

Cancer: 'If exercise was a pill it would be prescribed to every patient'

Leading Australian researchers back world-first campaign for activity to be part of any treatment



Exercise should be prescribed to all cancer patients, and not to do so would be harmful, some of Australia's leading experts on cancer have warned.

The Clinical Oncology Society of Australia has launched its position statement on the role of exercise alongside surgery, chemotherapy or radiation in cancer care.

Endorsed by a group of 25 influential health and cancer organisations, including Cancer Council Australia, it is the first researcher-led push anywhere in the world for exercise to be an essential component of treatment.

The lead author, Prof Prue Cormie from the Australian Catholic University, said the statement was based on "indisputable" evidence. "Really we are at the stage where the science is telling us that withholding exercise from cancer patients can be harmful," Cormie said.

"Exercise is the best medicine someone with cancer can take in addition to their standard cancer treatments. That's because we know now that people who exercise regularly experience fewer and less severe treatment side-effects; cancer-related fatigue, mental distress, quality of life."

They also have a lower risk of their cancer coming back or dying from the disease, Cormie said.

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My Lyme Disease Diagnosis Took Forever Because of Mental Health Stigma

She was told for years that her constant fatigue was caused by her mental illness issues. Finally, she received a diagnosis of chronic Lyme disease.

[Read on](#) 

Welcome speech by H.E. Somasundaram Skandakumar Sri Lanka High Commissioner to Australia

<https://www.youtube.com/watch?v=AAPGQrfp3dw&feature=youtu.be>

Speech by Mr. Simon Merrifield, First Assistant Secretary, South & West Asia division, DFAT.

<https://www.youtube.com/watch?v=b9bWGrN47-4&feature=youtu.be>

More Blogs from Harvard Health

What kinds of exercise are good for brain health?

Aerobic exercise or tai chi for fibromyalgia – which is better?

4 ways to protect against skin cancer (other than sunscreen) 

https://www.youtube.com/watch?v=iIPIVROUI_8 



How to Avoid a Migraine Before It Happens

Everything from the foods you eat to hormonal shifts can spark a migraine. Paying attention to your weaknesses may minimize your chances of feeling the pain. [Read on](#) 

Health & Views' has a vision and a mission, to make Sri Lankans of the world healthier through the power of health information.

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Thank you
Health editor



DR. Quintus de Zylva writes- "Laptop given to Oshadi of Molewatte Aluthgoda Tissamaharama - she is aged 13 and we have known her since she was an infant at the Hambantota hospital soon after the tsunami. She attends Dabarawewa Government school"

LAPTOPS FOR SCHOOL CHILDREN IN SRI LANKA



THANUSHA SEWMINI is a girl who attends a local government school in Beralihela-Tissa. She is a school prefect who studies IT. She asked for a laptop which I was happy to take to her when she met me at the Tisa resthouse with her parents on Friday 9th November. I am grateful to Barbara, Laurie, Yan and several others who donated laptops for Sri Lanka.

Thanusha does not have a desk in her home (located on the left bank) in Beralihela at which she can study. The village does have electricity and an internet connection. We also gave laptops to Shamindi and Oshadi who attend schools close to the Yala sanctuary. AuSLMAT have supported these children from the time of the Boxing day tsunami of 2004 and will continue to do so in the future.

Quintus de Zylva

Global breakthrough as Australian research links omega-3 with premature birth prevention

By Isabel Dayman

Increasing your intake of omega-3 fatty acids during your pregnancy could significantly decrease the chances of a premature birth, according to a review of worldwide studies carried out by researchers in Adelaide.

OPINION Thinking of taking fish oil to stop heart attacks? Read this first

The Conversation

By Garry Jennings

A new study finds one type of concentrated fish oil supplement reduces the risk of heart attacks and stroke among people with heart disease. But these findings apply to a certain group of people, writes Garry Jennings.



ANALYSIS Should you take probiotics when you're on antibiotics?

The Conversation

By Lito Papanicolas and Geraint Rogers

The logic is simple: good gut bacteria are damaged by antibiotics, so why not replace them with a supplement? But the answer is more complicated, write Lito Papanicolas and Geraint Rogers.



Melbourne researchers flag potential for new hearing loss treatment using nanoparticles

By Jessica Longbottom

Melbourne researchers say they have come up with a treatment using nanoparticles for hearing loss that could potentially replace hearing aids for millions of people worldwide.



OPINION Five food mistakes to avoid if you're trying to lose weight

The Conversation

By Yasmine Probst and Vivienne Guan
Many foods that seem healthy contain hidden fats, sugars and salts. If you're trying to lose weight, it pays to know where they're hiding, write Yasmine Probst and Vivienne Guan.

Scientists find a gene that makes mosquitoes bite some people more than others

Scientists discover the gene that leads mosquitoes to bite some people over others, although they are yet to determine why they have such a preference.



“As the Days Fade Away.....”

As the days fade away; one can only look around for what lies ahead and speculate – be it good or bad. Whatever it be one must keep in mind the age old saying of “Man Proposes; and God Disposes”.

Presently the “sitting outside” on the verandah and watching the “World go around” is all but gone and restricted as such; confining one to being indoors within the walls of the home. However, we of the extreme North have to contend with the God given four seasons and savour the good and the bad as we humanly can – for each season has its characteristics and metamorphoses; and it is for us to contend with, enjoy and make best of it all. Easier said – but does everyone agree? For it is said that “One Man’s Meat is another Man’s poison”.

Back to the landscape; one see’s the bleak and grey skies and feels the cold penetrating ones clothes. The flowers have all but withered and lay forlorn on the ground; but to compensate we do see the myriad and kaleidoscopic change in the colour of the leaves which leaves us with such a warm feeling; and perhaps with ecstasy. But for how long will be dependent on the blowing winds. The downside of this very pleasing sight will be the leaves that have been shed on the ground by the winds to create a labour intensive task for the poor gardener.

The colourful birds that flew, swooped and performed aerobatics have all gone away; and so has the bees that were buzzing around the flowers. All gone away to warmer climes; emulated by the famous “Canadian Snowbirds” on their annual trek. What remains sauntering around the garden are the squirrels with bushy tails foraging and scrounging around; seeking food and other nest building material to shore up their resources for the Winter Season that lies ahead.

As for the neighbours; they are the same as they always were. Just the cursory greeting and nothing more – reeking of the “Hi & Bye” society that is so rampant in this country – be it neighbour or at place of work.

Even at large Socials & Dances this trait continues, for the “noise” of the music will never allow you to converse or have a meaningful conversation. What a pity that this should be so; in what is purported to be an advanced and learned Community.

Doesn’t it remind of “back home” when you could step out of your home and indulge in cordial and meaningful conversation with neighbours friends and acquaintances. But one can only guess this happens as life here is in the “fast lane” and the niceties will only remain within the confines of a “Hi & Bye”.

Due to the weather change and impending deterioration of the warm weather and the anticipated onset of winter, one finds the “whirring” noise of the lawn movers have long gone; with the operators confined to their homes. Even the “road-runners” are conspicuous by their absence. So one does venture out into the Big “Shopping Malls” to continue with their “constitutional” walk. The vibrancy, glee and colour have all but gone; and instead it is “dragging the feet”, sullen looks and dark & grey clothing is seen in abundance. Even the shop windows are draped and adorned with lack-lustre colours. It should not be long before Christmas Season dawns on us and then we return to joviality, purpose and colourfulness. Pardon me if I am “politically wrong” in saying “Christmas Season” instead of “holiday Season”. For me it shall remain Christmas Season; for it is said “to each their own; and God for us all”.

Coming from a Tropical Country one is reminded that we lived off one-suitcase, so to say. In other words we only had “summer clothing” to wear throughout the year; but in the extreme North of the Hemisphere we have four suitcases to contend and conform to. One for Summer; one for Fall; one for Winter & one for Spring. Perhaps the vagaries of weather has to do with the mood swings that one has to succumb to. However through this gamut of weather cycles one just has to “be prepared” as propagated by the Scout movements; and adapt oneself to make use of the situation as best as one could. For as long as there is

breath in you just inhale the goodness in life or else you shall forever live with a dark pall of gloom hanging over your head. Thereby overshadowing your gleam, gait and human feelings; to your own detriment.

