief Psychotic Disorder

When someone has it, they suddenly get symptoms like hallucinations and delusions. One possible trigger is extreme stress after things like an accident or the death of a loved one. If you're a woman, it can happen after you give birth. Sometimes there's no obvious cause. Usually, your symptoms go away on their own within a month. In some people, brief psychotic disorder turns into schizophrenia or schizoaffective disorder.

Delusional Disorder

In this condition, you have a false sense of reality about one or more of your beliefs. For instance, you might think a friend is plotting to kill you, your partner is cheating, or a celebrity is in love with you. These false beliefs start to affect your everyday life. For example, if you think someone is going to harm you, you might be afraid to leave the house.

Web MD



Treating Fungal Nails at Home

Learn how to treat and prevent fungal nails. Discover the causes, signs, and home remedies for discolored nails. [Read more...](#)

10 Low-Cal Recipes for Your Favorite Cocktails



These drinks may have fewer calories, but they're just as refreshing and flavorful. Try our takes on the mojito, margarita, and more.



15 Tips for Controlling Your Blood Sugar



When you have type 2 diabetes, these important habits can help keep your levels in check.

[Can chewing gum help you walk faster, burn more calories?](#)



Cauliflower: Health Benefits & Nutrition Facts

Reference

Often maligned for being bland, cauliflower, when prepared properly, can be flavorful as well as healthful.

[Read More](#)



High blood pressure? Drinking kefir could lower it

By [Maria Cohu](#)

[Fact checked](#) by Jasmin Collier

Creamy and just a little sour, kefir is becoming a favorite among gourmands and health enthusiasts worldwide. This fermented milk drink has been shown to bring many health benefits, and now, researchers explain how it could protect cardiovascular health.



Kefir is a tasty, healthful drink that works wonders for our gut microbiota. This, it turns out, could also keep cardiovascular problems at bay.

Kefir is a milk-based drink made by adding kefir grains — whitish grains obtained through the fermentation of specific bacteria and yeast — that allow it to obtain the specific creamy thickness and slightly sour taste.

This probiotic drink has traditionally been tied to numerous benefits — especially its wholesome effects on the gut microbiome and digestion.

But now we know that the bacteria in our guts influence more than just a good digestion.

The microorganisms that populate our guts have been shown to [communicate with the brain](#), which gives them the potential to influence plenty of processes in our body.

[A study from last year](#) even showed that people with [coronary heart disease](#) exhibited differences in the composition of their gut microbiota, compared with people without this condition. -Read more [High blood pressure? Drinking kefir could lower it](#)

Does vitamin D deficiency cause hair loss?



Vitamin D

stimulates hair follicles, so a deficiency may lead to hair loss.

There is some evidence that having a vitamin D deficiency does cause hair loss and other hair problems. [Vitamin D](#) stimulates hair follicles to grow, and so when the body does not have enough, the hair may be affected.

A vitamin D deficiency may also be linked to [alopecia areata](#), an autoimmune condition that causes patchy hair loss.

[Research](#) shows that people with alopecia areata have much lower levels of vitamin D than people who do not have alopecia.

Vitamin D deficiency can also play a role in hair loss in people without alopecia. Other [research](#) shows that women who have other forms of hair loss also had lower levels of vitamin D.

Read more:

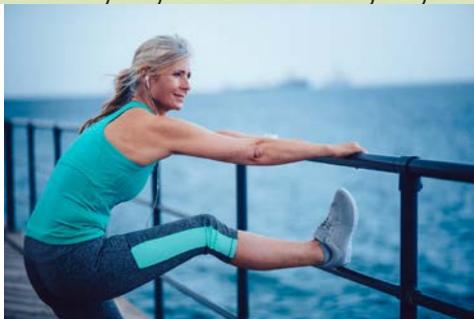
[Can a vitamin D deficiency cause hair loss?](#)

These five habits will lengthen your lifespan

By [Catharine Paddock PhD](#)

[Fact checked](#) by Jasmin Collier

Exercising regularly, adopting a healthful diet, not smoking, not becoming overweight, and drinking only moderate amounts of alcohol could all lengthen life at age 50 for women by 14 years and for men by 12 years.



Regular exercise is one of five things that you can do to lengthen your lifespan.

