



Inflammation Basics and the Role of Diet and Exercise

There are two types of inflammation: acute and chronic. It might sound strange, but there are some cases when inflammation is a positive rather than a negative.

[READ MORE](#)

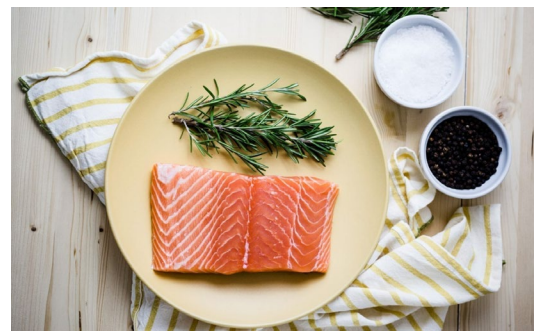


Day to Night Ingredient: Avocado

[READ MORE](#)

SUDI joins AuSLMAT

SUDI will complete his medical degree later this year and is keen to use his talents to bring some solace to the poor and desperate folk we see on our medical missions. He has an interest in general preventative medicine. Our next medical mission to Sri Lanka will commence on the 3rd of July and will take in general medical clinics at the Weligama temple, Hakmana-Matara district hospital with Dr. Rangodage, Beralhela with Dr. Iresha at the local dispensary, the Kirinda hospital and on the east coast with the children at the Ozanam Centre, the Valaichennai hospital and with Dilmah at their new facility at Kalkudah. AuSLMAT members pay for their own travel and accommodation. We will purchase medications and devices from the Osusala branch in Galle and these drugs are distributed free of any charge at the medical clinics. We will have a cardiologist, endocrinologist, foot and lower limb specialist with us and many other helpers. Dr. Upali Mendis will arrange for an optometrist to assist us distribute the many donations of spectacles we have received so far. We also have kind donations of laptops. We, welcome anyone who would like to join us. Quintus de Zylva



Ask the RD: Should You Weigh Food Before or After Cooking?

[READ MORE](#)



The Hon Damien Tudehope MLC
Minister for Finance and Small Business

Mr. M.H.M.N. Bandara
Consul General
Consulate of the Democratic Socialist Republic of Sri Lanka
Level 11
48 Hunter Street
SYDNEY NSW 2000

slcg.sydney@mfa.gov.lk

Dear Consul General

I trust this letter finds you well.

I am writing to thank you for giving me the opportunity to recently represent the Premier at the 72nd Independence Day Celebrations of Sri Lanka.

The evening was a great success, and I found it particularly interesting that in our national anthems, we sing of the characteristics of our native lands.

In Sri Lanka, you sing of a motherland that is *"plenteous in prosperity, beauteous in grace and love, laden with grain and luscious fruit, and fragrant flowers of radiant hue."*

In Australia, we sing of *"a land of golden soil, wealth for toil"* and *"of beauty rich and rare."*

It is not surprising that NSW and Sri Lanka share such close ties and I am grateful for this as I know that Sri Lankan-Australians are well-educated, hardworking, and good family people who are making a great contribution in our multicultural state.

This is reflected all the more in the Sri Lankan community standing in solidarity with our regional communities by supporting the NSW RFS during this devastating bushfire season.

It is a beautiful act of goodwill and one that speaks volumes of the strong and vibrant relationship shared between Australian and Sri Lanka, and I look forward to our relationship moving from strength to strength into the future.

Yours faithfully,

Damien Tudehope MLC
Minister for Finance and Small Business

24 FEB 2020

GPO Box 5341 Sydney NSW 2001
Phone: (61 2) 8574 6450 www.nsw.gov.au/ministertudehope

72nd National Independence Day (Sri Lanka) Celebration in Sydney



<https://youtu.be/xJL8roAEmJg>



What to Expect After a Stroke

After a stroke, many people have problems such as numbness in the arms or legs or trouble walking or talking. These issues may be permanent, but not always.

[Read More >](#)

The Healthy Way to Eat Low-Carb

All carbs aren't the enemy. You just have to know which ones are better bets.

[Watch Video >](#)

How to Keep Your Liver Healthy

Every day, you make choices – what you eat, drink, and do -- that can protect this vital organ or endanger it. See what you can do to help keep it healthy.

[Read More >](#)



Can CBD Really Help Control Blood Sugar?

It's touted as a natural cure-all for many conditions and symptoms. Some claim it might even help with diabetes. Research is ongoing, but here's what we know now.

[Read More >](#)



Sri Lankans in Sydney united for a cause

Hearts Aflame initiated by Sri Lankan community organisations in Sydney to support Bushfire victims had their event recently and successfully collected 30,800 dollars.

