

More French fries, more death



In June 2017, researchers publishing in the *American Journal of Clinical Nutrition* described [a study](#) of 4,400 older adults monitored over an eight-year period that found:

Higher potato consumption (including fried and non-fried potatoes) was *not* associated with a higher risk of death. Eating French fries more than twice a week was associated with a more than doubled risk of death.

The findings held up even after accounting for obesity, physical activity, smoking, and alcohol consumption (as reported by study subjects during study enrollment).

The authors had some theories on why French fries might raise the risk of death, including:

French fries have a lot of fat and salt that could raise the risk of cardiovascular disease. During the years of this study, trans fat (a particularly unhealthy type of fat) had not yet been banned from the US market.

High consumption of French fries could increase the risk of future high blood pressure, diabetes, or obesity (which are known risk factors for cardiovascular disease and other health problems). High consumers of French fries might also be high consumers of other high-fat or high-salt foods, sweetened beverages, and red meat. So, as suspected, this study does not prove that the higher rates of death among higher consumers of French fries were actually due to the fries.

Read more

[In defense of French fries](#)

Data centres join record number of Australian businesses going carbon neutral

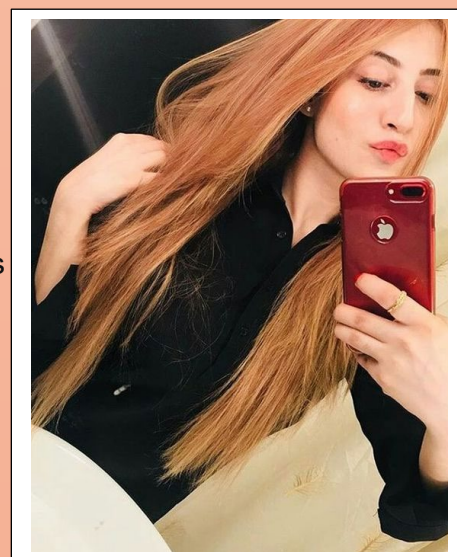
By environment, science and technology reporter [Michael Slezak](#)

If you've been trying to reduce your carbon footprint, you probably haven't thought about the role your selfies could play

Photos, emails, phone backups likely end up on cloud servers, which sit in massive data centres dotted around the globe. Keeping them running takes a lot of power.

Key points

- There was a 30pc jump
- in the number of businesses voluntarily receiving carbon neutral certification in 2018
- The voluntary carbon neutral program is offsetting about 2.5m tonnes of CO2 each year
- The government's mandatory offset mechanism accounted for less than 0.5m tonnes of CO2 in 2016-17



The energy used by computing is expected to increase so quickly it could account for as much as [half the world's energy demand](#) in just over a decade.

Data centres are estimated to use as much energy as 28 million average Australian homes.

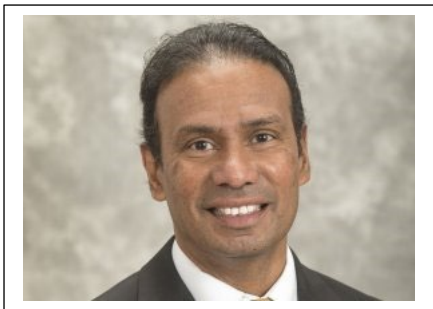
With such high energy demands, some data companies have taken action to keep their carbon emissions in check.

In Australia, they join a record number of companies attempting to eliminate their footprint and achieve a carbon neutral position. The ABC can reveal there was a 30 per cent jump in the number of businesses voluntarily receiving carbon neutral certification in 2018, taking the total number to 81, according to federal Environment Department figures.

Read more

[Is there such a thing as a carbon-neutral selfie?](#)

Sri Lankan academic named 10th President of Southwest Minnesota State University



Mar 21, St. Paul, MN: Sri Lankan born academic Prof. Kumara Jayasuriya has been named as the 10th president of Southwest Minnesota State University by the Board of Trustees of Minnesota State Colleges and Universities, the school announced yesterday.

Prof. Jayasuriya's appointment will become effective July 1, 2019.

Chancellor of Minnesota State Dr. Devinder Malhotra, said Dr. Jayasuriya has the academic credentials, the experience, and the leadership skills required to guide Southwest Minnesota State University into the future.

"He also has the personal traits that will allow him to not only identify the tasks ahead, but also to work in a collaborative, authentic, and transparent manner to bring about a shared responsibility among each and every member of the Southwest community and take the university to the next level."

Dr. Jayasuriya has served as the provost and vice president of Academic Affairs, and a professor of mathematics, at West Virginia State University (WVSU) since 2014.

[Eggs and heart health explored](#) ←
New research is reigniting the debate over eggs and heart health.

Sickly sweet

A new study found that the more sugar-sweetened beverages people consumed, the greater their risk of early death. Additional information about the health effects of sugary drinks can be found in [this article](#) from the *Nutrition Source*. ↑

Increased well-being: Another reason to try yoga

The ability of yoga to help dial back both physical and mental problems is reason enough to try it. But there's more. Even at this early stage of research, a regular yoga practice appears to correlate with increased wellbeing, including better sleep, better body awareness, weight loss, and greater happiness. By improving mindfulness, it simultaneously helps to boost compassion, gratitude, and "flow" states, all of which contribute to greater happiness. Early evidence suggests that yoga may even slow aging on the cellular level, perhaps through its stress-busting effects.