This was the conclusion of the first study to thoroughly analyze the relationship between "low-risk lifestyle factors" and life expectancy in the United States.

A paper on the research, which was led by the Harvard T.H. Chan School of Public Health in Boston, MA, is shortly to be [published](#) in the journal *Circulation*.

Despite being one of the wealthiest nations in the world, the U.S. is a long way down the list when it comes to life expectancy — in 2015, it ranked 31st.

Read more

[These five habits will lengthen your lifespan](#)



What effects does alcohol have on health? Alcohol has short-term and long-term effects. Drinking a small amount can help people feel relaxed, but too much, too often, can be harmful for health. [_READ NOW](#)



Five hobbies that can improve your health. Looking to take up a new hobby this year? We look at five past-times that are not only fun, but which could have significant benefits for health. [_READ NOW](#)



OPINION Should I let my kids drink fruit juice?



By Bec Reynolds, Clare Collins, David Manton, Kacie Dickinson and Sandro Demaió

It tastes good, often comes in convenient and child-friendly packaging, and seems much healthier than soft drinks. But what do the experts say?



The 11 Best Types of Fish to Eat

Fish is a healthy, high-protein food that has a rightful place in a well-balanced diet. Here are nearly a dozen nutritious types worth getting hooked on. [Read on](#) →



Is buying organic fruit and veg worth it?

By [Joanna Khan](#) for [Life Matters](#)

For many of us price is a top consideration when we're buying food, even if we want to buy organic produce. So if you can't afford to buy only organic groceries, are there some organic products that you should prioritise over others?

Probiotics may help boost mood and cognitive function

Probiotics can do more than improve your gut health. They also may indirectly enhance your brain, too.

Research shows that the gut and brain are connected, a partnership called the gut-brain axis. The two are linked through biochemical signaling between the nervous system in the digestive tract, called the enteric nervous system, and the central nervous system, which includes the brain. The primary information connection between the brain and gut is the vagus nerve, the longest nerve in the body.

The gut has been called a "second brain" because it produces many of the same neurotransmitters as the brain does, like serotonin, dopamine, and gamma-aminobutyric acid, all of which play a key role in regulating mood. In fact, it is estimated that 90% of serotonin is made in the digestive tract.

What affects the gut often affects the brain and vice versa. When your brain senses trouble—the fight-or-flight response—it sends warning signals to the gut, which is why stressful events can cause digestive problems like a nervous or upset stomach. On the flip side, flares of gastrointestinal issues like irritable bowel syndrome (IBS), Crohn's disease, or chronic constipation may trigger anxiety or depression.

The brain-gut axis works in other ways, too. For example, your gut helps regulate appetite by telling the brain when it's time to stop eating. About 20 minutes after you eat, gut microbes produce proteins that can suppress appetite, which coincides with the time it often takes people to begin feeling full.

How might probiotics fit in the gut-brain axis? Some research has found that probiotics may help boost mood and cognitive function and lower stress and anxiety. For example, a study published online Nov. 10, 2016, by *Frontiers in Aging Neuroscience* found that Alzheimer's patients who took milk made with four probiotic bacteria species for 12 weeks scored better on a test to measure cognitive impairment compared with those who drank regular milk.

A small 2013 study reported in the journal *Gastroenterology* found that women who ate yogurt with a mix of probiotics, twice a day for four weeks, were calmer when exposed to images of angry and frightened faces compared with a control group. MRIs also found that the yogurt group had lower activity in the insula, the brain area that processes internal body sensations like those emanating from the gut.

It's too early to determine the exact role probiotics play in the gut-brain axis since this research is still ongoing. Probiotics may not only support a healthier gut, but a healthier brain, too.

To learn more about the role of probiotics in your overall health, download your copy of [The Benefits of Probiotics](#) from Harvard Medical School.

Share this story:  

Upping Inhaler Use May Not Help Kids with Asthma, Could Stunt Growth

New study looks at higher doses of steroids used on children with mild-to-moderate asthma.

Traditional asthma treatments center around inhaled steroids to soothe bouts of wheezing and coughing, with the dosage going up as symptoms worsen.

But a new study found that high doses of inhaled steroids may not be effective at reducing asthmatic exacerbations in some children and could even stunt their growth.