For as the Days Fade Away; look forward at the brighter side and lead a life in content, in addition to spreading the message of Peace, Goodwill & Love among all beings and bringing cheer to the needy. Which also brings to mind an oft sung ditty to the tune of the famous “Baila” in Sri Lanka – “Kapanglah; Beepanglah: Jolly Kerapanglah; Heta Marunoth Hithata Sapai Adha Jollykaralah” which means “Eat; Drink and Be Merry with no regrets if you die tomorrow”.

So, Dear Readers I leave you to take the best & leave the rest.

Noor Rahim

Crohn's / IBD

[Best foods for a Crohn's disease flare-up](#)

In a person with Crohn's disease, a flare-up can cause diarrhea, abdominal pain, and a loss of appetite. Eating the right foods during a flare-up can help ease symptoms and speed recovery. [Learn more here.](#)

[Depression: Three new subtypes identified](#)

Scientists used functional MRI to study the brains of 134 people and identified three new subtypes of depression, including a treatment-resistant subtype.

[Do you feel the burn? Here's how to take the sting out of a urinary tract infection](#) ↑

Even before the first dash to the toilet, many women will feel discomfort in their lower abdomen and know what's coming: frequent, burning urination. So what can they do to prevent a dreaded UTI from taking hold?



[Surprising Baking Soda Antidotes for Your Health](#) ↑



[The Nutrient-Packed Pumpkin](#) ↑



People with Psoriasis More Likely to Develop Certain Gut Disorders

People with psoriasis may be at greater risk of developing certain gut disorders, a new study finds.

[Read More](#)

Can Eating Organic Food Lower Your Cancer Risk?

By **Roni Caryn Rabin**

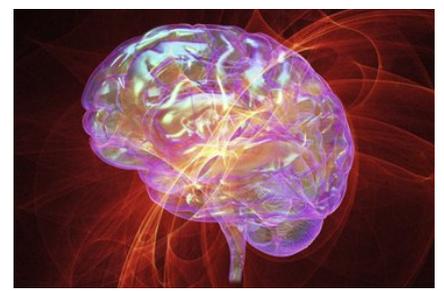
People who buy organic food are usually convinced it's better for their health, and they're willing to pay dearly for it. But until now, evidence of the benefits of eating organic has been lacking.

Now a new French study that followed 70,000 adults, most of them women, for five years has reported that the most frequent consumers of organic food had 25 percent fewer cancers over all than those who never ate organic.

Those who ate the most organic fruits, vegetables, dairy products, meat and other foods had a particularly steep drop in the incidence of lymphomas, and a significant reduction in postmenopausal breast cancers. The magnitude of protection surprised the study authors. "We did expect to find a reduction, but the extent of the reduction is quite important," said Julia Baudry, the study's lead author and a researcher with the Center of Research in Epidemiology and Statistics Sorbonne Paris Cité of the French National Institute of Health and Medical Research. She noted the study does not prove an organic diet causes a reduction in cancers, but strongly suggests "that an organic-based diet could contribute to reducing cancer risk."

The study, [published Monday in JAMA Internal Medicine](#), was paid for entirely by public and government funds.

The study, [published Monday in JAMA Internal Medicine](#), was paid for entirely by public and government funds.



It Might Stress You Out to Know What Stress Is Doing to Your Brain

If you're already feeling stressed out, sorry, but there's one more thing you might need to worry about: A new study finds that stress may impair your memory now and quicken cognitive decline later in life.

[Read More](#)



Diabetic Peripheral Neuropathy

Learn how to cope with the symptoms of diabetic peripheral neuropathy through pain management exercises.

[Read more...](#)

Waist Size

Breathe out, and wrap a tape measure around yourself midway between your hip bone and ribs. No matter your height or build, if your waist measures more than 40 inches (35 inches for women who aren't pregnant), you probably have extra fat around your heart, liver, kidneys, and other organs. Besides needing a larger pants size, you're more likely to have heart disease, high blood pressure, diabetes, sleep apnea, and colorectal cancer.

WebMD

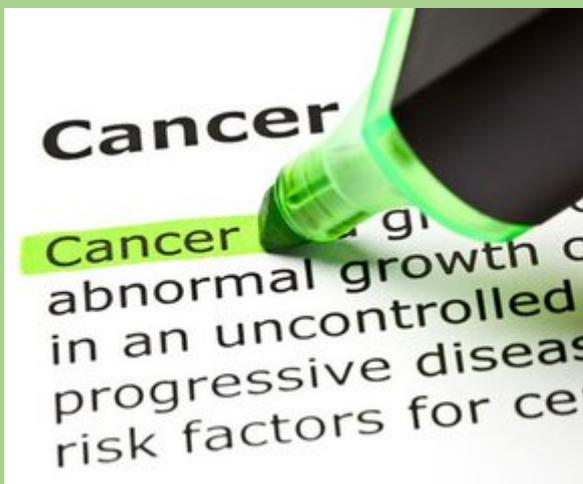
How Much Cardio Should You Do Each Week?

Why does strength training help you burn calories even when you're not exercising? We work out the answers to these and other questions.

[Read More >](#)

[Cellphone Radiation Tied to Upped Odds for Cancer -- in Rats](#) 

<https://youtu.be/t77xRtkWfgo> 



Nearly Half of Americans Think Alternative Medicine Can Cure Cancer. It Can't.

October 30, 2018 | Article

Many Americans hold the misguided view that alternative therapies alone can cure cancer, even though such methods are not proven to be effective in treating cancer.

[Read More](#)

Fruit: How much should you actually eat?

Many Australians aren't getting enough fruit and veg in their diet, but can you go overboard? [Read more](#)

[Is olive oil good for your hair?](#) 

Many people use olive oil in traditional home remedies, including in mixtures to protect and strengthen hair. There is little research to support these benefits, although using olive oil on the hair is unlikely to cause harm. Learn more about the research, and how people might use olive oil on their hair here.

Why You Shouldn't Worry About the New Study Linking Cellphones to Cancer

By [Rachael Rettner, Senior Writer](#)



Credit: Shutterstock
Concerns over whether [cellphones can cause cancer](#) have been around for years. Now, the issue is being raised yet again, as government researchers release the [results of a major study](#) that found evidence linking high levels of cellphone radiation exposure to certain types of cancer in rodents. But you probably don't need to be too worried about these results, for one important reason: You are not a male rat.

Indeed, the only clear link between cellphone radiation and cancer was found among male rats (not female rats or male or female mice), and the researchers stressed that the findings do not apply to humans.

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Sandra Day O'Connor Says She 'Probably' Has Alzheimer's: What Defines Different Dementias?

October 23, 2018 | Article

How do you tell the difference between Alzheimer's and other types of dementia?

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Purple Power Foods

In fruits and vegetables, purple is often a sign of nutrients called anthocyanins. Like other phytonutrients, they help protect your cells from damage that can lead to illness and disease.

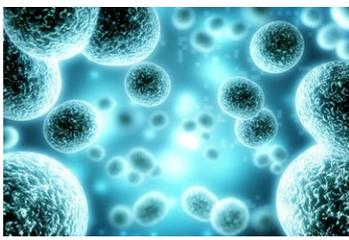
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ARTICLE

Why You Need to Eat Breakfast

Regular morning meals help us perform better. We share the right combination for fueling up and the most common breakfast mistake people make.



By Middle Age, Healthy People Have Way More Cancer-Causing Mutations Than We Thought

Our cells change over time. Apparently, a lot.

[Read More](#)

Aging causes changes in our bodies and our cells. But a new study finds that the extent of these changes could be a lot greater than we previously thought. Middle-age and elderly people have more mutant cells in their esophagus than they do normal cells, a group of researchers reported yesterday (Oct. 18) in the [journal Science](#). Further, some of these mutations are associated with esophageal cancer.

Our bodies are created from a set of instructions that we carry around in every one of our cells, an individualized manual that we call our genes. But this manual never gathers dust — throughout our lifetime, it changes (as biologists would say, it "mutates"), which creates new instructions.



