

[Low-dose aspirin might not benefit healthy adults](#) ←

## Counting and Cracking

Theatre, Drama [Sydney Town Hall](#), Sydney Until Saturday February 2 2019



### Belvoir has turned Sydney Town Hall into a little slice of Sri Lanka for Sydney Festival

It's only January, but we have an early contender for the best play of the year in *Counting and Cracking*. And we certainly won't see another play like it any time soon. Set in a recursion of town halls – a Sri Lankan-style one built inside Sydney's landmark Town Hall – *Counting and Cracking* takes place in both Colombo and Sydney, in the 1970s and 2004, and always keeps one foot in each world; as we are about to see, the past and present are not so easily separated.

Radha (Nadie Kammallaweera, in an outstanding performance) and her son Siddhartha (the ever-likeable Shiv Palekar) are settling into a new phase of their lives. They have been in Sydney for 21 years – Radha arriving while pregnant with her son. Sid, a Tamil man with a Sinhalese name, doesn't know much about his family past, and for now his mind is fixed firmly on the future: he has moved out of his mother's home in Pendle Hill to a flat in Coogee, where he's studying media studies and falling in love with Lily (a pleasantly sharp Rarriwuy Hick). Their romance is lively, warm, and, as they talk about their grandmothers' stories (Lily is a Yolgnu woman), their connection is palpable.

<https://www.timeout.com/sydney/theatre/counting-and-cracking-review> ←

[Thinking of taking fish oil to stop heart attacks? Read this first](#) ←



### Australia Day Celebrations 26<sup>th</sup> January

## What Is Brain Freeze?



Ice-cold substances hitting the back of the throat can cause blood vessels to expand and contract rapidly, resulting in a temporary but very painful headache.

Credit: Shutterstock

You probably don't think of [ice cream as a pain-inducing substance](#), but enjoying those first few spoonfuls of the frozen treat too quickly might bring on a sudden, stabbing pain in the forehead known as "brain freeze."

The pain of brain freeze can begin within seconds of being exposed to cold temperatures, and the intensity of the pain peaks very quickly, often within seconds, said Dr. Stephanie Goldberg, a neurologist and headache specialist at Tufts Medical Center in Boston.

### What Is Brain Freeze?

November 20, 2018 | Reference

What is happening when something as lovely as ice cream causes such awful pain?

[Read More](#)

## Fish Oil

Before you buy fish oil supplements from the local pharmacy, there are some things to be aware of. The drug tested, Vascepa, wasn't a standard, over-the-counter fish oil capsule.

Vascepa is made from a highly refined component of fish oils (icosapent ethyl) and the participants received a very high dose (4 grams a day). This is far more omega-3 than most people take with fish oil capsules.

Vascepa is available on prescription in the US but not everywhere, and not in Australia.

Published on eLanka - <https://www.elanka.com.au/sri-lankan-seniors-in-nsw-sydney-open-day-event-january-8th-2019-video-thanks-to-harold-gunatillake/>

## Exercise

Exercise offers an impressive array of health benefits. It helps prevent heart disease and type 2 diabetes; lowers the risk for high blood pressure, colon cancer, and breast cancer; and helps relieve insomnia, anxiety, and depression. In addition, it may help ward off cognitive decline and dementia. Plus, some studies have shown that engaging in a program of regular exercise improved cognitive function in people who already had memory problems. Exercise may be particularly advantageous for people who carry the APOE4 gene variant, which makes people more susceptible to Alzheimer's.

Harvard School of Medicine

## A Mediterranean-style diet

A Mediterranean diet emphasizes fruits, vegetables, whole grains, beans, nuts and seeds, and olive oil, and includes moderate amounts of fish, poultry, and dairy products, while limiting red meat. This eating pattern has long been recognized as promoting better cardiovascular health, lowering the risk of certain cancers, and may protect against cognitive decline. A Mediterranean diet also appears to lower the risk of developing MCI and slow the progression to dementia in people who have the condition.

Harvard School of Medicine

## Mental stimulation

Many researchers believe that education level is less important in maintaining a healthy brain than the habit of staying mentally active as you age. In one study, mentally intact people in their 70s and 80s were asked how often they did six activities that required active mental engagement—reading, writing, doing crossword puzzles, playing board or card games, engaging in group discussions, and playing music. In the following five years, those who placed in the highest third in terms of how often they engaged in mentally stimulating activities were half as likely to develop mild cognitive impairment as those in the lowest third. An earlier report found a similar link between brain-stretching activities and a lower risk of Alzheimer's.

## Social contacts

Social interaction can have profound effects on your health and longevity. In fact, there's evidence that strong social connections may be as important as physical activity and a healthy diet. Strong social interactions can help protect your memory and cognitive function in several ways as you age. Research shows that people with strong social ties are less likely to experience cognitive declines than those who are alone. By contrast, depression, which often goes hand in hand with loneliness, correlates to faster cognitive decline. In addition, having a strong network of people who support and care for you can help lower your stress levels. Social activities require you to engage several important mental processes, including attention and memory, which can bolster cognition. Frequent engagement helps strengthen neural networks, slowing normal age-related declines. It may also help strengthen cognitive reserve, which can delay the onset of dementia.

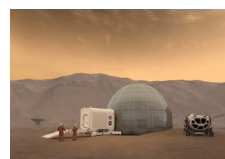
Harvard School of Medicine

## Taming stubbornly high blood pressure



As many as one in seven people being treated for high blood pressure doesn't have the condition under control, according to a recent scientific statement from the American Heart Association. The problem — known as resistant hypertension — is defined as having high blood pressure despite taking three or more blood pressure medications, including a diuretic.