The money collected was handed over to Rural Fire services HQ in Sydney on the 25th of February.

Organising committee wish to thank each and every Sri Lankan who contributed to this amazing project .

It's shows when we unite we can move mountains .

#heartsAflame

#bushfirevictims

#solidarity

The money collected was handed over to Rural Fire services HQ in Sydney on the 25th of February, by the organizing committee



<https://www.facebook.com/jagathb/videos/1015697072865789/?t=3>



This video discusses the importance of knowing about “Insulin Resistance”

Most chronic non-communicable diseases, are considered today to arise from insulin resistance, as a precursor.

Please enjoy watching the youtube.



Health Problems After Age 50

As you get older, you're more likely to develop health problems in addition to diabetes. Find out what to watch for.

[Read More >](#)

Pondering the pandemic tipping point

- Researchers are considering whether we have lost the battle to prevent COVID-19 from becoming a pandemic, in which the new coronavirus infects people all over the world. Sizeable outbreaks in South Korea and Italy are prompting strong responses from health officials in a last-ditch attempt to contain the disease. (Vox | 11 min read)
- The World Health Organization (WHO) says that, despite the spread of the disease, the coronavirus outbreak does not yet amount to a pandemic. “Using the word pandemic now does not fit the facts, but it may cause fear,” says WHO director-general Tedros Adhanom Ghebreyesus. (Nature | Continuously updated)
- More than 600 of you answered a *Nature* reader poll on how the coronavirus had affected scientists and research. “In my city, we are on lockdown inside our homes, and my productivity has hit rock bottom,” wrote an anonymous PhD student in China. (Nature | 6 min read)

A New Reason to Consider the Mediterranean Diet

This popular eating plan is already considered one of the healthiest for your heart. Now scientists say it may give your gut bacteria a boost and help promote healthy aging.

[Read More >](#)

Lung Diseases on the Rise Worldwide

Lung diseases have been striking more people around the world in the past 30 years, new research shows. And being from poor regions is the most important risk factor for respiratory trouble, the...
[Read more ...](#)

Babies' Exposure to Household Cleaning Products Tied to Later Asthma Risk

A key to your baby's asthma risk may be as close as your laundry room. Canadian research shows that an infant's exposure to household cleaning products in the first few months of life is tied...
[Read more ...](#)



Soreness is good and scales are pointless / The 10 biggest myths in fitness

Why Your Body Needs Magnesium

It helps with hundreds of important body processes, and you may not be getting enough.

[Read More >](#)

Heart Failure Warning Signs

The name doesn't mean your heart stops -- it just doesn't work as well as it should. Here are the symptoms to watch for.

[Read More >](#)

Is Belly Fat That Bad?

Learn how to get rid of belly fat through diet and exercise. Learn the health implications of abdominal fat and the right foods... [Read more...](#)

14 Ways to Lower Triglycerides

What causes high triglycerides? Triglyceride levels need to be kept in check for good health.
[Read more...](#)

10 Ways to Deal With Menopause

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

Best Cooking Oils and How to Use Them

The overall award goes to olive oil, but there are several healthy options available.

[Read More >](#)

Should You Worry About Heart Disease?

Many people with diabetes also have heart disease. Here's what your doctor will check for.

[Read More >](#)

The Latest on COVID-19



Credit: Johns Hopkins Center for Systems Science and Engineering

There are more than 75,000 confirmed cases of COVID-19, the vast majority diagnosed in Hubei Province (including Wuhan city) in mainland China. Click below to get the latest on COVID-19 diagnosis and treatment.

[Start Learning](#)

GLOBAL HEALTH¹ CreditCME

Clinical Characteristics of 138 Hospitalized Patients With 2019 Novel Coronavirus–Infected Pneumonia in Wuhan, China

JAMA

PNEUMONIA¹ CreditCME

Epidemiologic and Clinical Characteristics of Novel Coronavirus Infections Involving 13 Patients Outside Wuhan, China

JAMA

Supporting Kids Who Have Type 1 Diabetes

As they get older, children need to be entrusted with more of their own care -- a transition that can be tough for parents.

[Read More >](#)

The Best Way to Buy Fruits and Vegetables

About half the vitamins in some fresh produce can be gone a few days after harvest. See which are better bought fresh, frozen, or in cans -- and how long you can store them that way.



[Take Quiz >](#)

The Hidden Risk of Liver Disease

Nonalcoholic fatty liver disease is more common in people with type 2 diabetes, but it can be reversed if caught early.

