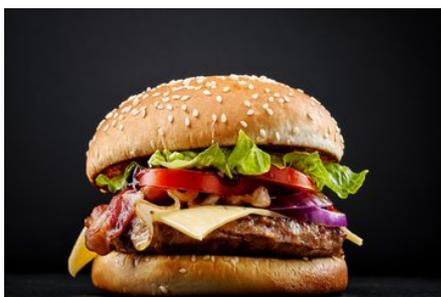
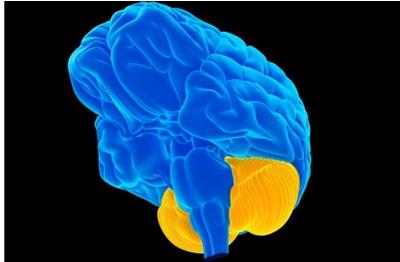


The Cerebellum Is Your "Little Brain"—and It Does Some Pretty Big Things



Eating Red Meat Is Wreaking Havoc on Earth. So, Stop It!

There's a new diet in town, and it offers a two-for-one special: People can help the planet and even live longer ... so long as they stop devouring so many burgers, a new report by an international commission finds.

[Read More](#)

More Than 250,000 People May Die Each Year Due to Climate Change



In the coming decades, more than a quarter-million people may die each year as a result of [climate change](#), according to a new review study.

In 2014, the [World Health Organization \(WHO\)](#) [estimated](#) that climate change would lead to about 250,000 additional deaths each year between 2030 and 2050, from factors such as malnutrition, heat stress and malaria. But the new review, published Jan. 17 in [The New England Journal of Medicine](#), said this is a "conservative estimate." That's because it fails to take into account other climate-related factors that could affect death rates — such as population displacement and reductions in labor productivity from farmers due to increased heat, study co-author Dr. Andrew Haines, epidemiologist and former director of the London School of Hygiene & Tropical Medicine, [told CNN](#).

More Than 250,000 People May Die Each Year Due to Climate Change

In the coming decades, more than a quarter-million people may die each year as a result of climate change, according to a new review study.

[Read More](#)



Diabetes Management in 10 Minutes or Less

From controlling blood sugar to diet and exercise, explore simple ways to better manage your diabetes.

[READ MORE](#)



SLIDESHOW

Ulcerative Colitis Signs

Get all of the facts on warning signs, symptoms, causes, and treatments for ulcerative colitis. [Read more...](#)

The Year in Retrospect - 2018.

We have weathered the storms and ridden the calm, through thick and thin and the obstacles that have been sown by the vagaries of Nature and the Political storms/upheavals; that ended the past year with the coveted and longed for Festive Season that sugared and tempered the adverse ill effects of Nature & the Political mayhem; at least for the month that brought in the cheer and outburst of bottled up emotions and fellow-feeling.

The dust of the Festive Season seems to have all but settled, with just the memories that lingers. But the bills of the rejoicing, gift-giving & partying are still to be settled. This of course will depend on how you cut your coat according to the cloth. But whatever it was, one did partake of the festivities in prayers, remembrances and re-kindling of love and affection among kith & kin, friends and acquaintances; and more so in re-affirmation of an important/leading Faith & it's Creator – even though this should be a daily occurrence/routine for the Believers of the Faith.

Yes! The inroads into the New Year is a month gone by; but does one see a brightness in the horizon that augurs well for us folks as a Nation is a question rife with expectations for that aura of goodwill and peace; tolerance and peace of mind.

The Political Arena sees the "Sword of Damocles" hanging over our heads; as it has always been. Handled by the Politicians we, the Learned, have given a lucrative job with a mandate to manage and administer the affairs of our very own Nation. All we wanted for the elected is to administer our own Land of Milk and Honey for a peaceful life within ourselves and with other Nations; and a normal way of living sans undue hardships - be it financial or personal.