## Who Finds Psychopaths Hot?



## Microbes Might Be the Key to a Mars Mission



## The drug-free approach to pain management



The opioid epidemic continues to rise in America, and a recent report suggests the crisis now affects more older adults. A main reason for the growing addiction to pain medicine is the ease with which it is often prescribed, according to Dr. Robert Jamison, a professor of anesthesia and psychiatry with Harvard-affiliated Brigham and Women's Hospital. "Primary care doctors often don't have much time to go over the various options available that may help relieve a person's specific pain, and it's easier and faster to write a prescription," he says. "Also, doctors don't always know enough about other therapies to feel confident enough to suggest them." Even if you are not dependent on opioids, long-term use may cause side effects like an upset stomach, nausea, constipation, and an increased risk of falls. Depending on your condition, the location of your pain, and its severity, there may be other pain management strategies available besides medication.

[Read more »](#)

## DIY Seasonal Scents

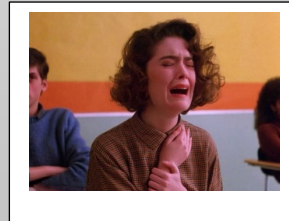
The majority of commercial air fresheners are filled with an assortment of phthalates and other toxic chemicals, most of which have been linked to a variety of health problems ranging from hormone disruption to a risk of cancer.

[Stop masking odors with harsh chemicals and bring the scents of nature into your home.](#)



## Is crying good for you?

We've all been told that it's beneficial to "let it all out" and have a cry, but doing so can leave you puffy-eyed, headachy and feeling wrung out. So is there any truth in this idea that shedding a tear or two can do you good?



[More >](#)

### Waste less food

" 30 percent of the food produced in the world is lost or wasted, which is incredible considering being that we still have over 800 million people go to bed hungry every night,"

**Myth:** Carrots are the best food for the eyes.

**Fact:** Carrots, which contain vitamin A, are indeed good for the eyes. But fresh fruits and dark green leafy vegetables, which contain more antioxidant vitamins such as C and E, are even better for eye health. Antioxidants may even help protect the eyes against cataracts and age-related macular degeneration. Just don't expect them to prevent or correct basic vision problems such as near sightedness or farsightedness.

**Myth:** Staring at a computer screen all day is bad for the eyes.

**Fact:** Using a computer does not damage your eye health. However, staring at a computer screen all day can contribute to eyestrain or tired eyes. People who stare at a computer screen for long periods tend not to blink as often as usual, which can cause the eyes to feel dry and uncomfortable. To help prevent eyestrain, adjust the lighting so it doesn't create a glare or harsh reflection on the screen, rest your eyes briefly every 20 minutes, and make a conscious effort to blink regularly so that your eyes stay well lubricated.

Global consumption of foods such as red meat and [sugar](#) will have to decrease by about half to make sure the Earth will be able to feed a growing population of 10 billion people by 2050, according to the EAT-Lancet Commission on healthy diets from sustainable food systems.

At the same time, people will need to double the amount of plant-based foods they eat, including nuts, fruits, vegetables and legumes, experts said.



## 10 Healthy Tomato Recipes

Tired of the same old tomato recipes? Explore delicious recipes for tomato tartlets, chutney, gazpacho, and more. [Read more...](#)

## Tips for Portion Control



Stick to a healthy diet and learn how to assess serving sizes for proper portion control. [Read more...](#)



SLIDESHOW

## High-Fiber Super Foods

On average, Americans eat less than half of the fiber they need. Explore high-fiber foods. [Read more...](#)

## Can strength training help improve breast cancer treatment?

Oncologist Dr Sara Walroos shares the latest research.

[Read more](#)



## Chicken teriyaki in arrowroot wraps recipe

A summer refresh for a family favourite. [Read more](#)

<http://leisureplus.lk/do-you-know-the-effect-of-coffee-you-drink-daily/>



## Type 2 Diabetes May Be Linked to Erectile Dysfunction

December 21, 2018 | Article  
It makes "good biological sense"

[Read More](#)

## Exercise May Work As Well As Blood Pressure Meds

If you have high blood pressure, hitting the gym may be as helpful as taking drugs to lower your numbers, researchers say.

[Read More >](#)



## Sugar Substitutes May Not Help You Lose Weight, New Review Finds

January 03, 2019 | Article

There's no "compelling evidence" for important health benefits from sugar substitutes, according to the review.

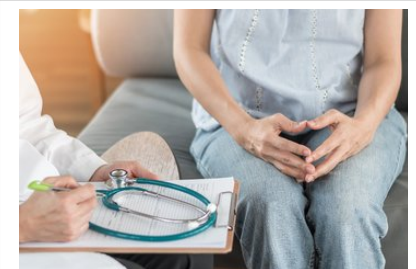
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## Study: You're Going to Keep Aging Until You Die

December 21, 2018 | Article

Once you reach a very advanced age, you reach a sort of "aging plateau," according to some experts. A new study argues that this is wrong.

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## 7 Odd Things That Raise Your Risk of Cancer (and 1 That Doesn't)

December 24, 2018 | Countdown  
Some things that may raise people's risk of cancer don't get a lot of attention.

[Read More](#)

YOU ASKED

## To Go Bare Down There?



By JEN GUNTER

Many women do it, but it is important to understand the risks of pubic hair removal before you do.

Statins may slightly increase the risk for [type 2 diabetes](#), a condition that can lead to [heart disease](#) or [stroke](#). But most people on the [drugs](#) already had a high risk for [diabetes](#). Overall, people with [diabetes](#) who are on statins see an insignificant increase in blood [sugar](#)

## New Report on Safety of Statins

Do the benefits of cholesterol-lowering statins outweigh risk of side effects?

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## Stephen Hawking's Final Book Says There's 'No Possibility' of God in Our Universe

October 17, 2018 | Article

Is there room for God in the endless, expanding universe? In his final book, Stephen Hawking says no.

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## Why Denmark Is the Happiest Country

March 30, 2018 | Article

The new World Happiness Report again ranks Denmark among the top three happiest of 155 countries surveyed – a distinction that the country has earned for seven consecutive years.