[Read More >](#)

FEATURED

Is Chocolate Really an Aphrodisiac?

Did you ever wonder how chocolate came to be so universally loved? Get facts on chocolate and learn the history of this delicious food.

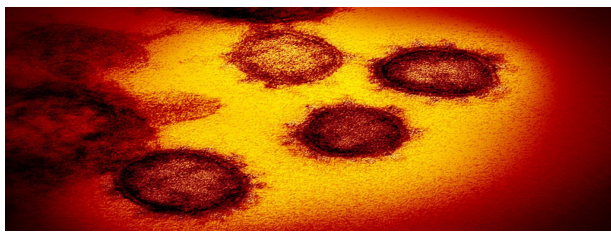
[READ MORE](#)

Common Diet Myths, Busted

Does a sugar-heavy diet lead to diabetes? If you eat more at night, will you gain weight? Get the facts here.

[Read More >](#)





New coronavirus may spread through poop

[Read More](#)



More than 75,700 confirmed cases: Live updates on COVID-19

[Read More](#)

Eating soy protein every day could help lower your bad cholesterol, or LDL, but only a little -- about 3%.

Fish oil can lower triglycerides, a type of fat that can put you at risk for a heart attack or stroke if your levels are too high. Supplements with 2 to 4 grams of the omega-3 fatty acids EPA and DHA can lower your triglycerides and even boost your HDL, or good cholesterol. However, in some people with high triglycerides, fish oil supplements can increase LDL cholesterol. High doses of fish oil supplements can also cause problems if you also use blood thinners, so check with your doctor first.

WebMD

Phytosterols can stop your body from absorbing cholesterol. These plant extracts come in two forms that are added to some types of margarine: sterols or stanols. Eating foods daily that have just under a gram of phytosterols can lower your LDL. Adding phytosterols to your diet might lower your beta-carotene level, so make sure you eat more fruits and vegetables as replacement. WebMD

Chewy, delicious barley makes a great soup or side dish. And it can lower your LDL (the bad cholesterol). Barley has soluble fiber, the kind found in oatmeal. There's not enough proof to show that fenugreek seed or red clover flower helps lower cholesterol.

WebMD

Red yeast rice has monacolin K, the active ingredient in the cholesterol drug lovastatin. The FDA forbids the sale of red yeast rice with this ingredient. Still, some red yeast rice products contain monacolin K, while others don't. If you buy red yeast rice, you can't tell how much monacolin K is in it. Too much can be dangerous. Ask your doctor before using red yeast rice. Pregnant or breastfeeding mothers should not use red yeast rice.

WebMD



12 Physical Symptoms of Anxiety

It starts as a mental state, but anxiety often shows physical symptoms. See how anxiety can raise your blood sugar, make you more likely to catch the flu, and even affect your heart.

[Read More >](#)

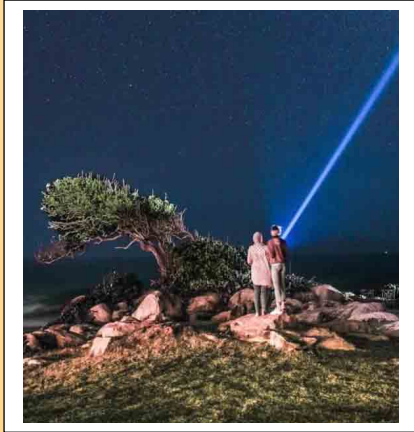
What Your Sleep Position Says About You

Do you sleep best on your back, side, or stomach? The answer may affect your health and provide some surprising clues about your outlook on life.

[Read More >](#)

How Does Social Media Shape Your Food Choices?

Cape Weligama



AuSLMAT will spend Sunday 5th July at Weligama - translated literally to mean "Sandy Village" according to Google.

We will visit the little known tea estate HANDUNUGODA in the morning. History has it that the best tea leaves have to be plucked by 'virgin' tea pluckers.

We commence a medical clinic at the Weligama temple at 2pm.

We expect to be at Cape Weligama as invited guests of Malik Fernando at about 6pm. The photograph shows the bright torch that lights up the night sky over the Bay of Weligama.

The first Methodist missionaries arrived in Ceylon in a sailing boat that landed at the Bay of Weligama. A plaque attesting to this historic visit is located in the grounds of the Methodist church in Weligama.

Quintus de Zylva



How deadly is the new coronavirus? Live updates on COVID-19

[Read More](#)



Getting high on cannabis makes people vulnerable to 'false memories'

[Read More](#)



Homemade Fenugreek And Olive Oil Pack To Stop Hair Fall

Long and shining hair can leave anyone envious. Having lustrous locks is an ornament in itself. You need to take care to keep them, just like you take care of your skin. Women, especially, are more worried about the health of their hair and wish to possess hair that turn heads...

