

What CBD Oil Can and Can't Do for Your Skin:



Those who suffer from skin conditions such as eczema and acne now have a growing interest in CBD oil. Could CBD oil finally be the solution to their skincare woes?

Endocrine Disruptors: Avoid These 8 To Protect Your Hormones

As convenient as our modern lives have become, it's unfortunate that endocrine disruptors are now found everywhere. And as we become more exposed to these disruptors the greater the chance that our hormones will be thrown off-balance. It's therefore vital to understand what these disruptors are and how to avoid them. [Learn more](#)

Low Blood Pressure Warning Signs

Unlike high blood pressure, doctors usually don't use a standard set of numbers to figure out if you're ill. See what to watch for.

[Read More >](#)

Butter for Burns: Top Wound Care Myths Debunked



WATCH VIDEO

WATCH VIDEO

Air Pollution May Up Glaucoma Risk 



The Lionel Wendt Memorial Fund
& the ESME Trust

take pleasure in inviting you

to the Lionel Wendt Memorial Theatre
at 7pm on 19th December 2019

to a presentation on

Lionel Wendt, Harold Peiris & the early days of the Lionel Wendt Theatre

to commemorate the
75th death anniversary of Lionel Wendt

The programme will include a screening of
The Past is Another Country: An Interview with Lionel Peiris

and presentations on
Wendt's artistic heritage by Channa Daswatte
and

The creative contribution of Harold Pieris and the Wendt by Jerome de Silva

This will be followed by a panel discussion and opportunities for questions to the panelists and Fr Lionel Peiris
Moderated by Rajiva Wijesinha

Inquiries: 2695794



Declining Life Expectancy in America 'May Be the New Norm'

[Read More](#)



FDA Says Most CBD Products May Not Be Safe, and Warns 15 Companies to Stop Selling Them

[Read More](#)



FDA Calls Psychedelic Psilocybin a 'Breakthrough Therapy' for Severe Depression

[Read More](#)



There's Mounting Evidence That This Vaping Additive Is Behind Lung Illnesses

[Read More](#)



CDC Issues Yet Another Warning Not to Eat Romaine Lettuce

[Read More](#)



Why Aren't Turkey Eggs Sold at the Grocery?

[Read More](#)

[Obesity Might Weaken Some Drugs' Effectiveness Against AFib](#)



<https://youtu.be/4ETgQD8QhZs>



Is it time to rethink how much you drink?



Moderation in all things may be sound advice in many situations. But when it comes to drinking alcohol, you might want to reconsider that stance. For one thing, the evidence that moderate alcohol use is good for your heart is fairly weak. For another, many people have a poor grasp of what actually counts as "moderate" drinking. Finally, what constitutes a safe level of drinking can change over time, because alcohol affects your body differently as you age.

"In my experience, people's perceptions of what constitutes moderate drinking are not always accurate," says Dr. Monika Kolodziej, a psychologist who specializes in substance use disorders at Harvard-affiliated Mclean Hospital. People may stick to one or two daily drinks, but the actual volume of alcohol in their wine glass or tumbler is quite a bit more than they realize, she says.

[Read more »](#)

Goodbye toilet brush? / Scientists develop slippery coating to stop poo sticking



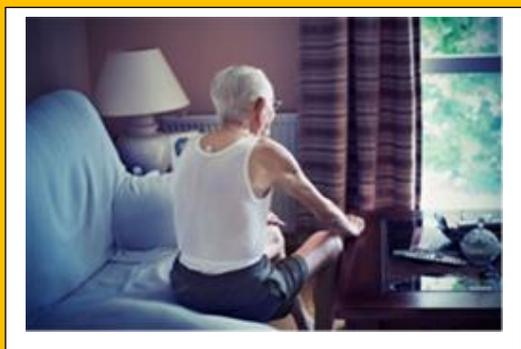
Why Does Your Nose Run When You Eat Spicy Food?

[Read More](#)

What Is Popcorn Lung? Vaping, E-Cigarettes and Other Causes

Popcorn lung is a term for the lung disease bronchiolitis obliterans. Popcorn lung is caused by diacetyl and 2,3-pentanedione, chemicals used when manufacturing flavorings for food certain...

