

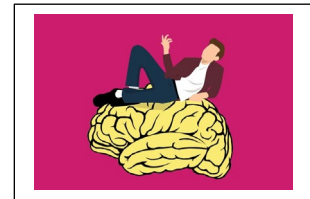
# Health & Views

April 2019

1<sup>st</sup> issue

Health Newsletter for expat Sri Lankans & others, globally

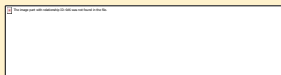
## How mindfulness can reshape your brain



It's touted as a pain reliever, and a way to reduce anxiety and bolster cognitive performance, but mindfulness meditation also physically changes the brain. This is how we know

## 10 Foods You Should Eat Every Day For A Healthy Life

Foods you should eat everyday must be packed with nutrients like vitamins, minerals, antioxidants, phytochemicals, enzymes are powerful in terms of creating optimal health and it is these types of foods that will take you to living a vibrant quality life full of energy and lack of symptoms, illness and disease – optimal health...



## 9 Bedroom Plants That Help You Sleep Better Every Night

You know how helpful indoor plants can be for your health. But while you have potted myriad plants in and around your house, you may still be in two minds about keeping a few plants in your bedroom, probably because you are worried that bedroom plants can be harmful at night as they emit carbon dioxide and absorb oxygen...



## Is Soy Safe when having Cancer of the breast?

Soy-based foods -- such as tofu, soy milk, and edamame -- have chemicals called phytoestrogens, which are similar to estrogen. That once raised fears that they spelled trouble for women with breast cancer that uses estrogen as fuel to grow. But the latest studies show soy doesn't raise cancer risk -- it may even lower the odds the disease will return. Be wary of soy supplements, though. Scientists haven't studied their effects as much. WebMD

When comparing participants who ate the least amounts of fibre filled foods to those who ate the most whole grain fibre lovers were found to have a 16-24% lower risk of dying from stroke, heart disease, colon cancer, breast cancer, and type 2 diabetes; and for every 8 grams increase in dietary fibre total deaths and incidents of colorectal cancer, type 2 diabetes, and heart disease decreased by an additional 5-27%.



### VACD Bandarawela centre:

We are delighted to inform you that the main VACD centre “**Sir Robert Clark Centre for Children with Disabilities**” in Bandarawela has now been relocated to: No. 49 A, Springwaththa, Vishaka Mawatha, Bandarawela



Left photo: VACD mothers performing the traditional blessing of new premises by lighting the hearth and boiling milk (Mr. A.S.D. Alwis – VACD Sri Lanka Board member second from left and Mr. Sunil Fernando – Chairman VACD Sri Lanka third from left). Right photo: Parent of a VACD child lighting the hearth.

**The Halgolla Plantation Home of Arlene Madawela & Emil van der Poorten in Galagedera, Sri Lanka Capture the essence of a truly unique destination**  
**Those who've tasted the delights of Halgolla Plantation Home in the matter of food, accommodation, hospitality and ambience will speak eloquently enough of what we offer at our truly unique Sri Lankan destination. Now, in response to the demand that has emerged over the last couple of years, we have formalized our “Walkabout and Planter’s Lunch at HPH” which is intended for those able to spend only a day with us**

Email: [emil@halgollaplantationhome.com](mailto:emil@halgollaplantationhome.com) Website: [www.halgollaplantationhome.com](http://www.halgollaplantationhome.com) Mob: +94 0773470702 & +94 0722849770

## Australian visitors to our VACD Centre in Bandarawela:

It was delightful that Kevin and Helen Melder from Perth, Australia could visit the **Sir Robert Clark Centre for children with disabilities** in Bandarawela and donate lap top computers and other gifts to our children. Kevin and Helen make their annual excursion to Sri Lanka to coincide with the annual cricket encounter between St Joseph’s College Bandarawela and Central college Bandarawela. Kevin is an old boy of St Joseph’s college Bandarawela while Helen his wife is well known for her enthusiastic and distinct cheering at this annual fun-filled sports encounter held at the Bandarawela esplanade sports grounds.



