

Depression, obesity, chronic pain could be treated by targeting the same key protein

AMERICAN CHEMICAL SOCIETY

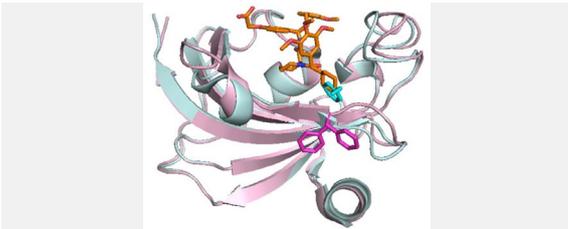


IMAGE: A NEW INHIBITOR (ORANGE) IS SELECTIVE FOR FKBP51, WHICH IS INVOLVED IN DEPRESSION, CHRONIC PAIN AND OBESITY. [view more](#)

CREDIT: FELIX HAUSCH

ORLANDO, Fla., April 1, 2019 -- Major depression, obesity and chronic pain are all linked to the effects of one protein, called "FK506-binding protein 51," or FKBP51. Until now, efforts to inhibit this target have been hampered by the difficulty of finding something specific enough to do the job and not affect similar proteins. Now a research group has developed a highly selective compound that can effectively block FKBP51 in mice, relieving chronic pain and having positive effects on diet-induced obesity and mood. The new compound also could have applications in alcoholism and brain cancer. The researchers will present their results today at the American Chemical Society (ACS) Spring 2019 National Meeting & Exposition. ACS, the world's largest scientific society, is holding the meeting here through Thursday. It features nearly 13,000 presentations on a wide range of science topics.

[Read more](#)

[Depression, obesity, chronic pain could be treated by targeting the same key protein](#)

Push-up capacity linked with lower incidence of future cardiovascular disease events among men



Boston, MA – Active, middle-aged men able to complete more than 40 push-ups had a significantly lower risk of [cardiovascular disease \(CVD\)](#) outcomes—including diagnoses of coronary artery disease and major events such as heart failure—during 10 years of follow-up compared with those who were able to do less than 10 push-ups during the baseline exam.

“Our findings provide evidence that push-up capacity could be an easy, no-cost method to help assess cardiovascular disease risk in almost any setting. Surprisingly, push-up capacity was more strongly associated with cardiovascular disease risk than the results of submaximal treadmill tests,” said first author [Justin Yang](#), occupational medicine resident in the [Department of Environmental Health](#) at Harvard T.H. Chan School of Public Health.

The [study](#) was published February 15, 2019 in *JAMA Network Open*.

Objective assessments of physical fitness are considered strong predictors of health status; however, most current tools such as treadmill tests are too expensive and time-consuming to use during routine exams. This is the first known study to report an association between push-up capacity and subsequent cardiovascular disease outcomes.

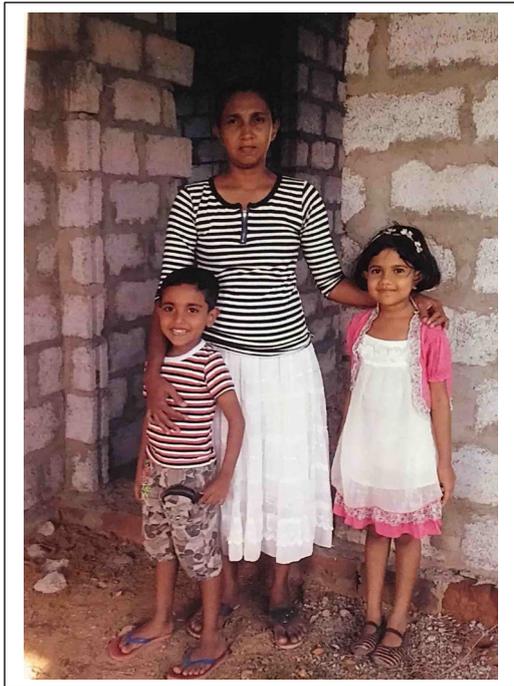
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[Turmeric: A Natural Remedy for Diabetes?](#)

This bright yellow spice, a relative of ginger, is said to promote more stable blood sugar. But does it really work?