[Read more ...](#)



[I spent five years in nursing homes. This is what I learnt about loneliness](#)

Older Australians I interviewed told me they feel 'forgotten', or are so lonely they cry themselves to sleep. My research shows technology can help — but only if we shift our ageist attitudes.

[More >](#)

[FUNCTIONAL FOODS](#)

[Nine Reasons to Start Eating Pineapple](#) ←

[FUNCTIONAL FOODS](#)

[Science-Backed Health Benefits of Cinnamon](#) ↑



[Top 15 home remedies for preventing various diseases](#)



[Why millennials despite being health-conscious may not be healthy: We tell you](#)



FEATURED

9 Amazing Health Benefits of Hot Peppers

Banish headaches. Squash cancer cells. Help you live longer. Can hot peppers do all that? Find out.

[READ MORE](#)

[ALTERNATIVE MEDICINE](#)

[Natural Remedies to Dissolve Kidney Stones](#)



FEATURED NEWS

Arthritis and Other Diseases Linked

Researchers identified 11 health conditions associated with rheumatoid arthritis.

[READ MORE](#)

[Life Expectancy For American Men Keeps Decreasing](#)

It would appear as if the life expectancy for American men has peaked and it is now in a modest but steady decline since 2014, which may be driven by deaths of despair, and the rising income inequality in America influencing health comes.

[Read the full story](#)



FEATURED SLIDESHOW

Leg Pain Causes and Treatments

A pinched sciatic nerve is one cause of leg pain but there are many more such conditions.

[VIEW SLIDESHOW](#)

23 Ayurvedic Herbs That Help Your Body Go From Healthy To Healthier

Ayurveda is one of the most ancient and comprehensive systems of health care in the world. It focuses on leading a healthy life and realizing the full potential of the human mind and body. Ayurveda emphasizes the need to nourish the body with natural and whole foods...

[READ MORE](#)



Do Statins Harm or Help Your Brain?

Will cholesterol-lowering statin drugs cause memory loss? These concerns appear to be...

[READ MORE](#)

[Fish Oil Rx Slows Clogging in Arteries](#)

[FDA Approves First Contact Lens That Slows Myopia Progression](#)

[Sleepless Night May Increase Anxiety By Up to 30 Percent](#)

[Feather Bedding Caused Man's Serious Respiratory Condition](#)



16 Diet Meal Plans For Weight Loss (From 1000 to 2500 calories)

A good meal plan can make it easy to prep meals and eat healthy. In fact, folks who don't use meal plans are more likely to binge or overeat. But not meal plan will work for you, and that's why I always encourage clients to design their own meal plans. That way you get to eat healthy foods you enjoy...

[READ MORE](#)



Could Eating Flavonoid-Rich Foods Lower Cancer, Heart Disease and Obesity Rates?



Burn Extra Calories With Protein Pre-Workout

Cancer 'Remedies' That Don't Work

Research shows that up to 30% of people with cancer have tried a so-called 'cure' that doesn't have any benefits. Some of these 'remedies' are dangerous to your health and may affect how well other cancer treatments work.

[READ MORE](#)



Why the Keto Diet and Cheat Days Don't Mix

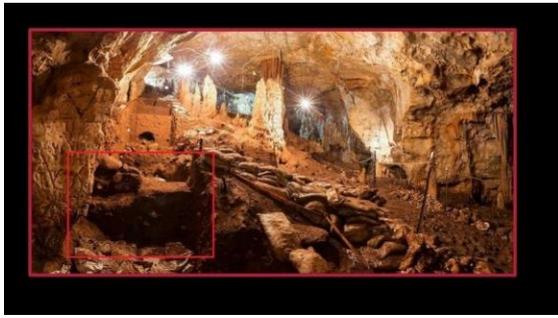
5 outdoor adventures you have to try

Take your next run off the beaten track! [Read more](#)

Listening to music while driving reduces cardiac stress



Fundação de Amparo à Pesquisa do Estado de São Paulo



Antibiotics: when do you really need them?