[Roasted cauliflower and macadamia salad recipe](#)

Crunchy macadamias with tasty cauliflower make a golden combo! [Read more](#)



Ken Burris

[Roast Chicken Dal](#)

A dal is traditionally a lentil side, often the accompaniment for curry. Here, combined with roast chicken (or rotisserie chicken), it moves from the side of the plate to its center for a quick lunch or an easy weeknight dinner.

Recipe From [EatingWell.com](#)

[View Recipe](#)



[Practicing Mindfulness at the Table](#)



[What is a superfood anyway, and are they worth my money?](#)



The word "superfood" conjures ideas of natural health and rediscovering ancient wisdom, but the term doesn't have any scientific definition. So do exotic foods from remote cultures have more health-giving properties than the fruit and veg already sitting in your crisper?

[More](#)

[Peer support offering 'a different kind of hope' for people living with mental illness](#)



Sharing stories of mental illness to support others in a similar situation is known in the mental health sector as "peer support". And for some people, it can create an important sense of hope.

[More](#)

[Sorry tall people, your cancer risk is higher. Here's why](#)

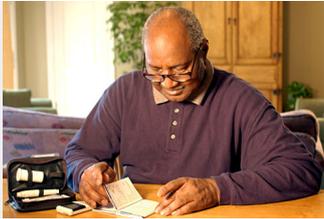
Being tall undoubtedly has its benefits, but with the good comes the bad. Each 10 centimetres of height over the average increases cancer risk by 10 per cent, and a new paper has added weight to this.

[Alzheimer's may be treated with diabetes drugs](#)

New research suggests that targeting the brain's capillary cells with antidiabetes drugs may relieve Alzheimer's-related brain pathologies.



[A potted history of instant noodles](#)



How Diabetes Affects Your Eyes

Diabetes can make you more likely to have eye problems. Your blood sugar (glucose) levels may be high because your body can't make or use insulin properly. Too much blood sugar can build up and harm your nerves and blood vessels. Damage to the blood vessels in your eyes can lead to vision loss or blindness. Anyone with diabetes is at risk, so it's important to get yearly eye exams.

WebMD



Symptoms of Eye Damage

Diabetes can affect your eyes in different ways. When your blood sugar is high or when you start insulin treatment, you may have blurry vision or other problems. But your eyes can be damaged even if you don't notice any changes. Don't wait for symptoms to arise to get your vision checked.

WebMD



Treatment -- Vitrectomy

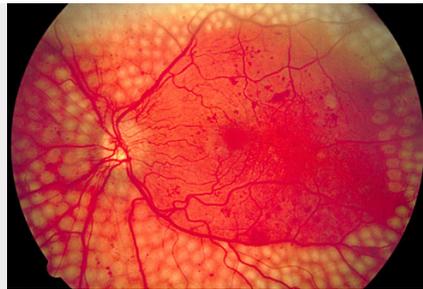
In the late stages of diabetic retinopathy -- if the retina has detached or a lot of blood has leaked into your eye -- your doctor may suggest vitrectomy. This surgery removes scar tissue, blood, and cloudy fluid from inside the eye. Vitrectomy can improve your vision.



Diabetic Retinopathy

Vision can be lost temporarily or permanently due to increased blood sugar and its effects on the retina and its blood vessels. When you have had diabetes for a while, leaking blood vessels can cause retinal swelling, or poor circulation can occur which cause new and unwanted blood vessels to grow on the retina. Retinal swelling by itself can decrease vision. And new blood vessels are very prone to bleeding which can lead to loss of vision and retinal detachment.

WebMD



Treatment -- Laser Surgery

Your doctor can diagnose retinopathy during a thorough eye exam. He'll use a special dye to find leaking blood vessels. In the early stages, diabetic retinopathy often can be treated with laser surgery called photocoagulation. The laser seals the blood vessels and stops them from leaking and growing. The procedure can't restore lost vision. Combined with follow-up care, though, it can lower your chances of blindness by as much as 90%.

Millet and beetroot (tops, stems and roots) pilaf recipe



Because every part of the beetroot is the best part. [Read more](#)

How to maintain strong and healthy bones



Reduce your risk of osteoporosis. [Read more](#)

Can ulcerative colitis be fatal?

Doctors do not usually consider ulcerative colitis (UC) to be a life-threatening condition, but it may increase a person's risk of some serious complications. Learn more here.

Probiotic foods: What to know

Probiotics foods contain live, healthful bacteria that may help promote better gut health. In this article, we list the best probiotic foods and ways to incorporate them into the diet.

Keto diet may protect against cognitive decline

Our diets can influence the state of our health. Research in mice now suggests that one regimen — the ketogenic diet — may even prevent cognitive decline.

Can you take too much magnesium?

Magnesium is essential for health, but taking too much can cause problems, including digestive issues, lethargy, and an irregular heartbeat. In rare cases, an overdose can be fatal. Learn more here

New Vaccine Offers Hope For Metastatic Cancer Patients

Oct 1, 2018 05:35 IST
A newly developed vaccine to treat patients with metastatic HER2-positive cancers has been found effective, results from phase I clinical trial have shown.



Sweet Potatoes: Delicious and Nutritious

Don't let the name fool you, sweet potatoes are a surprisingly nutritious vegetable.

[Read More](#)

Coffee or tea? The answer might be in your genes



SLIDESHOW

Alternative Treatments for Cancer

Massage, aromatherapy, guided meditation, and these other therapies won't cure you, but they may help you feel better.

Is there a cure for Crohn's disease?

Crohn's disease is a chronic disease for which there is currently no cure. Researchers are looking into specific bacteria, the microbiome, and inflammation to try to find a cure. For now, the goal of treatment is to relieve and reduce symptoms. Learn more about the latest developments in Crohn's disease treatment here.

Shorter People May Duck Risk of Varicose Veins

(HealthDay News) -- How tall you are might play a part in whether you are unlucky enough to develop varicose veins, a new study suggests. Every additional 4 inches in height increases your risk of varicose veins by about 25 percent, said researcher Dr. Erik Ingelsson, a professor of cardiovascular medicine with Stanford University School of Medicine.



Varicose Veins: Measuring Your Risk

Your height may play a role in how likely you are to develop varicose veins.

[READ MORE](#)

Fish Oil Pill Cuts Heart Dangers for High-Risk Patients



Breast Cancer: What You Should Know



When should you have your first mammogram? How do you do a self-exam? And what happens during a biopsy?

Is it safe for a person with diabetes to eat sweets?

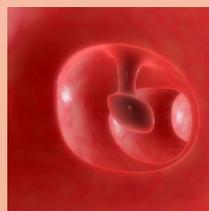


People with diabetes need to know how the food and drink they consume affects their blood sugar levels. However, it is a common misconception that they must avoid all sweets or sugary foods. A person with diabetes can still have sweets, as part of a healthful meal plan, or if combined with exercise. Learn more here.

What are the best foods to avoid during a Crohn's disease flare-up?



The symptoms of Crohn's disease can worsen after eating certain foods, while other foods can help improve symptoms. The best foods to eat and avoid differ during a flare-up, however. We look at foods that people with Crohn's should avoid during a flare-up, along with other diet tips for managing the disease



What Is a Polyp? Nasal, Colon, and Other Polyps

When doctors talk about polyps, they refer to two groups distinguished by their growth pattern.

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Immunotherapy Side Effects

Here's how to deal with side effects of immunotherapy drugs, including skin problems, fatigue, and autoimmune disorders.

How to Recognize a Thyroid Problem

This small gland in your neck makes hormones that control how you use energy. If it's not working properly, the symptoms may be subtle.

[Read More](#)



Worst: Leftover Pizza

It might look tempting, but anything that's too greasy can cause heartburn, especially if you lie down soon after indulging. A snack that has fewer than 200 calories is a much safer bet. WebMD

Leukemia rash pictures



Leukemia is a type of cancer that affects white blood cells. Symptoms may include petechiae, which are tiny red, brown, or purple spots on the skin that resemble a rash. Rashes and other skin conditions are common and are not usually signs of cancer. Learn what a leukemia rash looks like and when to see a doctor here.