What makes these findings so exciting is that they suggest that a regular yoga practice can improve multiple areas of your life at once, creating positive feedback loops that can further promote health. For example, yoga can help improve your sleep, which in turn gives you more energy and focus during your day. When you feel better physically and mentally, you have the energy to adopt better habits, including a healthier diet and more physical activity. These changes in turn can lead to better weight control, which helps with a host of physical problems. More exercise—not to mention fewer aches and pains—can improve your sleep, and so the cycle continues.

Better sleep

How do you feel when you wake up in the morning—refreshed and ready to go, or groggy and grumpy? As many as one in four Americans sleeps less than six hours a night. Insufficient sleep can make you too tired to work efficiently, to exercise, or to eat healthfully.

Over time, sleep deprivation increases the risks for a number of chronic health problems, including heart disease, stroke, and diabetes. But emerging research shows that yoga may help you fall asleep faster, sleep longer, and sleep more soundly—without the negative side effects of medication.

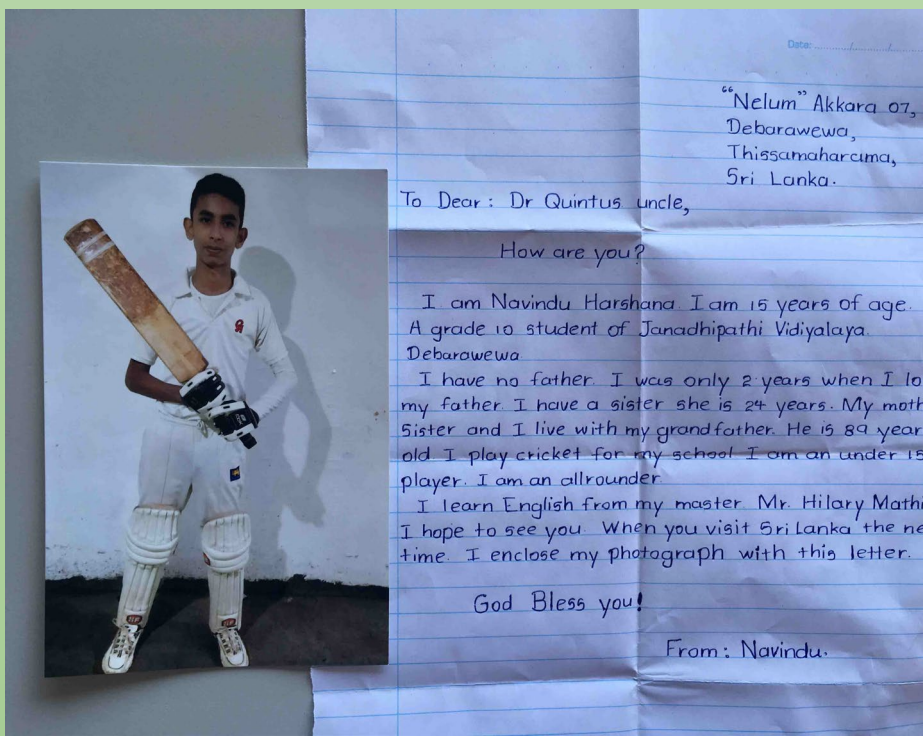
Yoga facilitates sleep by reducing stress, anxiety, and arousal—all known causes of poor sleep. One small study looked at a Kundalini meditation and breathing practice. Twenty people who had trouble sleeping did the 30-minute practice every night before going to bed. After eight weeks, researchers found that the participants were sleeping 36 minutes longer on average and waking up less during the night. Over all, the quality of their sleep improved by 11%. Sleep problems tend to increase as you get older, but a study done on adults ages 60 and up offers some good news. When scientists surveyed 35 seniors who had been doing a daily yoga practice for at least two years, they found that those who did yoga fell asleep 10 minutes faster, got an extra hour of sleep, and felt more rested when they woke up in the morning, compared with seniors who did not do yoga.

To learn more about the benefits of yoga and ways to get started, read [Introduction to Yoga](#), a Special Health Report from Harvard Medical School.

Image: © Wavebreakmedia Ltd/Thinkstock

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NAVINDU OF AKKARA

NAVINDU is aged 15 and attends Janadhipathi Vidyalaya of Debarawewa. We haven't met him as yet but he is tutored in English by Hilary Mathiasz whom AUSLMAT has supported for many years. In spite of the poor performance of the Sri Lankan cricket team, cricket remains the game that attracts many school boys.

I have received donations of cricket gear that will be sent to Navindu whom we hope to meet on our next medical mission to Sri Lanka in July this year.