We a country of Milk & Honey; Teepees and Red Coats were well renowned in the World as a great "Peace keeping Nation" in the days and years gone by. Well respected and looked-up to as such in those bygone days. However! One must ask oneself if this is still applicable to our Nation. I believe this is not so anymore. We have taken a course of what appears to be a belligerent/bellicose attitude. Thus changing our Leadership portfolio as one of aggressiveness rather than tolerance; interference rather than peace-keeping. Joining with allies on sojourns of intervention, in the name of Democracy, in lands alien to us. Is this what our Nation requires/seeks; or is it just a Political decision, by a few - is what one must ask oneself

In passing we should also be reminded of the various Political Interferences with other countries that we are now being faced with – be it in Trade; Human Rights; or Human Rights that are the norm in other (in their own) countries. I guess no one remembers the saying of – "Never trouble trouble; unless trouble troubles you"; or is it "Seek and you shall receive". This is what one appears to see on the horizon. Very hopefully this will not be so.

The question of "Dual Citizenship" too jumps out on centre stage. How is it that a person can swear allegiance to two countries? Does it augur well for the security of the country? It sure does reek of having the best from both "Worlds". This is also used for getting out of any "unlawful" situation that may be incurred by the holder who will look for "protection" from either of the countries. Hence requiring our "diplomatic establishments" to get into the fray to safeguard its citizen – so to say. In addition our very own Government getting into direct confrontation with another country.

The year in retrospect has also had many of the "developed Countries" going "gung ho" on the matter of "Climate Change (Environment /Weather) Conferences" held in various parts of the World. Our support for a solution saw the highest travelling around the World in the luxury of an "Airbus" to attend these conference; in addition to the "G" series Conferences that were many. As a layman I can only ask myself are these just meetings of an elite club to meet greet and treat? If so; at what cost? But one must remember "we reap what we sow"; and the next transplanting season is around the corner. Yes it is time for the casting of our ballots (seeds) and undoubtedly we will be laced with Sugar Coated lollipops to suck on - that's right a sucker all right; and soothers (pacifiers) for the babies – you know who. In addition we will be inundated with calls for funds for their "parties" to enter the fray with "gusto". But alas! I think back to the days I was "laid-off" and no one gave me funds to find another job; after all most of these Politicians are all vying for a lucrative job aren't they?

A month has just passed in the New Year and we have heard the big "Tally Ho" cry for the bringing in of immigrants - be it legal immigration or "at the door" immigrants. Yes indeed our Nation is very tolerant and promote Immigration; after all our proud cry has always been – "We are a land of Immigrants". But there are a variety of Immigrants. Namely: Immigrants seeking fresher pastures; Immigrants fleeing Political persecution; Immigrants fleeing Racial or religious persecution; and of course the illegal immigrants. Our Nation is not only tolerant but they even look after them better than our Seniors and even the Homeless. That appears to be a misguided generosity and needs to be seriously looked into by the powers in command. For it appears as a case of "Robbing Peter (the taxpayer) to pay Paul (the immigrant)". What price charity? Remember that Charity begins at Home.

Lastly we have had a very new chapter (category) in Immigration. That of "Immigration from Parental Persecution". How wonderful is this. Our Nation jumped into the fray and within a matter of a very few days gave refuge to a young teen from the middle east that sought refuge in a land down-under while living barricade in a South East Asian hotel. Really wonderful humanitarian gesture. We even had a top ranking Minister meeting the young lady and escorting/shepherding into the Land of Milk & Honey, personally and with her arms around her. This surely is the front-runner for a new category of Immigrants – Immigration from Family Persecution. I hope the Nation remembers that "Sauce for the goose is also sauce for the gander". Hopefully the Government will send a very high ranking official to meet these Immigrants on their arrival to our Great Land.

Cntd. Next page

Healthy Meal Plans for Diabetes

Find out what foods are best for type 1 and type 2 diabetes. Explore meal plans that can help control your blood sugar levels

[. Read more...](#)

MOUNT LAVINIA HOTEL AND THE HISTORY"

<https://youtu.be/dZpYnQxmMSg>

VACD Badulla centre:

We are delighted to inform you that the “**Dora Jeanne Centre for Children with Disabilities**” located at: No. 23, Keppetipola Road, Badulla is now established and operating.



Relocation of the VACD Bandarawela centre:

The main VACD centre “**Sir Robert Clark Centre for Children with Disabilities**” in Bandarawela is being relocated to: No. 49 A, Springwaththa, Vishaka Mawatha, Bandarawela during this month.



VACD parents spent a day cleaning up the yard and preparing the new Bandarawela centre to be occupied by them and their children very soon.