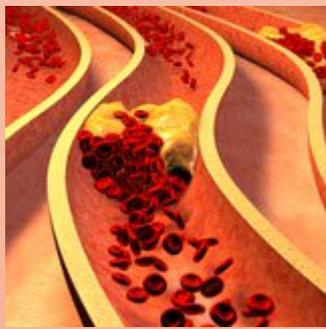
Do bacteria cause stomach cancer?



Infections with one type of bacteria increase the risk for stomach cancer. Now, specialists have identified exactly which bacterial strain may be at fault.

What Causes Balance Disorders?





SLIDESHOW

Cholesterol Levels

The Centers for Disease Control reports that one-third of adults have high cholesterol levels. [Read more...](#)



SLIDESHOW

12 Foods That Are High in Iron

[Beef is no surprise, but what about foods on the sweeter side? You may be pleasantly surprised.](#)

Managing your heart disease

7 tips to manage heart disease, and reduce your risk of heart attack and stroke. [Read more](#)

[A cure for cancer: how to kill a killer](#)

Thyroid Gland



The thyroid gland is located below the Adam's apple in the lower part of the neck and wraps around the windpipe (trachea). The thyroid gland has the shape of a butterfly. The two lobes or "wings" are attached to one another by the middle portion, called the isthmus.

The thyroid gland is located below the Adam's apple in the lower part of the neck and wraps around the windpipe (trachea). The thyroid gland has the shape of a butterfly. The two lobes or "wings" are attached to one another by the middle portion, called the isthmus.

Hyperthyroidism (overactive thyroid)
Explanation:

The definition of hyperthyroidism is an overactive thyroid gland. As a result, the thyroid gland produces more hormones than the body needs. These high levels of thyroid hormone can lead to weight loss, increased heart rate, and heat intolerance.

Goiter is a non-specific term for enlargement of the thyroid gland. Goiter can be a normal finding or an indicator of thyroid dysfunction. Goiter has become much less common since the widespread use of iodized salt over the past century.

Thyroid storm

Explanation:

Thyroid storm is a rare medical emergency and requires hospitalization to stabilize the patient. Thyroid storm generally occurs in the context of undiagnosed hyperthyroidism, after several weeks or months of progressively worsening symptoms unrecognized by the affected person or family members until the thyroid storm occurs.

Hypothyroidism (underactive thyroid)

Explanation:

Hypothyroidism, or underactive thyroid, is much more common than hyperthyroidism. Failure of the thyroid to form is the most common cause of hypothyroidism present at birth (congenital hypothyroidism). In older children and adults, the most common cause of hypothyroidism is when the body's white blood cells silently destroy the thyroid in error (called autoimmune thyroiditis). Proper thyroid function is required to maintain normal weight. If you significantly gain or lose weight unintentionally as an adult (for example, more than 10 pounds in 6 months), consult your health-care professional. [Read more](#)

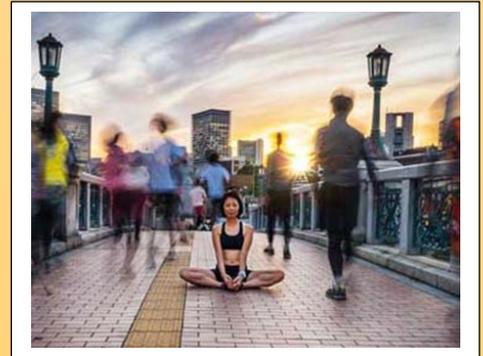
[Indicators of Thyroid Dysfunction](#)

The Science of Mindfulness

Mindfulness reduces stress and encourages relaxation — this, in turn, reduces harmful stress hormones, which produce inflammation in the body. Understand the science behind the art and practice of mindfulness.



[Understand the science behind the art and practice of mindfulness.](#)



ARTICLE



Cake Made With Cauliflower and Other New Food Trends

[Try replacing traditional flour with cauliflower flour, and you can save calories and get more vitamin C.](#)



What would aliens make of us?



Introduction to dizziness (feeling dizzy)

Dizziness is one of the most common symptoms that will prompt a person to seek medical care. The term dizziness is sometimes difficult to understand since it means different things to different people. It is either the sensation of feeling lightheaded as if the individual is weak and will pass out, or it describes vertigo or the sensation of spinning, as if the affected person just got off a merry-go-round.

Lightheadedness is often caused by a decrease in blood supply to the brain, while vertigo may be caused by disturbances of the inner ear and the balance centers of the brain. It is important that the health care provider understand the complaint the person is experiencing. That is the first important step so that the proper direction can be taken to find a diagnosis and begin treatment.

What's Causing Your Dizziness?

Dizziness is a symptom that often applies a variety of sensations including lightheadedness and vertigo. [Read more...](#)

How to Spot Prostate Cancer

It's the second most common cancer men get. Do you know the warning signs? See who's more likely to get it and what foods may help you stay healthy.

[View Slideshow >](#)

Salt not as damaging to health as previously thought, says study

New research reignites a row with scientists who want to reduce salt intake to near zero

Salt may not be as damaging to health as is usually claimed, according to a controversial new study which suggests campaigns to persuade people to cut down may only be worthwhile in countries with very high sodium consumption, such as China.

The World [Health](#) Organization recommends cutting sodium intake to no more than 2g a day – the equivalent of 5g of salt – because of the link to increased blood pressure, which is in turn implicated in stroke.

Read more

[Salt not as damaging to health as previously thought, says study](#)

Low Carb Diets

Not all low-carb diets are equal, however. People who ate a lot of meat and fats instead of carbohydrates, such as lamb, chicken, steak, butter and cheese, had a higher mortality risk than those who got their protein and fats from plant-based foods such as avocados, legumes and nuts. Popular weight loss diets such as Atkins and Dukan include a substantial amount of meat-based foods.

Foot Health: Causes of Swollen Feet and Ankles

Swollen feet may be painful, uncomfortable, and can make it hard to walk. Swollen feet happen for a variety of reasons.

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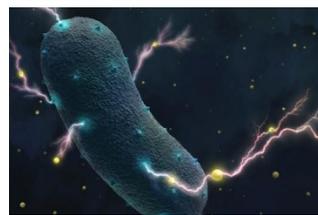
Can you prevent the signs of ageing?

Dermatologist Dr Belinda Welsh weighs in. [Read more](#)

Boost Your Metabolism

Losing weight by increasing your metabolism is a challenge. Learn how to shed unwanted pounds.

[Read more...](#)



The Bacteria in Your Gut Produce Electricity

These microbes lurking in your gut, produce their own electricity

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SLIDESHOW

Osteoporosis Signs

Osteoporosis is a disorder of the bones that become brittle, weak, and easily damaged or broken. [Read more...](#)

Surprising Perks of Sex

Sex is not only pleasurable, the perks of sex extend well beyond the bedroom.

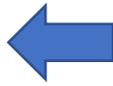
[VIEW SLIDESHOW](#)

Does taking omega-3 help with psoriasis?

By Scott Harris

Reviewed by [Debra Rose Wilson, PhD, MSN, RN, IBCLC, AHN-BC, CHT](#)

1. [Does omega-3s help?](#)
2. [Dosage](#)
3. [Omega-3 sources](#)
4. [Other supplements](#)
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Omega-3 supplements are a popular natural remedy for psoriasis. How do they work, and which sources are best?

Omega-3s have been shown to have various health benefits, which include improving skin conditions and boosting heart health.

Read more

[Does taking omega-3 help with psoriasis?](#)

Why is a prolactin level test done?

By Claire Sissons

Reviewed by [Valinda Riggins Nwadike](#)

1. [When to measure](#)
2. [Procedure](#)
3. [Results](#)
4. [Prolactin and fertility](#)
5. [Treatments](#)
6. [Insurance and cost](#)
7. [Takeaway](#)

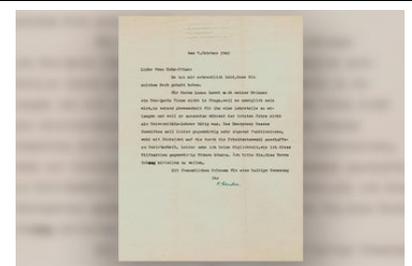
A person's fertility can be affected by how much of the hormone prolactin they have in their blood. A doctor can suggest possible treatments after a prolactin level test has measured the amount that is in a blood sample.