Published this week in *The New England Journal of Medicine*, the study examined the impact of high doses of inhaled steroids on children with mild-to-moderate asthma.

Asthma exacerbations are common events for children. About 1 in 10 children has asthma and that rate is growing, according to the U.S. Centers for Disease Control and Prevention (CDC).

These exacerbations can be bad enough that children need to be hospitalized. In 2016, one in six children with asthma ended up in the emergency department due to the condition.

New study looks at higher doses of steroids used on children with mild-to-



5 Pilates Exercises to Help Ease Fibro Symptoms

Since it's a gentle exercise regimen that minimizes full-body fatigue, Pilates is ideal for people living with fibromyalgia. Here are five moves you can try. [Read on](#) →



Asthma Myths Debunked

There are many faces of asthma. Most researchers think that the different patterns of asthma are all related. Other researchers think that separate lung conditions exist.

[READ MORE](#)

Vitamin B12 gives you more energy.

It's definitely important to get enough B12. Too little of it can cause anemia, memory loss, confusion, and tingling in your arms and legs. But there's little evidence that taking it makes you a better athlete or gives you more energy. A diet that includes meat, fish, or dairy products should give you enough.



Who Struggles Most With Asthma?



Learn about asthma symptoms and signs, asthma attack, inhalers, medications, exercise induced asthma, and other facts. [Read more...](#)

SLIDESHOW

Try These Moves for Back Pain Relief

Exercises for lower back pain can strengthen your back, stomach, and leg muscles. See which ones may help the most -- and which can hurt you.

Lung Cancer Facts



It is the number one cause of cancer deaths in both men and women. Cigarette smoking is the principal risk factor. [Read more...](#)



Out of Control Allergies

You take meds like your doctor tells you to. But do you really have your symptoms under control? [Read more...](#)



[Better than statins: Cut cholesterol, fight cancer and boost immunity with porridge](#)

Are We Making Progress on Antibiotic Resistance?

The CDC is spotlighting its recent efforts to combat organisms that become resistant to antibiotics. However, experts say we still face an uphill...

Alzheimer's & Dementia Articles

Forgetful? When to worry about memory changes

Memory changes can be scary, but they don't always indicate Alzheimer's disease or another form of dementia. Even so, a physician should evaluate sudden changes in the ability to perform daily activities. Early diagnosis has a number of benefits. (Locked) [More »](#)



Lots to Love

There are so many types of mushrooms -- at least 14,000 -- though only about half are OK to eat. But almost all the mushrooms we eat in the U.S. are the white button variety. Why not branch out? Other common types include cremini, portabella, maitake (also called hen of the woods), shiitake, enoki, and oyster. Each has its own unique shape, flavor, and texture.



Nutrient Powerhouses

If you're looking for an all-natural multivitamin, skip the supplement aisle and pick up some mushrooms. Among their many nutrients: B vitamins -- including pantothenic acid (B5), niacin (B3), and riboflavin (B2) -- plus copper and selenium. Mushrooms also have protein, fiber, potassium, vitamin D, calcium, and more. Not bad for a food that's more than 90% water.

Other Health Benefits

Mushrooms may do a lot more for your health than fuel your body. They have antibacterial properties. They can help lower cholesterol. They're good for your immune system. They may even help prevent or treat Parkinson's disease, Alzheimer's disease, high blood pressure, and cancer.



Potassium-Rich Portabellas

It's important for your heart, muscles, and nerves. When you think of foods that have a lot of it, bananas or potatoes might come to mind. But mushrooms are right up there in potassium content. For example: two-thirds of a cup of grilled, sliced portabellas -- large mushrooms with smooth brown or tan caps -- has as much potassium as a medium banana.

WebMD

Alzheimer's & Dementia

The word dementia means deprived of mind. It is a catchall term that covers memory loss, confusion, changes in personality, a decline in thinking skills, and dwindling ability to perform everyday activities. There are many types of dementia. Alzheimer's disease is the most common. Half or more of people with dementia have Alzheimer's disease. It is caused by the accumulation of tangles and clumps of protein in and around brain cells. These tangles and clumps make it difficult for brain cells to communicate with one another, and can eventually kill them.