[READ MORE](#)



The District Governor of Rotary presenting the Paul Harris Sapphire Award to Pam Wanduragala, at the 60th Anniversary dinner of Maroubra Rotary in Sydney on the 17th February 2020.

One in four Sri Lankans face stroke risk in Sri Lanka

One in four Sri Lankans face the risk of suffering from a stroke in their lifetime but strokes are preventable and treatable, a top medical expert said yesterday.

Addressing a media seminar held at the Health Promotion Bureau in Colombo yesterday (06), neurologist Dr. Gamini Pathirana said that it was estimated that there are nine stroke patients for every 1000 people in the Colombo district alone, and that there are around 200,000 stroke patients in Sri Lanka at present.

Dr. Pathirana, Consultant Neurologist at the National Hospital, Colombo, pointed out that, earlier, only one in every six Sri Lankans ran the risk of a stroke in their lifetime but now the situation has become more serious. Now one in every four people in Sri Lanka have the risk of developing a stroke in their lifetime.

(dailynews.lk)

Obesity problem in U.S.

Climate change is not the only source of dire projections for the coming decade. Perhaps just as terrifying from both a health and an economic perspective is a predicted continued rise in obesity, including severe obesity, among American adults.

A prestigious team of medical scientists has projected that by 2030, nearly one in two adults will be obese, and nearly one in four will be severely obese. The estimates are thought to be particularly reliable, as the team corrected for current underestimates of weight given by individuals in national surveys. In as many as 29 states, the prevalence of obesity will exceed 50 percent, with no state having less than 35 percent of residents who are obese, they predicted.

Likewise, the team projected, in 25 states the prevalence of severe obesity will be higher than one adult in four, and severe obesity will become the most common weight category among women, non-Hispanic black adults and low-income adults nationally.

By Jane E. Brody

Antiviral Developed Using Sugar

Antiviral materials have developed in collaboration by a team of international scientists using sugar that has been designed to destroy viruses on contact which may be useful against viral outbreaks; scientists from the Universities of Manchester, Geneva, and the EPFL in Lausanne are in the early stages of developing the broad spectrum activity of the antiviral material which could also be effective against newly prevalent viral diseases such as the coronavirus.

[Read the full story](#)

Cholesterol Drugs Might Help Curb Prostate Cancers

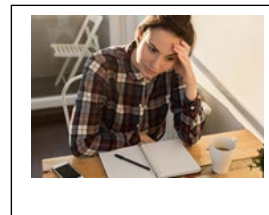
20 Foods That Can Help Prevent Clogged Arteries

You're never too young to start eating right for your heart. Science suggests these foods could help prevent clogged arteries.

[Read More](#)

16 Signs Your Headache Could Be Something Worse

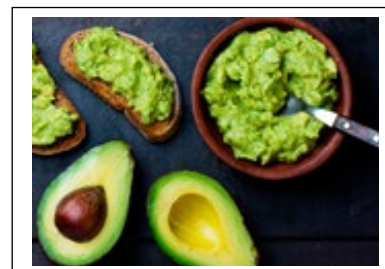
Nearly everyone gets headaches, and most are nothing to be worried about—except when they are. Here, doctors give the scoop on your head pain.



[Read More](#)

>

15 Ingredients Doctors Always Add to Their Meals



Doctors are all about healthy choices choosing ingredients that are nutritional powerhouses. Here's exactly what physicians add to their meals.

[Read More](#)

>



Alcohol: 15 Ways It Affects Your Body

Thirty seconds after your first sip, alcohol races into your brain. It slows down the chemicals and pathways that your brain cells use to send messages. That alters your...

[READ MORE](#)



5 Longevity Benefits Of Drinking Orange Juice Every Morning

Get out your juicer. There's more to drinking a glass of freshly squeezed orange juice.



Boost Your Sex Life In 2020 With These 7 Yoga Poses

LDL cholesterol: How low can you (safely) go?

POSTED JANUARY 20, 2020, 10:30 AM
[Dara K. Lee Lewis, MD](#), Contributor



Elevated low-density lipoprotein (LDL, or "bad") cholesterol is a clearly established risk factor for the development of cardiovascular disease (CVD). Lowering LDL with medications and/or lifestyle changes has been shown to lower CVD risk. Just how far to lower LDL, however, has remained controversial.

[Learn more »](#)



6 Pantry Superstars For Quick Healthy Meals

[READ MORE](#)

No point using a limited life to chase unlimited money.