Quintus de Zylva

Exercise Tips for Every Age

Exercise benefits us in so many ways that it's hard to name them all. From improving our physical fitness and reducing the risk of a huge array of diseases to helping reduce stress and improve mental health, the benefits exercise offers us throughout our lives are undeniable. Yet many of us don't make time for it.

Enjoy the benefits of regular exercise with these workout tips.



Best At-Home Workout Programs

What Is Saturated Fat?

It's a type of fat that's typically solid at room temperature, like lard, butter, and is only good for you in small quantities. Too much can raise your LDL "bad" cholesterol, which can lead to heart disease. That's why you shouldn't get more than 10% of your calories from saturated fat. That's 200 calories in a 2,000-calorie diet, or 22 grams of saturated fat.

Dehydration: A Common Cause of Muscle Cramps

Symptoms and Signs of Dehydration

As the level of water loss increases, more symptoms can become apparent. The following are further signs and symptoms of dehydration.

- Dry mouth
- The eyes stop making tears
- Sweating may stop
- Muscle cramps
- Nausea and vomiting

[Read more about dehydration symptoms and signs »](#)



Must-Know Facts About Fatty Liver Disease

Fatty liver may be the most common disease you've never heard of. At least 1 out of 4 people have it, more than diabetes and arthritis combined.

[Read More >](#)

What is an amylase blood test?

Doctors typically use amylase blood tests to diagnose and monitor people with acute or chronic pancreatitis. However, abnormally high or low levels of amylase in the blood can be a sign of several other conditions. Learn about what to expect from an amylase blood test here.

How to Reset Your Body Clock

Learn to control your circadian rhythm -- the 24-hour cycle that controls things like your body temperature, hunger, and sleep.

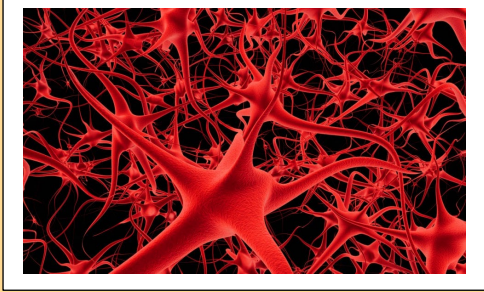
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[Just because a snack food is organic doesn't mean it's healthy](#)



New drug raises hopes of reversing memory loss in old age

Toronto researchers believe the drug can also help those with depression, schizophrenia and Alzheimer's



An experimental drug that bolsters ailing brain cells has raised hopes of a treatment for memory loss, poor decision making and other mental impairments that often strike in old age.

The drug could be taken as a daily pill by over-55s if clinical trials, which are expected to start within two years, show that the medicine is safe and effective at preventing memory lapses.

Tests in the lab showed that old animals had far better memory skills half an hour after receiving the drug. After two months on the treatment, brain cells which had shrunk in the animals had grown back, scientists found.

Etienne Sibille, at the Centre for Addiction and Mental [Health](#) in Toronto, said the treatment was aimed not only at the "normal" cognitive decline that leads to senior moments, but at memory loss and mental impairments that commonly afflict people with depression, schizophrenia and Alzheimer's disease.

If the drug did well in human trials, Sibille said it was possible that "anybody over the age of 55-60 who may be at risk of cognitive problems later on could benefit from this treatment".

"Our findings have direct implications for poor cognition in normal ageing," he said, with the drug potentially improving learning, memory, decision making and essential life planning. "But we see this deficiency across disorders from depression to schizophrenia and Alzheimer's." [Read more](#)

[Neuroscience](#) / [New drug raises hopes of reversing memory loss in old age](#)

Attitude to Sex has relaxed as you get older



Think the flames of desire dampen as you age? Studies show the opposite is true. As people's attitudes toward sex have relaxed over the course of the last century, reports of sexual satisfaction among seniors have increased. Back in the 1970s, only four 70-year-old women out of 10 said they had high sexual satisfaction, and only 58% of men at age 70. More recently six women in 10 and 7 men in 10 say they have highly satisfying sex lives at 70.

That's true for adults in their 80s as well, with half reporting sexual satisfaction "always" or "almost always." Why the change? Partly it's that more permissive attitudes contribute more freedom and sexual confidence. But also older people are living more comfortably thanks to advances in modern medicine. Erectile dysfunction has medical cures, and seniors are more likely than ever to seek medical treatment for all the aches and pains of daily life.

Medicine.net

NISHAJI - the Weligama fisherman's daughter

We met NISHANTHA on the beach soon after the 2004 tsunami. Since then we have got to know his family and support his daughter NISHAJI in her studies.



She was selected to propose the vote of thanks at the "capping ceremony" for the batch of senior students on their graduation at the Matara nursing school recently. NISHAJI will complete her nursing studies next year. She travels from her home at Weligama on a daily basis to the nursing school at Matara. AUSLMAT is proud to have assisted Nishaji especially in her English. She was a part of the AUSLMAT Medical Mission to Sri Lanka in 2018. The message is ready to be sent with the following file or link attachments:

Dr. Quintus de Zylva

CAN YOU GET A SUNTAN AND ABSORB VITAMIN D THROUGH A WINDOW?