Left: Kevin & Helen with our VACD children  
 Right: Kevin, Helen and the dancing teacher Ms. Dilsha watching the children perform

### How can you be part of our mission and help our children and their families?

There are three specific areas that need your sponsorship and support:

1. Family Assistance Program (FAP) - A\$ 20 or equivalent per month for each family sponsorship, to supplement their income and enable the purchase of food/medicine;
2. Educational Assistance Program (EAP) - A\$ 20 or equivalent per month for each child sponsorship, to meet educational expenses and ensure the child is not deprived of an education due to financial constraints;
3. Nutrition Program Initiative (NPI) – Donation to provide nutritious meals for the children who attend the centre

Please reach out to us at: [fstephen@bigpond.net.au](mailto:fstephen@bigpond.net.au) should you decide to support/sponsor all or any of these initiatives

## The Leading Cause of Cancer Death

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

[READ MORE](#)

## 10 simple habits that encourage healthy eating

Good food should be easy and keeping things simple will help you make better choices.

[Read more](#)

### Causes Of Lupus Or Systemic Lupus Erythematosus (SLE)

An autoimmune problem, lupus causes chronic inflammation of multiple organs in the body, including your joints, skin, nervous system and even lungs, kidneys, and brain. Your body's own immune system begins to attack healthy tissues...



### [Natural Treatments for Menopause](#)

## [Stop obsessing about protein, you're probably getting enough](#)

For most of us, a diverse diet of protein-packed plants and the occasional serve of healthy meat or fish is probably all the protein your body needs to maintain health — and even bulk up, Dr Sandro Demaio writes.

### [Techniques to Live Well with Endometriosis](#)

Although 1 in 10 women suffer from endometriosis, many have never heard the word before, let alone know the symptoms. That's an estimated 176 million worldwide. With that staggering number, there must be an amazing system in place to educate about, diagnose, and treat endometriosis. Right? Wrong.

[Learn more about signs and symptoms, plus how the disease can be managed.](#)



### [Fundamentals & Benefits of Qigong](#)

## [Quick Exercise Tips for People With Diabetes](#)

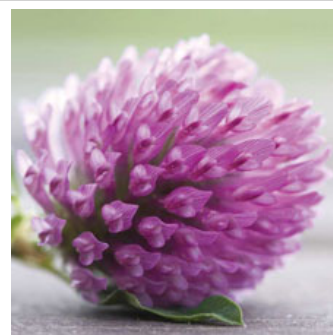
Exercise not only burns calories, it lowers your blood sugar. Here are 5 fast ways to get moving and manage your type 2.

[Watch Video](#)

## Spinal stenosis

This [condition](#) occurs when the space around the spinal cord narrows and puts pressure on the spine and nerves. This increased pressure can lead to pain and numbness in the lower back and legs. It is most commonly a result of [arthritis](#).

Spinal stenosis has a range of different treatments that include: nonsteroidal anti-inflammatory drugs ([NSAIDs](#)) or acetaminophen physical therapy steroid injections surgery



### [5 Herbs for Women's Health](#)

In research published in [The Lancet](#), they found a diet high in fibre reduced the risk of a wide range of potentially life-threatening conditions, including heart disease, stroke and high blood pressure.

## [Colon Cancer Screening Can Save Your Life](#)

## [Landscaping with Medicinal Plants](#)

Traditional landscaping can offer a lot of benefits. Plants bring beauty, shade, food, and wildlife habitats to your home, among many other ecological services. Plants can offer medicine and healing for our bodies, minds, and spirits as well. It's just a matter of getting to know the plants we can grow and which ones can help us most.

[Fill your home and garden with herbs that bring beauty and health.](#)



Loneliness and social connectivity



[9 Hormone-Balancing Herbs](#)



[Natural Health: Benefits of Meditation & Yoga](#)



## FEATURED QUIZ

### Kidney Disease With No Symptoms

The damage to the kidneys can occur slowly and gradually, over many years.

[TAKE THE QUIZ](#)

### 'Right' Amount of Carbs May Help You Live Longer

By Robert Preidt

HealthDay Reporter

FRIDAY, Aug. 17, 2018

(HealthDay News) -- You've probably heard about the high-carb [diet](#) and the low-carb diet, but a new study suggests a moderate-carb diet could be the key to longevity.