With antibiotic resistance on the rise, it's important to know when antibiotics are needed and when they're not.

[Read more](#)

Study reveals that humans migrated from Europe to the Levant 40,000 years ago

American Friends of Tel Aviv University



9 Health Benefits When You Give Up Caffeine

What would happen if you gave up caffeine? Find out what health benefits could be in store for your body and mind.

[READ MORE](#)

Sugar in Condiments.

Condiments are defined as spices, sauces, or other preparations that you add to food to enhance its flavor. Tomato ketchup, relish, barbecue sauce, salad dressings, and salsa are condiments, and they can contain considerable amounts of sugar per serving.

Prepared foods.

A vast variety of prepared foods contain additional sweeteners. Breakfast cereals contain added sugar, but so do ready-to-eat meals, breads, soups, tomato sauces, snacks, and cured meats.

Among the many processed and prepared foods with added sugar are sugar-sweetened yogurts. Plain unsweetened yogurt contains naturally occurring milk sugars, but added sugar can double or triple the total amount of sugar.

New nutrition labels in the works will make it easier to know how much of the total is added sugar as opposed to natural milk sugars.

Exercise Can Protect You From Depression

Getting more exercise could help ward off depression, new research shows. Higher levels of activity helped even those at the highest genetic risk of depression.



[Read More >](#)

Depression linked to nutrition in middle-aged and older Canadians

University of Toronto

A hot cuppa in 35-degree heat can actually cool you down



Do Einstein's Laws Prove Ghosts Exist?

[Read More](#)

How Vaping Affects Your Heart

You may think that vaping is safer than smoking tobacco, but studies suggest it may make heart disease more likely. See what else vaping can do to your body.



[Read More >](#)

Another Reason to Eat Home-Cooked Meals

People who eat more meals made at home had lower levels of hormone-disrupting chemicals in their blood, a recent study found.

[Read More >](#)

Meal-Planning Tips for Controlling Blood Sugar

Knowing what, when, and how much to eat can make it easier to keep your levels in range. The key is to find what works best for your tastes, your lifestyle, and your budget.



[Read More >](#)

Exercises to Ramp Up Your Sex Life

These moves can help boost your blood flow, build endurance, and slash stress.

[Read More >](#)

How Diabetes Can Hurt Your Eyesight

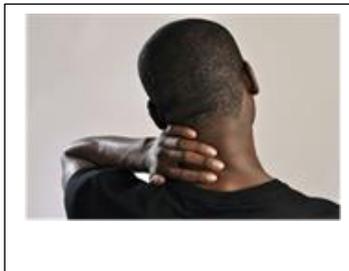
If it's been a while since you've had an eye exam, make an appointment to check for early signs of problems like these.

[Read More >](#)

Dietary fibre- its importance ←

[Harold Gunatillake](#)

[When a pain in the neck is serious](#) ←



You probably don't give much thought to your neck, unless something goes wrong and you start to feel neck pain. This underappreciated body part has to be strong enough to support a heavy weight (your head) yet still allow you to tilt, turn, and nod your head easily. Most of the time, neck pain doesn't signal a serious medical problem. But it's worth learning about one of the rare exceptions.

One-Food Wonder: Scallions

Also called green onions or spring onions, these common veggies pack in some surprising health perks.

[Watch >](#)

[Healing Oregano Tea](#)

Oregano tea is often recommended to help ward off congestion and sinus problems. It's simple to make: First, bring 2 to 2-1/2 cups water to a boil. Add 4 to 6 tablespoons fresh oregano leaves, reduce heat to medium and simmer for 10 minutes. Strain, add honey to taste, and enjoy. Drink several cups daily, as needed.

[Read More](#)



[Habitual tea drinking may improve brain structure: Study](#)

A regular tea drinking habit contributes to improved brain structure, making the organization of nerve cell networks more efficient. The study revealed that tea drinking suppressed asymmetry of the two brain hemispheres in their structural connectivity network.