The sun emits three types of ultraviolet rays - but ordinary glass only blocks one

Kashmira Gander

As the days get gradually longer and the feeling of sunlight on your skin becomes familiar once again, you might be tempted to roll up your shirt sleeves and bask in the rays - even if they're only coming through a window.

It is common knowledge that being exposed to the sunlight for too long can expose you to dangerous UV rays that can cause skin cancer. But not getting enough can cause vitamin D deficiency, which can lead to bones becoming soft and weak.

So, if the sun peeks through your window on a wintry day as you sit at your desk or wash up in the kitchen, does this top up your Vitamin D and tan your skin?

The answer is no - and yes.

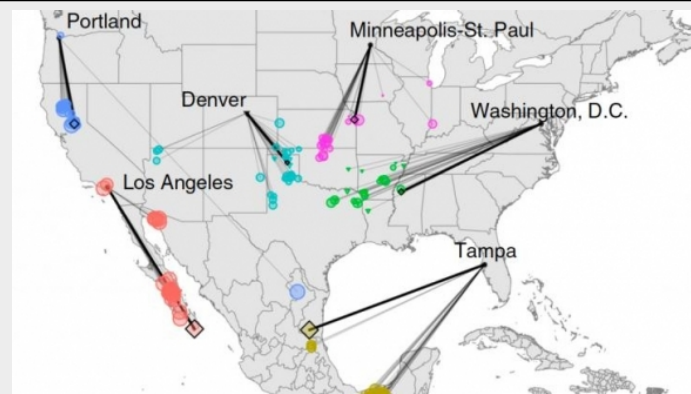
The sun emits ultraviolet (UV) A, UVB, and UVC rays. The latter is the most damaging, but is filtered by the atmosphere and doesn't reach the earth's surface.

Vitamin D is produced by the body when the skin is hit by UVB rays, with 7-dehydrocholesterol being the resulting chemical. But most glass windows block this wavelength meaning you can't reap the health

However, sunlight streaming through a window can still expose the skin to harmful rays which tan and freckle the skin, as ordinary glass does not filter out UVA rays.

More than half a million breast cancer deaths averted in the US over three decades

Researchers closer to new Alzheimer's therapy with brain blood flow discovery



Climate of North American cities will shift hundreds of miles in one generation

University of Maryland Center for Environmental Science

What rising seas mean for local economies

STANFORD UNIVERSITY

Impacts from climate change are not always easy to see. But for many local businesses in coastal communities across the United States, the evidence



is right outside their doors - or in their parking lots.

That evidence isn't just present in the form of more frequent flooding. According to a new study published Feb. 15 in the journal *Science Advances*, it is also revealed as a financial price for business. Stanford graduate student Miyuki Hino and her colleagues found that downtown Annapolis, Maryland's state capital, suffered a loss of 3,000 visits in 2017 due to high-tide flooding, which equates to a loss of somewhere between \$86,000 and \$172,000 in revenue.

"Small businesses in downtown Annapolis rely on visitors. By measuring the extent of the impact of flooding, we can understand the business case - how sea level rise is already impacting businesses' experiences and profits," said Samantha Belanger, a co-author and Stanford MBA student at the time of the study.

Read more

What rising seas mean for local economies

What to know about DEXA scans

The DEXA scan assesses bone density and can determine whether a person has weaker bones that are at risk of fracture. No special preparation is necessary. Learn more about DEXA scans here.

Osteoporosis: Some yoga poses may cause bone injuries

New research warns that certain yoga poses can be risky for people with osteoporosis and advises caution when engaging in this practice.

'Old' sperm produces healthier offspring

How chronic stress boosts cancer cell growth

New research in mice explains the mechanism through which chronic stress contributes to cancer cell growth and suggests a potential therapeutic strategy.



6 Effective Home Remedies For Receding Gums

Receding gums, or gingival recession as it is medically known, is a condition in which the gums pull back from the tooth surface and expose the roots of the teeth. This recession can also be due to the gums wearing away. Gum recession causes gaps or pockets to form between the teeth and gum line...

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How Many Grapes in a Bottle?

Admit it, you've wondered. A standard 750-milliliter bottle of wine has 736 grapes, or about 2.6 pounds of fruit. That number may vary depending on the size, type, and water content of the grapes -- and on how much wine you had before you started counting.



How It's Made

It's a process called fermentation. Tiny organisms called yeast eat the sugar in pressed grape juice and make two waste products: alcohol and carbon dioxide. The liquid that results is filtered to get rid of the solid pieces and bottled immediately or aged in barrels. The end result: That waste becomes wine.



Papaya Seeds For Liver, Gut, And Kidney Detox

Most of the time when we eat papaya fruit, we trash the papaya seeds. But little do we know how beneficial they are and how they can prevent and cure a plethora of ailments related to the liver, gut, intestinal worms, and even diseases like dengue. The following is a list that illustrates papaya seeds benefits...

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Difference Between Red and White

White wine is fermented without the skins, and red wine is fermented with them. That gives red wine more antioxidants called polyphenols. They bring bitterness, color, and astringency (the puckered mouth you get from vinegar or lemons), along with some health benefits. Red wine has about 7 times more polyphenols than white wine.



