



What causes low back pain?

For most people with low back pain, the exact cause can't be identified, so it's referred to as 'non-specific'. The pain may come from issues with the muscles, ligaments and joints.

People of nearly all ages experience back pain. It is uncommon in children but increases in teenage years, peaks in middle age and remains common into old age. Genetic and lifestyle factors like smoking, obesity and lack of physical activity increase the risk of low back pain, as does having had a previous episode, and being in poor physical or mental health. Your risk may also be increased by awkward postures, heavy manual tasks, feeling tired or being distracted during an activity.

In a very small number of cases, low back pain can be caused by a **more serious condition** such as a vertebral fracture, cancer, infection or an inflammatory arthritis.

These need specific treatment. However, they make up a small proportion of cases.

Can movement help?

It can feel like the pain is holding you back, and you may find yourself avoiding things because of it. But Professor Buchbinder says active recovery is the key to finding relief.

"People may mistakenly believe that you need to rest in bed and avoid physical activity," she says.

While prolonged rest, staying away from work and avoiding regular activities are common responses to low back pain, research suggests this approach may not be very helpful, and could actually make you feel worse. As Professor Buchbinder and her colleagues explain in **The Lancet**, self-management strategies like gentle exercise can help you learn to cope with the pain and find some relief.

"There's a lot people can do to help themselves, but it's not always an easy fix," Professor Buchbinder says. "People need to help themselves through exercise, maintaining a healthy weight and not being afraid to move."

It doesn't matter what type of exercise you do, Professor Buchbinder says. Whether it's swimming, walking or yoga, the important thing is to find something you enjoy, so that you're more likely to keep doing it regularly.

For a safe and effective exercise program, consider seeing an accredited physiotherapist or exercise physiologist.

They can design a plan specifically for your needs, that gets your body feeling its best.

From Medibank live better

French Bark/Gotu kola combo may prevent buildup of Heart plaque

The combination of french pine bark and gotu kola may prevent buildup of deadly heart plaque by 95%, according to a study published in the journal International Angiology.

French pine bark/Pycnogenol is available in liquid, capsule, and tablet form, experts suggest using high quality formulations standardized to contain 85-90% OPCs; while some studies suggest higher doses most experts note that healthy circulation can be promoted with 50-100 mg of pine bark 3 times a day. Gotu Kola extract is available in tinctures, tablets and capsule formulations, while the plant itself is available in dried form which can be used to brew a calming tea. As always it is suggested to consult a healthcare professional before taking any herb/extracts/supplements to treat atherosclerosis or any condition to make sure it is best for you and avoid any possible complications.

[Read the full story](#)

How to Make Lime-Chili Almonds

Spice up these healthy nuts for a perfect snack to stuff in your bag and take with you.

[Watch Video >](#)

Anti-Aging Pill Getting Closer To Reality With Breakthrough

An elixir of youth appears to have moved another step closer to being a reality after a breakthrough from UK scientists that targets harmful zombie cells which fuel inflammation and increase risks for a host of potentially fatal conditions, as published in the journal Genes and Development.

[Read the full story](#)

Old Rajans in NSW Celebrate Sinhala & Tamil Avurudhu Celebrations

Held at Rouse Hill Regional Recreation
Park on 14th April



The most ancient type of molecule in our universe has been detected in space, scientists have revealed, backing up theories of how the early chemistry of the universe developed after the big bang.



Sinhala/Tamil New Year 2019 celebrations at the VACD Bandarawela centre:

The Sinhala/Tamil New Year was celebrated at the “Sir Robert Clark Centre for Children with Disabilities” in



Felix Stephen

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

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[http://brisbane.arrivewealthmanagement.com.
au/](http://brisbane.arrivewealthmanagement.com.au/)

Consultant - Global Financial Market
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E-mail: felixswstephen@gmail.com /

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should you choose to support/sponsor any or all of these initiatives.

Who said-“Kandy is dull”

Whole School Musical 'Olivia!' acted by the junior girls at CIS (Kandy Branch)

Successful event



Epilepsy Facts

Epilepsy is a brain disorder in which clusters of nerve cells in the brain signal abnormally causing strange sensations.

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Are You 'Aroused' By Coffee?