[Read More](#)



## What You See in This Famous Optical Illusion Could Reveal How Old You Are

September 21, 2018 | Article

Do you see an old woman or a young woman?

[Read More](#)



## 10 Ways to Cheat a Hangover

December 29, 2017 | Countdown

From drinking clear drinks to taking ancient herbal remedies, there are several ways to avoid a hangover after New Year's revelry.

[Read More](#)

## Quercetin



This well-studied flavonoid is in apples, onions, berries, and red wine. Flavonoids help keep your bones, cartilage, blood, fat, and small blood vessels healthy. Quercetin might ease asthma symptoms, lower cholesterol levels, and fight cancer.



## [Treating Infections Naturally](#)

WELLNESS

## [What Are the Benefits of Drinking Aloe Juice?](#)



[Do Your Gut Bacteria Affect Your Diabetes Meds?](#)



FEATURED

## 11 Seeds You Should Be Eating

Need more energy? Want a slimmer waist? There's a seed for that. Find out how to easily incorporate healthy seeds into your diet.

[READ MORE](#)



[Health Tip: Understanding Metabolic Syndrome](#)



[If You're Diabetic, Foot Care a Must](#)





[Looking for a low-gluten beer?](#)  
[Here's what you need to know](#)



### 9 Ways To Treat Plantar Fasciitis (Heel Pain) Naturally And Easily

Plantar fasciitis is a very common ailment of the foot caused by repetitive strain injury due to sports like long-distance running, walking, hiking, and soccer. Even activities like dancing or occupational hazards like standing for a long time on a hard surface could cause plantar fasciitis...

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### How to Have a Healthy, Active Retirement

Being active not only gives your health a boost, it also helps you stay independent as you age.

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### Yoga for Beginners

If you've never so much as tried a downward dog before, these poses are perfect for you.

[Watch Video >](#)

### How to Pick the Right Athletic Shoes

The type of shoe you need depends on what kind of movements you'll be doing. We walk you through the options.

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### 7 Natural Treatments For Hair Loss Due To Hypothyroidism

The hair loss itself is something you will spot yourself. But knowing how to distinguish hair loss that is rooted in hypothyroidism as opposed to other causes is important, so you can get the right treatment. The British Thyroid Foundation points out some of the key features that include...

[READ MORE](#)



### Have These 11 Veggies To Up Your Magnesium Intake

With a role to play in over 300 chemical reactions in the body, magnesium is a nutrient your body cannot do without. From regulating nerve and muscle function, blood pressure, and blood sugar levels to making DNA, bone, and protein, there's plenty for magnesium to do after all...

[READ MORE](#)

**Australians are among the healthiest people in the developed world, but figures for cancer and obesity, particularly for men, [are much more worrying.](#)**

A new tool, released on Tuesday by the Australian Institute for Health and Welfare, helps compare Australia's performance with other OECD countries against a range of key health indicators. The data shows Australian men had the highest rate of cancer, and the third highest rate of overweight and obesity. But despite shortcomings in Indigenous health, Australia is near the top of the rankings for life expectancy and infant mortality.

The Guardian

## 7 Stages of Alzheimer's Disease

The cause of Alzheimer's is unknown, but it is the leading reason of premature senility.

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## The First Sign of Alzheimer's

Alzheimer's affects the brain to the point where patients can no longer carry out daily tasks.

[TAKE THE QUIZ](#)



## What Can a Rheumatologist Do for You?

These specialists are trained in diseases that affect your joints, muscles, and bones. Here's what they can offer.

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[Dementia Symptoms, Causes, Types, Stages, and Treatments](#)

[What's the Difference Between Alzheimer's Disease and Dementia?](#)



[Frontotemporal Dementia \(Pick's Disease\)](#)

[Gum Disease Linked to Alzheimer's Disease](#)

[Binswanger's Disease Vascular Dementia](#)

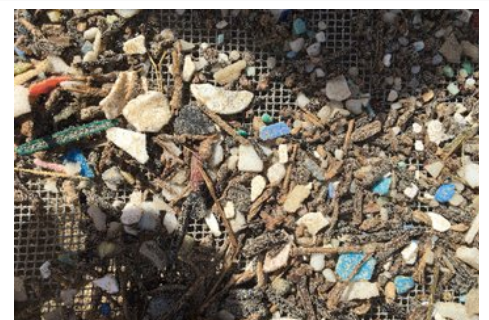
[Caring for Someone with Alzheimer's](#)



## The Science Behind Composting

Banana peels, eggshells, coffee grounds, dead leaves and more naturally decompose into nutrient-rich soil, thanks to the action of microorganisms.

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## Your Plastic Bags Are Releasing Greenhouse Gases

Plastics aren't just messing up the environment by clogging the oceans and piling up in landfills.

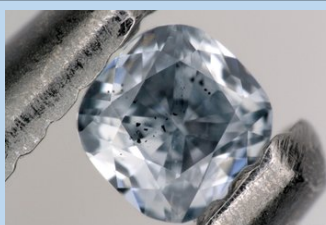
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## 13 Myths About Alzheimer's Disease

It is the only disease that cannot be prevented, cured, or slowed. Myth or fact?

[VIEW SLIDESHOW](#)

[Who Gets Parkinson's Disease?](#)



## The World's Deepest, Rarest Diamonds Revealed a Big Secret About Our Planet's Interior

Only about 0.02 percent of the world's diamonds are naturally blue. That rare minority holds some huge secrets about the Earth.

[Read More](#)

[Diet Soda Linked to Risk for Diabetic Blindness](#)



# Is Decaf Coffee Really Decaffeinated?

By [Remy Melina](#)



At the end of a day, you might order a cup of decaf coffee to avoid the anxiety and sleeplessness that can come with a full-strength caffeine kick of regular joe. Nice try. Despite its name, decaf isn't quite caffeine-free.