Aged in Oak Barrels

Some of the more expensive wines go through this process. It slowly adds oxygen to the wine and pleasant flavors from the wood. Why oak? It goes back to the Romans, who discovered that oak was easy to bend into vessels to transport wine, and that it improved flavor.

[How to treat diarrhea at home](#)

Diarrhea is a common digestive problem. It can be highly uncomfortable, but many people can treat it at home using simple home remedies. Learn about them here.



A Healthy Pour

The right amount of wine -- particularly red wine -- may be good for you. This may be because of the ethanol your body makes from alcohol, as well as those polyphenols, which are linked to better heart and brain health. But more than a glass or two a day can increase your risk of stroke, high blood pressure, liver disease, certain cancers, and other conditions.

[Low-calorie meals may protect against Alzheimer's, Parkinson's: Study](#)



Researchers discover almost 2,000 new gut bacteria

According to numerous recent studies, human gut bacterial populations are capable of influencing various aspects of our physical and mental health. Despite this, many bacteria remain "unmapped" by scientists. A new study has now uncovered approximately 2,000 previously unknown gut bacteria.

A new study has uncovered just under 2,000 new species of gut bacteria.

Recent studies covered by *Medical News Today* have shown that the gut microbiota could have a role in [Parkinson's disease](#) and [dementia](#), and they may explain why [type 2 diabetes medication](#) works well for some but not for others.

New research — [appearing](#) yesterday in the journal *Nature* — has now identified almost 2,000 new gut bacterial species that scientists have never cultured in a lab before.

The team of investigators, from the European Bioinformatics Institute (EMBL-EBI) and the Wellcome Sanger Institute, both in Hinxton, United Kingdom, used computational analysis to assess gut microbiome samples from participants across the world.

"Computational methods allow us to understand bacteria that we cannot yet culture in the lab," explains study author Rob Finn, from EMBL-EMI.

[Researchers discover almost 2,000 new gut bacteria](#)



Exercise May Help to Fend Off Depression

A new study involving hundreds of thousands of people used a type of statistical analysis to establish, for the first time, that [physical activity may help prevent depression](#). Gretchen Reynolds writes.

We have long known that physically active people tend to be happier and less prone to anxiety and severe depression than inactive people. But it was hard to tell which came first – maybe people who aren't prone to depression are just more likely to exercise.

The new study uses a form of data science called Mendelian randomization to determine that being physically active, whatever your genetic makeup, can help protect against depression.



What role does the gut play in Parkinson's disease?

A new study, published in a special supplement of the *Journal of Parkinson's Disease*, reviews what we know so far about the link between the gut and Parkinson's disease. Homing in on the gut may help diagnose the condition much sooner and slow down its progression.

Some people have gastrointestinal problems years before they develop any motor symptoms of Parkinson's.

According to the National Institutes of Health (NIH), around [50,000](#) people in the United States receive a diagnosis of [Parkinson's disease](#) each year.

Currently, around 500,000 people have the condition.

By the time physicians diagnose it, most brain cells that are affected in Parkinson's have already died.

For this reason, it is more difficult to slow down the progressive disease.

Therefore, researchers have recently been looking into ways to detect the condition much earlier, going beyond the movement-related neurons and neurotransmitters in their search for a culprit.

In their exploration of the causes behind Parkinson's disease, researchers have zeroed in on the gut.

More and more studies are suggesting that the condition starts in the gastrointestinal system — at least for some people who have digestive symptoms [years before](#) any motor symptoms develop.

Some [studies](#) have even shown that the alpha-synuclein protein, which is abnormal in Parkinson's disease, travels from the brain to the stomach via the [vagus nerve](#), a major component of the parasympathetic nervous system.

So, what is the current state of existing research on the gut-brain connection in Parkinson's? A [new review](#), entitled "The gut and Parkinson's disease: Hype or hope?" set out to investigate.

Dr. Filip Scheperjans, Ph.D. — of the Department of Neurology at the Helsinki University Hospital in Finland — is the first and corresponding author of the review.

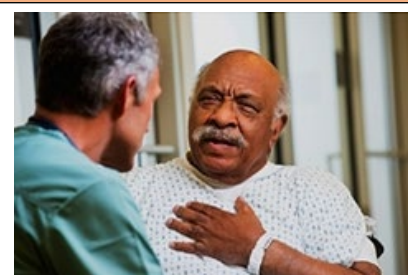
[What role does the gut play in Parkinson's disease?](#)



Heart Symptoms Never to Ignore

Chest pains aren't the only sign of heart trouble. See what unusual fatigue, swollen feet, and even coughing might mean.

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Reasons to Eat More Pasta



It's Part of a Good Diet

Pasta is made from grain, one of the basic food groups in a healthy diet that also can include vegetables, fruits, fish, and poultry. It's a good source of energy and can give you fiber, too, if it's made from whole grain. That can help with stomach problems and may help lower cholesterol. Try some tagliatelle with wild mushrooms and truffle oil.