Prolactin is the hormone that tells the body to make breast milk when a person is pregnant or breast-feeding. Production of prolactin takes place in the pituitary gland.

For most men and women who are not pregnant or breast-feeding, there are only low levels of prolactin in the body. Doctors measure the hormone levels in nanograms per milliliter (ng/mL).

Read more

[Why is a prolactin level test done?](#)



Einstein Letter on Immigration Up for Auction

A letter written by Albert Einstein outlined his regrets about the plight of a European scholar hoping to immigrate to the U.S.

[Read More](#)

Good advice by Dr. Harold Selecting diets when you are a diabetic

Non-diabetics can eat a multitude variety of foods without selection, but when you are a diabetic there are known restrictions you need to follow to keep your blood sugar within the normal range. In brief, the aim of diabetic treatment is to bring blood sugar (glucose) as close to normal ranges as possible through dietetic and other regimes.

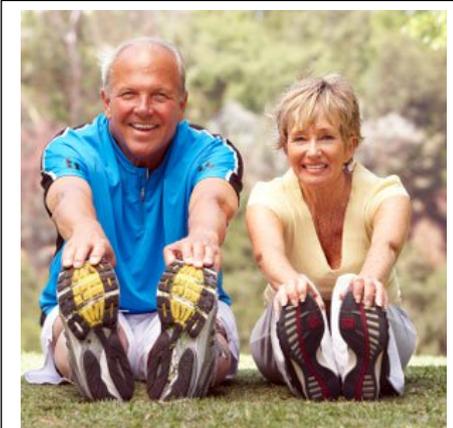
During fasting, when you have not eaten any food overnight, should re...

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Early Symptoms of Parkinson's Disease

Parkinson's is diagnosed when a person has one or more of the four most common motor (motion) symptoms of the disease.

[Read more...](#)



Working Out When You Are Over 50

Exercise is key to your independence and a good quality of life as you age.

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FEATURED NEWS

First Drug for Endometriosis Pain

FDA approves new drug for treating moderate to severe pain from endometriosis.

[READ MORE](#)

[Which Foods Improve Eyesight?](#)



Try These High-Protein Breakfasts



Give your body what it needs for a morning workout. Any of these nutrient-packed options will start your day off smartly.



[Shut Down Sinus Headaches with Exhilarating Oils](#)



Constipation and Aging

Older people are more likely than younger people to become constipated, but most of the time it is not serious.

[Read more...](#)

Costochondritis Chest Pain

Costochondritis is an inflammation of the area where the ribs join the cartilage that is attached to the sternum. [Read more...](#)



Ditch The Biscuits, This is What You Should Be Eating

So Good



What is obesity and what causes it?



Obesity is when a person is carrying excessive weight. This puts them at a higher risk of a number of health conditions. Find out more about what obesity is and why it happens.

What are the limitations of BMI?



A person can use their body mass index (BMI) to determine whether they have a healthful weight. But, BMI does not take certain factors into account, such as the proportion of fat to muscle. Learn more here.

23 Simple Things You Can Do to Stop Overeating

Although breaking the cycle of overeating can be challenging, there are ways to kick this unhealthy habit for good. Here are 23 effective ways to stop overeating.

[Read on](#)

The 17 Best Foods to Relieve Constipation

About 14% of people experience chronic constipation at some point (1). Symptoms include passing stools less than three times per week, straining, lumpy or hard stools, a sensation of incomplete evacuation, feeling blocked or being unable to pass a stool.

The type and severity of symptoms can vary from person to person. Some people experience constipation only rarely, while for others it's a chronic condition.

Constipation has a variety of causes but is often the result of slow movement of food through the digestive system.

This may be due to dehydration, poor diet, medications, illness, diseases affecting the nervous system or mental disorders.

Fortunately, certain foods can help relieve constipation by adding bulk, softening the stool, decreasing gut transit time and increasing stool frequency.

Here are 17 foods that can help relieve constipation and keep you regular.

Read more

[The 17 Best Foods to Relieve Constipation](#)



Remedies for Nausea and Vomiting

That rumbling, gurgling feeling in the pit of your stomach is something we all know. Once it begins to bubble, nausea can quickly lead to vomiting in some cases.

[READ MORE](#)

Exercise can ease rheumatoid arthritis pain

Rheumatoid arthritis (RA) can cause pain and stiffness that makes moving the last thing you want to do.

But staying active is important. Not only is it beneficial for your general health — it's also a way to strengthen your joints, improve your range of motion, and give you the opportunity to take part in the activities you enjoy. Harvard Medical School

Finasteride does not increase risk of prostate cancer death, SWOG results show

SWOG

PORTLAND, OR - Twenty five years after it opened for enrollment, the landmark Prostate Cancer Prevention Trial has delivered a final verdict. Finasteride, a common hormone-blocking drug, reduces men's risk of getting prostate cancer without increasing their risk of dying from the disease. Initial study findings suggested there may be a link between use of the drug and a more lethal form of prostate cancer, but long-term follow-up shows that is not true.

Dr. Ian Thompson, Jr., principal investigator of SWOG's Prostate Cancer Prevention Trial, or PCPT, will deliver the findings May 19 at the Journal of Urology Lecture at the 2018 Annual American Urological Association Meeting in San Francisco. The meeting is the largest gathering of urologists in the world.

"What we can now say is that finasteride not only significantly reduces a man's risk of prostate cancer, it is safe to use based on very long-term follow-up in our study," said Thompson. "In PCPT, we found no increased risk of prostate cancer death in men who took finasteride compared with men who did not. These results are transformational. Prostate cancer is the most common cancer diagnosed in American men, and we have found an inexpensive, effective drug that can prevent it. I'm pleased to report that we've answered the questions and closed the book."

Read more

- [Finasteride does not increase risk of prostate cancer death, SWOG results show](#)

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](#)

Knuckle cracking: Annoying and harmful, or just annoying?

POSTED MAY 14, 2018, 10:30 AM

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



Knuckle cracking is a common behavior enjoyed by many. It can become a habit or a way to deal with nervous energy; some describe it as a way to "release tension." For some, it's simply an annoying thing that other people do. If you've ever wondered why stretching the fingers in certain ways causes that familiar noise or whether knuckle cracking is harmful in some way, read on.

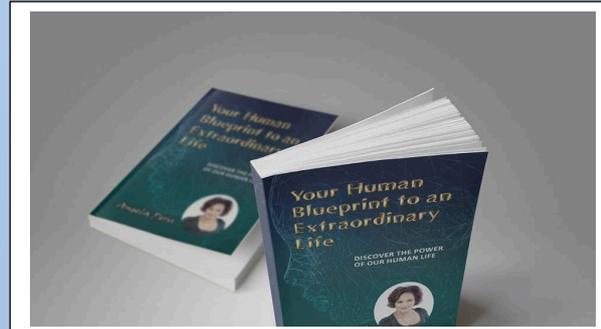
[Learn more »](#)

Your Human Blueprint To An Extraordinary Life: By Angela Peris

November 19 at 11:58 PM ·

EQ - Your emotional
Quotient

EQ is different to IQ
(Intelligent quotient).
IQ measures people's
intelligence, being a
measurement of knowledge
and skills. People with a
high IQ will not necessarily



have a high EQ, and vice versa. What we express and how we feel emotionally designs our lives. Emotional strength helps us cope with day to day stresses and challenges. 'Intelligence' helps us understand why things happen the way they do in life.

Emotional intelligence is vital to be successful in life. It is a great asset to own. It is about being able to relate to people and how to be emotionally strong during stressful or challenging times in personal life or in your professional careers. When we develop a stronger EQ we are able understand people, to empathize and support others as well as to stay strong emotionally for our own wellbeing.