Researchers followed more than 15,000 people in the United States for a median of 25 years and found that low-carb diets (fewer than 40 percent of calories from carbohydrates) and high-carb [diets](#) (more than 70 percent of calories) were associated with an increased risk of premature death.

Moderate consumption of carbohydrates (50 to 55 percent of calories) was associated with the lowest risk of early death.

[Read more](#)

**['Right' Amount of Carbs May Help You Live Longer](#)**

### The Link Between Asthma and the Weather

Certain types of weather and seasonal changes can lead to attacks for some people.

[Read More](#)

### Aging

Aging is more a winding path than a downhill slalom. Changes in brain function as well as your outlook on life can influence the journey ahead. If you forget a name or two, take longer to finish the crossword, or find it hard to manage two tasks at once, don't assume you're on the road to dementia. What you're experiencing is age-related changes in the way your brain works. And in many ways it's actually working better. Studies have shown that older people have better judgment, are better at making rational decisions, and are better able to screen out negativity than their juniors.

### How to check your breasts for changes

A step-by-step, illustrated guide to help you detect changes early. [Read more](#)

### Endometriosis explained

Could your period pain be a sign of something more serious? [Read more](#)

## At-Home Stool Test vs. Colonoscopy

Is a simple at-home stool test a reliable alternative to invasive colonoscopy?

[READ MORE](#)

## Health Benefits of Turmeric

Lately, turmeric is touted as a super food that can fight cancer, depression, and more.

[VIEW SLIDESHOW](#)

## [Benefit Of Keeping A Food Diary](#)

At the beginning of each new year many people start off with the resolve to improve their health, lose weight, and eat better. These attempts unfortunately most often fail and never last long.

[Read the full story](#)

### Today's Health Topic

## Staving off dementia when you have mild cognitive impairment

Will I get dementia? That common question takes on urgency if you have mild cognitive impairment (MCI), a slight but noticeable change in memory and thinking skills. But the progression from MCI to dementia is not automatic. In fact, MCI is not always permanent. "It depends on the underlying cause," says Dr. Joel Salinas, a neurologist at Harvard-affiliated Massachusetts General Hospital.

[Read more »](#)

### [Nutritional Supplements Don't Ward Off Depression: Study](#)



## Human Growth Hormone

hgh, is a naturally occurring hormone that is as important to our bodies as thyroid hormone or testosterone. However, hgh has gotten bad press in the media because it has been used and abused by athletes to increase sports performance. In this episode Dr. Klatz talks about the importance of hgh and why it should be supplemented, if needed, through hormone therapy just as hormones like testosterone and estrogen are supplemented when needed.

[WATCH VIDEO](#)

## [The Spinal Cord Is Smarter Than Was Thought](#)

The spinal cord has been revealed to be able to control and process more complex functions previously thought to have been governed by the cerebral cortex, as published in the journal Nature Neuroscience.

[Read the full story](#)

## 11 Tips for Healthy Eyesight

UV rays from the sun can burn your skin, but did you know they can also harm your eyes?

[VIEW SLIDESHOW](#)

## [Best Exercises for Achy Joints](#)

If you sit on the sidelines, you'll become less flexible. Instead, get up and move to loosen up stiff joints, build muscle, and boost your fitness level.

[Read More >](#)



### The Future of Health & Medicine: Where Can Technology Take Us - Keynote Presentation

[WATCH VIDEO](#)

## Is Turmeric a Super Food?

Help or Hype? Find out what turmeric can -- and can't -- do for your health.

[VIEW SLIDESHOW](#)

### [Prediabetes: Can It Be Reversed?](#)



### [13 Reasons You Feel Burning in Your Feet](#)



## Do you know where the free WiFi is coming from?



The main thing to keep in mind with public WiFi is that the connection may not be as secure as the one you have at home or at work. This is particularly true if you're connecting to an open WiFi network set up by an unknown, malicious third party. Basically, if you connect to a WiFi network that you don't recognise, there's a risk that the information you send or receive over the connection is being accessed by someone else. In worst-case scenarios, this could lead to a malware infection on your device or even identity fraud.

It's best stick to WiFi that's provided by local businesses, airports or official town/city initiatives. Some of these networks may not be truly public – for example, many coffee shops, restaurants, hotels and pubs provide WiFi access to their customers – but it's a small price to pay for some peace of mind that you're connecting to a WiFi network that isn't a front for ulterior motives. You can find a database of WiFi networks all over Australia (plus the rest of the world) on [Service WiFi Space](#).