Quick Egg Roll in a Bowl

[READ MORE](#)



Breakfast Trends: The Keto-Friendly Chaffle

[READ MORE](#)



Why The Route To Good Health Is Through Your Gut

Do you experience bloating, tummy discomfort? Perhaps constipation or diarrhea? Do you suffer from heartburn? Do you feel stressed? As with many people, your gut may be the cause.

High-Fat Diets Are All The Rage. But Can They Also Be Dangerous?

Article courtesy of: Dr. Joel Kahn, MD, one of the world's top cardiologists, best selling author, lecturer, and expert in plant-based nutrition & holistic care.

While diets high in foods rich in fat like meats, cheeses, butter, dairy, and egg yolks are popular, they don't come without some consequences. New research has provided further insight into what happens to the human body when a person eats a fatty meal.

Fatty foods can come in many forms ranging from the classic high-fat, unhealthy foods like milkshakes or a burger and fries all the way to adding butter to your morning coffee for the sake of your health. Therefore, it's worth considering what a large amount of dietary fat, especially those that come from animal sources—does to your health.

[Read the full story](#)

11 Leftovers That Can Make You Sick

Last night's dinner can be a lifeline when you need a hot and ready lunch, but you may want to think twice before reheating these foods.

[Read More](#)

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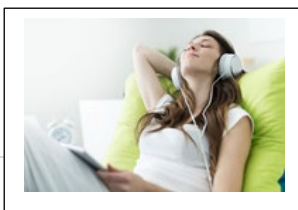


31 Surprising Energy-Boosters That Aren't Coffee

If you're suffering from an energy crisis, another cup of coffee may not cut it. Some of these strange-but-true energy boosters may be what you need.

[Read More](#)

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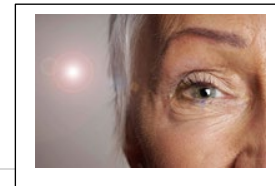


7 Silent Signs You Might Have Eye Cataracts

Cataracts are the leading cause of blindness in those over the age of 40, but the symptoms can be difficult to pick up. Watch out for these warning signs.

[Read More](#)

>



Vitamin B12 & Its Role In Energy

Vitamin B12 is essentially the fuel that the body uses to convert folate to methyl-folate.

It's not naturally produced, so you'd have to supply the body with B12 through foods like beef or fish, or through supplements.

There are a lot of genes and genetic variations that can have a huge impact on how well your body absorbs and recycles Vitamin B12 for effective energy production.

The FUT2 and FUT6 genes form an enzyme that alters proteins to create a more hospitable environment for gut flora.

Then, the TCN1, TCN2, and CUBN form proteins that enable B12 to be transported into cells for the methylation cycle to occur.

I know, things are starting to sound a little complicated.

That's why we've had our scientists do all of the hard work for you. You just have to read your personalized report! For example, our [Vitamins DNA Wellness Report](#) looks at your genotypes for each of the relevant genes, determines how likely you are to have any issues absorbing Vitamin B12, and gives you recommendations you can easily implement to improve and increase your energy! Selfhacked

Ways to Lower Your Risk of Stroke

A stroke happens when blood stops flowing to part of your brain, which can lead to damage in key areas. See what you can do to make one less likely.

[Read More](#) >

Methylation, The MTHFR Gene, And Energy

Methylation is an extremely important process that's used for many different bodily functions. Think of it as the process that's responsible for turning certain genes "on or off" based on environmental cues.

Your methylation levels can have a huge impact on your energy! Lower methylation levels result in [high homocysteine](#), heart disease, lower energy production, and more.

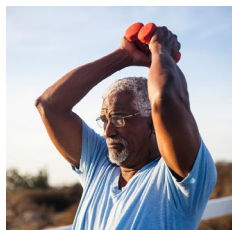
One gene that plays a big part in methylation is the MTHFR gene.

The MTHFR gene codes for MTHFR enzymes, which give your body instructions on how to convert folic acid into methyl-folate, the active form of Vitamin B9 and an essential amino acid used in the methylation process.

There are certain genetic variations of the MTHFR gene that are linked to lower MTHFR function, which means **less energy**.

This gene is so important that SelfDecode has a full [DNA Wellness Report](#) that only focuses on your MTHFR genotype and provides recommendations on how to overcome any negative variants you could have.

Unfortunately, I have **both** negative alleles for rs1801133 (an MTHFR related SNP), which decreases my function by 68 - 85%!
Selfhacked



Phys Ed

Keeping Aging Muscles Fit Is Tied to Better Heart Health Later

For men at least, entering middle age with plenty of muscle may lower the later risk of developing heart disease by more than 80 percent.