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ANUDI of PUNCHI AKURUGODA TISSA



ANUDI is aged six and attends Mahasenpura Maha Vidyalaya in Tissamaharama. Hilary Mathiasz tutors her in English and has identified her as an intelligent child with an unusual talent in Art. Her father died in a motorcycle accident when she was just a year and a half old. The home he was building for the family is as yet incomplete.

Tissamaharama and Beralihela are places that AUSLMAT visit on our medical missions to Sri Lanka. We have had to postpone this years trip and sadly our interaction with Anudi and her family will be delayed. We will in the meantime send her a box of clothes and school books etc through Hilary Mathiasz. We are grateful to the many donors who have sent such stuff to Moorabbin for distribution in Tissamaharama.

Red Cross have sent us many bags of soft toys which bring some solace to poor children in Tissa. Laurie and Marg are longterm supporters of AuSLMAT who have facilitated donations from the Beaumaris branch of Red Cross.

Quintus de Zylva

Are you an anxious eater?

Learn how to stop reaching for those unhealthy coping mechanisms when you're feeling anxious. [Read more](#)

Daily physical exercise

Another habit shared by those living in Blue Zones is their active lifestyle. Blue Zone proponent David Buettner points out how these communities weave "movement" into everyday life, allowing low-impact daily exercise to remain a fixture of their routine.

A region in Sardinia, known for its high percentage of male centenarians, has been recognised for this active mode of living. Farming remains one of the most common professions in the region, which, in hilly Sardinia, is a job that typically requires walking at least five miles a day across rugged terrain.

According to Blue Zone health proponent, David Buettner, integrating moderate exercise into your life - whether it be gardening, walking, or rigorous household chores - is not only preferred because of the low stress it places on your body, but the fact you're more likely to sustain it.

Healthy habits of the world's longest living people

There's no silver bullet, but lifestyle certainly counts. [Read more](#)

Understand psoriasis

What is it, who does it affect and how can you treat it.

[Read more](#)

Sweet and sour crunchy chicken recipe

The perfect balance of sweet and sour flavours. [Read more](#)

Common food additive may harm gut health: Study

A common additive used in many food items such as chewing gum and mayonnaise may have a substantial and harmful influence on human gut health, a study has revealed. The study found that consumption of food containing E171 has an impact on the gut microbiota which could trigger diseases such as inflammatory bowel diseases and colorectal cancer.

How much coffee is too much? Scientists decode

Drinking six or more cups of coffee a day can be harmful to your health, increasing the risk of heart disease by up to 22%, a study claims.

Heart Disease

Definition and Overview



“Heart disease,” often used interchangeably with the term “cardiovascular disease” (CVD), describes [several conditions affecting the heart](#), the blood vessels that nourish the heart (the coronary arteries), and the arteries that distribute blood to the brain, legs, and everywhere in-between. Heart disease afflicts or kills as many as one in two adults in the United States and other developed countries.

[1]

Although some types of heart disease have an unknown cause or are inherited at birth, the good news is that the most [common conditions](#) like heart attacks, strokes, and high blood pressure can be largely prevented by [making healthy dietary and lifestyle choices](#).

- Compelling data from the Nurses’ Health Study show that women who followed a healthy lifestyle pattern were 80% less likely to develop coronary artery disease over a 14-year period compared to all other women in the study. [2]
- In a companion study, the Health Professionals Follow-up Study, men also reaped similar benefits from making healthy choices. [3]
- A healthy lifestyle pattern may prevent more than 50% of deaths due to ischemic strokes, [4] 80% of sudden cardiac deaths, [5] and 75% of all deaths due to cardiovascular disease. [6]

What’s a “healthy lifestyle pattern?”

- [Not smoking](#)
- [Maintaining a healthy weight](#)
- [Staying active](#)
- [Choosing a healthy diet](#)

[Read more](#)

“Choose healthy forms of protein and fat [and keep animal fats low], eat whole grains and lots of vegetables and some fruit, and you’ve got it.”

—[Walter Willett](#), professor of epidemiology and nutrition, on guidelines for healthy meals.

