

Health & Views

Health Newsletter for the expat Sri Lankans, globally

March 2019-
1st issue

[Glaucoma: Are You at Risk?](#) ↑

[Simple Remedies for Psoriasis](#) ↑



[We Need to Talk about Intestinal Worms](#) ←



[Types of Healing Herbs](#)

Herbs are aromatic plants with medicinal and culinary uses whose chemical constituents have healing actions. In herbal medicine, the whole plant or a part, such as the root, leaf, flower, or seed, is used.

[Discover the various categories of medicinal herbs and how they can benefit your health.](#) ↑

[Top Cancer-Fighting Foods](#)

Putting more colorful vegetables on your plate, turning to asparagus and eggs, and eating these other foods may help lower your odds.

[Read More >](#)

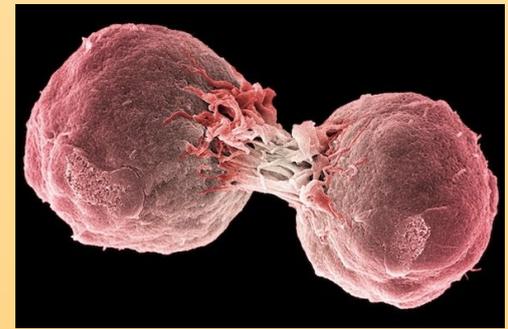
[Why Rocking to Sleep Is a Matchless Sedative—and Elixir](#) ←



[Super Spinach](#)



Leafy Green Superfood
Spinach gets top billing as a superfood thanks to its high content of folate, vitamin A, vitamin C, fiber, magnesium, and iron. The nutrients in spinach boost immune function and provide the body with necessary nutrients for cell division and DNA repair. Reap maximum benefits from spinach by eating it raw or lightly cooked to preserve nutrients.



[THE BODY Are We Innately Immune to Cancer?](#) ↑

[Oysters on the Menu](#)



[Seafood Superfood](#)

Oysters are a nutritional powerhouse from the sea. One 3-ounce serving of Pacific oysters provides 190% of the daily value of selenium, 45% of the daily value of iron, and 20% of the daily value of vitamin C, all for just 140 calories. One 3-ounce serving of oysters contains 16 grams of high-quality protein. The seafood also provides zinc and vitamin A. These vitamins and minerals in oysters are critical for proper immune function.

[Can Hashimoto's Cause Cancer?](#) ↑



Wild Rice

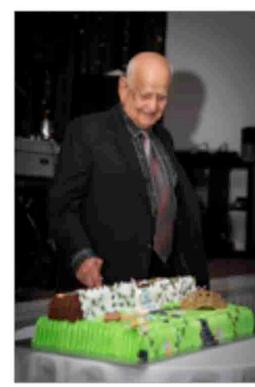
Surprise! Wild rice isn't rice at all -- it's actually a grass seed. It's higher in protein than other whole grains and has lots more antioxidants than white rice. It also provides folate, magnesium, phosphorus, zinc, vitamin B6, and niacin. It cooks up tender and fluffy in a rice pilaf, and the warm grains are a hearty addition to green salads.



Was LASIK Approval a Mistake?

Man who led FDA team to approve LASIK vision surgery now says it was a mistake.

[READ MORE](#)



Charles Schokman from Melbourne celebrated his 90th birthday, recently

On your **90th birthday**, may you only know the joy, peace and health that comes with a life well lived." "Sending you **birthday wishes** filled with happiness, brightened by rainbows, and warmed by love."

Buying organic food is among the actions people can take to curb the global decline in insects, according to leading scientists. **Urging political action to slash pesticide use on conventional farms is another, say environmentalists.**

A wonderful 50 minute documentary very beautifully photographed showing the lifestyle of the Indian gypsies in the Rajasthan district.
Ricky Muthukumaraswamy
<https://youtu.be/aNUYGRn3W9Q>

Seniors' Play



<https://youtu.be/COIGOwC3e4E>

[How to Choose the Right Cooking Oils](#)



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 reverse Alzheimer's.

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.

Age

Age is the No. 1 risk factor. The older you are, the more likely you are to get Alzheimer's. The actual cause isn't fully known.

The list of things that don't cause dementia includes aluminum cans and cooking pots, flu shots, artificial sweeteners, and silver dental fillings.



Photo: iStock

A 'smoking gun' of biological aging

A newly discovered ribosomal DNA (rDNA) clock can be used to accurately determine an individual's chronological and biological age, according to new Harvard Chan School research.

Simple guidelines for healthy meals



The flurry of nutritional information in the media can make healthy meal planning seem daunting and confusing. But it doesn't have to be. Here are some simple tips for eating nutritiously.