### Save the sensitive data for later

Even if you're connecting to a fairly reliable WiFi network, there are some online activities that should be saved for a time when you have private internet access, such as online banking, accessing [MyGov](#) or any other activity which involves your sensitive personal data. Most banking and government websites use HTTPS (the more secure version of HTTP) but it's not just a matter of connection security – it's physical security. After all, you're out in public – do you really want to be punching in your online banking password in a crowd of people where someone may look over your shoulder?

### Consider a VPN

If you're using public WiFi regularly, one way you can protect yourself is by using a Virtual Private Network (VPN) while browsing the internet. Using a VPN means there will be stronger encryption on the data flowing through your internet connection, which means that even if your data is accessed, a hacker may simply not bother with the lengthy decryption process in order to make it useable. In fact, if you're using a work laptop or remotely connecting to your office's network, you may find that your IT department forces you to use a VPN, otherwise you can't connect at all (it's the responsible thing to do).

There's a wide range of affordable VPN services available in Australia and using them is as easy as opening up an app on your device and hitting a button before you hop online as browse as you normally would. Check out this [list of VPN recommendations from Comparitech](#) to learn which VPN services perform well in Australia.

### Switch off once you're done

Finally, once you've done what you need to do on the WiFi, it's best to just switch it off. The same goes for "sharing" features such as [Bluetooth](#) or [AirDrop](#). Staying connected indefinitely doesn't have any benefits, whereas switching off will save your device some battery life and make it impossible for any dodgy network activity to take place. Most smartphones have a WiFi on/off switch in their settings and larger devices such as laptops may have a physical button or switch that you can use to quickly enable or disable WiFi access. If you're not sure about your device, check the manufacturer's website for support information.

## What Urine Says About Your Health

Every time you urinate, your body is doing some pretty amazing things. Do you know why you pee? And do you know what your urine is made of?

[READ MORE](#)

## What is alcohol abuse?

Alcohol abuse, now included in the diagnosis of alcohol use disorder, is a disease. While many have described this disorder as dipsomania, the latter term more accurately describes the intense craving that can be a symptom of alcohol use disorder. A maladaptive pattern of drinking alcohol that results in negative work, medical, legal, educational, and/or social effects on a person's life characterizes the disorder. The individual who abuses this substance tends to continue to use it despite such consequences. Effects of alcohol use disorder on families can include increased domestic abuse/[domestic violence](#). The effects that parental alcoholism can have on children can be significantly detrimental in other ways as well. For example, the sons and daughters of alcoholics seem to be at higher risk for experiencing feelings that are more negative, [stress](#), and alienation as well as aggression. There are a multitude of negative psychological effects of alcohol use disorder, including [depression](#) and antisocial behaviors.

Both alcohol abuse and alcoholism are included in the alcohol use disorder diagnosis. [Read more...](#)

## What's Inside Your Drinking Water?

Because we depend on drinking water, it is important to know what's actually in there. [Read more...](#)

# The new exercise trend that's made for everyone

*You've heard of HIIT but what about HIIPA?*

UNIVERSITY OF SYDNEY

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CREDIT: PIXABAY

Bringing the science of high intensity interval training (HIIT) into everyday life could be the key to helping unfit, overweight people get more of the exercise they need to improve their health, according to an international research team.

From washing the car to climbing stairs or carrying groceries, each of these activities is an opportunity for short sharp bursts of 'High Intensity Incidental Physical Activity', HIIPA for short.

"Regular incidental activity that gets you huffing and puffing even for a few seconds has great promise for health," said Emmanuel Stamatakis, Professor of Physical Activity, Lifestyle and Population Health in the University of Sydney's Charles Perkins Centre and School of Public Health.

[Read more](#)

[The new exercise trend that's made for everyone](#)

[How Many Push-Ups Can You Do? It May Be a Good Predictor of Heart Health](#)



By **GRETCHEN REYNOLDS**

Men who could get through 40 or more push-ups had 96 percent less risk of heart problems in the next 10 years than those who quit at 10 or fewer.