[Read more](#)

What to know about high potassium

Hyperkalemia is a medical term for when a person has higher than normal levels of potassium. Usually, people with hyperkalemia do not have any symptoms, which makes it challenging for a doctor to diagnose.

The leading causes of [hyperkalemia](#) are [chronic kidney disease](#), uncontrolled [diabetes](#), [dehydration](#), having had severe bleeding, consuming excessive dietary [potassium](#), and some medications. A doctor will typically diagnose hyperkalemia when levels of potassium are between 5.0–5.5 milliequivalents per liter (mEq/l).

Treatment for hyperkalemia varies according to severity. In acute hyperkalemia, which often results from a particular event, such as trauma, doctors may use dialysis and intravenous medications to flush potassium from the body. Chronic hyperkalemia usually means that a person’s kidneys are not working correctly, and doctors will offer treatment to manage the condition.

Read more

[What to know about high potassium](#)



How Whole Grains Could Help Your Liver
Eating a diet rich in whole grains might reduce the risk of developing liver cancer

[Read More](#)

What are the health benefits of beetroot juice

Beetroot juice may offer a range of health benefits due to its unique combination of vitamins, minerals, and antioxidants.

Beetroots, or beets, have risen in popularity now that researchers have identified links between drinking beetroot juice and lowered [blood pressure](#), reduced [inflammation](#), and improved athletic performance.

Beetroots have an excellent nutritional profile that includes plenty of essential [vitamins](#), minerals, and [antioxidants](#). They also contain unique bioactive compounds called betalains, which may benefit a person's health.

People can get these benefits from consuming whole beetroots or their juice.

In this article, we look at the research behind six proposed health benefits of beetroot juice. We also cover dosage and how to make the juice at home.

Read more

[What are the health benefits of beetroot juice?](#)

Signs and symptoms of colon cancer in men

The digestive system is complex, which makes the symptoms of colon cancer difficult to catch. As a result, it is vital to attend regular colon cancer screenings.

[Colon cancer](#), which is also called [colorectal cancer](#), is the [third leading cause](#) of cancer-related deaths in both men and women in the United States. For men, the overall risk of developing colon cancer is about one in 22, which equates to 4.49 percent.

Many symptoms can indicate colon cancer, but if someone has these symptoms, it does not necessarily mean that they have this disease. There are many other explanations for the symptoms, such as infections or inflammatory bowel disease (IBD).

However, anyone experiencing new symptoms may wish to visit a doctor for a diagnosis.

The symptoms of colon cancer are the same in men and women and include the following:

Read more

[Signs and symptoms of colon cancer in men](#)

Frequent urination at night may be a sign of hypertension

A new study conducted in Japan found that the need to urinate in the night, called nocturia, may be linked to hypertension and high salt intake.

Frequently going to the toilet at night may be a sign of high blood pressure, according to a new study.

Nocturia is a condition in which people wake up during the night because they need to urinate. Common causes of frequent trips to the toilet at night include high fluid intake, sleep disorders, and bladder obstruction.

People without nocturia can sleep up to 8 hours without having to urinate, but some may need to get up once during the night — one episode is still considered within normal limits. Individuals with nocturia may get up 2–6 times during the night. Nocturia may be a sign of other health conditions, including bladder prolapse, a [tumor](#) of the bladder or prostate, and other disorders affecting sphincter control. Pregnant women and people with heart or liver failure and [diabetes](#) may also experience nocturia.

Read more

[Frequent urination at night may be a sign of hypertension](#)

Vitamins from Food — Not Supplements — Linked with Longer Life

There's some good and bad news about vitamins and minerals: The good news is that intake of certain vitamins and minerals is linked with a lower risk of early death. The bad news is that this link is seen only when those nutrients come from food, not supplements, according to a new study.

"Our results support the idea that... there are beneficial associations with nutrients from foods that aren't seen with supplements," senior study author Dr. Fang Fang Zhang, an associate professor at the Friedman School of Nutrition Science and Policy at Tufts University in Massachusetts, [said in a statement](#).