Felix Stephen

Chairman of the Board of Directors - VACD Ltd. Sydney – Australia -

<http://www.vacd.org.au/>

Member of the Advisory Board – VACD USA – <http://www.vacdusa.org/>

Member of the Advisory Board – VACD Sri Lanka

Senior Associate – Cognoscenti Group – Sydney – Australia-

<http://www.cognoscenti.global/>

Consultant - Investment Committee - Lonsec - Sydney – Australia -

<https://www.lonsec.com.au/>

Member of Investment Committee - Arrive Wealth Management - Brisbane – Australia - <http://brisbane.arrivewealthmanagement.com.au/>

Consultant - Global Financial Market Investment Research & Investment Strategy

E-mail: felixswstephen@gmail.com / fstephen@bigpond.net.au

Ways to Soothe the Burn of Spicy Foods

When your mouth's on fire, some foods and drinks can cool it faster -- and some can make it worse.

[Watch Video >](#)

Seniors' Day Celebration



Mr. Russel Westacott, CEO Seniors Right Service, was the keynote Guest speaker, at the Annual Seniors Day celebration held at the Community Centre, Thornleigh, on 17th February.

This event was organized by the Sri Lankan Association of NSW, Australia

<https://youtu.be/y-m1ell351k>

click on the link to share the video of the function



Most enjoyable day for the expat. Sri Lankan Seniors



Dr. Gnani Thenabadu, President-delivers her welcome speech at the Seniors' Day Celebration

The Year in Retrospect - 2018 ctd

On a closing note we prioritized the legality of usage of “cannabis” for recreational purposes and medicinal purposes (which seems to be a secondary concern – as it appears). Yes! It has been bull dozed through and now is legal; with many business entities wanting to get into production; distribution and sales of this narcotic. It is legislated but now comes the regulations. The burning question is will those who were convicted have their sentences repealed; and if so will they be given compensation? In addition being labelled as “for recreational purposes”; can one partake of this narcotic and be legally permitted to participate in competitive sports events?

The local home front too has had many a debacle related to its’ inhabitants. The gun violence appears to be escalating unabated and more akin to the prohibition era of the States; with what appears to be more gang-related. Never a day has passed without one hearing of a shooting or shootings in the metropolis and surrounds. Giving us the fright of living in the “Wild West” of yore. Next comes the carnage on our roads due to vehicular accidents that seems to be endless and growing. It is attributed to disrespect of road rules; disrespect for other users of the road; and could it be the modern vehicles that boast of many “safety” features incorporated in these vehicles that have lulled the drivers into a state of complacency? They say that in as much as “over-confidence” is a killer, so is “complacency”. The vehicular traffic on our roads has increased many folds; and the ever increasing high-rise buildings that are popping up like mushrooms in the city and suburbs will undoubtedly bring in more vehicles to the city. Thus bringing in a lot of “traffic jams” & “gridlocks which folks may get riled up; in trying to make time to get to their destinations – would this lead to rash driving and ultimate “road rage” is the burning question that needs everyone’s attention. We have also had a rash of pedestrian getting injured or meeting with fatal accidents. As the saying goes you need two hands to clap. Many are the times that we see inattentive users of the sidewalks and road crossings totally engrossed in their media devices – just oblivious of the surrounds. Could this be an attribute to their meeting with accidents? You see them “dragging” their feet at the “green” pedestrian crossing light; oblivious of other pedestrians and mindless of the odd errant motorist that plague our community today – don’t they think it is wise to cross as quickly as possible and avoid an accident; or is it just a show of bravado or dare, to indicate they have the right to do so, while crossing “on the green”. Haven’t they heard of the old saying “Be safe; or be sorry”. Always remember that there is no money that can buy parts of a human torso when it has lost its human function; and no amount of money will bring back a life; and no one will be there to say that you were right or admire your act of bravado or dare. Once you are gone; “sayonara” – good bye. So dear Readers I leave you with the spectacle of life that we confront on a daily basis on our roads and daily life. In conclusion please remember some good old sayings in “Haste makes waste” and “Chance takers are accident makers”.

But all in all let’s all get together and keep our Founding Fathers dreams alive; and always remember the legacy they left behind; although there is a diminishing factor in their well thought out principles. Let’s make our Land a Great One; in what appears to be the World in Turmoil. What lies ahead is in the capable hands of us all – So let’s think clearly and act together in keeping the greatness of our land as a foremost requirement for ourselves and our future generations.