The process of decaffeination, it turns out, [cannot remove caffeine completely](#). In fact, if you drink five to 10 cups of decaffeinated coffee, you could get as much caffeine as from drinking one or two cups of caffeinated coffee, according to researchers who tested the caffeine levels in several decaf coffee. In 2007, Consumer Reports measured how much caffeine was in small-sized (10 or 12 ounces) cups of decaf coffee from Burger King, Dunkin' Donuts, McDonald's, Seattle's Best Coffee, 7-Eleven, and Starbucks. They found that although more than half of [the coffees](#) had less than five milligrams of caffeine, samples from Dunkin' Donuts had 32 mg, Seattle's Best had 29 mg and Starbucks had 21 mg. By comparison, a regular cup of coffee has approximately 85 mg of caffeine. So while the trace amounts of caffeine in decaf may not be [enough to kill you](#), they could be enough to blame for your jitters.

- [Coffee's Mysterious Benefits Mount](#)
- [Can Caffeine Really Cause Insanity?](#)
- [Can Caffeine Kill You?](#)



## 8 Ayurvedic Remedies For Thyroid Problems You Should Try

Do you feel weak and tired? Is anxiety synonymous with your daily life? Are your joints aching? Have you noticed signs of goiter? If your answers to these questions are a resounding yes, chances are your thyroid is letting you down...

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## Alzheimer's and Dementia

Dementia is a broad term for a group of symptoms that mean you have trouble with learning and memory. Alzheimer's disease is one form of dementia, the most common type. But it accounts for only 60% to 80% of all cases.

Other types include vascular dementia, frontotemporal dementia, Parkinson's disease, and dementia with Lewy bodies. Drug side effects, brain injury, depression, and alcoholism can create dementia symptoms, too. The symptoms may get better when those conditions are treated.

### Red wine and grape juice can help

No vitamin, supplement, food, or drug has been shown to cure or treat Alzheimer's.

One promising antioxidant, resveratrol, is found in red grapes. But resveratrol also could wind up like vitamin E, vitamin C, ginkgo biloba, B vitamins, and coenzyme Q10. All carried similar hopes at one time or another, but none has been proved to prevent or slow the disease, much less reverse it.

Research suggests your best bet is a diet rich in fruits, vegetables, fish, and nuts to help protect your brain. There's no silver bullet. Less than 5% of cases are true "familial Alzheimer's," a type that runs in families. Your genes do play a role, though. If you have a parent or sibling with Alzheimer's, you'll have a higher chance of getting it. That's something you can't change.

But research shows there are some things you do can to lower your odds of getting it. These include staying at a healthy weight, eating a healthy diet, exercising, taking care of your heart, and controlling diabetes if you have it. An active social life -- seeing friends and family and doing things outside your home -- can lower your risk, too. Even more education can make a difference for good. [WEbMD](#)

**“The best gift for your ageing parent is the gift of your time**

Ranjana Srivastava





## Foods to Skip if You Have Anxiety or Depression

Find out why frosting, "light" dressing, white bread, and these other eats can be bad for your anxiety or depression.



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## The Truth Behind 11 Popular Diet Myths

"Too much sugar causes diabetes." "Carbs lead to weight gain." Have a hard time knowing what's fact and what's fiction? Here's help.

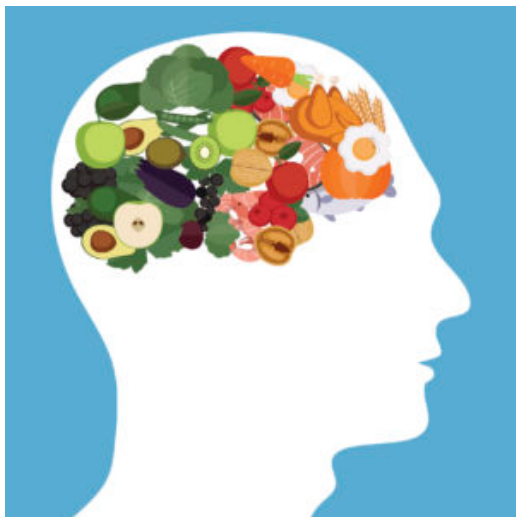


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Harvard Health Blog

## Gut feelings: How food affects your mood

POSTED DECEMBER 07, 2018, 6:30 AM  
[Uma Naidoo, MD](#), Contributor



The human microbiome, or gut environment, is a community of different bacteria that has co-evolved with humans to be beneficial to both a person and the bacteria. Researchers agree that a person's unique microbiome is created within the first 1,000 days of life, but there are things you can do to alter your gut environment throughout your life. What we eat, especially foods that contain chemical additives and ultra-processed foods, affects our gut environment and increases our risk of diseases.

[Learn more >>](#)



## What Is Inflammatory Bowel Disease?

November 07, 2018 | Reference

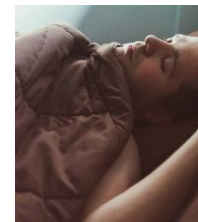
Inflammatory bowel disease (IBD) is a condition that involves chronic inflammation in all or part of the digestive tract.

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## Should You Get a Chemical Peel?

It can rejuvenate your skin -- but only if you have the right complexion and don't have any of these health conditions.

[Read More >](#)



## Could you have sleep apnoea?

Spot the signs, and find out about treatments that could help you breathe easier.

[Read more](#)



**BONUS**

[Health & Wellness Guide](#)



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# How to get more probiotics



There are two ways to get more good bacteria into your gut: fermented foods and dietary supplements. Fermented foods are the best source, as probiotic supplements, which are typically sold over the counter, are reserved to treat specific ailments as suggested by your doctor, and not recommended for everyday use. Plus, supplements do not have the same FDA oversight as medications do.

So, a big question remains: How many probiotic foods do you need? That's not easy to answer.