People feel depressed when they struggle with emotions - When you have a lower EQ - you find it difficult to relate to people or understand people - This is where depression and anxiety stems from.

When you are emotionally strong - then you can handle situations better and not get upset and angry.

Our programs are based on building your EMOTIONAL INTELLIGENCE - YOUR EMOTIONAL WELLBEING - Very powerful place to be -

Read Chapter 7 - Your Human Blueprint to an Extraordinary Life'

www.yourhumanblueprint.com.au



Quinoa



C-reactive protein is an important marker of inflammation. Doctors check C-reactive protein levels to see if your body is going through inflammation or not. One of the best ways to lower this is to consume high-fiber foods. Most of us fail to get enough fiber; not even half of what we need. So it is best to include some levels of fiber in every meal. Quinoa is one of the richest sources of fiber with 5 grams of fiber in just one cup. It is also a very rich source of protein. So nutrition-wise, quinoa consumption is a win-win situation for you.-DoctorNDTV

Broccoli



One of the healthiest cruciferous vegetables ever is broccoli. Magnesium, potassium, vitamins and antioxidants, this vegetable offers all the vital mineral and nutrients required by your body. Research shows that eating a lot of cruciferous vegetables is linked to a lower risk of heart and other inflammation-linked diseases. These anti-inflammatory properties are attributed to broccoli's antioxidants. Sulforaphane is the most powerful antioxidant in this cruciferous vegetable. DoctorNDTV

ENVIRONMENT

Climate
Change
Already
Reshaping
U.S., Says
National
Climate
Assessment



Are you cleaning your
ears wrong?

Or should you even be cleaning them in the first place? [Read more](#)

How hopping time zones can affect the rhythm of your gut.

Many processes in our bodies are orchestrated on a ~24-hour schedule called the circadian rhythm. When we travel between time zones faster than our internal clock can adjust, we experience jet lag – our internal clock is out of sync with local time. We notice this with difficulty being alert during the day and difficulty sleeping at night. We might not notice it, but our physical and mental performance may be impaired as well.

Fellow Travelers

We carry within our gut about 100 trillion bacteria, each with their own internal clock. The composition and function of our gut bacteria changes predictably over the course of the day. Normally, these bacteria, our immune system, and our internal clock all communicate with each other and sync up. When we travel rapidly between time zones, our bacterial schedule can be in disarray. Just like the rest of us.

WebMD



Things To Consider Before Drinking Alcohol

Heavy intake will cause weight gain: men more prone

Light to moderate drinking may not be a problem

Other factors may affect weight gain alongside alcohol intake

Drinking occasionally isn't likely to make you fat, but heavy drinking could cause weight gain and obesity. It could cause fat accumulation in your liver and abdominal area, and pump in empty calories. Some drinks have sugar and calories comparable to candy bars or chips – indulging in these could cause fat and weight gain!- Cure Joy

Never microwave eggs

Hard-boiled [eggs](#) don't react well (or, depending on the perspective, react extremely well) to microwaves. Heat one up in a microwave and — assuming it doesn't burst while the timer is still running — there's a good chance it will go off with a pop and a rain of hot gloop as soon as it's disturbed.

Hot splatter on your tongue, loud ringing in your ears — these are the consequences of biting a microwaved egg without thinking.

By Livescience.com, staff

Mediterranean diet: New evidence of its heart-healthy benefits

New research in rodents has tested the cardioprotective benefits of a compound triggered by consuming vegetables, fish, and seafood.



Sunlight: How Much Do You Need?

How much sunlight you need depends on your skin tone, age, health history, diet, and where you live. In general, scientists think...

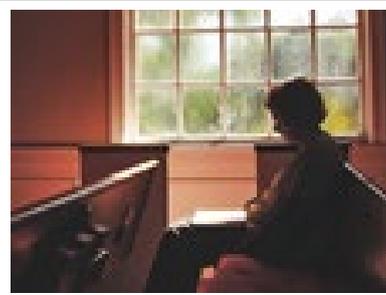
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Mushrooms of the Far East hold promise for the anti-cancer therapy

FAR EASTERN FEDERAL UNIVERSITY

The Effects of Prayer on Health



Studies have looked at how religion can impact health, with some showing benefits. But choosing prayer over medical care can lead to serious complications. [Read on](#) →



Can Apple Cider Vinegar Really Treat Migraines?

Seriously, what can't apple cider vinegar improve? It's been touted as a treatment for everything from diabetes to belly bloat. We explore the evidence for its effects on migraines. [Read on](#) →



Thymus: Facts, Function & Diseases

The thymus is the source of T-cells. The body uses T-cells to help destroy infected or cancerous cells. [Read More](#)

Bread Vs Chapatti: Which Is Healthier For Weight Loss?

And when it comes to weight loss, this option is better!

By: DoctorNDTV |

Roti is nothing but another form of bread and vice versa, and till date it has been well established that roti is far better than the regular white bread. However, bread is more convenient than roti because for roti you need to prepare the dough, roll it out and then cook it. Bread, on the other hand, does not require you to do this, just take a slice or two from the pack and you're done. But the health quotient of roti is higher than white bread. Good news! White bread is not the only option available now; there are a number of other options too. Brown bread and other multi-grain breads are available too. So does bread still continue to be an unhealthier option? Let's find out!

So what is bread?

Bread is prepared by combining water and flour with the addition of a few more ingredients, which usually is baked. But sometimes, it is fried and steamed as well. However, nutritionists do not recommend bread because of the fact that modern-day bread preparation involves the removal of roughage from flour. Roughage is an important component given its ability to aid bowel movements and keeping the digestive system healthy. Roti, on the other hand, is recommended by nutritionists because roughage is not removed from it during preparation. Another factor is the addition of yeast. Bread contains yeast which does not suit every person's digestive system, which is not present in yeast. So this is another plus point for roti.

But now that all the new and healthy forms of bread are available in the market, like brown bread and multi-grain bread, you can get all the nutritional value of a roti from the ever-so-convenient bread. However, most of these contain preservatives and are highly expensive. So in terms of health, these breads come close to roti but they still have certain drawbacks which still make roti a preferable choice.

Roti can be prepared at home, fresh and free from all extra ingredients. You can use all types of unrefined grains like jowar, bajra, wheat and millets to prepare roti of your choice. Therefore, we can conclude keeping all important factors in mind, that roti is healthier than bread.

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Conclusion

Yes roti is a healthier option but you need to realize that it is just a part of the meal and not the entire meal. Hence, the nutritional value of its accompaniments tends to be more important. For example, eating a roti topped with ghee is not as healthy as it is to eat a grilled chicken sandwich.

So if you are indulging in either roti or bread, keep in mind that the accompaniments of these two will define the ultimate nutritional value of your meal.



What Is DVT?

Deep vein thrombosis is a blood clot that forms inside a vein, usually deep within your leg. As many as 900,000 Americans a year get one, and up to 100,000 die because of it. The danger is that part of the clot can break off and travel through your bloodstream. It could get stuck in your lungs and block blood flow, causing organ damage or death.

Symptoms

A common symptom of DVT is a leg swollen below the knee. You may have redness and tenderness or pain in the area of the clot. But you won't always have these. About half of people with DVT get no warning signs.

Pulmonary Embolism

This is a clot that moves into your lungs and blocks the blood supply. It can cause trouble breathing, low blood pressure, fainting, a faster heart rate, chest pain, and coughing up blood. If you have any of these, call 911 and get medical care right away.

What Causes DVT?

Anything that damages the inner lining of a vein may cause DVT -- surgery, an injury, or your immune system. If your blood is thick or flows slowly, it's more likely to form a clot, especially in a vein that's already damaged. People who have certain genetic disorders or more estrogen in their system are more likely to have blood clots, too.

Who Is Likely to Get DVT?

Some people with a higher risk are those who:

- Have cancer
- Have had surgery
- Are on extended bed rest
- Are older
- Smoke
- Are overweight or obese
- Sit for long times, like on a long airplane flight

Pregnancy

Women are more likely to develop DVT during pregnancy and in the 4 to 6 weeks after giving birth. That's when they have higher levels of estrogen, which may make blood clot more easily. The pressure of their expanding uterus can slow blood flow in the veins as well. Certain blood disorders can boost their chances of having DVT even more.