Need a quick pick-me-up? Just thinking about a cup of joe can give you a mental boost.

[READ MORE](#)

Is Your Drinking Water Safe?

Did you know that fluoride has been added to public water systems for 70 years?

[VIEW SLIDESHOW](#)

[This is what doctors and patients are saying about the end of the Medicare rebate freeze](#)

From July 1, Australians will be able to claim a higher rebate when they visit a GP — irrespective of who wins the federal election. But will increasing rebates lead to cheaper doctor visits?

[More](#) ➔

Choose Foods, Not Supplements



By **NICHOLAS BAKALAR**

Dietary supplements do not help you live longer, and in large quantities may be harmful.

How do oral bacteria make colorectal cancer more aggressive?

Scientists have identified a molecular mechanism through which an oral bacterium accelerates

colorectal cancer growth.

Tests have shown that around a third of people who develop [colorectal cancer](#) also have the bacterium, which has the name *Fusobacterium nucleatum*. Their [cancer](#) also tends to be more aggressive, but it was not clear why until the recent study.

A [paper](#) that now features in the journal *EMBO Reports* reveals how the microorganism promotes the growth of cancer cells but not that of noncancerous cells. **The findings should help to clarify why some colorectal cancers develop much faster than others, say the researchers who hail from Columbia University in the City of New York.**

Read more

[How do oral bacteria make colorectal cancer more aggressive?](#)

[Colon cancer: Could exercise halt tumor growth?](#)

New research finds that a short burst of high-intensity interval training reduces the growth of colon cancer cells and increases markers of inflammation.

[Potato, Asparagus, and Mushroom Hash](#)

[When Diarrhea Strikes: 4 Steps to Take](#)

Crohn's disease vs. ulcerative colitis



Crohn's disease and ulcerative colitis both affect the digestive system.

Crohn's disease and ulcerative colitis are both types of IBD, and they share many symptoms and risk factors. Treatment options for the two conditions can also be similar. However, there are also some important differences, for example:

Crohn's disease can affect any part of the digestive tract, but ulcerative colitis only develops in the colon and rectum.

Crohn's disease tends to cause patches of inflammation with areas of healthy tissue in between, whereas ulcerative colitis causes uninterrupted inflammation along the colon.

Crohn's disease can affect all the layers of the bowel wall, but ulcerative colitis only occurs in the inner lining of the colon.

Some [research](#) suggests that ulcerative colitis is slightly more common than Crohn's disease in North America.

Read more

[What are the facts of Crohn's disease?](#)

[What causes upper stomach pain?](#)

There are many possible causes of upper stomach pain, from gas and indigestion to more serious issues involving the liver or pancreas.

Learn about the causes and treatments here.

[Insulin Shot Basics](#)

Our guide will help you feel more confident giving yourself the medication you need.

[Read More](#) >



[Tips to prevent osteoarthritis](#)



[SPF 15, 30 and 50: which sunscreen should you choose?](#)

Preserve your good gut microbes

Recent [research](#) into the human gut microbiota shows that gut microbiome diversity in the western world is declining in comparison with traditional societies in less developed countries

Over the past decade, [numerous studies](#) have led us to believe that a high level of microorganism diversity in the gut microbiota directly correlates with a healthy state of our bodies. **The reduction in this microbial diversity over the years due to industrialization and lifestyle in western societies directly correlates with a rise in metabolic, immune and cognitive diseases** such as obesity, diabetes, asthma, allergies, inflammatory bowel disease, autism, and other mental health disorders.

Read more-

Foods to ease joint pains and fight inflammation

Ginger

A staple of traditional medicine, this pungent root is probably best known for its anti-nausea, stomach-soothing properties. But ginger can also fight pain, including aching joints from arthritis as well as menstrual cramps. One study found ginger capsules worked as well as over-the-counter anti-inflammatory drugs like ibuprofen at relieving period pain.

Blueberries

These little juicy gems have lots of phytonutrients that may fight inflammation and lessen pain. If it's not berry season, frozen blueberries can have the same or even more nutrients than fresh. Other fruits with antioxidants and polyphenols, including strawberries and oranges, can have a similar soothing effect.