## Elevated Calcium Levels

Calcium is a mineral that is important in the regulation and processes of many body functions including... [Read more...](#)

# Hypothyroidism symptoms and signs in an older person

Some people over age 60 have few, if any, classic hypothyroidism symptoms, while others experience the same symptoms younger people do. Still others have hypothyroidism symptoms that are not typical at all, making the diagnosis even more difficult. Any of the following signs and symptoms can indicate hypothyroidism in an older person.

**Unexplained high cholesterol.** High cholesterol is sometimes the only evidence of an underactive thyroid in an older person. The problem might be diagnosed as a cholesterol disorder rather than hypothyroidism. Because this sign may stand alone, high cholesterol warrants a thyroid evaluation.

**Heart failure.** Reduced blood volume, weaker contractions of the heart muscle, and a slower heart rate—all caused by low thyroid hormone levels—can contribute to heart failure, a serious condition that occurs when your heart can't pump out enough blood to meet the needs of your body. The ineffective pumping also causes blood to back up in the veins that return blood to the heart. Blood backs up all the way into the lungs, which causes them to become congested with fluid. Symptoms of heart failure include breathlessness, swelling in the ankles, weakness, and fatigue.

**Bowel movement changes.** An older person with hypothyroidism might have constipation because stool moves more slowly through the bowels. A less common hypothyroidism symptom is frequent bouts of diarrhea—a problem more typically associated with hyperthyroidism. Some people with an autoimmune thyroid disease such as Hashimoto's also have celiac disease, another autoimmune condition that can cause diarrhea.

**Joint or muscle pain.** Vague joint pain is a classic hypothyroidism symptom. It sometimes is the only symptom of hypothyroidism in an older person. Many people experience general muscle aches, particularly in large muscle groups like those in the legs.

**Psychiatric problems.** Clinical depression—a common symptom in younger people with hypothyroidism—can also affect older people with the condition. The difference is that in older people it can be the only hypothyroidism symptom. Some older adults also develop psychosis with delusional behavior or hallucinations.

**Dementia.** Debilitating memory loss that is often, but not always, accompanied by depression or psychosis can also be the lone symptom of hypothyroidism. If you or a loved one is being evaluated for dementia, make sure that a thyroid test is part of the evaluation.

**Balance problems.** Hypothyroidism can lead to abnormalities in the cerebellum (a region at the back of the brain that's involved in motor control). This may cause problems with walking in older people.

To learn more about diseases and conditions of the thyroid, read the Special Health Report, [Thyroid Disease](#) from Harvard Medical School.

[Which Type of Exercise Might Lower Your Diabetes Risk?](#)



# 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.

## 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.

WEbMD

## [What gluten-free food can I eat?](#)



Gluten-free foods may help people lose weight and also prevent any symptoms in those who are sensitive to gluten. Examples include vegetables, fruits, and lean proteins. Learn more here.

## The Short-Term and Long-Term Effects of Weed (Marijuana)

Marijuana or weed is a greenish-gray mixture of dried, shredded leaves and flowers of Cannabis Sativa, the hemp plant. The feeling of euphoria that comes from weed use -- and which pot smokers crave for -- can be traced to a psychoactive chemical found in the herb called delta-9-tetrahydrocannabinol (THC) in the herb...



## 9 Foods To Avoid If You Have Hypothyroidism

If you've been diagnosed with hypothyroidism or are at risk of developing it due to family history or otherwise, you may want to consider taking a closer look at what's on your plate. Diet can play a big part in helping your cause or making things worse.

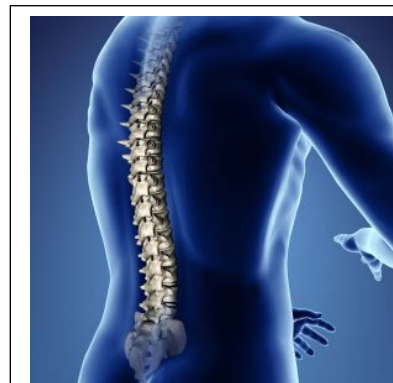
So, deciding what to eat and what to let go off can make all the difference to your condition...



## 14 Common Back and Spine Problems

Are you glad you can stand or sit upright? Thank your spine, a stack of little bones called vertebrae along the center of your back, from your seat to your neck.