Obesity-Related Cancer Rates Are Rising Among Millennials

By [Rachael Rettner, Senior Write](#)

The [obesity epidemic](#) may be contributing to an increase in certain cancers among millennials in the U.S., a new study suggests. The study found that rates of certain cancers linked to obesity — including colorectal, kidney and [pancreatic cancer](#) — increased among adults ages 25 to 49 from 1995 and 2014; with steeper rises seen in the youngest age groups. Rates of some of these same cancers also increased among older adults, but the increases were much smaller, the researchers said.

What's more, millennials had about double the risk of developing certain obesity-related cancers than baby boomers had at the same age. [\[10 Do's and Don'ts to Reduce Your Risk of Cancer\]](#) The researchers noted that young adults still have an overall lower risk of developing these cancers, compared with older adults. The findings could serve as a warning sign of a future rise in cancer rates as millennials get older, and could "potentially [halt] or [reverse] the progress achieved in [reducing cancer mortality](#) over the past several decades," study senior author Dr. Ahmedin Jemal, scientific vice president of surveillance and health services research at the American Cancer Society, [said in a statement](#). "Cancer trends in young adults often serve as a sentinel for the future disease burden in older adults, among whom most cancer occurs."

The study was published today (Feb. 4) in the journal [The Lancet Public Health](#), to coincide with World Cancer Day.

Obesity-related cancers

Excess body fat is known to increase the risk of certain cancers. In 2016, the International Agency for Research on Cancer (a branch of the World Health Organization) published a report linking obesity to a higher risk of 12 cancers: [Colorectal](#), esophageal, gallbladder, gastric cardia (a type of stomach cancer), kidney, liver and bile duct, multiple myeloma (a type of bone marrow cancer), pancreatic and thyroid cancer; and, in women, [endometrial](#), breast and ovarian cancer.

In the new study, the researchers analyzed information on cancer rates from 25 U.S. state cancer registries (covering about two-thirds of the U.S. population) diagnosed from 1995 to 2014. They looked at the rates of 30 different cancers, including the 12 obesity-related cancers, and 18 other cancers that have not been tied to obesity, such as lung and [skin cancer](#).

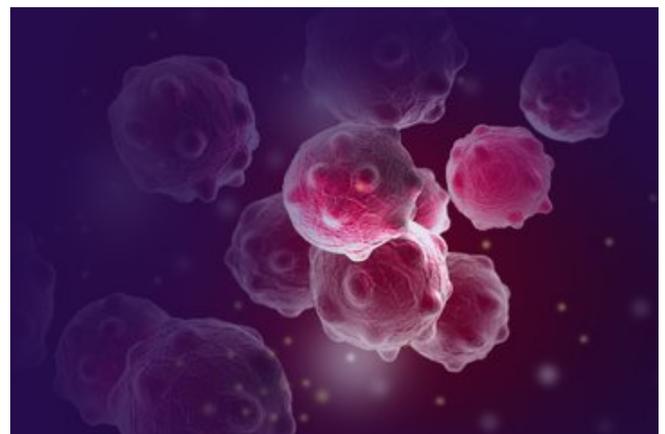
The researchers found that rates of six obesity-related cancers — colorectal, endometrial, gallbladder, kidney, pancreatic, and thyroid — increased among adults ages 25 to 49 during the study period. Although rates of most of these cancers also rose in older adults, the increases were much smaller.

<https://www.youtube.com/watch?v=N->

For example, pancreatic cancer rates increased, on average, by less than 1 percent per year among people ages 40 to 84; but rates increased 2.5 percent among people ages 30 to 34 years old; and 4.3 percent per year among those ages 25 to 29. [\[5 Things Women Should Know About Ovarian Cancer\]](#)

In contrast to obesity-related cancers, rates of most of the 18 non-obesity related cancers did not increase among young adults during the study period.

"Younger generations are experiencing earlier and longer-lasting exposure to excess fat and to obesity-related health conditions that can increase cancer risk," Jemal said.

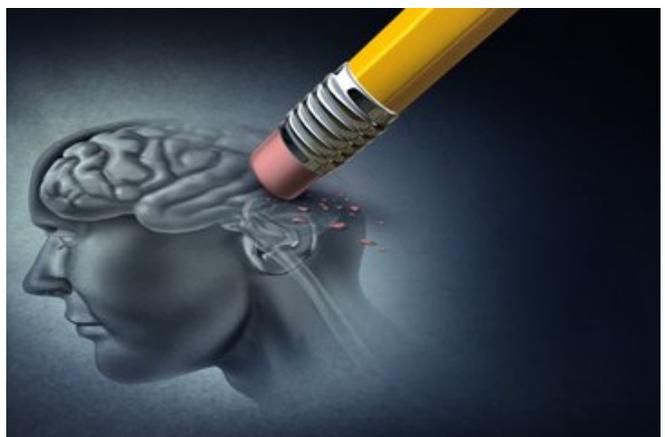


Israeli Scientists Say They'll Have Cure for Cancer Within a Year. Here's Why That's Highly Unlikely

January 31, 2019 | Article

An Israeli biotech company said that it believes it will have a cure for cancer within a year, but experts contacted by Live Science say that's highly unlikely.