By **Gretchen Reynolds**

5 Reasons You Need Magnesium: Are You Getting Enough?

This important mineral helps keep your heart healthy, your bones strong, and your blood sugar normal. And almost half of us don't get enough of it.



[Read More >](#)

Could air pollution increase heart attack risk?

A recent study investigating the impact of pollution concludes that exposure to ultrafine particles may increase the risk of non-fatal heart attacks.

The link between abdominal fat and repeat heart attacks

Individuals who have experienced a heart attack and are overweight in the abdominal area are at a higher risk of subsequent cardiovascular events.

9 Subtle Signs of Sleep Apnea You're Ignoring

Loud snoring isn't the only symptom of sleep apnea. If you notice any of the following less obvious sleep apnea symptoms, talk to your doctor.

[Read More >](#)

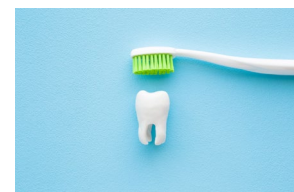
18 Anti-Inflammatory Foods to Eat to Reduce Pain

Fill up on these nutritious whole foods to nourish your body and ease painful inflammation.

[Read More](#)

The Toothbrushing Mistake Everyone Makes

Dentists reveal how this common toothbrushing mistake may be hurting your oral health and how to maximize the benefits of fluoride.



[Read More](#)



How to Turn Micro-Habits Into Healthy Habits?

[READ MORE](#)



9 Meat Substitutes That Are Packed With Protein

When you're looking to add more plant-based meals to your diet, figuring out how to replace animal protein can be a challenge. Learn the difference between tofu and tempeh, when to use jackfruit, and more.

[Read More >](#)

14 Ways to Lower Triglycerides Naturally

Are your triglyceride levels elevated? Here are some ways you can bring that number down yourself, and get your heart health back on track.

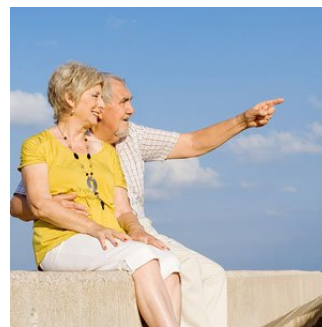
[Read More](#)

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In Australia

It takes **152 days on average for senior Australians to be admitted to residential aged care, an increase in wait times of about a month** in just the last year. According to the latest report on government services statistics, published by the Productivity Commission, about 40% of senior Australians are now waiting nine months or more to be admitted into aged care. Labor has seized on the statistics, citing the fact average wait times have blown out by almost 300% from 40 days in 2012-13, when the Coalition was elected to federal government, to 152 days in 2018-19.

The Guardian



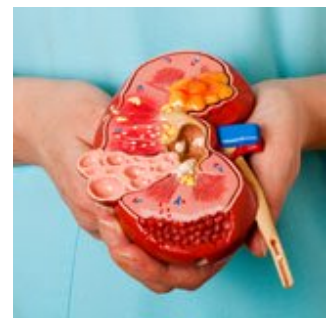
15 Ways to Be Happier

Want to boost your mood? Write down everything that's good in your life. When you make an effort to look on the bright side, it helps you stay focused on the positive.

[READ MORE](#)

[Natural Ways To Treat Diabetes](#)

[Herbs For Health: Bowel Conditions](#)



SLIDESHOW

What Causes Kidney Stones?

The kidneys regulate levels of fluid, minerals, salts, and other substances in the body. When the balance of...

[Read more...](#)



Recognizing Chronic Fatigue Syndrome



Meaty Truth: How Chronic Diseases May Be Fueled by an Animal-Based Diet

Healthy low-carbohydrate and low-fat diets may reduce risk of premature death

New research shows following a low-carbohydrate or low-fat diet can have positive health impacts—but only if the carbohydrates and fats come from nutritious sources. [Read more](#)



15 Cozy Casseroles Under 430 Calories



21 Foods that Fight Disease



Natural Remedies for Celiac Disease

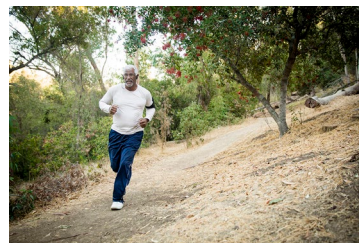


Photo: iStock

Following healthy lifestyle habits at middle age may increase years lived free of chronic diseases

Maintaining five healthy habits—eating a healthy diet, exercising regularly, keeping a healthy body weight, not drinking too much alcohol, and not smoking—at middle-age may increase years lived free of type 2 diabetes, cardiovascular disease, and cancer. [Read more](#)

9 Reasons Vitamins Could Make You Feel Worse

Vitamins and minerals promise many health benefits, but there are a few reasons why they may actually leave you feeling lousy.