[READ MORE](#)



## The fruit of the oil palm tree, which grows in tropical climates, contains the world's most versatile vegetable oil.

Its combination of different types of fats and its consistency after refining make it a popular ingredient in packaged baked goods. Its low production costs make it cheaper than frying oils such as cottonseed or sunflower. It provides the foaming agent in virtually every shampoo, liquid soap or detergent. Cosmetics manufacturers prefer it to animal tallow for its ease of application and low price. It is increasingly used as a cheap raw material for biofuels, especially in the EU. It functions as a natural preservative in processed foods, and raises the melting point of ice-cream. Palm oil can be used as an adhesive that binds together the particles in fibreboard. Oil palm trunks and fronds can be made into everything from plywood to the composite body of Malaysia's national automobile. Worldwide production of palm oil has been climbing steadily for five decades. Between 1995 and 2015, annual production quadrupled, from 15.2m tonnes to 62.6m tonnes. By 2050 it is expected to quadruple again. Today 3 billion people in 150 countries use products containing palm oil. Globally we each consume an average of 8kg of palm oil a year. Of this, 85% comes from Malaysia and Indonesia, where worldwide demand for palm oil has lifted incomes, especially in rural areas – but at the cost of tremendous environmental devastation and often with attendant labour and human rights abuses. [So is it too late to break the habit?](#)

The Guardian

Ed: In Sri Lanka, oil palm trees are cultivated in Nakiadeniya Estate, Udugama, replacing rubber trees.

### THANUSHA, KUMARI and EPILIM

THANUSHA was aged eleven when we first met her as she presented Dr. Jennifer with flowers from her garden as we arrived to do a medical clinic with Dr. Iresha Amarasena at Beralihela. She is now a school prefect. She found her mother Kumari unconscious in the garden when she got home from school. With the aid of neighbours she got her mother in to a three-wheeler and rushed her to the local hospital. A brain scan was normal and she was commenced on Epilim to control epilepsy. Thanusha made it known to me that Epilim was not available at the local hospital and it was expensive in the local pharmacy. I was able to take some 500mg tablets to her in August last year. Kumari has been free of any fits for some months now. We will meet her again when we visit Yala in July this year.

### Quintus de Zylva



## What does a lump in the left breast mean?

Breast lumps can develop in the left or right breast, or in both. In this article, we look at what people should do if they find a lump, along with what it might mean, types, diagnosis, and when to see a doctor.

## Should You Skip Sugar when having breast cancer?

The idea that sweets “feed cancer” has been around for a long time. The truth is more complicated. A spoonful to take the edge off your coffee will not directly make cancer cells grow faster. But it's still wise to keep an eye on how much you add to your diet. A lot of sugar on a regular basis can lead to obesity and other conditions that make cancer more likely.

## Eat More Produce to prevent cancer of breast

If you eat more plant-based foods, you may lower your chances of getting breast cancer. Researchers say this strategy especially may help protect against the most aggressive types of tumors. Fruits and vegetables are also an important part of a diet that will help you control your weight, which is key for keeping breast cancer from coming back. WebMD

## Stroke: Before, During, and After

When the brain's blood supply is inadequate, a stroke results. Without treatment, brain cells damage or die, resulting in brain injury, serious disability, or death.

[READ MORE](#)

## ARTICLE

### Costochondritis and Tietze's Syndrome

Costochondritis is a common form of inflammation of the cartilage where ribs attach to the breastbone (the sternum)

[. Read more...](#)



### Peptic Ulcers

Peptic ulcer: A hole in the lining of the stomach, duodenum, or [esophagus](#). A [peptic ulcer](#) of the stomach is called a [gastric ulcer](#), an ulcer of the duodenum is a [duodenal ulcer](#), and a peptic ulcer of the esophagus is an esophageal ulcer. A peptic ulcer occurs when the lining of these organs is corroded by the acidic digestive juices which are secreted by the stomach cells.

Peptic ulcer disease is common, affecting millions of Americans yearly. The medical cost of treating peptic ulcer and its complications runs in the billions of dollars annually in the U.S.. Recent medical advances have increased our understanding of ulcer formation. Improved and expanded treatment options are now available.