Vascular dementia, the second most common type, develops when cholesterol-clogged arteries can't deliver enough oxygen-rich blood to the brain. Sometimes small blockages completely cut off the blood supply to a part of the brain, causing nearby brain cells to die. The terms dementia and Alzheimer's are often used interchangeably. In part, that's because it is very hard to tell them apart. Usually, a specific type of dementia can only be diagnosed by an autopsy after someone has died.

Dementia affects areas of the brain involved in learning and memory. So a common symptom is difficulty in recalling new information. Memory loss disrupts daily life. An individual with dementia may get lost in a once-familiar neighborhood. He or she may have increasing trouble making decisions, solving problems, or making good judgments. Mood and personality may change. A person with dementia can become more irritable or hostile, or lose interest in almost everything.

Once dementia has developed, it is usually hard to reverse. The goal of treatment is to manage symptoms and slow its progression. Some medications can help slow the intellectual decline in mild to moderate dementia. Psychotherapy techniques like reality orientation and memory retraining can also help people with this condition.

A small percentage of people with dementia develop the condition because of medical issues such as an underactive thyroid gland, an infection, not getting enough vitamin B12, medication side effects, or drinking too much alcohol. **In these cases, treating the underlying cause can reverse the dementia.**

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Surprising Things That Can Damage Your Liver

Alcohol and acetaminophen are well-known liver dangers, but what else can be harmful? This slideshow shows causes that may surprise you.

[READ MORE](#)

Is vitamin D really a cure-all – and how should we get our fix?

Evidence is growing that the ‘sunshine vitamin’ helps protect against a wide range of conditions



Vitamin D is having quite a moment. In the past few months, evidence has been growing that the “sunshine vitamin” not only has an important role in bone and muscle health, but might also help [prevent a range of cancers](#), [reduce the chance of developing rheumatoid arthritis](#), protect against [multiple sclerosis](#) and [cut the risk of colds and flu](#).

But is vitamin D truly a cure-all? And if the benefits are real, should we all be taking vitamin D supplements or even fortifying our foods?

Vitamin D is not one chemical, but a label that covers a group of substances, including vitamin D₂ and D₃. The latter is the form made when sunlight hits your skin and is also found in other animals. Non-animal sources such as fungi and yeasts primarily produce the D₂ form. Once in the body, these substances are converted into biologically active steroids that circulate in the blood.

Coconuts lower the sugar meter.

While research continues to delve into the benefits of coconut, here's one more reason the tropical favorite should find a spot in your diet. A study suggests that eating fresh coconut daily helps reduce blood glucose and...wait for it...even body weight! A handful of fresh coconut pieces in a smoothie sound inviting enough?

[Read More](#)

Eat These Fruits For Your Dose Of Iron

A cupful of mulberries can give you a headstart of 14.3% of your recommended daily intake of iron. Zante currants come in a close second with 13%, treating your palate to an intense flavor as they do so. Dried apricots, tomatoes (technically fruits!), pumpkins, prunes, and coconuts are also good sources of iron; as are refreshing watermelons, juicy peaches, and sweet dates.

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What Ayurveda Says About Overindulgence

Did you know that Ayurveda has a word for overindulgence? It is *prajnaparadha*, which translates to “crimes against wisdom.” Makes sense since overindulgence is usually some form of harm we knowingly inflict on our bodies. Counter it by taking stock of things like heavy drinking, sugar cravings, and late nights. Recognizing them is the first step to preventing them from happening.

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Facts About the JFK Assassination

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14 Signs and Symptoms of Stroke

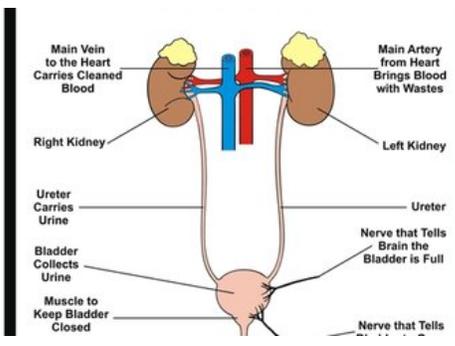
Acting fast is critical if you suspect someone is having a stroke. Immediate treatment can minimize long-term effects. [Read more...](#)

11 Health Benefits of Eggs

One egg has 6 grams of protein, with all nine essential amino acids, the building blocks of protein. [Read more...](#)