[Simple blood test for early detection of breast cancer](#)

National Cancer Research Institute

Eggs do not cause heart disease or stroke

Eggs prevent cardiovascular disease, including stroke

Eat eggs for breakfast everyday with no guilt.

It was taken for granted right along, because an egg nicknamed a 'ball of cholesterol' posed a danger for heart disease. Housewives did not give their husbands eggs for breakfast for the same reason. Ten years ago, we did say that the cholesterol in foods, including the cholesterol in the yolk of eggs, did not influence or affect the bad cholesterol level in your blood. Some studies in the past revealed that those who had cardiovascular episodes should never touch eggs. So, everybody joined the band wagon, including popular websites and health magazines saying that eggs are bad for you.

If an egg has the nutrients to give birth to life, those nutrients should benefit mankind too. One study published in 2013 in *BMJ*, revealed that eating an egg a day was not tied to any risk of heart disease or stroke.

Another recent research study published in the *American Journal of clinical Nutrition*, suggested that a "high egg diet" of up to 12 eggs per week did not increase heart disease risk.

Lead investigators Prof. Liming Li and Dr. Canqing Yu have now found that an egg diet consumed regularly will protect cardiovascular health.

According to a study published online May 21 by the journal *Heart*, revealed that people who ate an egg every day had an 18% lower risk of dying from cardiovascular disease and a 28% lower risk of experiencing a deadly haemorrhagic stroke, compared with people who didn't eat eggs.

The researchers found that those who ate one egg per day had a 26 percent lower risk of hemorrhagic stroke, a 28 percent lower risk of death due to this type of event, and an 18 percent lower risk of cardiovascular related mortality.

All new studies show that there is an association between moderate level of egg consumption (at least one per day) and a lower incidence of heart disease.

Eggs are a great source of healthy nutrients, including high quality proteins, vitamins, including A, D, B12, B6, and minerals like calcium, magnesium, iron, sodium potassium, lecithin and phospholipids. Eggs have no vitamin C. If vitamin C was included in eggs the taste would be different.

The proteins in eggs are high quality, and more than half of it are in the white of eggs, along with vitamin B2. The white of eggs have very little fat and cholesterol, and mostly found in the yolk. The white of the eggs are rich source of selenium, vitamin D, B6, B12 and minerals like zinc, iron and copper.

Eggs contain all the essential nine amino acids the ones that are not synthesized in your body. Select the brand of egg containing omega-3 fatty acids, depending on what the chickens have been fed. These eggs are available in the supermarkets in Sri Lanka. Read the label before you buy.

Give your growing kids at least two eggs a day for better performance in school, and excel in sports.

Conclusions: Please eat at least an egg every day, because such nutritious balls lower the risk of heart disease and stroke.

(Some reference to article written by Maria Cohut on the same topic)

Plastic Surgery for the Breasts

Three general categories of mammoplasty of the breasts: augmentation, reduction, and reconstruction. [Read more...](#)

Telltale Signs of Parkinson's Disease

Parkinson's disease is a brain disorder that causes a gradual loss of muscle control. The symptoms tend to be mild at first and can sometimes be overlooked.

[Read More >](#)



What Does It Mean if You Have Dense Breasts?

It's common to have dense breasts, and there's nothing you can do about it. But there is a significance in the way they appear on a mammogram.

[Read More >](#)

Is Immunotherapy Right for You?

Arm yourself with questions to ask your doctor to find out if immunotherapy is an option.

[Read More >](#)



Baked fruit with cinnamon yoghurt recipe

A sweet and healthy dessert with baked apples and mandarins.

[Read more](#)

The Truth About Whole Grains

Don't be fooled by labels that try to make certain carb-laden foods sound healthier than they are.

[Read More >](#)

Supplements You Shouldn't Try

"Natural" means they're fine, right? Guess again. These supplements may not be safe, especially if you have certain medical conditions or take some medications.

[Read More >](#)



Are Ketogenic Diets Safe for Weight Loss?

These low-carb plans may help you shed more pounds in the first 3 to 6 months than some other diets -- but you should know the risks.