What's more, consuming large doses of some nutrients through supplements might be harmful — the study found that getting high levels of [calcium from supplements](#) was linked to an increased risk of death from cancer. [[7 Tips for Moving Toward a More Plant-Based Diet](#)]

The study is published Monday (April 8) in the journal [Annals of Internal Medicine](#).

Certain vitamins and minerals are linked with a lower risk of early death, but only if the nutrients come from food, not supplements.

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Credit: Shutterstock



There May Be a Link Between Coffee and Lung Cancer, Study Suggests

April 03, 2019 | Article

Drinking coffee has been linked to a slew of health benefits, but a new study suggests coffee intake may be linked to an increased risk of lung cancer.

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High-Fructose Corn Syrup Fuels Colon Cancer Growth in Mice

High-fructose corn syrup may fuel colon cancer growth, at least in mice, a new study finds.

[Read More](#)

Is the Saturated Fat in Chocolate as Bad as the Fat in Meat?

Chocolate contains a healthier blend of fats than meats do. But don't go overboard.

Q. Eating dark chocolate is encouraged for its health benefits. I've been buying chocolate with 75 percent to 90 percent cocoa content. But the label notes a high amount of saturated fat. Is this as harmful as the saturated fat in meat?

A. The fat in chocolate is not as harmful as the fat in meat, said Alice Lichtenstein, director of the Cardiovascular Nutrition Laboratory at the Jean Mayer U.S.D.A. Human Nutrition Research Center on Aging at Tufts University. It comes from cocoa butter and is made of equal parts of oleic acid, a heart healthy monounsaturated fat found in olive oil, and stearic and palmitic acids. Stearic and palmitic acids are forms of saturated fat, which has been linked to heart disease, but stearic acid does not raise cholesterol, and palmitic fat makes up only a third of the fat in chocolate. (Beef has proportionately more palmitic fat.)

The cocoa bean is also rich in flavonoids, nutrients found in many fruits and vegetables that protect plants from toxins and that, as antioxidants, repair cellular damage from free radicals. The flavonoids in cocoa and chocolate, called flavanols, may also lower blood pressure, improve circulation to the brain and heart, and make platelets less likely to clot. Unlike dark chocolate, milk chocolate has little of one crucial flavanol, epicatechin, left in it after processing.

ASK WELL



[Is the Saturated Fat in Chocolate as Bad as the Fat in Meat?](#)

Health benefits of olive leaf extract

Olive leaf extract may have several potential health benefits, such as helping lower cholesterol and blood pressure. Although scientists have conducted much of the research in animals, the extract is also beginning to show promise in some human trials.

People in the Mediterranean region have long used olive tree leaves as part of their diet and in traditional medicines. Olive leaves contain several key polyphenols, such as oleacein and oleuropein. Polyphenols occur naturally in plants, and research suggests that they may help protect against a range of conditions, such as [heart disease](#) and [cancer](#). These polyphenols may underlie some of the potential health benefits of olive leaf extract.

In this article, we discuss some of these health benefits, as well as the evidence to support them. We also cover dosage and possible side effects.

[Health benefits of olive leaf extract](#)



Best remedies for dry skin on the feet

Having dry, rough, or cracked skin on the feet is common. The feet have fewer oil glands than other areas of the body, and they experience daily wear and tear. People can relieve dry skin on the feet using some simple home remedies.

Dry skin often appears on the heels and sides of the feet and between the toes. It may make the affected area feel itchy, tight, and even painful. Although this may be irritating, it is rarely harmful.

[Best remedies for dry skin on the feet](#)



Dry, scaly, or cracked skin on the feet is common. People can relieve dry skin using exfoliators, moisturizers, and foot soaks. In this article, we look at the causes of dry skin on the feet and discuss five home remedies to remove and soften dry, dead skin on the feet.

5-minute breathing 'workout' may benefit heart and brain health

By [Ana Sandoiu](#)

[Fact checked](#) by Jasmin Collier

Preliminary research reveals that a technique called Inspiratory Muscle Strength Training can boost cognitive and physical performance, as well as cardiovascular health.



New research adds another tool in the toolbox for preventing high blood pressure.

Most of us know that exercising and eating right are good for us.