There is no recommended daily intake for probiotics, so there is no way to know exactly which fermented foods or what quantity is best. Therefore, the general guideline is to just add as many fermented foods to your daily diet as possible. Why fermented foods? Fermenting is one of the oldest techniques for food preservation. Mankind has been fermenting foods and drinks like beer and wine for centuries. Foods that are fermented go through a process of lactofermentation in which natural bacteria feed on the sugar and starch in the food, creating lactic acid. This process creates an environment that preserves the food and promotes beneficial enzymes, B vitamins, and omega-3 fatty acids, as well as various species of good bacteria.

Another way to look at fermentation is that it takes one type of food and transforms it into another kind. For instance, cabbage becomes sauerkraut, cucumbers become pickles, soybeans turn into miso, and milk can be made into yogurt, cheeses, and sour cream.

Not all fermented foods contain probiotics. Some foods undergo steps that remove the probiotics, as with beer or wine, or make them inactive, like baking and canning. However, most fermented foods are probiotic foods as well. If there is a potential downside to fermented foods, it is that their taste and smell can be quite strong, which may be unpleasant for some people. The unique flavors and textures of fermented foods are due in part to the different species of bacteria used.

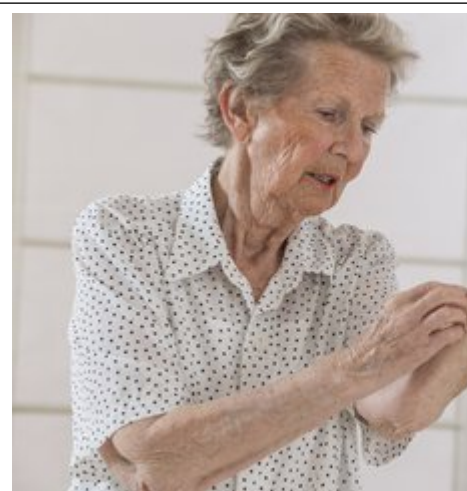
On the upside, there are many types of fermented foods from which to choose, so there is a good chance you can find something you will enjoy.

The most common fermented foods that naturally contain probiotics, or have probiotics added to them, include yogurt, kefir, kombucha, sauerkraut, pickles, miso, tempeh, kimchi, sourdough bread and some cheeses.

Yogurt is considered the most valuable player of probiotic foods because it has a flavor and texture that's generally appealing to Western palates. The number and type of bacteria species can vary depending on the yogurt brand. The probiotic content of yogurt products can range from 90 billion to 500 billion CFU per serving. (CFU stands for colony-forming units, which is how many bacteria are able to divide and form colonies.) Look for the words "live and active cultures" on the label.

**How to use:** Yogurt is easy to add to your diet. Besides having it for breakfast or a midday snack, you can substitute yogurt whenever you use mayonnaise in egg salad or potato salad, or in almost any baking recipe. Yogurt also can be the basis for sauces, salad dressings, or marinades.

To learn more about other foods containing probiotics as well as the role of probiotics in your overall health, read [The Benefits of Probiotics](#) from Harvard Medical School.



## Shingles: Causes, Symptoms and Treatment

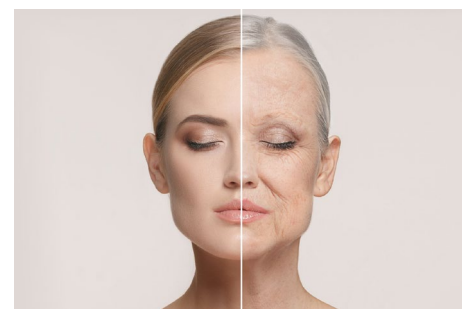
December 03, 2018 | Reference

Shingles, also called herpes zoster, is a viral disease that can cause a painful, blistering rash, which usually appears on one side of the body. It's caused by the same virus that causes chickenpox.

[Read More](#)

## Today's Health Topic

# Why your face ages and what you can do



A gracefully aging face is a beautiful thing, but there are changes that occur with age that we would like to slow down. Age affects every nook and cranny of the body. Along with the wisdom, experience, and accomplishments that come with getting older, there are changes that occur in our outward appearance. Changes in our faces are most at the forefront.

[Read more »](#)

# A New Connection between the Gut and the Brain



## ENVIRONMENT Freshwater Is Getting Saltier, Threatening People and Wildlife



## Aspirin Can Help Your Heart. Omega-3s Might. But Together? Maybe Not.

Aspirin and Omega-3 both help the heart — but maybe not together

[Read More](#)



## Spiced Chickpea Stew With Coconut and Turmeric

By ALISON ROMAN

Spiced chickpeas are crisped in olive oil, then simmered in a garlicky coconut milk for an insanely creamy, basically-good-for-you stew.

## As married couples age, humor replaces bickering

University of California - Berkeley



## Your Spine: 14 Things That Can Go Wrong

That stack of little bones along the center of your back has a key role in supporting and controlling your body. What happens when something's not right with your spine?



[Read More >](#)

## Germ of Genius—a Masterpiece's "Microbiome" Can Spell Its Demise



## Six to 8 Hours a Night May Be the Sweet Spot for Sleep



By NICHOLAS BAKALAR

People who slept more had an increased risk for cardiovascular events and premature death.

## Link between newborns with vitamin D deficiency and schizophrenia confirmed



## Bringing balance to the universe: New theory could explain missing 95 percent of the cosmos



## Scientists call for eight steps to increase soil carbon for climate action and food security

University of Vermont



## Regular Exercise May Keep Your Body 30 Years 'Younger'



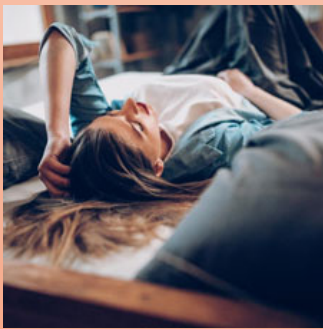
By **GRETCHEN REYNOLDS**

The muscles of older men and women who have exercised for decades are indistinguishable in many ways from those of healthy 25-year-olds.