Hormone Therapy

Like pregnancy, birth control pills and some treatments for postmenopausal symptoms raise the amount of estrogen in a woman's blood. That can increase the odds of getting DVT.

WebMD



Can Your Diet Delay Menopause?

Eating certain foods may be linked to a delayed or hastened onset of menopause, a new study from England finds.

[Read More](#)



Go Ahead, Treat Yourself... Dark Chocolate Improves Memory, Reduces Stress

[Read on](#) →

What's the ideal weight for men and women?

You may have noticed that the ideal body weight percentages differ for men and women. That's because women typically have more body fat than men. Fat is also distributed differently on the body, as women tend to store more in the hips, thighs, and buttocks. For women, it's typically considered healthy to have between [20 and 25 percent](#) body fat. For men, 10 to 15 percent is generally the healthy range. Scientists don't know exactly why women store more fat than men. Some believe it has to do with a mix of hormones, hormone receptors, and different enzyme concentrations. [Healthline](#)



What's Behind the Recent Rise in Autism in the US?

April 26, 2018 | Article

The percentage of kids with autism in the United States continues to rise, according to a new report.

[Read More](#)



Nutritionist-Recommended Foods to Fight Inflammation...

From versatile mushrooms to sweet pineapple, nutritionist Nathalie Rhone shares ten of the best anti-inflammatory foods to include in your diet. [Read on](#) →



What Are AFib's Main Triggers?

[Knowing how to recognize and sidestep your own AFib triggers can help you avoid episodes and manage the condition effectively. Here's a detailed look at how.](#) [Read on](#) →



Lemons: Health Benefits & Nutrition Facts

April 23, 2018 | Reference

Lemons are full of vitamins, minerals, phytonutrients and antioxidants, and they are especially good sources of vitamin C and folate.

[Read More](#)



No, Having a Little Extra Fat Won't Make You Live Longer

If you dig through medical data on people's weight and risk of dying, you may spot something curious.

[Read More](#)

[What is empyema?](#) ←

Empyema is when too much fluid collects in the pleural space in the lungs. Learn about the symptoms, stages, and possible causes here. We also cover treatment options

[How coffee protects the brain](#) ↑

New research reveals what gives coffee its protective properties for brain health, and why it can help keep Alzheimer's and Parkinson's disease at bay.

Apple cider vinegar diet: Does it really work?

POSTED APRIL 25, 2018, 10:30 AM

[Robert H. Shmerling, MD](#), Faculty Editor, Harvard Health Publishing



I was surprised to learn that “apple cider vinegar weight loss diet” was among the fastest-rising health topic searches for Google in 2017. And then I found out that apple cider vinegar has been used medicinally for centuries! Why the renewed interest? And, more importantly, does it work?

[Learn more »](#)



8 Great Reasons to Include Chickpeas in Your Diet

As a rich source of vitamins, minerals and fiber, chickpeas may provide a variety of health benefits. This article details 8 benefits of chickpeas

[. Read on →](#)

You can minimize the odor caused by sulfur compounds in garlic and onions. Soak sliced onion in water, lime juice or vinegar solution for some time before cooking. After eating, chew on carrots, parsley, cardamom, coffee beans or suck a lemon wedge. Drink some green or peppermint tea, apple juice or milk. Use lemon juice, apple cider vinegar or baking soda solution as a mouthwash -Cure Joy



Grass-Fed vs Grain-Fed Beef — What's the Difference?

The foods that a cow eats can have a major effect on its nutrient composition and beef from grass-fed cows is more nutritious than beef from grain-fed cows. [Read on](#)



Avocados For kidney failure

Avocados are often touted for their many nutritious qualities, including their heart-healthy fats, fiber and antioxidants.

While avocados are usually a [healthy addition](#) to the diet, individuals with kidney disease may need to avoid them.

This is because avocados are a very rich source of potassium. One cup (150 grams) of avocado provides a whopping 727 mg of potassium (8).

That's double the amount of potassium than a medium banana provides.

Therefore, avocados, including guacamole, should be avoided on a renal diet, especially if you have been told to watch your potassium intake.

SUMMARY Avocados should be avoided on a renal diet due to their high potassium content. One cup of avocado provides nearly 37% of the 2,000 mg potassium restriction.

Healthline

Canned Foods & kidney disease

[Canned foods](#), such as soups, vegetables and beans, are often purchased because of their low cost and convenience.

However, most canned foods contain high amounts of sodium, as salt is added as a preservative to increase its shelf life (9).

Because of the amount of [sodium](#) found in canned goods, it's often recommended that people with kidney disease avoid or limit their consumption.

Choosing lower-sodium varieties or those labeled “no salt added” is typically best.

Additionally, draining and rinsing canned foods, such as canned beans and tuna, can decrease the sodium content by 33–80%, depending on the product (10).

SUMMARY Canned foods are often high in sodium. Avoiding, limiting or buying low-sodium varieties is likely best to reduce your overall sodium consumption.

Health line

Brown Rice & kidney disease

Like whole-wheat bread, [brown rice](#) is a whole grain that has a higher potassium and phosphorus content than its white rice counterpart. One cup of cooked brown rice contains 150 mg of phosphorus and 154 mg of potassium, while one cup of cooked white rice contains only 69 mg of phosphorus and 54 mg of potassium ([14](#), [15](#)).

You may be able to fit brown rice into a renal diet, but only if the portion is controlled and balanced with other foods to avoid excessive daily intake of potassium and phosphorus. Bulgur, buckwheat, pearled barley and couscous are nutritious, lower-phosphorus grains that can make a good substitute for brown rice.

SUMMARY Brown rice has a high content of phosphorus and potassium and will likely need to be portion-controlled or limited on a renal diet. White rice, bulgur, buckwheat and couscous are all good alternatives.

Health line

Bananas & kidney disease

[Bananas](#) are known for their high potassium content. While they're naturally low in sodium, one medium banana provides 422 mg of potassium ([16](#)).

It may be difficult to keep your daily potassium intake to 2,000 mg if a banana is a daily staple. Unfortunately, many other tropical fruits have high potassium contents as well.

However, pineapples contain substantially less potassium than other tropical fruits and can be a more suitable, yet tasty, alternative ([17](#)).

SUMMARY Bananas are a rich source of potassium and may need to be limited on a renal diet. Pineapple is a kidney-friendly fruit, as it contains much less potassium than certain other tropical fruits.

Health line

Eggs do not increase cardiovascular disease risk: study



According to the study, eating up to 12 eggs per week for a year did not increase cardiovascular risk factors ... [Read More](#)

MELBOURNE: Eating eggs does not increase the risk of cardiovascular disease in people with pre-diabetes and type 2 diabetes, a study has found.

Researchers at the [University of Sydney](#) in Australia aim to help clear up conflicting dietary advice around egg consumption.

Their study found that eating up to 12 eggs per week for a year did not increase cardiovascular risk factors in people with pre-diabetes and type 2 diabetes.

Published in the American Journal of Clinical Nutrition today, the research extends on a previous study that found similar results over a period of three months. In the initial trial, participants aimed to maintain their weight while embarking on a high-egg (12 eggs per week) or low-egg (less than two eggs per week) diet, with no difference in cardiovascular risk markers identified at the end of three months.

The same participants then embarked on a weight loss diet for an additional three months, while continuing their high or low egg consumption.

For a further six months - up to 12 months in total - participants were followed up by researchers and continued their high or low egg intake.

At all stages, both groups showed no adverse changes in cardiovascular risk markers and achieved equivalent weight loss - regardless of their level of egg consumption, said Nick Fuller from the University of Sydney.

"Despite differing advice around safe levels of egg consumption for people with pre-diabetes and type 2 diabetes, our research indicates people do not need to hold back from eating eggs if this is part of a healthy diet," Fuller said.

[Read more](#)

[Eggs do not increase cardiovascular disease risk: study](#)

Poultry-food poisoning



Raw and undercooked poultry such as chicken, duck and turkey has a high risk of causing food poisoning.