[Read More](#)



This Is When It's OK to Take Expired Medication

Is it safe and effective to take expired medication? Here's why some research suggests that certain medications are OK years after the expiration date.

[Read More](#)



Jackie Middleton's spicy mussels with lap cheong and coconut. Photograph: Jackie Middleton

These spicy mussels can be one of those dishes that ranges from being a simple [weekday compromise to a more refined dinner](#), writes Jackie Middleton.

Almonds are out. Dairy is a disaster. So what milk should we drink?

New Drug Could Stop Thyroid Eye Disease Blindness

Banana a day



Do you remember of the healthiest, delicious, and fully loaded fruit of state fruit Ia? We are speaking about banana as they are considered being packed with food and taste. Do you know bananas offer a fabulous source of Riboflavin, Magnesium, Iron, Potassium, Vitamin A, C, and B6, Folate, Fiber, and Protein to our body? Along with giving a significant supply specialist for our routine nutrition consumption, bananas also provide our fantastic quality and taste in our diet. Take a banana and add it with your seed or in a fruit salad and have the ideal blend of sweetness, nutrition, and taste.

Yeah, we agree bananas are the superheroes of the fruit family, but today we choose to talk about something else related to bananas. We are all convinced regarding the contribution bananas made in our lives. But do you know the peel of bananas which we dump can also be of great help?

You might find it mysterious but the skin of a banana, often deemed waste, is actually edible and give a variety of health benefits. You can rely on banana skin to resolve separation issues, cholesterol obstacles, and skin issues.

Arfy.com



9 "Healthy" Foods To Avoid Because They're Secretly Unhealthy

Sorry, but these foods are not helping you have a healthy 2020.

Cherries are anti-inflammatory and helps joints to ease pain



In a ton of cases, a lot of colorful food, a lot of antioxidants it packs. that's definitely true of cherries, that get their red hue from natural plant chemicals referred to as anthocyanins. intake cherries or drinking tart cherry juice has been shown to quell painful inflammation.

It may conjointly cut back flare-ups of arthritis, a kind of inflammatory disease that involves exhausting crystals within the joints. alternative antioxidant-rich fruits to do embrace pomegranates, blueberries, and blackberries.

Arfy.com

Is something in your diet causing diarrhea?



As we age, our digestive systems can become more sensitive to certain types of foods and methods of food preparation. While you once may have handled the spiciest of foods without breaking a sweat, now that super-hot chicken curry gives you the digestive drama known as diarrhea — uncomfortable, unformed, watery stool. Sometimes diarrhea occurs because of an underlying condition, or as a side effect of a medication. However, diet is often the cause. The following can cause loose stools or make them worse.

[Read more »](#)



4 Side Effects Of Eating Too Many Blueberries

When it comes to fruits, you can't go wrong with blueberries. Read any article on foods for weight loss, heart health, brain health, or skin health, and you'll find that blueberries always make it to the top 10. You don't even need to peel or prep them. All you need to do is wash and eat these tiny fruits chockablock with antioxidants!...



Top 5 Bathroom Plants And Why You Should Have Them

Whether you're the proud owner of a plush bathroom or an apartment dweller who makes do with a tiny, utilitarian enclosure, adding a touch of green with bathroom plants will bring fresh appeal to this important space in your home...



Most dietary supplements don't do anything, and the ones that do are potentially dangerous, says physician Peter Lurie, the president of the food-and-health watchdog group Center for Science in the Public Interest. (The Washington Post



5 Very Impressive Health Benefits Of Yuca

Also known as cassava, this root veggie is called the "better white potato". It is a common food in Southeast Asia, India, Africa, and South and Central America. Yuca is also extremely versatile, making it perfect for both savory and sweet dishes...



Top researchers urge Australia to take action



Eighty-one of Australia's top scientists have called on their government to take the lead on fighting climate change in light of the recent disastrous bush fires. "Australia's current visibility as ground zero for both climate impacts and climate policy uncertainty presents a unique opportunity for us to emerge as a leader on this challenge," wrote the Australian Research Council laureates in an open letter sent to the leaders of the country's four main political parties.

The Sydney Morning Herald | 4 min read
Reference: ARC laureates open letter



Why Souping Is A Health Habit You Must Try This Year

Who would have thought that souping would be the new health foodie trend.