It Makes You Less 'Hangry'

It's filling, which means it can curb your desire for food for a long time. That'll make you less likely to get snippy or grumpy -- you know, "hangry." Try a round pasta called orecchiette with sausage and broccoli rabe, a traditional Italian dish with a red chili kick.

Italian dish with a red chili kick.



It's Affordable

The basic ingredients are simple and cheap: flour, water, salt, and maybe some eggs. Whether you make your own or buy it at the store, pasta is a great way to feed the family without breaking the bank. Try a traditional spaghetti Bolognese -- the meat simmers in milk and then wine



It's Versatile

You can serve it as a starter, a side dish, or the main event. How about a pasta salad with mozzarella, sun-dried tomatoes, and olives? It's tangy and delicious, and you don't have to make it at the last minute.



It's Easy to Make

Keep some fresh angel hair pasta in the freezer for quick meals. Once the pot of water boils, you're pretty much done: Because it's so thin, the pasta cooks in seconds. Toss it in a pan with some olive oil, black pepper, and pecorino cheese for a traditional Roman dish: angel hair cacio e pepe.

It May Help Prevent Cancer

Whole-grain pasta can give you all sorts of health benefits. It has several things that can help protect you against certain kinds of cancer, especially stomach and colon cancer. For a special treat, try spaghetti carbonara with whole-grain pasta. But don't make this rich dish a regular meal. It's made with bacon, butter, egg yolks, and Parmesan cheese. It's like mac and cheese for grown-ups. *With bacon!*

Cancer

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It Can Help You Lose Weight

Pasta has gotten a bad rap because of its carbohydrates. But research shows that carbs don't keep you from losing weight -- as long as you don't overdo it. In fact, in one study, people who ate pasta as part of a Mediterranean diet had a lower body mass index (BMI) -- a measure of your body fat based on your height and weight -- than those who didn't. They also had less belly fat (which is worse than other fat). Fresh-cut tomatoes with garlic and basil and a touch of olive oil work well on any pasta for a healthy meal.

WEBMD



12 Research-Based Health Benefits Of Coconut Water

Coconut water is regarded as one of the ultimate detox drinks owing to its electrolytes, amino acids, phytohormones, antioxidants, growth promoting factors, and age-reversing cytokines. In short, it is not only a tropical beverage that quenches the thirst on a hot day but has also been used successfully as a traditional medicine...

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Melatonin is: hormone

Made by the pineal gland in your brain, it plays a key role in keeping your internal body clock running smoothly. As levels of it rise in the evening, you start to feel sleepy. In the morning, as the sun comes up, your melatonin levels get lower and you become more alert. Most people make enough naturally at the right time of day that they don't need a supplement.

Foods containing Melatonin

Other foods that have melatonin include tomatoes, olives, rice, barley, strawberries, cherries, and cow's milk. That might explain why a warm glass of milk before bed is a common home remedy for insomnia. And while a bright light at the flick of a switch is convenient, it may keep your body from knowing when it's time to make more melatonin.

Synthetic melatonin is best

Most supplements on the market have melatonin that's made in a lab. That's because natural melatonin, made from the pineal gland of animals, can be contaminated with a virus. Be sure to check the label to know what you're buying. Something else to think about: Over two-thirds of melatonin supplements have more or less of the hormone than the amount listed. Ask your doctor or pharmacist which brand they recommend.

Nausea

Some people who take melatonin might feel nauseated or drowsy during the day, or they might get a headache. Others have said they feel depressed or like they have a hangover. You might not have any of these problems, but it's wise to be on the lookout. Remember not to drive or operate machinery if you don't know how melatonin will affect you or if you feel drowsy, no matter the time of day.

An autoimmune disease

You should also be extra careful if you take blood thinners, anti-seizure medication, diabetes medication, birth control pills, blood pressure drugs, or immune-suppressing drugs. Melatonin may affect these as well as some other medications and supplements. That's why you should check with your doctor first.

Sleep Health: 20 Facts About Your Biological Body Clock



Every tissue and organ in your body operates according to biological rhythms. The so-called body clock keeps body processes running according to a schedule. Your circadian rhythm is the 24-hour cycle that regulates the timing of processes like eating, sleeping, and temperature. This ensures that there is a periodicity with necessary biological processes. Genes involved in circadian rhythms operate according to feedback loops. This means that when adequate proteins are manufactured, this sends a signal to the gene to halt further production of the protein.

[READ MORE](#)

[How to prevent rotator cuff injuries](#)



The rotator cuff is an integral part of the anatomy of the shoulder. It is prone to injury, but doing specific exercises can help prevent this. Learn more about rotator cuff exercises here.

[Can social media really cause depression?](#)



Though the debate has continued for many years, a new study concludes that there is no link between social media use and depressive symptoms

Upper Respiratory Infection Versus Lower: What's the Difference?



The body's respiratory system includes the nose, sinuses, mouth, throat (pharynx), voice box (larynx), windpipe (trachea), and lungs. Upper respiratory infections affect the parts of the respiratory tract that are higher on the body, including the nose, sinuses, and throat, while lower respiratory infections affect the airways and lungs.