This is mainly due to two types of bacteria, *Campylobacter* and *Salmonella*, which are commonly found in the guts and feathers of these birds.

These bacteria often contaminate fresh poultry meat during the slaughtering process, and they can survive up until cooking kills them ([1](#), [2](#)).

In fact, research from the UK, US and Ireland found that 41–84% of raw chicken sold in supermarkets was contaminated with *Campylobacter* bacteria and 4–5% was contaminated with *Salmonella* ([3](#), [4](#), [5](#)).

The rates of *Campylobacter* contamination were slightly lower in raw turkey meat, ranging from 14–56%, while the contamination rate for raw duck meat was 36% ([6](#), [7](#), [8](#)).

The good news is that although these harmful bacteria can live on raw poultry, they're completely eliminated when [meat is cooked](#) thoroughly.

To reduce your risk, ensure poultry meat is cooked through completely, do not wash raw meat and ensure that raw meat does not come in contact with utensils, kitchen surfaces, chopping boards and other foods, since this can result in cross-contamination ([9](#)).

SUMMARY Raw and undercooked poultry is a common source of food poisoning. To reduce your risk, thoroughly cook chicken, duck and turkey meat. This will eliminate any harmful bacteria present.

Health line

Rice and food poisoning

Rice is one of the oldest cereal grains and a staple food for more than half the world's population. However, it is a high-risk food when it comes to food poisoning. Uncooked rice can be contaminated with spores of *Bacillus cereus*, a bacterium that produces toxins that cause food poisoning.

These spores can live in dry conditions. For example, they can survive in a package of uncooked rice in your pantry. They can also survive the cooking process (18).

If cooked rice is left standing at room temperature, these spores grow into bacteria that thrive and multiply in the warm, moist environment. The longer rice is left standing at room temperature, the more likely it will be unsafe to eat (19).

To reduce your risk, serve rice as soon as it has been cooked and refrigerate leftover rice as quickly as possible after cooking. When reheating cooked rice, make sure it is steaming hot all the way through (19).

SUMMARY Rice is a high-risk food due to *Bacillus cereus*. Spores of this bacterium can live in uncooked rice, and can grow and multiply once rice is cooked. To reduce your risk, eat rice as soon as it is cooked and refrigerate leftovers immediately.-Health line

Deli Meats & poisoning

Deli meats including ham, bacon, salami and hot dogs can be a source of food poisoning.

They can become contaminated with harmful bacteria including *Listeria* and *Staphylococcus aureus* at several stages during processing and manufacturing. Contamination can occur directly through contact with contaminated raw meat or by poor hygiene by deli staff, poor cleaning practices and cross-contamination from unclean equipment such as slicer blades (20, 21).

The reported rates of *Listeria* in sliced beef, turkey, chicken, ham and paté range from 0–6% (22, 23, 24, 25).

Of all the deaths caused by *Listeria*-contaminated deli meats, 83% were caused by deli meat sliced and packaged at deli counters, while 17% were caused by pre-packaged deli meat products (26). It is important to note that all meat carries a risk of food poisoning if it is not cooked or stored properly.

Hotdogs, minced meat, sausages and bacon should be cooked thoroughly and should be consumed immediately after being cooked. Sliced lunch meats should be stored in the refrigerator until they are ready to be eaten.

SUMMARY Deli meats including ham, salami and hot dogs can be contaminated with bacteria that cause food poisoning. It is important to store deli meats in the refrigerator and cook meat thoroughly before eating.

Health line

Eggs & food poisoning

While eggs are incredibly nutritious and versatile, they can also be a source of food poisoning when they're consumed [raw or undercooked](#).

This is because eggs can carry *Salmonella* bacteria, which can contaminate both the eggshell and the inside of the egg (32). In the 1970s and 1980s, contaminated eggs were a major source of *Salmonella* poisoning in the US. The good news is that since 1990, improvements have been made in egg processing and production, which has led to fewer *Salmonella* outbreaks (33).

In spite of this, each year *Salmonella*-contaminated eggs cause about 79,000 cases of food poisoning and 30 deaths, according to the US Food and Drug Administration (FDA) (34).

To reduce your risk, do not consume eggs with a cracked or dirty shell. Where possible, choose pasteurized eggs in recipes that call for raw or lightly cooked eggs.

SUMMARY Raw and undercooked eggs can carry *Salmonella* bacteria. Choose pasteurized eggs when possible and avoid eggs that have cracked or dirty shells.

Health line

Mediterranean-type of diet.

In the 1950s and 1960s, nutrition research pioneer Ancel Keys and his colleagues studied eating patterns in 16 different populations in seven countries. They observed that people living in Crete, other parts of Greece, and southern Italy tended to live longer than others in the study and had lower rates of heart disease and some cancers. Keys was convinced that the regional diets, together dubbed the Mediterranean diet, were an important reason for the good health in those populations. Over the past four decades, studies have shown that a Mediterranean-type diet can help prevent and treat type 2 diabetes, heart disease, and other chronic conditions. There's no such thing as *the* Mediterranean diet, since more than a dozen countries — each with distinct foods and dietary habits — border the Mediterranean Sea. Here are the general features of a Mediterranean-type dietary pattern:

- plant foods as the main source of calories: vegetables, fruits, whole grains, nuts, and legumes (like beans, peas, and lentils), with a preference for foods that are fresh and minimally processed to preserve nutrients
- olive oil as the main source of fat
- low to moderate amounts of cheese and yogurt with meals
- moderate amounts of fish and poultry as the preferred sources of animal protein; minimal amounts of red meat
- fresh fruit with meals instead of desserts
- for those who drink alcohol, wine consumed in low to moderate amounts (no more than two glasses a day for men or one a day for women), usually with meals.

Harvard Medical School

Kale



People can enjoy Kale without having to worry about elevating their blood sugar levels as it is one of the best supplements that to keep sugar levels low. It is also known to have a healthy dose of potassium, iron, fiber, both vitamin A and C and has low calories.

Healthy & Pretty

Broccoli

Glycemic Index Rank: 10



Broccoli is one of those foods which is known to extremely vital for the human body yet, people do not like it, especially kids. It may be because of its taste but It is very good for keeping blood sugar level low and provides immunity against cancer. It is also rich in vitamins and minerals.

Healthy & Pretty

Cabbage

Glycemic Index Rank: 10



Cabbage is very good in low glycemic index as it helps in keeping blood sugar level low and is beneficial in vitamin C intake. Apart from that people use it in variety of dishes as it is also low in calories and fat.

Mushrooms

Glycemic Index Rank: 10



Although not all mushrooms are edible as they vary greatly with each other, yet they are all known to be low in glycemic index and are used commonly to add flavor to dishes. They usually have anti-cancer tendencies too.

Healthy & Pretty

Peanuts

Glycemic Index Rank: 13



Peanuts are particularly known for adding healthy fats and protein to a dish but some people have allergies to. If you don't, then it is also a very good nut with low glycemic index, including peanut butter, which has a glycemic index of 14. They are mostly common in the winter season.

Cauliflower

Glycemic Index Rank: 15



Now-a-days, a substitute for pizza is cauliflower. It is somewhat similar to kale and Cabbage but is also high in preventing heart diseases and is known to have anti cancer characteristic.

Tomatoes

Glycemic Index Rank: 15



Tomatoes are used as both vegetables and fruit. People make their juices and they are also used in salads. They also have low glycemic characteristics and then to prevent heart diseases.

Carrots

Glycemic Index Rank: 19



Carrots are best for beta carotene in them that helps maintain or improve an individual's eyesight in addition to their high Vitamin A content. This food can be cooked and can be eaten raw and is a favorite among the kids. This special kind of food can be used in sweet dishes as well as sour ones and you can even make carrot juice.

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Health advice by Dr Harold

Health benefits of Coffee and Tea compared

Drinking Tea or coffee as a beverage is a personal choice, but health benefits are in more favour of coffee.

Both beverages have caffeine. Tea leaves have more caffeine than coffee beans before they are brewed, but caffeine in tea is extracted more during the process of brewing within ten seconds and further diluted more when ad... [See More](#)