## 7 'Good' Habits to Give Up for Diabetes

These may seem like smart ideas, but they could actually be sabotaging your efforts.

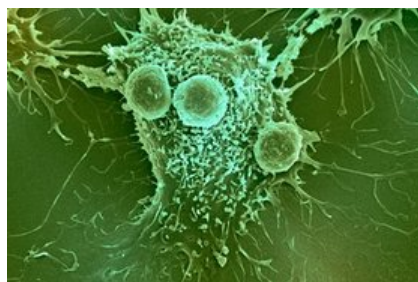
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[PMS Remedies](#)



[Homemade Arthritis Rub](#)



**BIOLOGY**



The Biology of Sugars Points to a Sweet Strategy for Treating Cancer  
November 28, 2018 — Esther Landhuis



## Plums

They're one of the first purple foods people think of. And the more color in the fruit, the more of those anthocyanins. Riper fruits will also have more usable nutrients. The peel could have as much as 20 times the antioxidants as the flesh inside.

WebMD



## Red Cherries

The anthocyanins that give them their dark rich color may help lower your blood pressure and keep your blood vessels healthy and soft. They also seem to help with joint problems like osteoarthritis and gout, a painful condition where crystals gather in your feet or ankles. And cherries are bursting with nutrients that together may help prevent cancer, heart disease, and diabetes.

## Causes of Chronic Constipation

Certain foods and drinks can slow digestion and worsen the symptoms of ongoing constipation.

[Watch Video >](#)



## Berries

Though anthocyanins are linked to the color purple, the pigments can range from red to blue. Blueberries, blackberries, strawberries, bilberries, black currants, and mulberries all have similar properties. They may boost your brainpower and your mood, according to studies of kids and adults using blueberries. Scientists think the anthocyanins help your brain cells talk to each other.



## Potatoes

Try the ones with purple skin *and* flesh. Besides anthocyanins, they have 2-3 times the total antioxidants of a typical white potato, which is loaded with potassium, magnesium, vitamin C, and fiber.

WebMD



## Grapes

The anthocyanins of grapes can run from red to black. These juicy gems are known for having resveratrol, which has gotten a lot of attention for being part of a group of nutrients that work together to help protect your cells from damage that can lead to disease. The skins of grapes give red wine its color -- and its resveratrol.

WebMD

## 7 Great Resistance Band Exercises

Don't be fooled by the simple band. It can give you a muscle-toning workout you'll feel later.

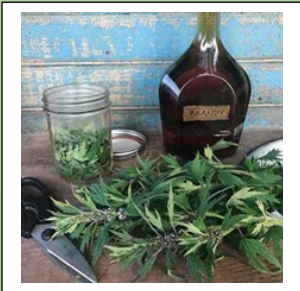
[Watch Video >](#)

## Worst Foods for Your Liver

Too much of certain foods can make it harder for your liver to do its job. Over time, that may lead to inflammation, which in turn could cause cirrhosis.

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## Motherwort: An Ancient Herb for Modern Gardens



A versatile herbal ally, Motherwort's medicinal properties include easing stress, calming the heart, supporting women's health, and more.

[Learn how to grow, harvest, and utilize this member of the mint family.](#)



## Health Benefits of Hot Peppers

Spicy peppers may help clear a runny nose, speed up your metabolism, and even extend your life.

[Read More](#) >

## Why People Get Alzheimer's

Here's what we know about the causes of Alzheimer's disease, the most common form of dementia.

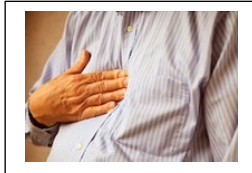
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## Homemade Simple Shampoo



## Tips for Heartburn Relief



It's not the turkey but the side dishes you have to worry about in the typical Thanksgiving dinner. Here's what to steer clear of.

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## Foods That May Prevent Dementia

This diet includes 10 brain-healthy food groups -- and one of them is wine. See what else may be good for your mind.

[Read More](#) >

## Preventing Dyskinesia in Parkinson's Disease

Watching your diet and medications can help you stave off these jerky movements.

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## Can This Spice Help Diabetes?

Some say turmeric can control blood sugar, among other health benefits. Find out what the science says.

[Read More](#) >

## Easy Cauliflower Rice Recipe

Cauliflower's tender texture and fiber make it a smart replacement for white rice.

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## Conquer Diarrhea: At Home and During Travel

## What Memory Lapses Mean

They may be a normal part of aging, or they could be a significant problem.

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## Alzheimer's and Sleep Problems

Here's what to do if your loved one snoozes in the daytime and stays awake at night.

[Read More](#) >

## Alzheimer's: Facts and Fiction

There's a lot of misinformation about this condition. Here's what's true and what's not.

[Read More](#) >

## 3 Ways to Keep the Mind Sharp

See why exercising, following a healthy diet, and staying socially active may help.

[Watch Video](#) >

## What Is Isolated Systolic Hypertension?

A high top number on your blood pressure reading can be a sign of trouble.

[Read More](#) >

## 20 Foods That Can Save Your Heart

These cooking tips and our go-to list of foods can help control your blood pressure and lower cholesterol.

[Read More](#) >



WELLNESS

## Do You Need to Take Digestive Enzymes?

November 24, 2018 — Nutrition Diva Monica Reinagel

### Changing over to organic food, as consumption of organic food reduces cancer risk by Ray Schilling

If you want to avoid Roundup, xenoestrogens and GMO foods, you need to switch from regular foods to mostly organic foods. Throw out all the foods in your fridge that are not organic and that contain MSG in it's many disguises. MSG is an excitotoxin, which kills brain cells. These suggestions are also what Dr. Paula Baillie-Hamilton is recommending.