[Read More](#)



What Causes Alzheimer's? We Don't Really Know Yet

This week, a study suggested bacteria that causes gum disease might be to blame.

[Read More](#)



Immune System Boosters

Wondering how to boost your immune system? Eat more button mushrooms. Mushrooms are high in selenium and B vitamins like riboflavin and niacin. These minerals and vitamins are necessary for the immune system to work in tip top form. Mushrooms are also high in polysaccharides, sugar-like molecules that boost immune function.

Flavorful Fungus

Mushrooms have a savory quality that can enhance the flavor of many dishes. Not quite sure how to eat mushrooms? Try the following mouth-watering ways to serve up these tasty fungi.

- Sautéing, grilling, and roasting will help bring out the rich, savory flavor of mushrooms.
- Mushrooms make a great addition to scrambled eggs and omelets.
- Toss sliced mushrooms into soups, salads, or lasagna.
- Enjoy Portobello mushroom tops in veggie burgers.
- Stuffed mushrooms make tasty hors d'oeuvres.

Medicine.net



[Use Medicinal Herbs in the Kitchen](#)



[How to Preserve Fresh Herbs](#)



[Food Matters: Whole Grain Bread is Worth the Effort](#)



Sri Lankan farmer's breakfast recipe



A contemporary vegan recipe from *Cooking with Kindness*. [Read more](#)

Antibiotics Still Misused in Babies With Viral Lung Infections

U.S. emergency rooms routinely prescribe antibiotics to babies with the common viral lung infection bronchiolitis, counter to recommendations issued more than a decade ago....

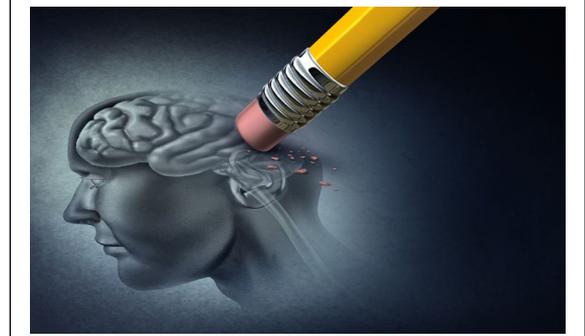
[Read more...](#)

[Heavy drinking can change your DNA](#)



What Causes Alzheimer's? We Don't Really Know Yet

By [Yasemin Saplakoglu](#), Staff Writer



Last week, [headlines reverberated](#) across the internet with seemingly groundbreaking news: Scientists had found a cause — and with it, a possible cure — of Alzheimer's disease. The culprit, the reports said, was the bacterium that causes gum disease. But have scientists really solved one of the 21st century's biggest medical mysteries? Experts tell Live Science that caution is needed and that untangling the knotty causes of Alzheimer's disease is far from straightforward.

The most common form of dementia, Alzheimer's disease currently affects more than 5.5 million Americans, according to the [National Institutes of Health](#). In the brains of people with Alzheimer's, abnormal buildup of proteins — called amyloid plaques and tau tangles — slowly destroy brain cells and the connections among them, hindering the individuals' ability to think and remember.

This week, a study suggested bacteria that causes gum disease might be to blame.

[Read More](#)

Colon Cancer Symptoms vs. Ulcerative Colitis



Why Do Strength Training for diabetes?

Because you have diabetes, you know how important it is to control your blood sugar. Strength training helps. Simple moves done regularly can prompt your muscles to absorb more glucose. You'll also burn more calories, day and night, as you get stronger. Your mood, cholesterol levels, and blood pressure may improve, too.

10 Exercises to Lower Blood Sugar

Over time, these muscle-boosting moves will help your bones get stronger, and help you burn calories that may keep off extra pounds.

[Read More](#) >

Today's Health Topic Alzheimer's in the family



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

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

[Read more](#) »

[Does Fish Oil Help Control Asthma? Not So Much, Study Finds](#)



[Over-Drinking Water Can be Fatal](#)

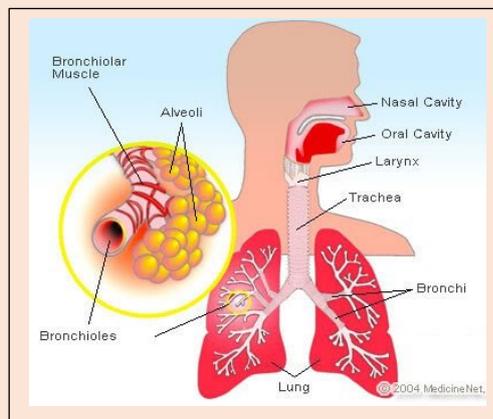


What is pulmonary edema?