Noor Rahim

January 22, 2019



Please right click and open link if arrow does not open

Slow Meals in France

When you eat your meals slowly and savor them, like lots of people do in France, that may lead to fewer calories, especially for men. So take your time, and enjoy a nice, long meal with friends. WebMD

Smaller Portions in Japan

Little dishes typically mean fewer calories. Studies show that people who eat bigger portions are more likely to be overweight and less healthy. A soup starter, along with plenty of water, will help you walk away satisfied. And it’s not just the small helpings. The traditional Japanese diet doesn’t include a lot of red meat, and research shows that can be a good thing.

Spice It Up in India

Indian food is loaded with herbs and spices, such as turmeric, curry, ginger, and cardamom. These are full of antioxidants and other things that are good for you. They also can lend some heat to the dishes, which may help you eat less.

How to Eat Carbs and Still Lose Weight

Despite what certain diets may lead you to believe, carbs are not the enemy.

[Read More >](#)



Organic label

This USDA Organic label really has some teeth. It means the animal your meat or dairy came from wasn't given growth hormones or antibiotics, and there were no pesticides, herbicides, chemical fertilizers, or even genetically modified seeds in its food. Milking cows and other livestock must also graze on pasture for 4 months of the year or more. And it's all checked by a USDA-certified agency. WebMD



All Natural

It means the product is processed as little as possible and has no artificial ingredients. That being said, it only applies to how meat and egg products are processed. There are no standards regarding farm practices or for labeling natural food products that don't contain meat or eggs.



No Added Hormones

It means farmers don't give the animals hormones to fatten them up or make them produce more milk. This makes a difference for beef and lamb, but not for pork, chicken, and turkey, because the USDA doesn't allow hormones for those animals. In addition, pork, beef, and sheep farmers can legally use hormones on birthing animals that may end up in the meat.

Cancer Death Rates Reach 25-Year Low

By [Rachael Rettner, Senior Writer](#) | January 8, 2019 10:00am ET
It's a milestone in the fight against cancer: U.S. cancer death rates have declined continuously for the last quarter of a century, according to a new report. From 1991 to 2016, the U.S. [cancer death](#) rate dropped steadily by about 1.5 percent per year, resulting in an overall decline of 27 percent during the 25-year-period, according to the report from the American Cancer Society (ACS). That translates to an estimated 2.6 million fewer cancer deaths than would have been expected if death rates had remained at their peak level, the researchers said.

But despite this progress, there are growing disparities in cancer deaths according to socioeconomic status, with people living in poorer communities experiencing an increasingly larger burden of [preventable cancers](#), the report said. [\[10 Do's and Don'ts to Reduce Your Risk of Cancer\]](#)

U.S. cancer death rates have declined continuously for the last quarter of a century, according to a new report.

[Read More](#)

Teriyaki mixed grain salad recipe



A satisfying salad full of fibre. [Read more](#)

Sweet potato and apple quinoa salad



A different (and delicious) flavour combo. [Read more](#)

Renewable Energy

Australia can meet its Paris targets five years ahead of schedule – [but only if the government doesn't actively hinder development with its energy policy.](#) New research from the Australian National University shows that Australia is installing renewable energy faster than any other country, four or five times per capita faster than the EU, Japan, China and the US. The research suggests the net cost of achieving the Paris targets is zero, because renewables are now cheaper than fossil fuels. A researcher, Matthew Stocks, says: "Nearly all of the new power stations are either PV or wind. We anticipate that this will continue into the future, provided that energy policy is not actively hindering development."



[Eleanor Ainge Roy](#)



[Why acting out your dreams could spell the start of brain disorders](#)

Thrashing and flailing around while sound asleep may mean you have a sleep behaviour disorder linked to Parkinson's disease and dementias.

[More >](#)



How Much Do You Need?

If you eat a balanced diet, it's pretty easy to get enough. Adult women (who aren't pregnant or breastfeeding) need 75 milligrams of vitamin C per day; men, 90 milligrams. A mere 1/2 cup of raw red bell pepper or 3/4 cup of orange juice will do it, while 1/2 cup cooked broccoli gets you at least halfway there. Your body doesn't make or store vitamin C, so you have to eat it every day.

