

Health newsletter for Sri Lankans & others, globally

**Killer heat /** How a warming land is changing Australia forever

**We as individuals must do two things now – strict social distancing and practising good hygiene**

[http://www.dailymirror.lk/caption\\_story/Sri-Lanka-to-host-Mrs-World-2021/110-184226](http://www.dailymirror.lk/caption_story/Sri-Lanka-to-host-Mrs-World-2021/110-184226)

## Genes linked to successful relationships

Most people realize that their genes can influence their eye color, heart health, or predisposition for some diseases...but how about your ability to have a successful relationship?

It turns out, you can even get **dating advice** from your genes!

We've known for decades that [oxytocin](#), sometimes called the love hormone, is vital for social bonding and empathy. That may be why the oxytocin receptor gene, [OXTR](#), is among the best-studied genes in the human genome.

OXTR rs53576 is the best-studied SNP in this gene, but many more are likely to influence the efficiency of your oxytocin receptors.  
Selfhacked

## Signs You May Have an Autoimmune Disease



These disorders happen when your immune system attacks healthy parts of the body as though there's a threat. See which two things researchers think have to occur to bring them on.

[Read More >](#)

## Best Cooking Oils for Your Health

Everyone knows about olive oil's heart-healthy aspects, but how much do you know about MCT oil, avocado oil, flaxseed oil, and various nut oils? Find out which ones belong in your pantry.



[Read More >](#)

## Persistent Asthma Linked to Increased Risk for Heart Rhythm Disorder

People with persistent asthma could be at 1.5 times higher risk of developing a heart rhythm disorder called atrial fibrillation than those without asthma, new research shows. The study used...  
[Read more ...](#)

## Health Problems That Come After 50

Some of these, like heart attack and stroke, are even more likely when you already have diabetes.

[Read More >](#)

## How to Tell if You Have a Thyroid Problem

This small gland in your neck makes hormones that control how you use energy. If your thyroid gland isn't making enough hormones, you could gain weight.

[Take Quiz >](#)

## Additional News from Harvard Health Publishing

[Eating nuts: A strategy for weight control?](#)

[Gout drug may help prevent repeat heart attacks](#)

[Rural health risks?](#)

## The Mayhem & Catastrophes that Plagues the World Today.

The World today seems to be deeply embroiled in woeful catastrophes  
Be it through the ravages of Mother Nature/gruesome human atrocities  
Unfortunately, the common denominator are we - the human beings  
Nonchalantly kills Mother Nature/killing others like demented savages

The human race remains unconcerned in the taunting of the "Fates"  
Living only for the day in fulfilling their avarice & greedy wants  
And the retards planning to execute their misguided evil thoughts  
With such disrespect for innocent human beings with utter ruthlessness

Looking at the horizon; do we see the 4 Horsemen of the Apocalypse?  
Identified as Pestilence (or Conquest), War, Famine, and Death - for the Earth's demise  
Or is it an enactment of "Sodom & Gomorrah" as mentioned in the New Testament & the Book of Genesis?  
These are very trying times indeed & require to be addressed by us humans

*So please give it some serious thoughts; with a sense of "TOGETHERNESS" rather than the bantered about concept of "UNITY" - which generally leads to "POLARISATION".*

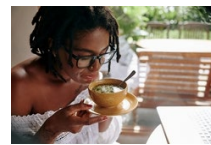
Noor Rahim  
April 29, 2019

### Breathing polluted air tied to weight gain'

Breathing dirty air takes a heavy toll on gut bacteria, boosting risk of obesity, diabetes, gastrointestinal disorders and other chronic illnesses, a new study revealed. The research team used cutting-edge whole-genome sequencing to analyse fecal samples from 101 young adults in Southern California.

## 8 Surprising Uses for Your Microwave

Get more out of this appliance while you save on time. Did you know you can dry herbs, toast nuts, and scramble eggs in there?



[Read More >](#)

## Tips for Avoiding the Coronavirus While Traveling

You may feel powerless in crowds, but there's a lot you can do to help keep the virus from making its way into your body.

[Read More >](#)



## How deadly is the new coronavirus?

[READ MORE](#)



## Newborn tests positive for COVID-19 in London

[READ MORE](#)

## Ovarian Cancer Warning Signs

Early diagnosis is important, but because symptoms like bloating and more frequent urination are so common, they can be easily ignored.

[Read More >](#)

## Babies Are Spared Severe COVID-19 Symptoms

## What Causes Lymph Nodes to Swell?

From infections to medications, here's what could be to blame for your swollen lymph nodes.