[Read More >](#)

Can You Inherit Type 1 Diabetes?



[Study: Losing 10% of body weight key to reversing diabetes](#)

People who can reduce their weight by 10% or more within the first five years of diagnosis with type 2 diabetes have the greatest chance of going into remission, according to a study which suggests that it is possible to recover from the disease without intensive lifestyle interventions, or extreme calorie restrictions.



Plastics / How worried should we be about microplastics?



New 'guidelines' say continue red meat consumption habits, but recommendations contradict evidence

Researchers from the Department of Nutrition raise concerns about a new study that suggests that adults can continue to consume red meat and processed meat at current levels of intake.

Can Cystic Fibrosis Lead to Diabetes?

Australia's vast carbon sink releasing millions of tonnes of CO2 back into atmosphere



What Is Psoriasis?

By Cari Nierenberg 2 days ago
Psoriasis causes new skin cells to grow in days rather than weeks. New skin builds up rapidly, forming thick patches and scales on the surface.

What Is Epilepsy?

By Iris Tse 8 days ago
There are many different kinds of epilepsy with symptoms ranging from mild to potentially life-threatening.

6 Lifestyle Changes to Control Your Diabetes

Focusing your efforts on a few key areas can make it easier to control your blood sugar.

[Read More >](#)

Sugary Western Diets Fuel Newly Evolving Superbug

By Yasemin Saplakoglu 9 days ago
A diarrhea-causing bacterium is evolving into a new species that thrives on sugar-rich Western diets and readily spreads in hospitals.



Hormonal Changes and the Gut Microbiome

There's so much to appreciate in life as we age. Hormonal changes? Not so much. What does our gut microbiome have to do with these changes? Probably more than you think. [Read more](#)

Alzheimer's and the Gut Microbiome

Alzheimer's disease is more complex than simply memory loss. Does your gut play a role? We dive into some of the latest research out now about the connection between the gut microbiome and this debilitating disease. [Read more](#)

[Stephen Hawking Was Wrong. Black Holes Are Bald.](#)



FEATURED NEWS

Cleaner Teeth, Healthier Heart?

Is there a link between regular brushing and reduced heart problems? Find out.

[READ MORE](#)

Guide to Seasonal Affective Disorder

Does fewer daylight hours make you feel tired and in low spirits for much of the day?

[VIEW SLIDESHOW](#)





Brussel Sprout Sauerkraut

Can Diabetes Be Cured?

Many treatments control blood sugar, but even being in "remission" isn't the same as a real cure.

[Read More >](#)

Body Shapes Linked to Health Problems

How your body looks on the outside can say a lot about your health. Here's what some of the shapes and measurements mean.

[Read More >](#)

Alcohol and Its Health Effects

How long does it take to have enough alcohol in your blood to measure?

TAKE THE QUIZ

Natural Cough and Throat Drops



The Wildcrafting Brewer

Creating Unique Drinks and Boozy Concoctions from Nature's Ingredients

Primitive beers, country wines, herbal meads, natural sodas, and more



This recipe is adapted from Pascal Baudar's book [The Wildcrafting Brewer: Creating Unique Drinks and Boozy Concoctions from Nature's Ingredients](#) (Chelsea Green, 2018) and is printed with permission from the publisher. 

Dandelion Beer Recipe

Use the dandelions from your backyard to brew a beer that will give you a healthy boost. *By Pascal Baudar*



Rustic Sourdough Bread Recipe

Use this recipe to create your own rustic sourdough bread, using sourdough "leaven" or sourdough starter, and you'll have your own artisanal sourdough boule. *By Tabitha Alterman*

Don't Fall for These Diet Myths

Does nighttime eating make you fat? Are some sugars healthier? And when should you opt for low-fat foods?

[Read More >](#)

Why a Woman's Sex Life Declines After Menopause (Hint: Sometimes It's Her Partner)

By TARA PARKER-POPE
A revealing new analysis gives voice to the many reasons a woman's sex life often falters with age.