WEbMD

<https://www.elanka.com.au/rubyos-restaurant-newtown-sydney-by-dr-harold-gunatillake/>



[New study offers 'strongest evidence' yet that exercise helps prevent depression](#)

Does physical activity reduce depression, or does depression reduce physical activity? A new study has found that it's the former, with exercise having a protective effect against depression.

[More >](#)

What is the trapezius muscle?



The trapezius is a muscle in the upper back that helps the neck, shoulders, and arms move. Learn more about its functions and the causes and treatment of trapezius pain.

How your immune system uses chaos to prevent disease



New research finds that chaotic swings in the concentration of a certain protein is key for regulating our immune response and preventing chronic disease.

What are genes and why are they important?

Genes contain instructions for life and survival. New genetic discoveries offer insights into how life works, and hope for preventing and curing diseases. [READ NOW](#)

How the immune system works

The immune system defends our body against invaders, such as viruses, bacteria, and foreign bodies. The white blood cells are a key component. Here, we explain how it works, and the cells, organs, and tissues that are involved. Find out, too about some immune system disorders and how they affect our health. [READ NOW](#)

Could You Have Metabolic Syndrome?

This set of health problems is linked to diabetes and other health issues. Here's what your doctor might check for.

[Read More >](#)

14 Ideas for Seasoning Chicken

Up your chicken game with a "berbere" spice blend, a chili lime combo, or herbes de Provence.

[Read More >](#)



Foods That Have More Potassium Than a Banana

Bananas aren't the only source of this key mineral. You can get your potassium from crushed tomatoes, sunflower seeds, and these other eats, too.

[Read More >](#)

11 Health Benefits You Can Get From Ginger

Fresh ginger can help fight bacteria, brighten your smile, and soothe your muscles, among other perks.

[Read More >](#)

Warm Beet and Spinach Salad



Chicken Stew With Turnips and Mushrooms



What Is an Artificial Pancreas?



What Causes Metabolic Syndrome?



Why is Japanese food considered healthy despite the fact that sushi uses rice which is high-carb, and fish can be high in mercury?

Madison Hadley, Self employed Cat Cuddler

The Japanese diet is considered to be one of the healthiest in the world, and for that reason the Japanese have an average life expectancy far greater than the western world. Why does Japan have the lowest obesity rate in the developed world and why do its people live longer than everyone else?

The secret is in the food and how it's eaten. A traditional Japanese diet is well balanced, featuring more fish than red meat, plenty of vegetables, pickled and fermented foods, and small portions of rice. It involves little highly processed food and lower overall sugar intake. Basically, the Japanese diet is low in calories and extremely nutritious.

The Japanese also consume a wide variety of both land and sea vegetables such as seaweed, which is packed full of health-boosting minerals. Fruit is often consumed with breakfast or as a dessert, especially Fuji apples, tangerines and persimmons.

Japanese soba noodles are also a staple part of the nation's diet and are made from wheat and buckwheat flour which helps the digestive process. Soba noodles contain no white flour and are considered significantly healthier, being high in fiber.

The way the Japanese serve their food is also key. Rather than having one large plate, they often eat from a small bowl and several different dishes, usually a bowl of rice, a bowl of miso, some fish or meat and then two or three vegetables dishes, often served communally and eaten in rotation.

Along side their diet, the Japanese are big fans of green tea and in particular matcha tea. A stone-ground powdered green tea, is most valued for its high antioxidant compounds known as catechins, which have been linked to fighting cancer, viruses and heart disease.

Quora.com

Although tai chi sounds mysterious, research is proving it works!

Start healing from head to toe!

In an increasing number of recent studies, tai chi has been found to lower blood pressure ... reduce stress ... build strength and balance ... slow the onset of dementia ... relieve pain ... and the list just goes on and on. And, better yet, everyone can benefit — no matter your age or fitness level. No wonder it's the tried-and-true practice of top athletes, active adults, and even people in their 70s and 80s who want to get — or stay — in shape!

Now, in a Special Health Report from Harvard Medical School, our experts show you how to restore your body and mind through this gentle mind-body exercise — for a longer, healthier life — without the risk of injury.