Pumpkin Seeds

Pepitas are a terrific source of magnesium, a mineral that may cut the number of migraines you get. It may also help prevent and treat osteoporosis. But despite what you may have heard, it doesn't seem to stop leg cramps at night. For more magnesium, add almonds and cashews, dark green leafy vegetables (like spinach and kale), beans, and lentils to your diet.

Salmon

Loaded with anti-inflammatory omega-3 fatty acids, salmon makes just about all of the "good for you" lists. It's considered heart-healthy and may relieve joint tenderness if you have rheumatoid arthritis. Other varieties of cold-water fish, including tuna, sardines, and mackerel, are good choices, too. Avoid tilapia and catfish, though: Their higher levels of omega-6 fatty acids may promote inflammation.

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Turmeric

The compound in the spice that gives curry its bright orange-yellow color can affect several processes in your body, including inflammation. Studies of people with rheumatoid arthritis and osteoarthritis who took supplements of curcumin found they could walk better and without the side effects of taking drugs. Black pepper can help your body absorb it, so try a blend of the spices, steeped with ginger and honey into a tea.

Read more

Foods to Ease Joint Pain and Inflammation



5 Foods To Help You Fight Insomnia

Research has shown that there are certain foods that actually help you against insomnia. Let's take a look at what are those foods. [Read on.](#)

Omegas May Slow Brain Aging

Omega-3 intake has been found to slow brain aging by boosting nutrient circulation to memory related brain regions in a pair of studies conducted by the University of Illinois published in the Nutritional Neuroscience Journal and Aging & Disease.

[Read the full story](#)

Resistance Training May Reduce Risk Of Heart Attack

Resistance/strength training for one hour a week may dramatically reduce risks of a heart attack, along with the other benefits of muscle building and toning exercises that help to keep muscles and the heart healthy, as published in the journal Medicine in Science and Exercise.

[Read the full story](#)

15 Benefits of Lemons and Limes

Squeeze the juice into your drinks and over your meals: These citrus fruits give you a burst of nutrients.

[Read More](#) ▶

4 tips for coping with an enlarged prostate

When a man reaches about age 25, his prostate begins to grow. This natural growth is called benign prostatic hyperplasia (BPH) and it is the most common cause of prostate enlargement. BPH is a benign condition that does not lead to prostate cancer, though the two are related. Although 50% to 60% of men with BPH may never develop any symptoms, others find that BPH can make life miserable. The symptoms of BPH include:

- a hesitant, interrupted, weak urine stream
- urgency, leaking, or dribbling
- a sense of incomplete emptying
- more frequent urination, especially at night.

As a result, many men seek treatment. The good news is that treatments are constantly being improved. Patients and their physicians now have more medications to choose from, so if one doesn't do the trick, another can be prescribed. And thanks to some refinements, surgical treatments are more effective and have fewer side effects than ever before.

But there are some things men dealing with BPH can do on their own. When symptoms are not particularly bothersome, watchful waiting may be the best way to proceed. This involves regular monitoring to make sure complications aren't developing, but no treatment. For more troubling symptoms, most doctors begin by recommending a combination of lifestyle changes and medication. Often this will be enough to relieve the worst symptoms and prevent the need for surgery.

Tips for relieving BPH symptoms

Four simple steps can help relieve some of the symptoms of BPH:

1. Some men who are nervous and tense urinate more frequently. Reduce stress by exercising regularly and practicing relaxation techniques such as meditation.
2. When you go to the bathroom, take the time to empty your bladder completely. This will reduce the need for subsequent trips to the toilet.
3. Talk with your doctor about all prescription and over-the-counter medications you're taking; some may contribute to the problem. Your doctor may be able to adjust dosages or change your schedule for taking these drugs, or he or she may prescribe different medications that cause fewer urinary problems.
4. Avoid drinking fluids in the evening, particularly caffeinated and alcoholic beverages. Both can affect the muscle tone of the bladder and stimulate the kidneys to produce urine, leading to nighttime urination.

For more on advances in the diagnosis and treatment of prostate diseases, read the [Annual Report on Prostate Diseases](#) from Harvard Medical School.

The First Kandyan War – 1803:

The first Kandyan War was waged during the year 1803. The war was launched on the instigation and conspiracy of the one of the Kandyan King's Ministers, Pilmatalawe, who defected to the British. One of the contingents of the Kandyan King's Army was commanded by a **Malay Prince** named Sangunglo. He was however killed by the British Forces in the battle.