*Image Source: MedicineNet, Inc.*

## Esophagus

The esophagus is a muscular tube connecting the throat (pharynx) with the stomach. The esophagus is about 8 inches long, and is lined by moist pink tissue called mucosa. The esophagus runs behind the windpipe (trachea) and heart, and in front of the spine. Just before entering the stomach, the esophagus passes through the [diaphragm](#).

The upper esophageal sphincter (UES) is a bundle of muscles at the top of the esophagus. The muscles of the UES are under conscious control, used when [breathing](#), eating, [belching](#), and [vomiting](#). They keep food and secretions from going down the windpipe.

The lower esophageal sphincter (LES) is a bundle of muscles at the low end of the esophagus, where it meets the stomach. When the LES is closed, it prevents acid and stomach contents from traveling backwards from the stomach. The LES muscles are not under voluntary control.

*Image Source: © 2009 WebMD, LLC. All rights reserved.*

### The number of Australian children deliberately poisoning themselves has doubled in a decade,



[a study published in the medical journal BMJ Open today shows](#). Common household medicines such as paracetamol, ibuprofen, antidepressants and antipsychotics were the substances most frequently used in self-harm episodes. Intentional poisonings increased 98% between 2006 and 2016, largely driven by a significant increase in poisonings in people born after 1997. Girls outnumbered boys three to one. "Our results indicate a generation that is increasingly engaging in self-harm," the study concluded, warning that the findings pointed to future increases in suicide rates.

The Guardian

## ALCOHOL AND HEALTH RISKS

Alcohol consumption can cause numerous diseases. Many people know that heavy drinking can lead to cirrhosis of the liver and is a leading cause of automobile accidents. But did you know chronic drinking could also lead to cancer and heart attack? Read on to find out consequences of heavy drinking.

### Pizza Before a Morning Workout?

A dietitian was recently quoted as saying that a slice of pizza makes a better choice for breakfast than most cereals. Is that true?

[Read More >](#)

### Heart Disease Red Flags

If you see dark spots under your nails or this yellow-orange bumpy rash, see your doctor right away.

[Read More >](#)

### Namath Says His Brain Is Healthy Again After Oxygen Treatment

Joe Namath has spoke out about the beneficial effects of hyperbaric oxygen therapy treatments. The former quarterback has sustained at least five concussions during his NFL career to add to the many other occasions he took hard hits to the head.

[Read the full story](#)

### Mushroom

Mushroom have been used in traditional medicines in a variety of ways for many years. It was the mushroom fungus *Penicillium* that was used to develop the antibiotic penicillin that has saved countless lives around the world that turned the medical world over. Mushrooms have been proven to be more than just a fungus that can also enhance food dishes. Research shows that eating mushrooms has many benefits, now recent research suggests they may be the key to the nation's growing dementia rates, as published in the Journal of Medicinal Food.

# What to do about bunions

A bunion is most likely to develop when susceptible feet are repeatedly squeezed into narrow, pointed-toe footwear. The big toe pushes against the other toes, sometimes diving over or under them. Shoes with narrow toes can trigger a bunion, but they're not the underlying cause. Bunions run in families, because foot type (shape and structure) is hereditary, and some types are more prone to bunions than others. Low arches, flat feet, and loose joints and tendons all increase the risk.

[Read more »](#)

## Fixing Menopause Symptoms

Don't let menopause symptoms wreck your day. Get simple tips for managing hot flashes, night sweats, mood swings. [Read more...](#)

## What Is Fish Oil?

Doctors and scientists first took notice of fish oil when research revealed that cultures that ate more fish -- Scandinavians and Inuits, for example -- had lower rates of heart disease. Many types of fish, including salmon, mackerel, herring, lake trout, sardines, and albacore tuna, contain omega-3 fatty acids -- a healthy type of fat. Two of the most important omega-3s in fish are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Researchers wanted to know whether taking fish oil straight -- without eating fish -- might help the heart. "In clinical trials, the results are very mixed," says J.L. Mehta, MD, PhD, a cardiologist and professor at the University of Arkansas for Medical Sciences in Little Rock. "Some show benefits. Many do not."

Fans say they can help with heart disease and other conditions. But is it all just a fish tale?