Upper Respiratory Infection

Types of upper respiratory infection include the common cold (head cold), the flu, tonsillitis, laryngitis, and sinus infection. Of the upper respiratory infection symptoms, the most common is a cough. Other symptoms of upper respiratory infection may include stuffy or runny nose, sore throat, sneezing, muscle aches, and headache.

Lower Respiratory Infection

Lower respiratory infection can be caused by bronchitis, pneumonia, respiratory syncytial virus (RSV), severe flu, or tuberculosis, for example). Lower respiratory infection symptoms include a severe cough that may produce mucus (phlegm), cause shortness of breath, chest tightness, and wheezing when exhaling.

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[Can prune juice help relieve constipation?](#) ←

Constipation is a common problem that people can often treat at home by making dietary and lifestyle modifications. A popular home remedy for constipation is drinking prune juice. Learn whether prune juice is effective for treating constipation here.

[Blueberries may lower cardiovascular risk by up to 20 percent](#) ←

New research finds that eating 200 grams of blueberries every day can reduce blood pressure and improve cardiovascular health among healthy individuals.

FDA Warns 17 Companies About Illegal Alzheimer's Disease Products

A number of warning/advisory letters have been issued to 17 companies for selling illegal products that claim to prevent, treat or cure [Alzheimer's disease](#) and other serious conditions, the U.S. Food and Drug Administration says.

The agency said it posted 12 warning letters and five online advisory letters to U.S. and foreign companies illegally selling more than 58 products, many of which are marketed as [dietary supplements](#).

The products -- which include tablets, capsules and oils and are often sold on websites and social media -- have not been reviewed by the FDA and may be ineffective, unsafe and could prevent a person from seeking an appropriate diagnosis and treatment, according to the FDA

The companies have 15 days to respond to the FDA and outline how they intend to correct the violations. Product seizures and/or injunctions are among the actions the FDA could take if the violations are not corrected.

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The safe way to do yoga for back pain



Yoga is a gentle practice that is ideal for maintaining back strength and flexibility. It's also one of the more effective tools for helping reduce low back pain, the most common source of pain and disability among older adults. "Yoga helps strengthen and stretch back muscles that might be tight, which improves mobility," says Dr. Lauren Elson, medical editor of the Harvard Special Health Report *An Introduction to Yoga*. Unfortunately, yoga injuries among older adults are on the rise. A study published in the *Orthopedic Journal of Sports Medicine* found that between 2001 and 2014, yoga injury rates increased eightfold among people ages 65 and older, with the most common injuries affecting the back, such as strains and sprains. So, the question is this: how can you protect your already-aching back from a therapy that has the power to soothe it?

[Read more »Click here to read more »](#)

What are the symptoms of an iron deficiency?

Iron deficiency is when there is not enough iron in the blood. It can lead to symptoms such as fatigue and dizziness, among many others.

Iron is a mineral that is vital for many bodily functions. It supports the transportation of oxygen in the blood. It is also essential for the correct development and functioning of cells, and the production of some hormones and tissues.

If a person's iron levels fall too low, it can disrupt these functions and may lead to iron-deficiency [anemia](#). In most cases, this condition is easily treatable.

This article will discuss the symptoms of iron deficiency, as well as when to see a doctor.

Read more

[What are the symptoms of an iron deficiency?](#) 

Iron deficiency symptoms include fatigue, dizziness, and cold extremities. In this article, learn about other symptoms and getting an iron deficiency diagnosis.

Alzheimer's: How do tau tangles grow?

New research in the *Journal of Biological Chemistry* breaks down the process through which tau tangles grow as long as they do. The findings may lead to new therapies that target the formation of tau aggregates in Alzheimer's disease.

Researchers knew that Alzheimer's-related tau aggregates consisted of a small number of long tau fibrils.

One of the hallmarks of [Alzheimer's disease](#) is the so-called tau tangles. [Tau](#) is a protein contained within the axons of the nerve cells.

More specifically, tau helps form [microtubules](#) — essential structures that transport nutrients within nerve cells.

In a healthy brain, the tau protein helps these microtubules remain straight and strong. But in Alzheimer's, tau [collapses](#) into aggregates called tangles. When this happens, the microtubules can no longer sustain the transport of nutrients and other essential substances in the nerve cells, which eventually leads to cell death.

How toxic and damaging these tau tangles can be, and how far they can spread, depends on their length. However, until now, scientists did not know why some tau tangles are longer than others in Alzheimer's, or how these aggregates grow so long in the first place.

Read more

[Alzheimer's: How do tau tangles grow?](#)

Each Kiss Swaps 80 Million Microbes



Your mouth is brimming with microorganisms. Trillions of different types of bacteria have evolved to live in every little nook and cranny. They live between your teeth and set up shop among the bumps on your tongue. While this may sound gross to you, that's only because we've been raised to believe that bacteria are bad, when in fact most bacteria are just trying to help.