However, putting in the effort to do so can often require more willpower than we have. What if there was a way to reap all the benefits of a workout without having to lift a finger?

New research introduces a 5-minute technique that might improve [blood pressure](#), lower [heart attack](#) risk, boost cognitive ability, and enhance sports performance — all while barely having to move.

The technique is called Inspiratory Muscle Strength Training (IMST), and researchers led by Daniel Craighead — a postdoctoral researcher in the University of Colorado Boulder's Department of Integrative Physiology — have tested the technique in a clinical trial.

"IMST is basically strength-training for the muscles you breathe in with," explains Craighead. The researcher and his colleagues presented the preliminary results of their research at the annual [Experimental Biology conference](#), which this year [takes place](#) in Orlando, FL.



[5-minute breathing 'workout' may benefit heart and brain health](#)

New research finds that using a breathing device that strengthens breathing muscles for 5 minutes

Chili pepper compound may slow down lung cancer

By [Ana Sandoiu](#)

[Fact checked](#) by Paula Field

A new study finds that capsaicin, the pungent compound in chili peppers, can successfully stop lung cancer metastasis.



New research adds to the mounting evidence that capsaicin, a compound found in chili peppers, has anti-cancer properties.

According to the [American Cancer Society](#), lung cancer is "by far the leading cause of cancer death among both men and women" in the United States.

The Society also estimate that 228,150 people will develop [lung cancer](#) and 142,670 people will die from the condition in 2019.

Most deaths occur as a result of the [cancer](#) metastasizing, or spreading, to distant parts of the body.

New research suggests that there may be a nutritional compound that can hinder this process of metastasis. Capsaicin, which is the chemical compound that gives chili peppers their pungent flavor, stopped lung cancer metastasis in rodents and cultured human cell lines.

Piyali Dasgupta, Ph.D., from the Marshall University Joan C. Edwards School of Medicine in Huntington, WV, is the senior investigator of the new study. Jamie Friedman, a doctoral researcher in Dasgupta's lab, is the first author of the paper.

Friedman and colleagues presented their [findings](#) at the [American Society for Investigative Pathology](#) annual meeting in Orlando, FL.



[Chili pepper compound may slow down lung cancer](#)

New research in mice and human cells suggests that capsaicin, the compound that gives red peppers its spicy flavor, may slow lung cancer progression.

Regular exercise helps your sleep, weight, heart, and mood, among many benefits. You may be more likely to stick with exercise if you do it first thing. It could even make it easier to control what you eat throughout the day and maintain your weight. Plan ahead and put your workout clothes out the night before.



When you go from lying down to standing, gravity sends blood rushing to your legs, which can drop your blood pressure suddenly and make you feel a bit woozy. It can even make you pass out. Sit up slowly and pause at the edge of the bed to give your body a few seconds to get used to the idea, especially if you noticed some light-headedness in the past. It's an easy precaution that could save you from a serious fall.

Medicine.net

A sticky film called plaque forms on your teeth each night. If you don't brush it off in the morning, it can start to harden into stuff called tartar that you can only get rid of at your dentist's office. If plaque and tartar are around too long, they can lead to swollen or bleeding gums, cavities, bad breath, gum disease, and other health problems.

Brush Right After Coffee

It's the acid in coffee. So, you really shouldn't brush right after any acidic food or drink. For example, some people like to drink water with lemon in the morning. The acid weakens tooth enamel and brushing too soon can remove it. Simply brush your teeth beforehand or wait 30 to 60 minutes for the acid to fade from your teeth.

[Researchers look at the link between gut bacteria and autism](#)

New research looks at the effects of poor bacterial diversity in the gut in autism, suggesting a new treatment for gastrointestinal problems.

SLIDESHOW

How Diet Can Affect Colon Cancer

Diet and adequate nutrition may play a role in cancer risk, especially for colorectal cancer. Healthy lifestyle choices, such as... [Read more...](#)

Caffeine content of different types of coffee

By Jamie Eske

Reviewed by [Katherine Marengo LDN, RD](#)

1. [Types](#)
2. [Brands](#)
3. [What affects the caffeine content?](#)
4. [Other sources of caffeine](#)
5. [Recommended daily intake](#)
6. [Effects of too much caffeine](#)
7. [Summary](#)

Coffee is a popular drink and probably the most common source of caffeine. The caffeine content of coffee can vary considerably depending on several factors, including the type, the brewing method, and the brand.