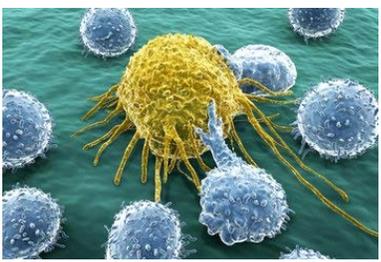
Why regular eye checks are so important

When was your last eye check? [Read more](#)



Urinary System: Facts, Functions & Diseases

The urinary system — also known as the renal system — produces, stores and eliminates urine, the fluid waste excreted by the kidneys
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Lymphatic System: Facts, Functions & Diseases

February 20, 2018 | Reference
 The lymphatic system helps rid the body of toxins.
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Do Omega-3 Supplements Really Cut Heart Attack Risk?

A new review looks at whether omega-3 fatty acid supplements really benefit people with heart disease.
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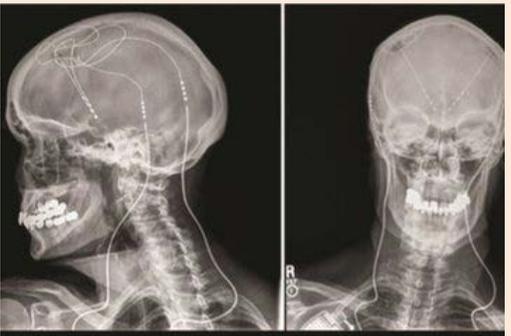
Chocolate Facts, Effects & History

Chocolate, the most popular sweet treat in the world, makes you feel good and it may be good for you, too.
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What's Worse for Your Brain — Alcohol or Marijuana?

For both teens and adults, alcohol appears more dangerous for the brain than marijuana is.
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Brain 'Pacemaker' for Alzheimer's Shows Promise In Slowing Decline

Implanting a pacemaker-like device in the brains of people with Alzheimer's disease could help slow the decline of decision-making and problem-solving skills.
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Niacin (Vitamin B3): Benefits & Side Effects

Niacin is an essential vitamin that helps the digestive system, skin and nervous system to function.
[Read More](#)



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

Asparagus contains a stimulating blend of nutrients, making this member of the lily family a fantastic food for your



Do Supplements Really Work? Check Out These Fact Sheets for Answers

Several new resources from the National Institutes of Health aim to help people cut through the confusion over supplements.
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Can you really break your penis?

It may be uncommon, but unfortunately it is definitely possible! [Read more](#)

Marijuana and asthma: Does it help or harm?



Cranberries help tackle UTIs

We've all heard or heeded the popular advice: [Drink cranberry juice to treat UTIs](#). But is there any evidence to that? [Fresh cranberries](#) or 100 percent cranberry juice (not the sweetened stuff) are full of antioxidants and acidic compounds, which are [powerful infection fighters](#) that can help bacteria from adhering to the bladder wall. [Studies show](#) that cranberries can be especially beneficial in preventing UTIs in women with [recurrent](#) or recent UTI issues. Just make sure you stay away from the sugar-loaded cranberry juice varieties, which can actually make things worse down there.

Cranberries for vaginal health

- contain powerful acidic compounds to fight bacteria
- contain antioxidants, vitamin E, and vitamin C to boost your immunity
- **Pro-tip:** Opt for natural and sugar-free juice varieties or fresh cranberries. Not a fan of their tart taste? Mix into fresh fruit smoothies or try taking pure cranberry pills.

Healthline

Unexpected Things That Can Hurt Your Heart

Belly fat may not come as a shock -- but exercising too long? Or feeling lonely? See what else could be harming your ticker.

SLIDESHOW

6 Tasty Recipes Using Eggs

From cheesy polenta casserole to apple-cinnamon French toast, we share some great ways to cook with eggs.

Plant fats for better circulation and sex drive

[Omega-3 fatty acids](#) help with circulation and blood flow, which is good news for your sex drive. These essential fatty acids, as well as others found in sea buckthorn oil, like palmitoleic, linoleic, oleic, and palmitic, were shown in a [2014 study](#) to help with vaginal dryness in [postmenopausal women](#). [Menstrual cramping](#) getting you down? Studies have also shown that fish oil can [ease severe dysmenorrhea](#) more effectively than ibuprofen.