So when you lean in for a passionate kiss with your partner, you're not just getting a surge of the love hormone oxytocin, you're also exchanging about 80 million microbes. We're not talking any ole kiss here – we mean at least a 10 second French kiss.

To find these numbers, researchers put together a study that examined 21 couples from the ages 17 to 45.¹ That's right, these couples got to make out for science.

First to establish a baseline, researchers sampled each partner's mouth and found that these couples already had similar oral microbiomes to begin with, especially in the bacteria found on the surface of the tongue. This could be because they usually share similar habits such as oral hygiene or smoking, but it's also likely that they regularly exchange microbes.

Compared to strangers, these couples shared similar oral microorganism.

So to be able to test the amount of bacteria swapped, researchers had the couple kiss after one partner drank a probiotic yogurt. Two types of bacteria, *Lactobacillus* and *Bifidobacteria*, which are found in high numbers in the yogurt, were the focus of the kissing measurement.

Normally, *Lactobacillus* and *Bifidobacteria* make up 0.15% of a person's saliva and 0.01% of all the bacteria found on the tongue – so, both these strains are found in really small numbers.² But when the scientists measured the saliva and tongues of both partners after the yogurty kiss, the levels of both bacteria rose – making up almost half the total bacteria in the saliva and on the tongue. They used these numbers to estimate that about 80 million microbes are swapped during each passionate kiss.

If you're interested in finding out exactly how many microbes you and your partner swap with each kiss you can actually have this tested. You just need to head on over to the Micropia museum in Amsterdam.³ Micropia is the world's first museum of microorganisms has a Kiss-O-Meter where it analyzes your kiss with your partner – giving you a measurement of exactly how many and what kind of microbes you just shared.

viome.com/lovebugs

Why Do We Kiss Anyway?

For years, scientists haven't been able to really answer the question as to why we kiss in the first place. There are all sorts of half answers like, "kissing feels good" and "kissing creates surges of oxytocin for bonding."

Considering that bacteria have been influencing our behaviors to increase their chances of survival since the beginning of time, could it be that kisses are yet another behavior ingrained in us by our microscopic counterparts? Similar to how we didn't understand why breast milk contained so many indigestible sugars only to find out they are the perfect food for the blooming gut microbiome. Could kissing be an ancient evolutionary technique specifically designed to swap microorganisms and expand our microbial diversity? Because one thing we know for sure it's that [microbial diversity is essential to our health](#)

Resources

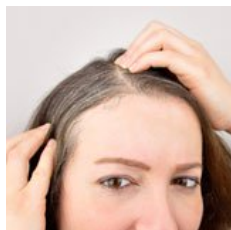
<https://microbiomejournal.biomedcentral.com/articles/10.1186/2049-2618-2-41>

1. <https://www.npr.org/sections/health-shots/2014/11/17/364054843/whats-in-his-kiss-80-million-bacteria>

<https://www.micropia.nl/en/>

Natural ways to boost fertility

People can increase their chances of getting pregnant naturally by reducing alcohol use, maintaining a healthy weight, and quitting smoking. [Learn more here.](#)



What Are the Types of Hair Loss?

There are several types of hair loss, often classified by how the loss presents. Hair loss can have many psychological effects. [Read more...](#)

Colorectal cancer: Scientists halt growth with cannabinoid compounds

Scientists have identified several cannabinoid compounds that could potentially treat colorectal cancer.

A team at Pennsylvania State University College of Medicine in Hershey tested hundreds of cannabinoids on various types of human [colorectal cancer](#) cells in the laboratory.

Of these, 10 synthetic cannabinoids showed the ability to stop [cancer](#) cell growth. The well-known cannabis compounds tetrahydrocannabinol (THC) and cannabidiol (CBD) showed negligible ability to do the same.

The researchers see their findings as a starting point for further studies to better understand the anticancer effects that they observed, and to evaluate the compounds' potential for drug development.

They report their results in a [paper](#) that features in the journal *Cannabis and Cannabinoid Research*.

"Now that we've identified the compounds that we think have this activity," says senior study author Prof. Kent E. Vrana, who is chair of the Department of Pharmacology, "we can take these compounds and start trying to alter them to make them more potent against cancer cells."

"And then, eventually, we can explore the potential for using these compounds to develop drugs for treating cancer," he adds.

Read more

[Colorectal cancer: Scientists halt growth with cannabinoid compounds](#)

What can we see with an abdominal ultrasound?

Healthcare professionals may use abdominal ultrasounds to diagnose pancreas, liver, and stomach issues. The procedure requires very little preparation, and there are very few risks. [Learn more about abdominal ultrasounds here.](#)

Do You Need More Vitamin B12?

This crucial vitamin plays a role in how well your brain and nerves work and more. Here are the signs you may not be getting enough.

[Read More >](#)

What's Making You Burp?

It might not have been the beer or bean dip. Some of the reasons that burps keep happening might surprise you.

[Read More >](#)

How Laughing Helps Your Health

Laughter lights up the reward center of your brain and releases feel-good chemicals. But that's not all.

[Read More >](#)

Compiled, edited
published by Dr Harold
Gunatillake
To unsubscribe
email: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.