The British forces retreated in defeat; suffering huge casualties in Battle and also through the hardship endured in the very rough terrain and ill health (malaria etc.) adding to the toll in casualties. It is also known that many of the troops deserted; and amongst them was **one** Malay soldier (a native of Ambon) named Odeen (also known as William O'Deen). He was to be later apprehended at the end of the 2nd Kandyan war in 1815; charged for treason and sentenced to be executed. However the sentence was not carried out and instead he was exiled to a Penal Colony in New South Wales, Australia.

It was also during this retreat that the Kandyan forces besieged a garrison manned by the British forces. The garrison under Major Adam Davie was compelled to surrender by the Kandyan forces with promise of safe conduct out of the region. But this was not to be. Major Davie was soon to be executed and the personnel of the garrison massacred. During the surrender two Malay soldiers namely Captain Noordeen and his brother Karaeng Sapinine were summoned by the King of Kandy and invited to join the Kandyan forces. They refused stating that they had sworn allegiance to the British Crown and wouldn't renege on this vow. A few days later they were again given the opportunity to serve the King; which was turned down. The King was angered; and had them executed. This act of the two brothers no doubt speaks well for the integrity, loyalty and bravery of our Malay ancestors.

This is a brief extraction from the article- **"Brief introduction of the arrival of the Malays in Ceylon (Sri Lanka)".**

By
Noor Rahim

Take control of your heartburn



A muscular ring called the lower esophageal sphincter (LES) separates the esophagus from the stomach. Normally, the LES works something like a gate. The muscle relaxes when you swallow, opening the passage between the esophagus and stomach and allowing food to pass into the stomach. When the sphincter tightens, it closes the passage, keeping food and acidic stomach juices from flowing back into the esophagus. In people with acid reflux (gastroesophageal reflux disease or GERD), the LES relaxes when it shouldn't or becomes weak and doesn't close tightly. Either problem allows the contents of the stomach to rise up into the esophagus. The LES is controlled by various nerves and hormones. As a result, foods, drugs, and certain emotions such as anxiety or anger can impair its function, causing or worsening acid reflux.

The following factors are under your power to change:

- **Certain foods.** Coffee, tea, cocoa, cola drinks, and other caffeine-containing products loosen the LES and stimulate gastric acid production. Mints and chocolate, often served to cap off a meal, can make things worse by relaxing the LES. Fried and fatty foods contribute to heartburn. Some people say that onions and garlic give them heartburn. Others have trouble with citrus fruits or tomato products, which irritate the esophageal lining.
- **Eating patterns.** How you eat can be as important as what you eat. Skipping breakfast or lunch and then consuming a huge meal at day's end can increase pressure in the stomach and the possibility of reflux. Lying down soon after eating will make the problem worse.
- **Smoking.** Smoking can irritate the entire gastrointestinal tract. In addition, frequent sucking on a cigarette can cause you to swallow air. This increases pressure inside the stomach, which encourages reflux. Smoking can also relax the LES.
- **Overweight and obesity.** Being overweight or obese increases the odds of having GERD and experiencing heartburn. Actually, any weight gain increases the risk of frequent GERD symptoms. In addition, eating larger meals distends the stomach, pushes the contents up toward the esophagus and loosens the LES.
- **Certain medications.** Some prescription drugs can add to the woes of heartburn. Oral contraceptives or postmenopausal hormone preparations containing progesterone are known culprits. Aspirin and other nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Advil, Motrin) and naproxen (Aleve, Naprosyn) can irritate the stomach lining. Other drugs—such as alendronate (Fosamax), used to prevent and treat osteoporosis—can irritate the esophagus. And some antidepressants, bronchodilators, tranquilizers, and calcium-channel blockers can contribute to reflux by relaxing the LES.

To learn more about GERD and heartburn, read [Controlling Heartburn](#) from Harvard Medical School.