15 Ways to Prevent Diabetic Peripheral Neuropathy

Nerve damage is a common complication of both type 1 and type 2 diabetes. Here's how to prevent and treat it.

[Read More >](#)

Add These Whole Grains to Your Menu

The fiber in these tasty and easy-to-cook alternatives to brown rice and whole-wheat pasta is good for your blood sugar.

[Read More >](#)

700,000 Australians now living with cataracts

Understanding the findings, and how to prevent early onset. [Read more](#)

JOKE OF THE DAY

Wife asked: *What are u doing?*

Husband: *Am Killing mosquitoes?*

Wife: *How many did u kill?*

Husband: *Total 5.* *Two females, 3 males.*

Wife: *How do u know their genders?*

Husband: *2 were near my wallet and 3 near the beer bottle* .☹☹



Complex Carbs

String together a bunch of simple carbs, and you get these larger molecules. Your body has to break them down into simple carbohydrates and then into glucose before it can use them. This takes longer, which means your blood sugar goes up more slowly and they're less likely to be changed into fat. These kinds of carbs include multigrain breads and pasta, beans, potatoes, and other vegetables.

WebMD

Rollicking time by the expat Seniors in Sydney



NSW expat Sri Lankan Seniors get together monthly in a Leisure club in Pennant Hills, Sydney, and have a most enjoyable rollicking time, as this you-tube will reveal- they dance the bailsa, they sing songs in groups, they play carrom, they play scrambles, they chit chat in groups with lot of gusto and hand movements, quite common among Sri Lankans, they enjoy a lavish meal, contributed by well-wishes and the participants themselves. Participants can contribute 5 dollars per person, but not compulsory.

These events are organized by the Sri Lankan Association of NSW monthly and is the brain-child of Sam Massachchi, last year's president of the association.

An annual seniors feature occurs yearly for many, many years, and that would be the climax, when the event is organized in a bigger hall. Film shows, guest speakers are added on, and the meal lay out in buffet and lavish.

The association invites more seniors to join. All Sri Lankan seniors are associated non-paying members, according to the constitution. So, they can all join and form one big family.

Let us never know what old age is. Let us know the happiness time brings, not count the years.

Ausonius

Do Doctors talk to their patients long enough?

I remember, when the first CT scan machine was invested in a popular private hospital in Colombo, the specialists were requested to order plenty of CT scans to cover the costs of the investment. One ne...



Good advice by Dr. Harold Measuring your waist-line reflects your state of health and risks



"Our people would live longer, being healthier, solving hospitals overcrowding, reducing morbidity and mortality stats. by just measuring your waistline and taking remedial measures, if required"

It is a shocking observation that most adult people are 'pot-bellied' in Sri Lanka, especially those who lead an affluent lifestyle. Contract workers, those wearing helmets seen sweating on to...

[Continue Reading](#)

Easy-to-Miss Lung Cancer Signs



Good advice by Dr. Harold Preliminary blood tests to check whether you are a diabetic

"If you were to choose what chronic disease you prefer if you are given a choice, diabetes should be the preference despite being the 'gateway' to other diseases and life-threatening complications.

It is one of those diseases you have full control of the management with proper education and your lifespan would never be hindered with self-discipline in the management. You are the captain of y...

[Continue Reading](#)

Good advice by Dr. Harold Vegans are disadvantaged Vitamin A deficiency

Vitamin A is essential to promote your immune system, bone growth, health and well-being, maintain a moist skin, assist in growth and many other metabolic functions including night driving...

[Continue Reading](#)

Physical activity, any type or amount, cuts health risk from sitting

Columbia University Irving Medical Center



Genes reveal clues about people's potential life expectancy



Artificial intelligence applied to the genome identifies an unknown human ancestor



Diabetes and Drinking: What's OK and What's Not?



Wine may actually help your body use insulin better -- but other drinks could spike your blood sugar. See what to choose and what to avoid.

[Read More >](#)



The Best Leafy Greens You Can Eat

These greens are superfoods at their finest, rich in all kinds of vitamins and minerals. See which ones to pick up during your next trip to the store.

[Read More >](#)



Sri Lanka Association Seniors function -2017 at Thornleigh Civic Centre. A great event. Worth watching

How Exercise May Help Keep Our Memory Sharp

Irisin, a hormone that is released during exercise, may improve brain health and lessen the damage that occurs during Alzheimer's disease.