Healthline

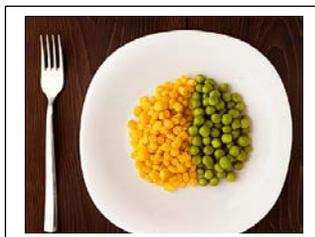
Do You Have These Common Phobias?

Learn what causes phobias such as claustrophobia, agoraphobia, zoophobia, and more. Discover some of the symptoms and treatments.

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High Triglycerides? Avoid These Foods

Did you that know too much fruit can raise your levels of this blood fat? So can coconut, starchy vegetables, and these other foods.



19 Constipation Myths and Facts

How often should you have a bowel movement? Which type of fiber helps the most? We separate fact from fiction.

Tinnitus: Why Are My Ears Ringing?

What is tinnitus? Explore tinnitus causes, symptoms, remedies, treatments, and prevention tips. Learn about pulsatile tinnitus.

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FEATURED QUIZ

Is There a Special Gout Diet?

The big toe is a common site affected by gout, but it can also affect other joints like heels.

TAKE THE QUIZ



7 Surprising Health Benefits of Jalapenos

Jalapenos are better known for being spicy than nutritious, but it also has several surprising benefits. Here are ways that jalapenos can improve your health. [Read on](#)

Incredible Benefits Of DASH Diet

There seem to be a great number of diets and fads out there that promise to deliver a wide range of health benefits, and while many of them are unproven, the DASH Diet (Dietary Approaches to Stop Hypertension) has drawn quite a bit of attention and popularity, as well as sponsorship from the American Heart Association and the US Guidelines for the treatment of high blood pressure. Essentially, the DASH Diet was originally **conceived** as a way to lower blood pressure (hypertension) but has since been recognized as being beneficial for a wide array of health concerns. The diet is based on consuming a diet that is high in **fruits** and **vegetables**, protein, **nuts**, beans, **seeds**, whole grains, and heart-healthy fats.

Initially, the diet included a number of starchy **foods** that were considered "empty" carbohydrates, but the diet has been updated since then and has proven to **have even better results**, replacing those empty carbs with **foods** rich in protein and good fats. The diet is also high in **fiber** foods and provides the proper balance between **sodium**, **vitamins**, and **minerals** to improve hypertension in the body. Given the wide popularity of the DASH Diet, perhaps we should see why it has received so much attention.

Health Benefits Of The DASH Diet

Let's take a closer look at the many health benefits of the DASH Diet.

Lowers Blood Pressure

The original intention of the diet was to lower hypertension, as the name implies, and it does this by closely monitoring your intake of salt, which can significantly increase blood pressure. The diet also helps to balance the level of cholesterol and dangerous fats in your system, thus preventing atherosclerosis, which can tighten arteries and boost blood pressure, thus putting a strain on the cardiovascular system.

Heart Health

The reason that blood pressure is so dangerous is due to its impact on the heart. By putting excess strain on the blood vessels and arteries of the cardiovascular system, high blood pressure can significantly increase your chances of strokes and heart attacks. Furthermore, the high-fiber diet and balanced cholesterol levels will cut down on plaque build-up in the heart, which lowers the chances of heart disease and other complications in that vital organ system.

Prevents Cancer

One of the other side benefits of the DASH Diet is its undeniable impact on certain cancers. The high content of fruits, vegetables, and whole grains means a high concentration of fiber, vitamins, and antioxidants, which can prevent the impact of free radicals – the byproducts of cellular respiration that can cause mutation in healthy cells and lead to the spread of cancer.

Diabetes Care

By eliminating the empty carbohydrates and starchy foods from your diet, as in the revised version of the DASH Diet, you can avoid the simple sugars that the body can easily absorb and send into the bloodstream. This can mess with the body's glucose and insulin levels, which can lead to diabetes, in some cases. Diabetes is a precursor of everything from obesity and cancer to heart disease.

Organicfacts.net



Children in iron lungs in 1937, before the advent of the polio vaccine.



Should You Use Iodized Salt?

Iodized salt is a kitchen staple that can help prevent iodine deficiency. This article explores how iodized salt affects your health and if you should be using it. [Read on](#) →

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[Why music volume matters when trying to lose weight](#)