Sudden Blurry Vision

An abrupt and dramatic loss of vision may be a sign of a problem with the blood flow to your eye or your brain. Immediate medical attention can prevent serious damage and may even save your life. Even if your vision gets better quickly, it might still be a warning of a stroke or the beginning of a migraine headache

Bulging Eyes

Graves' disease causes your thyroid gland to release too many hormones, which can lead to this problem as well as double vision and loss of vision. It also may cause diarrhea, weight loss, and hand tremors. Medication or surgery can help control the amount of hormones your thyroid makes, but they won't cure



[Adani Group / Briefing notes show Coalition approved Adani water plan despite knowing of risk](#)





Yogurt

It's one of the most familiar sources of probiotics -- "good" bacteria that keep a healthy balance in your gut. Studies suggest that probiotics can help ease lactose intolerance. They also may help tame gas, diarrhea, and other tummy troubles. You can pay extra for brands with certain probiotics, but any that have "live and active cultures" may help.

Sauerkraut: Choose the unpasteurized kind. The pasteurizing process, which is used to treat most supermarket brands, kills active, good bacteria. Sauerkraut and the similar but spicy Korean dish kimchi are also loaded with immune-boosting vitamins that can help ward off infection.

Miso Soup: A popular breakfast food in Japan, this fermented soybean paste can get your system moving. Probiotic-filled miso is often used to make a salty soup that's low in calories and high in B vitamins and protective antioxidants.

Soft Cheeses: They're good for your digestion, but not all probiotics can survive the journey through your stomach and intestines. Research finds that strains in fermented soft cheeses, like Gouda, are hardy enough to make it

Kefir: According to legend, shepherds in the Caucasus Mountains, which divide southeastern Europe from Asia, discovered the milk they carried tended to ferment into a bubbly beverage. Thick, creamy, and tangy like yogurt, kefir has its own strains of probiotic bacteria, plus a few helpful yeast varieties.

Sourdough Bread: The next time you make a sandwich, pay attention to what's holding your cold cuts and cheese. San Francisco's famous sourdough bread packs a probiotic that may help digestion.

Sour Pickles: When looking to pickles for probiotics, choose naturally fermented kinds, where vinegar wasn't used in the pickling process. A sea salt and water solution feeds the growth of good bacteria, and it may make sour pickles help with your digestion.

Tempeh: Made from a base of fermented soybeans, this Indonesian patty makes a type of natural antibiotic that fights certain bacteria. Tempeh is also high in protein. People often describe its flavor as smoky, nutty, and similar to a mushroom. You can marinate it and use it in meals in place of meat.

Web MD

Is moderate drinking good for you?



For the past three decades or so, the conventional wisdom has been that drinking alcohol at moderate levels is good for us.

The evidence for this has come from many studies that have suggested the death rate for moderate drinkers is lower than that for non-drinkers. In other words, we thought moderate drinkers lived longer than those who didn't drink at all.

This phenomenon has been communicated with great impact by the [J-shaped curve](#) that shows death rates fall as you move from non-drinking to moderate drinking, before rising again as drinking levels increase.

[Analysis: We thought the J-shaped curve meant some alcohol was good for you. We were wrong](#)



Lignans

When you eat flaxseeds, sesame seeds, whole grains, beans, and berries, your body converts the lignans in them into compounds that behave like estrogen, which may block the natural hormone. Lignans are being studied because they might play a role in preventing illnesses like heart disease and endometrial cancer.



Could our love of sugary drinks be contributing?

It's long been acknowledged that a diet high in sugar contributes to tooth decay, amongst other things. Yet Australians are still consuming a worrying number of sugary drinks each week. The Index indicates Australians had consumed a mean of 2.89 sugary drinks in the last week, with one in 10 consuming more than 8 sugary drinks a week.

Commenting on the data, Dr Joseph Moussa, Principal Dentist from New Quay Dental Cosmetics said:

"Sugar and tooth decay are closely linked, so we all need to check food labels, and, try to limit or avoid sweets and sugary drinks."

Medibank

Osteoarthritis cases on the rise in Australia

Is obesity to blame?

[Read more](#)

Is caffeine getting a bad rap?

Your coffee may have more health benefits than you think

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Which sunscreen is best?