By Gretchen Reynolds

A hormone that is released during exercise may improve brain health and lessen the damage and memory loss that occur during dementia, a new study finds. The study, which was published this month in Nature Medicine, involved mice, but its findings could help to explain how, at a molecular level, exercise protects our brains and possibly preserves memory and thinking skills, even in people whose pasts are fading.

Considerable scientific evidence already demonstrates that exercise remodels brains and affects thinking. Researchers have shown in rats and mice that running ramps up the creation of new brain cells in the hippocampus, a portion of the brain devoted to memory formation and storage. Exercise also can improve the health and function of the synapses between neurons there, allowing brain cells to better communicate.

In people, epidemiological research indicates that being physically active reduces the risk for Alzheimer's disease and other dementias and may also slow disease progression.

But many questions remain about just how exercise alters the inner workings of the brain and whether the effects are a result of changes elsewhere in the body that also happen to be good for the brain or whether the changes actually occur within the brain itself.

Read more

How Exercise May Help Keep Our Memory Sharp



Long-acting contraceptive designed to be self-administered via microneedle patch

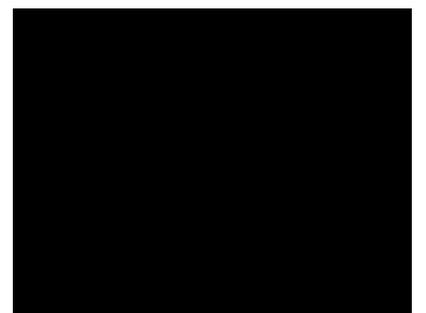
Georgia Institute of Technology



Store craft beer in a cool place and consume it as fresh as possible

Leibniz-Institut für Lebensmittel-

Systembiologie an der TU München



Kandy Esala Perahera, Annual cultural Festival- August 2018

Your mammogram could reveal early signs of heart disease — what you need ask your doctor to find out

How Can Science Help Reverse Blindness?



A little weed may change the teenage brain

Researchers observe brain differences in teens who use the drug once or twice

SOCIETY FOR NEUROSCIENCE

Teenagers who report using recreational marijuana just once or twice display increased volume of numerous brain regions, according to a study of 14-year-olds from Ireland, England, France, and Germany. The research, published in *JNeurosci*, warrants further study of low-level cannabis use among adolescents amid changing societal attitudes toward the drug.

Analyzing data from a large research program investigating adolescent brain development and mental health, Catherine Orr, Hugh Garavan, and colleagues identified brain regions rich in cannabinoid receptors that showed structural differences in teenagers who reported limited cannabis use. These differences persisted despite controlling for many variables, including sex and socioeconomic status as well as alcohol and nicotine use, and were only apparent after cannabis use. Finally, the researchers demonstrate associations between increased grey matter volume in low-level cannabis users and assessments of reasoning and anxiety.

Read more

A little weed may change the teenage brain



Pork

Talk about a bad reputation -- the term "pork" is used to describe all kinds of excess, so it's no wonder dieters often steer clear. Here's a case where the meat itself is not what it used to be. Today's cuts of pork tenderloin are 31% leaner than 20 years ago. That makes this white meat a lean source of protein with benefits similar to those of lean beef.

The [fastest-aging country in the world](#), Japan as of September 2018 had a centenarian population of 69,785, nearly 90 per cent of them women, according to the Ministry of Health, Labor and Welfare.

The world's oldest living person is also Japanese: Kane Tanaka, a 116-year-old woman from Fukuoka on the southern main island of Kyushu.

Herbivores Beware



B12 deficiency is rare because your body can store several years' supply of the stuff. But plants don't have any B12. So vegans and vegetarians who don't eat any animal products should add some processed grains like fortified breads, crackers, and cereals.

WebMD



Steak

For years, health experts have been admonishing us to eat less red meat. But steak is not always bad for the waistline. In fact, a lean cut of beef has barely more saturated fat than a similar-sized skinless chicken breast. Like eggs, steak is loaded with protein and can keep you feeling full longer. To get plenty of protein with less fat, choose tenderloin, sirloin, or other extra-lean cuts -- and limit portions to the size of your palm.