[Readers Comments 24](#)
[Share Your Story](#)

Edema, in general, means swelling. This typically occurs when fluid from inside blood vessels seeps outside the blood vessel into the surrounding tissues, causing swelling. This can happen either because of too much pressure in the blood vessels or not enough proteins in the bloodstream to hold on to the fluid in the plasma (the part of the blood that does not contain any blood cells).

Pulmonary edema is the term used when edema happens in the lungs. The immediate area outside of the small blood vessels in the lungs is occupied by very tiny air sacs called the alveoli. This is where oxygen from the air is picked up by the blood passing by, and carbon dioxide in the blood is passed into the alveoli to be exhaled out. Alveoli normally have a thin wall that allows for this air exchange, and fluids are usually kept out of the alveoli unless these walls lose their integrity.



Pulmonary Edema Causes, Signs, Symptoms, and Treatment

Pulmonary edema (swelling or fluid in the lungs) can be caused by a number of cardiac or non-cardiac conditions. Breathing difficulty is the main manifestation of pulmonary....

[Read more ...](#)

[What happens when breast cancer metastasizes in the lungs?](#)



Metastatic, or stage 4, breast cancer in the lungs is when breast cancer cells are growing in the lungs. In this article, we look at what happens when breast cancer metastasizes in the lungs, including the symptoms, causes, treatments, and prognosis.

Bloating and gassiness — this is what causes them

[The Conversation](#)
By Vincent Ho



Your trousers fit when you put them on in the morning. But come mid-afternoon, they're uncomfortably tight — and you didn't even overdo it at lunchtime. Sound familiar?

Around [one in six people](#) without a health problem and [three in four people](#) with irritable bowel syndrome (IBS) report problems with bloating. In fact, for people with IBS and constipation, bloating is their [most troublesome](#) symptom. Bloating is, of course, a feeling of increased abdominal pressure, usually related to gas. It may or may not be accompanied by visible enlargement of the waist (known as abdominal distension).

But contrary to popular belief, bloating and abdominal distention isn't caused by an excessive production of gas in the intestines.

[Analysis: Wonder why you feel bloated? It's not from too much gas](#)



Total iron-binding capacity (TIBC) is a good indicator of your body's iron levels. Keep reading to learn more about high and low levels and what they mean for your health, as well as how to increase or decrease TIBC.

What is Total Iron-Binding Capacity (TIBC)

Total iron-binding capacity (TIBC) measures the total capacity of your blood to bind and transport iron. It is used to estimate the amount of iron stored in your body [R, R].

TIBC is an indirect measure of transferrin, a protein that binds iron molecules and transports them in the bloodstream. Transferrin is produced in the liver and is the main iron-binding protein in the blood [R, R].

What are the signs of depression in men?



The signs of depression can vary between men and women. Men are generally more likely to feel anger and to engage in substance abuse and risky behavior. In this article, we discuss the behavioral, physical, and emotional signs of depression in men and explain how to get help.

Diagnosis and treatment of duodenal cancer



Duodenal cancer develops in the first section of the small intestine: the duodenum. This type of cancer is rare, and symptoms can be vague, which can make it difficult to diagnose. However, early diagnosis and treatment can significantly improve a person's outlook. Learn more here.

What to expect during a bowel resection



A small bowel resection is a type of surgery in which the surgeon removes a damaged part of the small intestine and rejoins the healthy parts. A doctor may recommend this surgery for people with severe complications of Crohn's disease, such as strictures and fistulas. Learn more here.

Understanding antioxidants

Some vitamins and minerals — including vitamins C and E and the minerals copper, zinc, and selenium — serve as antioxidants, in addition to other vital roles.



"Antioxidant" is a general term for any compound that can counteract unstable molecules called free radicals that damage DNA, cell membranes,

and other parts of cells. Because free radicals lack a full complement of electrons, they steal electrons from other molecules and damage those molecules in the process. Antioxidants neutralize free radicals by giving up some of their own electrons. In making this sacrifice, they act as a natural "off" switch for the free radicals. This helps break a chain reaction that can affect other molecules in the cell and other cells in the body. But it is important to recognize that the term "antioxidant" reflects a chemical property rather than a specific nutritional property.

While free radicals are damaging by their very nature, they are an inescapable part of life. The body generates free radicals in response to environmental insults, such as tobacco smoke, ultraviolet rays, and air pollution, but they are also a natural byproduct of normal processes in cells. When the immune system musters to fight intruders, for example, the oxygen it uses spins off an army of free radicals that destroy viruses, bacteria, and damaged body cells in an oxidative burst. Some normal production of free radicals also occurs during exercise. This appears to be necessary in order to induce some of the beneficial effects of regular physical activity, such as sensitizing your muscle cells to insulin.