Dietitian Approved Foods That May Help You Sleep

Getting enough sleep helps one feel energized and ready for the day, sleep is essential for a variety of health outcomes. But it is not always easy to go to sleep and remain that way due to factors such as stress, anxiety, caffeine, noise, and blue light exposure among others.

[Read the full story](#)

FDA Approves Insulin Glargine Injection for Pediatric Patients with Diabetes

Warm Up With Hearty, Filling Soups

They're easy to make with low-carb ingredients for a satisfying, cold-weather dinner.

[Read More >](#)



Cooling Foods That May Act Like An Internal A/C

Ayurveda is an ancient Indian medical system based on naturally balancing the body and nurturing the digestive system. According to this traditional practise there are foods you can eat that will act as an internal A/C to help cool you.

[Read the full story](#)

Are You Hungry All The Time?

We all go through periods of time when we're feeling hungry... ALL. THE. TIME. This could be due to changes in the seasons, shifts in microbiome, hormonal fluctuations, or efforts to snack less and maintain a healthier weight.

[Read the full story](#)

Dysbiosis

Our body normally has what we would call good or helpful bacteria and bad or harmful bacteria. Maintaining the correct balance between these bacteria is necessary for optimal health. Age, genetics, and [diet](#) may influence the composition of the bacteria in the body (microbiota). An imbalance is called dysbiosis, and this has possible links to diseases of the intestinal tract, including [ulcerative colitis](#), [irritable bowel syndrome](#), [celiac disease](#), and Crohn's disease, as well as more systemic diseases such as [obesity](#) and type 1 and [type 2 diabetes](#). How do you know if you need probiotics? This article will help you decide.

What is fexofenadine and pseudoephedrine? What is Allegra-D used for?

[Allegra-D](#) is a combination of an antihistamine ([fexofenadine](#)) and a [decongestant](#) (pseudoephedrine). Fexofenadine is an oral, "second generation" antihistamine that is used to treat the signs and [symptoms of allergy](#) and [hives](#). It is similar to the other second generation [antihistamines loratadine \(Claritin\)](#), [cetirizine \(Zyrtec\)](#) and [azelastine \(Astelin\)](#). Histamine is a chemical that is responsible for many of the signs and symptoms of [allergic](#) reactions, for example, swelling of the lining of the nose, [sneezing](#), and itchy eyes. Histamine is released from histamine-storing cells (mast cells) and then attaches to other cells that have receptors for histamine. The attachment of the histamine to the receptors causes the cell to become "activated," releasing other chemicals that produce the effects that we associate with [allergy](#) (for example, [sneezing](#)). Fexofenadine blocks one type of receptor for histamine (the H1 receptor) and thus prevents activation of H1 receptor-containing cells by histamine. Unlike the first generation antihistamines, fexofenadine and other second-generation antihistamines do not readily enter the brain from the blood. Therefore, they cause less drowsiness and are called non-sedating antihistamines. Pseudoephedrine causes blood vessels in the nasal passages to narrow (vasoconstrict). Vasoconstriction reduces nasal [congestion](#) by preventing fluid from draining from blood vessels into nasal passages. The FDA approved Allegra-D in December 1997
Medicine.net

Early Signs of Thyroid Problems

The thyroid has important roles to regulate numerous metabolic processes throughout the body. [Read more...](#)

Diets rich in blueberries yield diverse benefits

Health / New medical procedure could delay menopause by 20 years

Farewell to fasting before a cholesterol test?

'It's happening now': Climate change threatens public health, and we're seeing its effects already

It's been dubbed "the biggest global health threat of the 21st century". But how does a warming climate pose risks to our physical and mental health?

[More](#) →

'Women shouldn't be dying from cervical cancer': Campaign urges women to catch up on screening

Nearly half of Australian women are overdue for cervical cancer screening. New research may help to explain why.