According to the [Dietary Guidelines for Americans 2015–2020](#), more than 95 percent of adults in the United States consume foods and drinks containing caffeine. On average, U.S. adults consume between [110 and 260 milligrams \(mg\)](#) of caffeine per day.

The [Food and Drug Administration \(FDA\)](#) estimate that a typical 8-ounce (oz) cup of [coffee](#) contains around 80–100 mg of caffeine.

In this article, we examine the caffeine content of some different types and brands of coffee. We also cover factors that affect the caffeine content of coffee, other sources of caffeine, the recommended daily intake of caffeine, and its side effects.

Read more

[Caffeine content of different types of coffee](#)

What to know about diabetic gastroparesis

Gastroparesis affects how the stomach moves food into the intestines and leads to bloating, nausea, and heartburn. When diabetes causes the condition, doctors call it diabetic gastroparesis

Read more

[What to know about diabetic gastroparesis](#)

[What can cause pain in the palm of the hand?](#)

Pain in the palm of the hand is often the result of a minor injury, and a person can safely treat it at home. However, more serious causes of hand pain can include bone fractures, wound infections, and conditions that affect the nerves, blood vessels, or tissues inside the hands. Learn more here.

How can diabetes cause nausea?

By Jenna Fletcher

Reviewed by [Saurabh \(Seth\) Sethi, MD MPH](#)

1. [Causes](#)
2. [Prevention](#)
3. [Home remedies](#)
4. [Outlook](#)

Nausea is a common complaint among people living with diabetes. Nausea can occur as a result of diabetes complications or other factors relating to the condition. In most cases, nausea is temporary and harmless. However, alongside other symptoms, it can indicate a more serious complication of [diabetes](#).

In this article, we look at the causes of nausea in people with diabetes and explain how to relieve this symptom.

Read more

[How can diabetes cause nausea?](#)

Don't Mix Your Meds With These Foods

You may know that some medicines don't work well together. But what you eat and drink can affect some drugs, too.

[Read More >](#)



Unexpected Causes of Heart Disease

You probably know that an unhealthy diet, lack of exercise, and smoking can make it more likely. But some of these other things that can bring it on might surprise you.

[Read More >](#)

Things That Keep Your Mouth Healthy

There are so many options, from home remedies to hot trends, it can be hard to know what works and what can do more harm than good.

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FDA: Don't Suddenly Stop Taking Your Rx Opioid



Should I Go Gluten-Free?



Only if you have celiac disease, when gluten (a protein in grains) damages your small intestine. Experts no longer think gluten causes rashes, stomachaches, or weight gain in people without the disease. It can't hurt to skip gluten-rich foods like cookies and white bread. But don't ditch whole grains unless your doctor says to. They fill you up and are full of healthy nutrients.[medicine.net](#)

Is a Daily Glass of Wine Healthy?



Not for everyone. Small amounts of alcohol may stave off heart disease, and lower the odds of stroke and diabetes, too. But heavy drinking ups your chances for liver and heart damage, plus breast, colon, and other cancers. If you don't drink, don't start. If you do, limit yourself to one drink a day if you're a woman, or two if you're a man. [Medicine.net](#)

Sugar or High Fructose Corn Syrup?



High-fructose corn syrup, which does come from corn, gets a bad rap. But your body processes it almost the same way it does "table" or "regular" sugar, which is made from cane or beets. Your best bet is to go easy on both. High amounts of any added sugar can lead to weight gain and problems like high blood pressure, type 2 diabetes, and heart disease.

Best and Worst Foods for Diabetes

Don't worry -- you can still enjoy "bad" foods sometimes if you know how to keep a healthy balance.