Because free radicals are so pervasive, you need an adequate supply of antioxidants to disarm them. Your body's cells naturally produce some powerful antioxidants, such as alpha lipoic acid and glutathione. The foods you eat supply other antioxidants, such as vitamins C and E. Plants are full of compounds known as phytochemicals—literally, "plant chemicals"—many of which seem to have antioxidant properties as well. For example, after vitamin C has "quenched" a free radical by donating electrons to it, a phytochemical called hesperetin (found in oranges and other citrus fruits) restores the vitamin C to its active antioxidant form.

Carotenoids (such as lycopene in tomatoes and lutein in kale) and flavonoids (such as flavanols in cocoa, anthocyanins in blueberries, quercetin in apples and onions, and catechins in green tea) are also antioxidants.

News articles, advertisements, and food labels often tout antioxidant benefits such as slowing aging, fending off heart disease, improving flagging vision, and curbing cancer. And laboratory studies and many large-scale observational studies (those that query people about their eating habits and supplement use and then track their disease patterns) have noted antioxidant benefits from diets rich in them, particularly those coming from a broad range of colorful vegetables and fruits. But results from randomized controlled trials of antioxidant supplements (in which people are assigned to take specific nutrient supplements or a placebo) have not supported many of these claims. Indeed, too much of these antioxidant supplements won't help you and may even harm you. It is better to supply your antioxidants from a well-rounded diet.

To learn more about the vitamins and minerals you need to stay healthy, read [Making Sense of Vitamins and Minerals](#), a Special Health Report from Harvard Medical School.

Share this story: 

How much vitamin D do you need?



Despite widespread assertions in the popular and scientific press that many Americans have a vitamin D deficiency, the term "deficiency" isn't strictly accurate. The official definition of a vitamin deficiency means that specific health problems stem solely from the lack of (or inability to use) a specific nutrient. An actual vitamin D deficiency results in bone disease, such as rickets, which is rare in the United States.

On the other hand, lower-than-optimal levels of specific vitamins, including vitamin D, may increase your risk of numerous health problems, even though they are not solely responsible for these problems. "Insufficiency" may be a better term for these lower levels than "vitamin D deficiency".

So far, the most clearly established benefit of vitamin D is that it helps the body absorb calcium and therefore promotes healthy bones. However, a steady drumbeat of studies beginning in the 1980s started to build a case that low blood levels of D were connected with a variety of chronic health problems, leading to claims by a number of researchers that the RDA for D was way too low. The confusion and controversy surrounding optimal vitamin D intake and blood values prompted the U.S. and Canadian governments to request that the Institute of Medicine (IOM, now called the Health and Medicine Division) review the evidence on vitamin D and calcium and update the DRIs.

The long-awaited report, Dietary Reference Intakes for Calcium and Vitamin D, was published in 2011. The IOM concluded that evidence for benefits other than improved bone health came from studies that could not be considered reliable and provided often-conflicting results.

Based on the evidence for bone benefits, however, the IOM panel increased the RDA for vitamin D to 600 IU for people up to age 70 and to 800 IU for those over 70. That's a fairly sizable boost over the previous recommendations of 200 IU per day through age 50, 400 IU for ages 51 to 70, and 600 IU for ages over 70. The IOM also raised the safe upper limit of daily intake for most age groups from 2,000 to 4,000 IU.

But ultimately, the amount of vitamin D that makes it into your bloodstream is more important than how much you're consuming. There again controversy reigns. While some people argue for much higher levels, the IOM report concluded that vitamin D blood levels above 20 ng/ml are adequate for maintaining healthy bones, and that most people in the United States have values in that range. Other organizations, including the American Association of Clinical Endocrinologists, assert that values between 30 and 50 ng/ml have potential health benefits beyond bone health, so the issue is still not resolved. However, the IOM report cautioned that exceptionally high levels of vitamin D have not been proven to confer additional benefits and have been linked to health problems, challenging the notion that "more is better."

Most healthy adults without symptoms related to vitamin D deficiency do not need to have their blood levels measured. People who should consider vitamin D testing are those with medical conditions that affect fat absorption (including weight-loss surgery) or people who routinely take anticonvulsant medications, glucocorticoids, or other drugs that interfere with vitamin D activity.

To learn more about the vitamins and minerals you need to stay healthy, read [Making Sense of Vitamins and Minerals](#), a Special Health Report from Harvard Medical School.

Here's How Much Ice Antarctica Is Losing—It's a Lot



The amount of ice being sloughed off the massive land-bound ice sheets that blanket Antarctica has ratcheted up significantly in the last four decades; the continent is now losing six times more ice than it was in the 1980s. With climate change likely to continue accelerating this melt, the implications for global sea level rise are considerable.