[More](#) →

At the computer or desk to prevent neck pain

When working at your computer or at a desk, keep your head balanced directly over your spine as much as possible. That means setting your chair height so both your feet can rest on the ground, and sitting with your buttocks far back in your chair, using a small pillow to support your lower back if needed. Properly adjusting the keyboard and monitor may be difficult or impossible with a laptop, notebook, or tablet computer. You can plug in a separate, full-size keyboard to help you achieve better positioning. If that's not an option, placing your laptop or notebook computer on a desk of standard height and propping it to about a 12% incline (a one-inch book or ring binder should do the trick) keeps your head and neck in a healthier position. The downside is that it does place slightly more stress on your wrists.

No matter how perfect your office chair posture, it's important to get up and move around every half-hour, as prolonged sitting has been linked to worsening of neck pain and other health problems. If you tend to get lost in your work, program your computer to flash a reminder, or set an alarm on your smartphone. Stretching can help, too. Shrug your shoulders up and down or lean your head to each side while pulling the opposite shoulder down.

Harvard Medical School



[Soothing Chamomile Cream Recipe](#)



[Natural Herbal Medicines for Common Health Problems](#)



[Using Aromatherapy Oils in Salves, Misters and More](#)



[Garlic Tablet Benefits and Supplement Advice](#)



[5 Simple Yoga Poses to Aid Digestion](#)



Healthy Foods That Can Harm You

You know you're supposed to eat plenty of fish, leafy greens, and healthy fats. But eating too much, or the wrong way, can backfire.

[Read More >](#)



What to Expect With Cholesterol Meds

Nearly 1/3 of all adults in the U.S. have high cholesterol levels. High cholesterol can put people at risk for heart disease, heart attacks, and death. [Read more...](#)

Fitness After 50

Your 50-year-old body isn't the same as it was at 20. You won't be able to do the same things, but exercise is key to a good quality of life.

[Read More >](#)



FEATURED

See What Happens to Your Body When You Quit Smoking

When you smoke, you have 3 to 15 times more of this toxic chemical in your blood than someone who doesn't smoke. At higher levels, you might have...

[READ MORE](#)



ARTICLE

19 Tips on How to Stop a Cough

Once the cause of your cough is diagnosed, symptoms of cough often may be treated or cured with home remedies.

[Read more...](#)



Health & wellbeing Hard to swallow: the problem with taking too many antacids



296



Physical Signs of Depression

Does your depression make you hurt? Learn the physical symptoms like sleep problems and headaches. [Read more...](#)



SLIDESHOW

Keep Your Thyroid in Check

Hyperthyroidism is a medical condition that results from an excess of thyroid hormone in the blood. [Read more...](#)



ARTICLE

Hyperglycemia and Diabetes

Discover common symptoms of hyperglycemia like headaches, increased thirst, frequent urination, and blurred vision. [Read more...](#)

More Blogs from Harvard Health



[Opioids for acute pain: How much is too much?](#)

[New FDA-approved weight loss device shows promise](#)

[The DASH diet: A great way to eat foods that are healthy AND delicious](#)

A Type 2 Diabetes Diet Plan



Should You Try Black Seed Oil?

It's touted as a natural remedy for diabetes, high blood pressure, and other health conditions -- but does it work? Here's what the science says.

[Read More](#) >



Keto Diet May Help Control Type 2 Diabetes

(HealthDay News) -- The [keto diet](#) has plenty of weight-loss devotees who swear by the high fat, low-carb plan. Now, new research from India suggests it may benefit people with [type 2 diabetes](#). The study team found that people following a [ketogenic diet](#) for three months saw significant improvement in their blood [sugar](#) control. "A five to 10% carbohydrate [diet](#) over three months led to a remarkable reduction in [hemoglobin A1c](#) levels," said study author Dr. Angati Kanchana Lakshmi Prasana. Kanchana is a consultant biochemist at CARE Hospitals in Visakhapatnam, India. [Read more Keto Diet May Help Control Type 2 Diabetes](#)



Eat for Better Cholesterol: 12 Essential Foods



Antibiotics influence gut bacteria

It is known that **antibiotics also influence the establishment of gut microbiota**. It has been shown that [repeated courses of antibiotics given during the first years of life affect children's gut microbiota](#) and can make them predisposed to conditions such as [allergies](#), [asthma](#), [obesity](#) or even type 2 diabetes. "In some cases, they are needed, but they are a nightmare," considers Van der Beek. This is because they profoundly alter gut microbiota.