Find out the difference between SPF 15, 30 and 50

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Why you blackout when you drink too much

How drinking affects your memory

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8 benefits of cutting back on sugar

Keeping your teeth healthy

The following tips can help to keep your teeth healthy and prevent tooth decay:

- **Brush correctly:** It's important you brush your teeth at least twice a day to prevent plaque build-up, as this can lead to tooth decay and gum disease. Using a pea-sized amount of toothpaste, brush your teeth softly and in circular motions. Avoid brushing too hard as this can cause your gums to recede.
- **Floss regularly:** Flossing is essential in protecting your teeth and gums. Aim to floss at least once a day, morning and/or night, to avoid food building up between teeth.
- **Avoid smoking:** It's best to avoid smoking completely. Not only can it lead to a number of dental issues, including stained teeth and tooth loss, but it can also increase your risk of mouth cancer.
- **Reduce sugar intake:** It's best to limit your consumption of fizzy drinks, chocolate and sweets, as these foods contain high amounts of sugar which can significantly contribute to tooth decay.
- **Visit the dentist regularly:** Having regular dental check-ups will both help prevent dental health issues, and catch any problems early on. Get 100% back on up to two dental check-ups every year, including x-rays, at any Members' Choice Advantage dentist. 2 month waiting period applies.

Medibank

How can you reduce your risk of dementia?

New research suggests the lifestyle risk factors for dementia may be different for men and women.

[Read more](#)

Is loneliness impacting your wellbeing?

1 in 4 Australian adults report feeling lonely.

[Read more](#)

Why are millennials having less sex?

Are millennials really the 'hook-up generation'? [Read more](#)

Is low back pain holding you back?

Research shows active recovery can help you find relief.

[Read more](#)

Why exercise is key during breast cancer treatment

Here's what the latest research shows.

[Read more](#)

Cracking sugar's DNA to produce new green energy to power the world

unlocking its DNA secrets and harnessing its potential as a green fuel.

As demand for the sweet stuff in food takes a tumble, its 'reinvention' as a source of green energy could protect the \$2 billion industry — if the development of biofuels attracts enough investment.

The University of Queensland is conducting the first gene-editing experiments that could tailor the sugarcane plant to better produce biofuels and bioplastics.

Director of the Queensland Alliance for Agriculture and Food Innovation, Robert Henry, is working with a global team to sequence the sugarcane genome as part of a joint project with the Genome Institute based in the US.

"Sugar is the last major cultivated plant to have its genome sequenced, and we expect to see it fully decoded by 2020," Professor Henry said.

"Having sugar's genetic template will allow us to look at growing sugarcane as a biofuel and a source of 100 per cent recyclable bioplastic, making it a substitute for petroleum in the production of countless items from cosmetics to car parts.

"We'll have a greater opportunity to think of more radical innovations to really reinvent sugarcane as a crop that has a much wider range of uses."

[How cracking sugar's DNA could help save the planet](#)



Can chelation therapy treat heart disease?

Answer From Rekha Mankad, M.D.

It's unclear whether chelation therapy can treat heart disease. Chelation therapy has been used for many years as a treatment for mercury and lead poisoning, but it isn't a proven treatment for heart disease. It can potentially cause serious side effects when used as a heart disease treatment. Even so, some doctors and complementary health practitioners have used chelation therapy to treat heart disease and stroke.

In chelation therapy, a dose of a medication called ethylenediaminetetraacetic acid (EDTA) is delivered into your bloodstream through an intravenous (IV) line. This medication seeks out and binds to minerals in your bloodstream. Once the medication binds to the minerals, it creates a compound that leaves your body in your urine.

The theory behind using chelation therapy for heart disease is that the medicine used in the treatment binds to the calcium that's in fatty deposits (plaques) in your arteries. Once the medicine binds to the calcium, the plaques are swept away as the medicine moves through your bloodstream.

The safety and effectiveness of chelation therapy for heart disease can't be determined, even after a large-scale study was conducted to determine just that. Results of the Trial to Assess Chelation Therapy (TACT), sponsored by the National Institutes of Health, didn't provide enough evidence to support routine use of chelation therapy for heart disease.

The American Heart Association and the American College of Cardiology have determined that it's uncertain whether chelation therapy is useful as a treatment for heart disease, and the Food and Drug Administration hasn't approved chelation therapy for use as a heart disease treatment.