These conclusions come from a [new study](#) that marshals improved data sets and was published this month in *Proceedings of the National Academy of Sciences*. It found Antarctica as a whole went from losing about 40 gigatons of ice per year in the 1980s to 252 gigatons per year over the last decade. (One gigaton is a billion tons.) All that ice dumped into the ocean has raised global sea levels by 14 millimeters since 1979, according to the study. West Antarctica, home to some of the fastest-flowing and fastest-melting glaciers, accounts for the bulk of the loss calculated in the new work. But the research shows melt in East Antarctica—long thought to be the more stable region—has been underestimated.

[High blood pressure linked to zinc deficiency](#)

A new study finds that zinc deficiency can play a role in high blood pressure. The researchers examine how zinc's impact on the kidney might be to blame

[CARDIO-VASCULAR](#)
[Chocolate May Deter Heartbeat Irregularity](#)

Opinion: Why skipping breakfast isn't as bad as you think

The health benefit of breakfast has now been debunked by a review of research into the impact of skipping a morning meal on weight and metabolic rate, write Tim Spector and Jeff Leach.



Natural Health: Natural Remedies for Restless Leg Syndrome



Your Appetite

The color of your plate can affect how much you eat. The key is contrast: The more different the color of the plate from the color of the food that's on it, the less you'll serve yourself. In one study, people served themselves about 30% more fettuccini alfredo if they were given white plates instead of red.

Stressed? It may be affecting your fertility

We talk to fertility expert Dr. Stephanie Bradstock about how stress impacts fertility. [Read more](#)

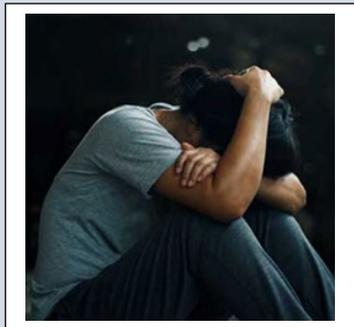
Climate Change May Cause Increased Congenital Heart Defects



Deniers of climate change often cite misleading and esoteric information typically associated with daily weather not the overall increase in global temperatures. Such unlearned views of skeptic rarely bother to take into consideration how climate change may impact human biology.

[Read the full story](#)

Natural Treatments for PTSD



Post-traumatic stress disorder (PTSD) can follow a life-threatening, terrifying, and/or horrific event. Sufferers may experience flashbacks and have feelings of guilt and anxiety. Women are more susceptible than men, and multiple trauma increases risk.

[Explore natural methods for treating symptoms of PTSD.](#)



[CARDIO-VASCULAR](#)

Recovery After A Heart Attack

Cooked Vs. Raw - How to Slow and Reverse the Aging Process

Raw Eats

Did you know that cooking raw foods like carrots, or broccoli, can actually destroy enzymes that help aid the body's digestive system. Some foods are better off eaten raw to allow your body to obtain all the necessary nutrients that food has to offer. Certain raw foods can cause more harm than good when cooked, this is because of something called A.G.E. (advanced glycation end) product. A.G.E. compounds are often found in dairy or meat, but are mostly produced when cooking food in dry heat for a long period of time.

Endometriosis, fertility and pregnancy

What effect can endometriosis have on a pregnancy? [Read more](#)



Too Much Mouthwash

Love minty fresh breath? If you swig mouthwash throughout the day, you may set yourself up for a sore mouth. That's because some products have acids that make already-sensitive teeth worse. The solution: Limit rinsing to once or twice a day. If you're still sensitive, ask your dentist about neutral fluoride rinses or those that lower sensitivity, and what ingredients to avoid. WebMD



Receding Gums

The roots of your teeth have thousands of tiny tubes that carry feeling (hot, cold, sweet) to a nerve center known as the pulp. Usually the roots are covered by gum tissue. But if you have periodontal disease, that layer can pull away from teeth, exposing the ultra-sensitive root. Receding gums need a dentist's help, so talk to yours.



Climate Change May Hurt Babies' Hearts

Extreme heat due to climate change might increase congenital heart defects.

[Read More](#)



Eating Acidic Foods

Can't get enough tomatoes, citrus, fruit juices, and other goodies that make your mouth water? Your teeth can. Enjoy too many acid-rich foods and drinks and you could erode the outer covering of your teeth, called enamel, and expose the tender layer beneath, called dentin. Don't want to give up these tart favorites? Cut the acid with a piece of cheese or glass of milk after eating.

WebMD



Most Important Meal? Review Questions Whether Breakfast Is Really Good for Weight Loss

Breakfast may not be the "most important meal of the day" after all, at least for people trying to lose weight.

[Read More](#)

College Student Dies After Eating Leftover Spaghetti

The Conservative Women

The Journal of Clinical Microbiology published a report in 2008 that discussed a rare food poisoning case involving a college student and his 5-day-old spaghetti.