[Read More](#) 

## Why chocolate is good for your gut

Chocolate is a favorite snack of choice for many. Find out how it can influence your gut flora, keeping potentially harmful inflammation at bay. [READ NOW](#)

[My partner lost his erection and now he's avoiding sex. What should I do?](#) 

## 11 Tips for Healthy Eyesight

Sharp eyesight is part of good health. Certain medical conditions, like diabetes and high blood pressure, can negatively affect vision. [Read more...](#)

## Anemia

Excessive alcohol use can affect the hematologic system, which is made up of the blood, spleen, bone marrow, and the liver. It can cause your red blood cell count to be abnormally low, which is a condition called anemia. Symptoms of anemia include fatigue, shortness of breath, and lightheadedness.

Heavy drinking and binge drinking can cause heart disease or stroke. It can raise the levels of fats in the blood (triglycerides), lead to high blood pressure, and stroke. It can also cause cardiomyopathy (weakening of the heart muscle), and heart-rhythm abnormalities atrial and ventricular fibrillation.

[A scientific dope dive: What's the evidence for medical marijuana?](#)

Advocates say medicinal cannabis offers effective relief when other treatments are failing. But Australian guidelines say there's limited evidence to support its use. So has the hype surpassed the science?

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## Gene editing therapy may reverse ageing: Study

According to research published in the journal Nature Medicine, scientists have developed a gene editing therapy that can slow down ageing in mice with progeria syndrome, a rare genetic disorder that also afflicts humans.

## The Best Fruits and Veggies for Weight Loss

Chronic alcohol drinking can increase your risk for developing cancer. The body converts the alcohol you drink into acetaldehyde, which is a known carcinogen (substance that causes cancer). Cancers often found in heavy drinkers include those of the mouth, pharynx (throat), larynx (voice box), esophagus, liver, breast, and colorectal region. Many heavy drinkers also smoke, which increases cancer risk.

## **6 Easy Ways to Eat Eggs**

With these simple tricks, you'll be cooking restaurant-quality dishes for breakfast, lunch, dinner, and dessert. Plus, learn the secret to perfect hard-boiled eggs.

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## **Seven myths and truths about healthy skin**



When it comes to skin care, here are some of the most commonly shared myths that can be cleared up immediately, and some truths you can rely on, writes Sara J Brown.

### SLIDESHOW

#### **Foods That Help You Sleep**

The foods you choose to eat, how much you eat, and when you eat, all can affect your sleep. [Read more...](#)

#### **Push Ups For Cardiovascular Health**

According to a study involving male firefighters pushups may be a good proxy for physical fitness that is associated with better long term cardiovascular health, as published in JAMA Network Open.

[Read the full story](#)

#### **Ignored Science: Wi-Fi Increases Risk Of Brain Cancer**

Although fairly new Wi-Fi has become something that most people can't imagine living without, and some can't work without it. Studies are taking a look at what it is doing to health, and have shown it to increase risks of brain cancer and a variety of other illnesses.

[Read the full story](#)

## **Natural Treatments for Chronic Fatigue Syndrome**

Chronic fatigue syndrome, also known as myalgic encephalomyelitis (ME), is a condition characterized by exhaustion that doesn't improve with rest. Its cause is unclear but it is thought that it may be a combination of genetics, viral infection, and inflammation from oxidative stress. For this reason, it often requires more than one healing approach.

[Treat chronic fatigue syndrome naturally.](#) 

[After Peanut Allergy Rx, Eating Small Bits of Peanut Might Help: Study](#)



#### **Coconut Oil May Be Better Than Drugs In Treating Obesity & Diabetes**

Researchers from Brazil refuted conventional thinking of saturated fats causing obesity, and express concern over dietary efforts at reducing calories that are impractical, difficult to maintain, and they consider to be often unhealthy, as published in the Journal of Nutritional Biochemistry.

[Read the full story](#)

## **20 Household Uses for Vinegar**



#### **Good for Your Waistline: Whole Grains**

Whole grains like quinoa and brown rice can help you achieve your weight loss goals. Here's what to try.

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#### **Choosing a Weight Loss Program That Works for You**



#### **How Water Benefits the Body**

Can sipping cold water increase your metabolism and help you lose weight? [Read more...](#)

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