[Read More >](#)

# Coronavirus cases continue to rise in the U.S.

The spread of the novel coronavirus causing COVID-19 is slowing down in mainland China, while it is picking up elsewhere. It has reached every continent except Antarctica. Here's what you need to know about how the virus spreads and its symptoms:

## SYMPTOMS

Symptoms can range from mild to severe, and some people don't have any symptoms at all. The following symptoms may appear 2-14 days after exposure.\*

### PRIMARY SYMPTOMS:

- Fever
- Dry Cough
- Fatigue

### LESS COMMON SYMPTOMS:

- Diarrhea
- Runny Nose
- Sore Throat
- Aches And Pains

Image: © Kateryna Kon/ Science Photo Library via Getty



\*This is based on what has been seen previously for the incubation period of similar viruses.



## 12 Causes of Itchy Nipples

Nipples can become irritated for a lot of reasons, from friction to menopause. Even if the urge to scratch is great, it's usually easy to treat.

[Read More >](#)

## Could Green Tea Extract Help Fight Pulmonary Fibrosis?

A green tea extract has shown early hints of promise against a serious, progressive form of lung disease, researchers say. The disease is called pulmonary fibrosis, where scar tissue builds up...

[Read more ...](#)

## Ofev Approved for Chronic Fibrosing ILDs With Progressive Phenotype

Ofev (nintedanib) oral capsules have received the first approval for the treatment of patients with chronic fibrosing interstitial lung diseases (ILDs) with a progressive phenotype, the U.S. Food and...

[Read more ...](#)

## How Often You Should Replace Your Toothbrush (and What Happens When You Don't)

Learn how often you should replace your toothbrush and the likelihood of getting gum disease and other problems if you don't.



[Read More](#)

>



## 11 Ways You're Harming Your Immune System

There are habits that help to strengthen the immune system and there are other habits that serve to weaken it. Here are 11 ways you may be harming yours.



## Poor Diet? Here Are 5 Natural Supplements to Help Boost Your Health

Let's face it, it's not always easy to eat the right foods to get the right nutrients every day. That's where these 5 supplements can help boost your overall health.

## Travel advice update

### Sri Lanka

We now advise all Australians to reconsider any non-essential overseas travel at this time, due to the health risks from the coronavirus (COVID-19) pandemic and the significant disruptions to global travel. This includes to Sri Lanka.

Sri Lanka has introduced new entry measures to prevent the spread of COVID-19. Expect additional health screening at entry points. Sri Lanka has imposed a travel ban on passengers arriving from South Korea, Italy, Iran, France, Germany, Spain, Sweden, Switzerland, Denmark, Netherlands and Austria. This list may be extended to cover more countries. Contact your airline or nearest Sri Lankan embassy to confirm the latest entry requirements. If you have symptoms of respiratory illness, contact your doctor before travelling.

We now advise you to:

[Reconsider your need to travel](#) to Sri Lanka.

[Read the full travel advice.](#)



Public health expert Dr. David Heymann answers the 6 most common questions about the coronavirus:

[Learn more on our blog»](#)

<http://www.sundayobserver.lk/2020/03/15/impact/ka-chchativu-feast-link-two-nations>



[CHASING WATERFALLS in SRI LANKA With LOCALS!](#)

[Sri Lanka's CRAZIEST Tower: The SPECTACULAR Ambuluwawa Tower!](#)

### NEW PLAYLIST: Understanding viruses and the human immune system

As concerns regarding the spread of COVID-19 continue to mount, we thought it might be helpful to share a collection of TED-Ed videos that delve into the history and biology of viruses and immunology. Understanding how viruses spread and what our defenses are -- both internal and societal -- is critical at a time when many are looking for answers. As Dr. Marie Skłodowska Curie said, "Now is the time to understand more, so that we may fear less."

[View our immunology playlist here »](#)

Song about Alzheimer's disease. Lyrics by Maitri Panagoda

[https://drive.google.com/a/greenroadfp.com.au/file/d/0B0C\\_PAH5aDzKSDN6bXB1TWpTM1E/view?usp=drivesdk](https://drive.google.com/a/greenroadfp.com.au/file/d/0B0C_PAH5aDzKSDN6bXB1TWpTM1E/view?usp=drivesdk)

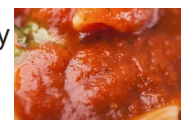
Bill Gates predicted Carona Virus 5 years ago and told us how to get ready for it. We didn't listen.

[https://www.youtube.com/watch?v=6Af6b\\_wyiwI](https://www.youtube.com/watch?v=6Af6b_wyiwI)

### Foods With More Sugar Than You Realize

It's not always easy to tell which foods are made with added sugar. Even some savory ones make this list.