[Read More >](#)

How marijuana affects physical health

Some of the most common effects on physical health from marijuana use include: a higher likelihood of developing [bronchitis](#), when a person smokes it

more phlegm, when a person smokes it [lung irritation](#) from irritants including some carcinogens, such as accidentally burning the mouth or throat when smoking

a weakened immune system due to the effects of tetrahydrocannabinol, which is the main psychoactive chemical in marijuana
pain relief

reduction in vomiting and nausea

faster heart rate by [20–50 beats per minute](#)

red eyes from the increase in blood flow
relief from the symptoms of [glaucoma](#), for short periods

aggravation of existing lung conditions, such as [asthma](#), when a person smokes it

potential interference with [tumor](#) growth

interference with fetal development during pregnancy

interference with brain development among teenagers

When people use it medically, marijuana is often useful for the following: reducing pain associated with certain medical conditions reducing [inflammation](#) helping with glaucoma reducing nausea in people undergoing [chemotherapy](#)

Read more

[How marijuana affects the body](#)



Can purple corn reduce inflammation, diabetes?

By [Yella Hewings-Martin PhD](#)

[Fact checked](#) by Isabel Godfrey

New research suggests that chemicals in purple corn can reduce inflammation and insulin resistance in a mouse cell model.



Can researchers harness the chemicals in purple corn to improve diabetes?

Eating a healthful diet is a cornerstone of the prevention and management of [type 2 diabetes](#). Fruit, nonstarchy vegetables, whole grains, nuts, seeds, and legumes are all on the list of foods that the [American Diabetes Association \(ADA\)](#) recommend.

There is no one-size-fits-all approach, and the [latest](#) ADA recommendations advise that individuals work with a healthcare professional to determine which foods help them control their blood sugar levels.

Read more

[Can purple corn reduce inflammation, diabetes?](#)

[Is pineapple good for diabetes?](#)

Pineapple has a higher glycemic index (GI) score than other fruits, but people with diabetes can still include it as part of a healthful diet. In this article, we look at how pineapple affects diabetes and the best ways to eat it.

Read more

[Is pineapple good for diabetes?](#)

[Diabetes: Can cheese control blood sugar?](#)

Many people with diabetes eat low-fat cheese. However, researchers have shown that both low-fat and regular cheese may be good for regulating insulin.

Read more

[Diabetes: Can cheese control blood sugar?](#)

Is Microwaved Food Unsafe?



Reheat those leftovers. Microwaves don't make food "radioactive." All your microwave does is make the water molecules in food move, which creates friction that heats it up. Microwaves do create a small magnetic field but a lot of work goes into making sure there's not enough to cause problems. Just don't use one with a damaged door.

Do Cell Phones Cause Brain Cancer?



It's unlikely. Most research -- including a study of more than 420,000 people over 20 years -- says there's no connection between brain tumors and cell phone use. A more recent study, though, found a link between a specific type of brain tumor called a glioma and heavy cell phone use. If you're worried, wear a headset, use the speaker, and limit your phone time.

Can I Be Fat and Healthy?



Experts aren't sure. One study said heavier people may outlive lighter folks, but most research shows that those who carry extra pounds are more likely to get heart disease, cancer or die before thinner folks. Your best bet: Do what you can to get healthy. Stay active every day and eat a balanced diet. Lose some weight if you need to.

Peppermint



Mint has been used for hundreds of years as a health remedy. Peppermint oil might help with irritable bowel syndrome -- a long-term condition that can cause cramps, bloating, gas, diarrhea, and constipation -- and it may be good for headaches as well. More studies are needed to see how much it helps and why. People use the leaf for other conditions, too, but there's very little evidence it helps with any of them.

Ginger



It's been used for thousands of years in Asian medicine to treat stomachaches, diarrhea, and nausea, and studies show that it works for nausea and vomiting. There's some evidence that it might help with menstrual cramps, too. But it's not necessarily good for everyone. Some people get tummy trouble, heartburn, diarrhea, and gas because of it, and it may affect how some medications work. So talk to your doctor, and use it with care.

From spicy beans to a fishy traybake / Yotam Ottolenghi's 30-minute recipes



<https://www.youtube.com/embed/BC1I4geSTP8>



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Cancer Causes, Risks, and Types

Anything that causes a normal body cell to develop abnormally can potentially cause cancer.

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