The case has recently been brought to light once again by a doctor who featured the story on his highly rated YouTube channel. According to the report, the 20-year-old student made spaghetti that he warmed up in the microwave five days later. Immediately after eating the spaghetti he began to experience a headache, abdominal pain and nausea.

"He did not receive any medication and drank only water. After midnight, he fell asleep and the next morning he was found dead," stated the report. It was later found during a post-mortem examination that he died from a food-poisoning organism that was later identified in his leftover pasta.

"This particular virus immediately shut down the student's liver, which is what led to his death," said Dr. Bernard, a famous YouTuber. The doctor emphasized that this case of food-poisoning is not typical, however, encourages everyone to be wary of any food that is left out of the refrigerator. ...[More](#)

15 Ways to Be Happier

Want to boost your mood? Write down everything that's good in your life. When you make an effort to look on the bright side, it helps you stay focused on the positive.

[READ MORE](#)

Too Much Fiber



Foods high in this healthy carb, like whole grains and vegetables, are good for digestion. But if you start eating lots of them, your digestive system may have trouble adjusting. The result: gas and bloating. So step up the amount of fiber you eat gradually.medicine.net.com

[The key to sticking to a regular exercise routine](#)



For years, I was the person who kept paying a membership to a gym I never went to. But sabotaging my exercise plans came to an end when I shifted my focus, writes Madeleine Dore.



Women's Brains More 'Age-Resistant'

On average, women's brains appear to be about three years younger than those of men.

[READ MORE](#)

The 3 Types of Ear Infections

Each type of ear infection is defined according to where they occur in the ear canal.

[VIEW SLIDESHOW](#)

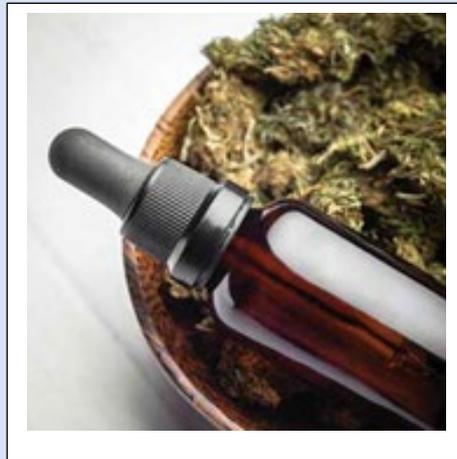
Top 12 Foods for Constipation Relief

Constipation is a common problem that everyone experiences once in a while. Find out which 12 foods provide relief. [Read more...](#)

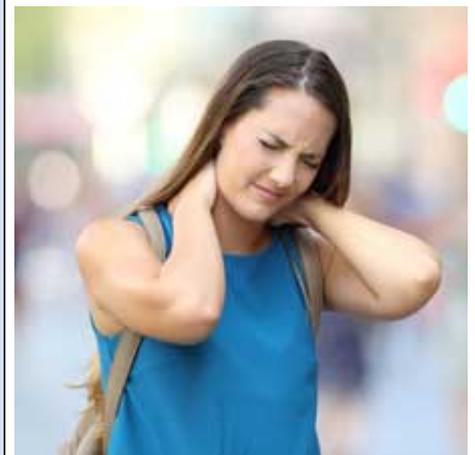
[The Medicinal Uses of CBD Oil](#)

Ask 10 people today about their thoughts on cannabis, and then prepare to listen to 10 different answers. Despite being part of a national dialogue for decades, the controversy over this plant still leaves many of us with more questions than answers. Unlike marijuana, hemp-derived products, such as CBD oil, do not contain enough THC to alter mental abilities.

[Learn about the proven health benefits of hemp-derived cannabidiol oil.](#)



[7 Natural Remedies to Help You Sleep](#)



[Natural Treatments for Fibromyalgia](#)



Sir David Attenborough has warned that “the Garden of Eden is no more”,



as he [urged political and business leaders to make a renewed push to tackle climate change](#) before the damage is irreparable. Speaking at the start of the World Economic Forum in Davos, Switzerland, the 92-year-old naturalist and broadcaster warned that human activity has taken the world into a new era, threatening to undermine civilisation. “We need to move beyond guilt or blame, and get on with the practical tasks at hand,” Attenborough warned.



More Babies Are Being Born with Intestines Outside the Body. Is the Condition Linked to Mom's Opioid Use?

A serious birth defect is on the rise in the United States, and a new report suggests it may be linked to opioid use.

[Read More](#)



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

January 17, 2019 | Article

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](#)

Obesity-related cancers on the rise

New research shows that rates of six obesity-related cancers are increasing among younger U.S. adults.

Medical Marijuana and Cancer

Where is it legal? How might it help treat cancer? Here's what you should know.

[Read More >](#)

BIOLOGY

Does Turkey Really Make You Sleepy?

Does sleep loss equal weight gain?



What Caused This Man's Sudden, Monthly Sweating Episodes?