Avocado BLT Salad

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Day to Night Ingredient: Eggs

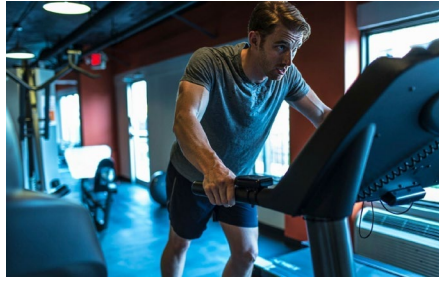
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What to know about calcification

Calcification occurs when deposits of calcium form in the body. There are many different types of calcification, each with their own set of causes and symptoms. Learn more here.

How to fix an ingrown fingernail

Ingrown fingernails are a common issue that people can usually treat at home using simple remedies. Learn more about how to fix an ingrown fingernail here



8 Walking Treadmill Mistakes to Avoid

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SLIDESHOW

Top Male Body Problems

Get tips for dealing with common body problems. Learn about prevention of common health issues. [Read more...](#)

Could sunlight combat metabolic syndrome?

A series of experiments in mice demonstrate that fat cells can detect natural light. They also showed that a lack of sunlight can alter fat metabolism.



I was talking to an old school friend and asked what was he doing? He replied that he is working on "Aqua-thermal treatment of ceramics, aluminium and steel within a constrained environment." It sounded technically complex and I was quite impressed.

I subsequently learned that he was actually operating the family dish-washing machine under his wife's supervision. Sent by Max (Perth)

Pill Poppin' Nation

Article courtesy of Dr. Nicholas DiNubile, Vice President of the A4M, an orthopedic surgeon specializing in sports medicine, best selling author, keynote speaker, and one of our medical editors who is dedicated to keeping you healthy in body, mind and spirit.

"The desire to take medicine is perhaps the greatest feature which distinguishes man from animals". -William Osler

We seem to be a nation of pill poppers. I am always amazed at the number and variety of medications and supplements that my patients are taking and the desire for more depending on what ails them. Don't get me wrong. I am not anti-medicine. As a physician, I have seen firsthand the lifesaving, life-extending potential of so many medications. In fact, we have added more years to the human lifespan in the past century than in all prior time since the beginning of mankind. Much of this is due to immunizations, antibiotics, cardiac medications and other pharmacologic advances.

[Read the full story](#)



Use These 8 Natural Remedies To Beat Bloating in 2020

When our jeans feel just a bit too tight, digestion seems almost impossible and our stomachs feel much larger than normal then try these natural remedies.



Realistically, How Much Water Do We Need To Drink For Longevity?

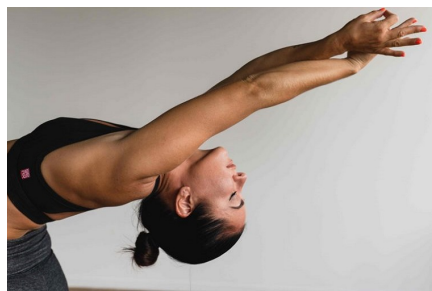
Drinking 8 liters seems to be the goal for most, but new research begs to differ.



Shoe Mistakes You're Probably Making

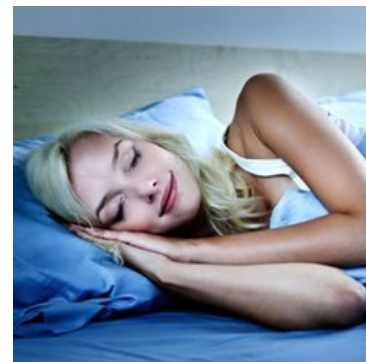
What's the best time to visit the shoe store? Is it a good idea to shop for shoes online? And how often should you measure your feet?

[Read More >](#)



Hot Yoga Yogis, Here's What You Can Gain Or Risk

Considering Hot Yoga? Here's a short-list of both the advantages and disadvantages of doing Hot Yoga.



How Much Sleep Do You Need?

Learn about the different types of sleep disorders such as insomnia and sleep apnea. Explore symptoms, causes, and treatments.

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Research news in brief

Fermented soy products linked to lower risk of death

A higher intake of fermented soy products, such as miso and natto, is associated with a lower risk of death, finds a study from Japan....

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Staying healthy in your 50s and beyond

Simple tips to help men stay healthy in their 50s. [Read more](#)

Managing osteoarthritis: Is exercise the answer?

Is exercise the answer to managing osteoarthritis? [Read more](#)

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