Some doctors are concerned about the safety of chelation therapy as a treatment for heart disease. A burning sensation at the IV site is the most common side effect. Less common side effects include fever, headache, nausea or vomiting. Other rare but serious complications that have been reported include abnormally low blood-calcium levels (hypocalcemia), permanent kidney damage or death.

Because of the known risks of chelation therapy, discuss this and other options with your doctor before trying chelation therapy as a heart disease treatment.

With

Rekha Mankad, M.D.

Stretching: Less pain, other gains

POSTED MARCH 08, 2019, 6:30 AM

[Kelly Bilodeau](#), Executive Editor, Harvard Women's Health Watch



As you get older, your toes may seem farther away. Stretching to reach them can take a lot more effort than it once did. But while it may be tempting to shrug and assume that losing flexibility is just a cost of aging, it's nothing to take in stride. It can affect your balance and your posture. It can even make you more prone to chronic pain. For example, tight hamstrings behind your knees can cause a pelvic misalignment that makes your lower back hurt. A lack of flexibility might also make you more prone to injury.

[Learn more »](#)

6 Iron Deficiency Diseases And Health Problems To Watch Out For

Are you worried that you may have an iron deficiency? An iron deficiency, while not common in the general population in countries like the United States, may still be a very real possibility for certain segments like pregnant women or children who are deemed high risk. Since iron plays a major role in maintaining normal body function...

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What Are Normal Triglyceride Levels? Triglyceride Ranges

Getting the right amount of triglycerides is important to your sustained health. Doctors use the following triglycerides ranges found in the blood to make determinations about your overall health risks.

- Normal, healthy triglyceride levels: fewer than 150 milligrams per deciliter of blood (mg/dL)
- Borderline triglyceride levels: 150-199 mg/dL
- High triglyceride levels: 200-499 mg/dL
- Very high triglyceride levels: more than 500 mg/dL

9 Health Benefits Of Cinnamon You Didn't Know About

A spice that's probably been in your pantry forever but with health benefits you wouldn't imagine – that's cinnamon for you. Cinnamon may not be as exotic or integral to traditional medicines as, say, turmeric. But it has been tapped in home remedies and naturopathy and is being studied for its far-ranging benefits...

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What Are Parabens?

February 26, 2019 |

Reference

Parabens can be found in a wide variety of cosmetics, foods, beverages and pharmaceuticals — but are they bad for you?

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Metabolic Syndrome

When triglyceride levels are high, one of the major dangers is the threat of metabolic syndrome.

Metabolic syndrome refers to several related metabolic disorders that, when found together, increase your chances of developing cardiovascular disease.

About 23% of adults are affected by metabolic syndrome.

To assess metabolic syndrome, doctors look at several factors. When three or more of these factors are found together, the diagnosis of metabolic syndrome can be made:

- Greater than 150 mg/dL of triglycerides in the blood
- A fasting glucose level of 100 mg/dL or greater
- Increased or High blood pressure (130/85 mmHg or higher)
- Low HDL cholesterol ("good cholesterol"), less than 40 mg/dl
- Belly fat; a waist circumference greater than 40 inches in men and 35 inches in women

Metabolic syndrome greatly increases your chances of developing heart disease, stroke, and diabetes. It is usually attributed to a combination of

- inactivity,
- obesity,
- genetic factors, and
- aging.

What Causes High Triglycerides? Sugar.



That sweet tooth could be putting your heart at greater risk. Avoiding added sugars (sweet crystalline carbohydrates like glucose and sucrose) in foods is important to lowering triglycerides because excess sugar can be converted by the liver into triglycerides, but often these foods sneak into our diets without our knowing. Some sugary foods that are best avoided include

- soda,
- baked goodies,
- candy,
- most breakfast cereals,
- concentrated fruit juices,
- flavored yogurt, and
- ice cream.

Medicinehealth.com

Try Salt Water Therapy To Remove Negative Energy: Best Natural Remedy

We are fully dependent on our vibrations – we each emit a different vibration, and our energy is influencing us as well as the others around us. It is simply how we function. And the fact that we, as a society, nowadays, are unhappy, reflects the way that we pick up low vibrations and continue to emit them...

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Compiled, edited & published by

Dr Harold Gunatillake
To unsubscribe email:
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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)



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