January 14, 2019 | Article

There's nothing strange about breaking out into a heavy sweat on a sweltering day, or, after some serious physical activity.

[Read More](#)

An unexpected link between pot smoking and fertility

A study finds that men who have smoked marijuana at some point in their life had significantly higher concentrations of sperm when compared with men who have never smoked.

What Is E. Coli?



E. coli is to blame for why you sometimes can't eat certain foods, like romaine lettuce.

[Read More](#)

Tooth extractions explained

It sounds scary, but it can be a relatively uncomplicated and pain free procedure
[Read more](#)

Good advice from Dr. Harold

How do the probiotics stay alive in a sealed capsule?

Probiotics are beneficial live bacteria, and the common ones mentioned are L. acidophilus and bifidobacterial, certain yeast and a few other live bacteria.

According to the adopted definition by FAO/WHO probiotics are: "Live microorganisms which when administered in adequate amounts confer a health benefit on the ho... [See More](#)

You could be using too much toothpaste. Here's what dentists recommend

Less is more for both children and adults when it comes to brushing your pearly whites, according to the Australian Dental Association. Here's how much they say you should be using.



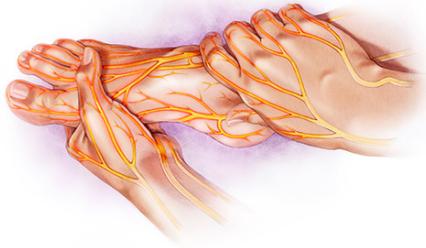
FEATURED

The Leading Cause of Cancer Death

Lung cancer has emerged as the leading cancer killer. Learn about lung cancer symptoms and treatments.

[READ MORE](#)

Diabetic Peripheral Neuropathy



What Is It?

Diabetes can damage your peripheral nerves, the ones that help you feel pain, heat, and cold. Called DPN for short, this condition most often affects your feet and legs. It can affect your hands and arms, too. It causes odd feelings in your skin and muscles, as well as numbness that could lead to injuries you don't realize you have.

What Causes It?

Someone who has diabetes is more likely to have high levels of glucose and triglycerides (a kind of fat) in their blood. Over time, these damage the nerves that send pain signals to your brain, as well as the tiny blood vessels that supply the nerves with nutrients. The best way to prevent or delay DPN is to control your blood sugar and blood pressure.

Who Gets It?

About half of people with diabetes have some kind of nerve damage. Two out of 10 people already have DPN when they're diagnosed, although it's more common the longer you've had the disease. Someone who is obese or has prediabetes or metabolic syndrome (an unhealthy combination of high blood pressure, high blood sugar, high cholesterol, and belly fat) has a greater chance of getting DPN, too.

Symptoms

Your feet or fingers may start to tingle or burn, like "pins and needles." The lightest touch, perhaps from sheets on your bed, might hurt. In time, your muscles can become weak, especially around your ankles. You could find it harder to balance or painful to walk.

But you may not have any symptoms, even though there's nerve damage.

Get Checked Regularly

When you have diabetes, it's important to see your doctor to try to catch DPN early. How often? Every year if you have type 2. For type 1, you should get tested yearly, starting either after puberty or after 5 years if you were diagnosed when you were older.

Ask your doctor about getting checked for DPN if you don't have diabetes yet but are at risk for it

WEbMD

Alcohol / Beer before wine not fine, scientists find after vomit-filled tests



Kick the Soda Can

A 12-ounce cola has about 150 calories and 10 teaspoons of sugar. That's 4 teaspoons more than most women should have in an entire day and 1 more than most men should. Too much sugar in your diet is bad for your teeth, can make you gain weight, and isn't good for your heart. That may be because it can raise your blood pressure and put harmful fats in your bloodstream.



Water

When you're thirsty, reach for a glass of water -- your body will thank you for it. This naturally sugar-free option is good for you in many ways. Staying hydrated helps keep your body the right temperature, gets rid of waste, and even helps your joints move.



Homemade Lemonade

If water by itself isn't your thing, spruce it up with some lemon and a little sugar. That sweet-and-sour combo can sneak it -- and its health benefits -- right past your taste buds.

Glaucoma: Are You at Risk?

It can cause serious vision problems, but can often be prevented when detected early.

[VIEW](#)

Compiled, edited published by Dr Harold Gunatillake

To unsubscribe [email:haroldgunatillake1@gmail.com](mailto:haroldgunatillake1@gmail.com)

Dr Gunatillake-Health editor is a member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery, Member of the International Societies of Cosmetic surgery, Fellow of the International College of Surgery (US), Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery, Board member of the International Society of Aesthetic Surgery, Member of the American Academy of Aesthetic & Restorative Surgery, Life Member of the College of Surgeons, Sri Lanka, Batchelor of Medicine & Surgery (Cey). Government scholar to UK for higher studies and training.