Organic foods do not contain any of the problematic GM foods. They are free of rBGH, xenoestrogens, residual herbicides or residual insecticides. Switch to either organic milk and milk products or goat milk and goat milk products. Another choice would be "milk" products based on pea protein, but not on soy protein. As fatty tissue releases some toxins, it is advisable to use psyllium seed husks as a fibre source supplement to bind the toxins in the gut for elimination.



### 20 Foods That Can Save Your Heart

We share top heart-healthy choices, including oranges, edamame, and olive oil.

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## Eating Yogurt As An Appetizer Can Reduce Inflammation; 6 Best Anti-Inflammatory Foods For Your Body



The study finds that eating yogurt as an appetizer can help you reduce inflammation . Inflammation is linked to bowel diseases, asthma, cardiometabolic diseases and arthritis. Have you tried these anti-inflammatory foods yet?

Can starting a meal with a small serving of yogurt reduce the chances of inflammation in the long term? A new study suggests it can. Experts also believe that yogurt, as an appetizer; can be very helpful in protecting us from the harmful by-products of the gut bacteria. The study finds that eating yogurt as an appetizer can help you reduce inflammation. Inflammation is linked to bowel diseases, asthma, cardiometabolic diseases and arthritis. Yogurt reduces inflammation by enhancing the integrity of the intestinal lining, thereby preventing the pro-inflammatory molecules from entering the blood stream. Experts say that eating eight ounces of yogurt before meals can be effective in achieving this goal and improving post-meal metabolism.

Inflammation is never sighted in a good way. It is seen as a stepping stone to major diseases like Alzheimer's eczema, asthma and arthritis. However, inflammation in a way is not a bad thing. It is the body's way of protecting itself; it is the first line of defense created by the body's immune system. It becomes a problem for the body when it extends beyond a certain period of time. This is when the body starts attacking itself. While there are a number of medical solutions for this, it is better to opt for the non-medical options, that is, nutrition. DoctorNDTV

[Smoking tied to more aggressive prostate cancer](#)

## Berries



[The new cholesterol guidelines: What you need to know](#)

of vitamin C and antioxidants. And it doesn't end here, they are a rich of other vital minerals and nutrients as well. Strawberries, blackberries, blueberries and raspberries are rich in antioxidants known as anthocyanins. These antioxidants have anti-inflammatory properties. Regular consumption of these berries helps your body produce natural killer cells which help your immune system work properly. A study showed that obese people who consumed a cup full of strawberries had lower levels of inflammation marker linked with heart disease.

Doctor NDTV



WELLNESS

## Animals Can Help Us Rediscover Our Nutritional Wisdom

### Urinary Tract Infection Symptoms

Infections can be painful and often require medical treatment. Learn the signs of a urinary tract infection (UTI).

[READ MORE](#)

# Consumption Of Organic Food Reduces Cancer Risk



By Ray Schilling | breast cancer, Cancer, Cardiovascular disease, Diabetes, diet, exercise, food, Inflammation, Nutrition, organic food

There are fewer carcinogens in organic food, which is likely why consumption of organic food reduces cancer risk. In an extensive [study from France](#) a large number of patients received questionnaires about their organic food intake.

The [study was also reviewed by CNN](#) using more popular language to describe the findings.

## The French study showing that consumption of organic food reduces cancer risk

68,946 French adults were recruited for the study. More than ¾ of the study population were women in their mid 40's. Researchers divided these subjects into 4 groups depending on how many of 16 organic food groups they were consuming.

First of all, the type of foods included fruit and vegetables, ready-to-eat meals, meat and fish, vegetable oils and condiments, dietary supplements and other products. Also, the investigators followed this population for an average of 4 ½ years. Finally, during that time 1,340 cancers developed. 459 breast cancers occurred, 180 prostate cancers, 135 skin cancers, 99 colorectal cancers and 47 non-Hodgkin lymphomas.

Most noteworthy, those who ate the most organic food developed 25% less cancer on average. When it came to Hodgkin's lymphoma, organic food consumers developed 73% less of it than people on regular food. Postmenopausal breast cancer was 21% less frequent among those who had the highest use of organic food.

There are a number of factors regarding non-organic food that should make us pause to think.

# Can a low-carbohydrate diet help keep weight off?

POSTED NOVEMBER 27, 2018, 10:30 AM

[Fatima Cody Stanford, MD, MPH, MPA, FAAP, FACP, FTOS](#), Contributor



For your entire life you have been bombarded with information about which diet is the best to help you lose weight. Like many other people, you might have tried one or even a dozen diets, but it took a bit of trial and error for you to find which diet worked for you. Now, you are on to the hard part. You have finally lost the weight, but how do you keep it off? That is the million dollar question, right?

[Learn more »](#)



## Acupressure: Relieving Stress Through Pressure Points

Though acupressure sounds like acupuncture, but this one doesn't involve needles, so you're in the clear, in case you can't imagine being pricked. Acupressure is a technique that is centered on core philosophies of energy, flow, trigger points or acupoints...

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## 10 Surprising Health Benefits Of Avocados



The avocado has fast become a main player on menus frequented by the health-conscious. So what makes this gorgeously green fruit such a hit? Well, it's not only packed with fiber and antioxidants but also anti-inflammatory oleic acid and heart-healthy minerals like potassium...

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## Mint and lemon cooler recipe

A perfect, healthy refreshment for a hot summer's day. [Read more](#)



## Zesty lemon grilled calamari with garlic recipe

Welcome in the warmer nights with this light dinner. [Read more](#)

## Insulin Shock vs. Diabetic Coma

With diabetes, blood sugar levels may swing very high or low, which can cause dangerous complications.

[Read More >](#)

# 5 ways to boost bone strength early

The best prevention for bone-thinning osteoporosis begins early — during the first two decades of life, when you can most influence your peak bone mass by getting enough calcium and vitamin D and doing bone-strengthening exercise. If you are over age 20, there's no need to be discouraged. It's never too late to adopt bone-preserving habits.