The importance of the first 1000 days of life



Think about this: from the moment you are conceived until you are 1000 days old, your growth is exponential, faster than in any...

How Conditions Change Your Brain



"Antibiotic use around birth and in young infants has a severe impact on gut microbiota development. We need to be a bit more careful. Frequently, when children have recurring ear infections, for instance, they are systematically prescribed antibiotics, but why should you give antibiotics to children? Maybe it is an easy option for pediatricians, but they should not do it".

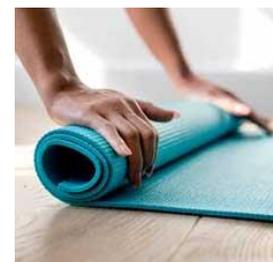
Probiotics could help treat metabolic disease patients



The Benefits of Yoga: Transform Your Mind, Body and Spirit

Although yoga has been around for centuries, reaping its rewards doesn't take long at all: Just a few minutes of practice at the end of a long day can help stretch and relax sore muscles.

[Read More](#)



Yoga for Depression and Anxiety: 6 Poses to Boost Your Mood

Should you see a chiropractor for low back pain?

POSTED JULY 30, 2019, 10:30 AM
Robert H. Shmerling, MD, Faculty Editor, Harvard Health Publishing



If you've ever seen a doctor for back pain, you're not alone. An estimated 85% of people experience back pain severe enough to see a doctor for at some point in their life. Yet despite how common it is, the precise cause of pain is often unclear. And a single, best treatment for most low back pain is unknown. For these reasons, doctors' recommendations tend to vary. "Standard care" includes a balance of rest, stretching and exercise, heat, pain relievers, and time. Some doctors refer back pain sufferers to a physical therapist right away. But many people with back pain see acupuncturists, massage therapists, or a chiropractor on their own. Experts disagree about the role of chiropractic care, and there are not many high-quality studies to consult about this approach. As a result, there are a number of questions regarding the role of chiropractic care.

[Learn more >](#)



Coconut Flour Cookies

11 Foods to Eat to Get Rid of Belly Fat

Fat^{Food Eat Safe}
[Sponsored](#)

9 Foods To Eat To Keep Your Kidneys Clean



theophylline (Elixophyllin, Theo-24)

What is theophylline, and how does it work (mechanism of action)?

Theophylline belongs to a class of medications called bronchodilators, used in treating asthma and other airway diseases...

[Read more ...](#)

Dangerous Sesame Allergy Affects Many Americans

More than 1.5 million children and adults in the United States have sesame allergy -- more than previously believed, a new study finds. And even though sesame allergy can cause severe...

[Read more ...](#)

Medicinal Herbs Found to Have Antioxidant & Anti-Tumor Effects

A study published in The American Journal of Chinese Medicine has revealed that medicinal plants including ginkgo biloba, jujube, ginseng, and astragalus have antioxidant and anti-tumor properties.

[Read the full story](#)

Drink Water to Lose Weight

It has no nutrients, but drinking a glass at the right time can make a big difference in your weight loss efforts. Get more useful tips here.

[Take Quiz >](#)

What Is Psoriatic Arthritis?

Who is more at risk: men or women? Which is affected first: skin or joints?

[TAKE THE QUIZ](#)

[More vegetables, wholegrains and diversity of fats, RD Kate Scarlata's recipe for a healthy microbiota](#)



Heartburn Drugs Might Bring Allergy Woes

There are numerous drugs to treat digestive woes caused by heartburn or stomach ulcers. But solving one health problem may be causing another. New research from Austria found that people...

[Read more ...](#)

4 Tips for a Healthier Home

Simple steps can help you protect your home from health dangers big and small. Here are four tips to get you started: It can't be said often enough: Proactively change the batteries in smoke and...

[Read more ...](#)

Compiled, edited & published by Dr Harold Gunatillake
To unsubscribe email:
haroldgunatillake1@gmail.com

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