WebMD

World's oldest man dies aged 113 at his family-run hot springs inn



The supercentenarian lived through two world wars and the end of the Cold War, seeing out his twilight years from a hot springs inn in northern Japan that was started by his family 106 years ago.



Eggs

When it comes to healthy eating, few foods have sparked as much debate as eggs. The latest research suggests an egg a day is safe and nutritious for most adults -- and if you eat that egg for breakfast, you'll boost your odds of losing weight. The reason: Eggs are packed with protein, which takes time to digest. Eating protein in the morning keeps your stomach full, so you eat less during the rest of the day.

WebMD

Rheumatoid Arthritis (RA)

This autoimmune disease causes chronic joint inflammation. Know these 15 RA symptoms and signs. [Read more...](#)

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7 Evidence-Based Health Benefits Of Longan Fruit

Longan has a long history as a medicinal fruit in Chinese medicine. Only the flesh is consumed, while the peel and seed are tossed away. However, the seeds and flowers can also yield potent extracts. To learn how the fruit can help you, check out these 7 health benefits of longan...

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7 Tips On How To Treat Telogen Effluvium Naturally

Telogen effluvium (TE) is the second most common type of hair loss. It is caused due to various reasons like hormonal changes, dietary deficiency, certain medications, stress, and underlying health conditions. The conditions could be thyroid disorder, allergy due to dyes, and alopecia areata (patterned baldness)...

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Stroke is a medical emergency and a leading cause of death in the U.S. It happens when you get a blockage in a blood vessel in the brain.

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More than a third of U.S. adults are obese. That extra weight can lead to health issues -- but shedding pounds may prevent, slow, or even reverse many of them.

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The vertebrae in your spine are separated by rubbery disks. Here's what happens when one leaks and pushes on a nearby nerve.

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[Exploring the Connection Between Allergies and an Agrarian Lifestyle](#)

Whether we're aware of it or not, many of us are living with immune systems that are slightly out of whack. An allergy is the product of an overactive immune system, and autoimmune diseases—less common but often more debilitating than allergic diseases—are caused when the immune system starts attacking the body itself. Both allergic and autoimmune diseases have been on the rise in the United States, and researchers are working to understand why.

[Discover why growing up on a farm can help build a strong immune system.](#)



Healthy eating made easy

Keep things simple with these 10 tips to improve your diet. [Read more](#)

Eating Too Close to Bedtime

Will avoiding food before bedtime lower your risk of diabetes and heart disease?

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Herbal Supplements



Even if the label says "natural," it may not be OK for you. For instance, some people take an herb called kava kava for menopause symptoms or to help them relax. But studies show that it can keep the liver from working right. That can lead to hepatitis and liver failure. Some countries have banned or restricted the herb, but it's still available in the U.S. You should always talk to your doctor before you take any herbs to make sure they're safe. [WEbMD](#)

Sugar



Too much sugar isn't just bad for your teeth. It can harm your liver, too. The organ uses one type of sugar, called fructose, to make fat. Too much refined sugar and high-fructose corn syrup causes a fatty buildup that can lead to liver disease. Some studies show that sugar can be as damaging to the liver as alcohol, even if you're not overweight. It's one more reason to limit foods with added sugars, such as soda, pastries, and candy.

Extra Pounds



The extra fat can build up in your liver cells and lead to non-alcoholic fatty liver disease (NAFLD). As a result, your liver may swell. Over time, it can harden and scar liver tissue (doctors call this cirrhosis). You are more likely to get NAFLD if you are overweight or obese, middle-aged, or have diabetes. You may be able to turn things around. Diet and exercise can stop the disease. [WEbMD](#)

Soft drinks

Research shows that people who drink a lot of soft drinks are more likely to have non-alcoholic fatty liver disease (NAFLD). Studies don't prove that the drinks were the cause. But if you down a lot of sodas and have been meaning to cut back, this could be a good reason to switch what you sip.

[WebMD](#)

Too Much Vitamin A From Supplements



Your body needs vitamin A, and it's fine to get it from plants such as fresh fruits and vegetables, especially those that are red, orange, and yellow. But if you take supplements that have high doses of vitamin A, that can be a problem for your liver. Check with your doctor before you take any extra vitamin A because you probably don't need it.

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