If you are a man younger than 65 or a premenopausal woman, these five strategies can help you shore up bone strength as a hedge against developing osteoporosis.

1. **Monitor your diet.** Get enough calcium and vitamin D, ideally through the foods you eat. Although dairy products may be the richest sources of calcium, a growing number of foods, such as orange juice, are calcium-fortified. Fruits, vegetables, and grains provide other minerals crucial to bone health, such as magnesium and phosphorus.
2. **Maintain a reasonable weight.** This is particularly important for women. Menstrual periods often stop in women who are underweight — due to a poor diet or excessive exercise — and that usually means that estrogen levels are too low to support bone growth.
3. **Don't smoke and limit alcohol intake.** Smoking and too much alcohol both decrease bone mass.
4. **Make sure your workouts include weight-bearing exercises.** Regular weight-bearing exercise like walking, dancing, or step aerobics can protect your bones. Also include strength training as part of your exercise routine.
5. **Talk with your doctor about your risk factors.** Certain medical conditions (like celiac disease) and some medications (steroids and others) can increase the chances that you will develop osteoporosis. It's important to talk with your doctor to develop a prevention strategy that accounts for these factors.

For more on diagnosing and treating osteoporosis and developing an effective plan for your bones read, [\*Osteoporosis: A guide to prevention and treatment.\*](#)



[Satay salmon with crunchy cucumber and herb salad recipe](#)

Nothing says summer like a fresh piece of delicious fish. [Read more](#)



[Sunburnt? Here's what you should do](#)

Tips from a dermatologist to take the sting out of sunburn. [Read more](#)

# What's your t-score? Bone density scans for osteoporosis

Several technologies can assess bone density, but the most common is known as dual energy x-ray absorptiometry (DEXA). For this procedure, a machine sends x-rays through bones in order to calculate bone density. The process is quick, taking only five minutes. And it's simple: you lie on a table while a scanner passes over your body. While this technology can measure bone density at any spot in the body, it is usually used to measure it at the lumbar spine (in the lower back), hip (a specific site in the hip near the hip joint), and femoral neck (the top of the thighbone, or femur). DEXA accomplishes this with only one-tenth of the radiation exposure of a standard chest x-ray and is considered the gold standard for osteoporosis screening—though ultrasound, which uses sound waves to measure bone mineral density at the heel, shin, or finger, is also used at health fairs and in some medical offices.

The DEXA scan or ultrasound will give you a number called a T-score, which represents how close you are to average peak bone density. The World Health Organization has established the following classification system for bone density:

- If your T-score is  $-1$  or greater: your bone density is considered normal.
- If your T-score is between  $-1$  and  $-2.5$ : you have low bone density, known as osteopenia, but not osteoporosis.
- If your T-score is  $-2.5$  or less: you have osteoporosis, even if you haven't yet broken a bone.

For more information on your bone health, read [\*Osteoporosis: A guide to prevention and treatment\*](#), a Special Health Report from Harvard Medical School.



## [Health Benefits of Cinnamon](#)

Could the jar of cinnamon on your spice rack be the secret to better skin, a healthier heart, and lower blood sugar?

[Read More >](#)

## [11 Things That Weaken Your Bones](#)


Some arthritis drugs can have a negative impact on your bones. So can smoking and these other things.

[Read More >](#)





## Top 5 ways to reduce crippling hand pain

Hand pain is more than  annoying. The stiffness and swelling that go along with hand pain can sap strength and diminish the ability to carry out routine functions, like buttoning clothes. Here are six methods to help manage hand pain, retain hand function, and avoid surgery.



## Where Does the Power Come From?

In fruits and vegetables, purple is often a sign of nutrients called anthocyanins. Like other phytonutrients, your body doesn't need them to work, but they do help protect your cells from damage that can lead to illness and disease. And that's on top of any other health benefits you'll get from eating these foods.

WebMD



PUBLIC HEALTH

## More Than a Third of Female Suicides Are Committed by Indian Women

## Heavy metals -By Ray Schilling

A study of the Consumer Reports' from August 2018 examined baby foods. High levels of heavy metals like mercury, lead, arsenic and cadmium were detected in baby foods. Exposure to even low levels of heavy metals can lower a child's IQ by 5 points. Heavy metals have shown an association to behavior problems, to autism and to causing attention deficit hyperactivity disorder (ADHD). A study from New Zealand looked at how people who were exposed 4 decades earlier to heavy metals were doing when having an average age of 38 years. 565 New Zealanders showed measurements of high levels of heavy metals as children. Their IQ's were lower than the average for their age and their socioeconomic status was below that of their parents.

## Facts About Bipolar Disorder

Bipolar disorder involves mood swings with at least one episode of mania. It may also include repeated depression. [Read more...](#)

## What Do Stem Cells Do?

[See how they might be used for to help treat ALS, diabetes, stroke, and other conditions.](#)

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## With Diabetes, Going Vegan May Boost Mood, Too

[Could a plant-based diet give a big boost to your emotional well-being if you have type 2 diabetes?](#)

[Read More >](#)

**60-SECOND SCIENCE**

## Blue Whales Have Changed Their Tune



## Antibiotic use in agriculture-by Ray Schilling

Milk and milk products are not as innocent as in the past when no marketing boards were around. Animals are no longer freely roaming on green pastures, but they exist in high-density facilities and they need antibiotics to prevent infectious illnesses. So the story goes. In reality farmers have found out that antibiotics and bovine growth hormone will both increase milk production. The manufacturers apply the profit principle and the result is that the consumers of milk and milk products have a change of their bowel flora from the antibiotic residues, which can cause heart attacks. The bovine growth hormone from milk and milk products causes breast cancer and prostate cancer. If you buy organic milk and milk products, you will not consume bovine growth hormone or antibiotic residues.



THE BODY

## A New Connection between the Gut and the Brain



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