[Read More >](#)





### [What are the symptoms you should be looking for?](#)

Coronavirus has officially been declared a pandemic but health authorities in Australia have called for calm, reiterating that a runny nose or scratchy throat does not mean you have COVID-19.

[More](#) >

## More evidence for replacing red meat with other protein sources

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Reducing [red meat](#) consumption while eating more plant and dairy [protein](#) could lower the risk of developing and dying from coronary [heart disease](#), according to preliminary results from two studies led by Harvard T.H. Chan School of Public Health researchers.

The studies were presented at the American Heart Association's Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Scientific Sessions 2020, which were held March 3-6, 2020.

The first study, led by Zhilei Shan, postdoctoral researcher in the [Department of Nutrition](#), found that middle-aged Americans who ate the most plant protein were 27% less likely to die of any cause and 29% less likely to die of coronary heart disease compared to those who ate the least amount of plant protein.

The second study, led by Laila Al-Shaar, postdoctoral researcher in the [cardiovascular epidemiology program](#), found that people who replaced one serving per day of red or processed meat with foods such as [nuts](#), whole grains, or dairy were up to 47% less likely to have coronary heart disease than those who didn't replace a serving of meat.

"Our findings suggest that even partial replacement of red meat with healthy, plant-based sources of protein could substantially reduce rates of coronary heart disease in the United States," Al-Shaar said in a March 5, 2020 CNN article.

## Replace unhealthy fats with olive oil

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Olive oil has been linked to reduced risk of [coronary artery disease](#) and cardiovascular disease. But to get the benefit from its heart-healthy properties, it's best to use it as a replacement for a less-healthy [fat](#) such as butter or canola oil, [Frank Hu](#), Fredrick J. Stare Professor of Nutrition and Epidemiology and chair of the Department of Nutrition, said in a March 5, 2020 Newsweek article.

"We're talking about moderate changes in eating behaviors," Hu said. "Instead of using butter for your bread, dip it in olive oil. Instead of using a store-bought salad dressing, use olive oil and vinegar." He said that these small changes could improve cholesterol, reduce inflammatory biomarkers, and improve cardiovascular health. Read the Newsweek article: [Using olive oil instead of these foods could add years to the life of your heart, study says](#)

## When Your Body Attacks Itself

Your immune system fights off things that can harm your health. Sometimes, though, something goes wrong and it attacks healthy parts of the body as if there's a threat.

[Read More](#) >



Even the handsomest men do not have the same momentary effect on the world as truly beautiful women do.

Consulate General of Sri Lanka, Svdnev



FT.LK

**Trade promotional visit to Queensland under Economic Diplomacy Program | Daily FT**

The Consulate General of Sri Lanka in Sydney in association with Honorary Consul Office in Brisbane organised a Sri Lankan promotional event in Brisbane from 3 to 5 March. Consul General M.H.M.N. Bandara accompanied by Consul (Commercial) Abdul Raheem visited Brisbane and had series of meetings with...

**Medicines That Help Blood Sugar**

Injected insulin isn't the only option. Here are some other oral medications that your doctor might prescribe.

[Read More >](#)

**Celebrities Who Have Diabetes**

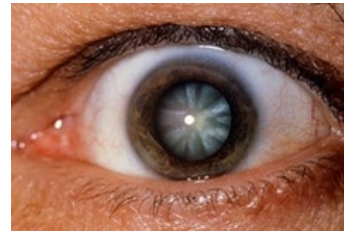
Drew Carey, Salma Hayek, and other famous folks have health concerns that are like those of anyone else who has the disease.

[Read More >](#)



Hugh Karunanayake

<https://thuppahi.wordpress.com/2020/03/13/hugh-karunanayake-a-pioneer-for-ecumenical-ceylonese-studies-in-the-sydney-circuit/>



**How Your Vision Changes as You Age**

By the time you reach your mid-40s, it may be tough to read and do other close-up tasks. And some diseases, like diabetes and high blood pressure, can affect your vision and eye health.

[Read More >](#)



**OLD PARLIAMENT BUILDING**  
OPEN FOR PUBLIC VIEW



Old Parliament building will be open for public view on  
Every Saturday and Sunday  
Photographs allowed\*



Sri Lankan community living in Sydney graciously united at “Hearts Aflame” to raise much needed funds for the Bush fire Emergency. We are proud as a community to raise \$30,800.19 for the Bushfire emergency.

Hearts Aflame Bushfire Fund Raising Event When Catastrophic Bush fires swept across our adopted homeland Australia, disaster set our HEARTS AFLAME beyond imagination. The natural compassionate nature of our community strike in as we felt the agony of our fellow Australians. Sri Lankan community living in Sydney graciously united at “Hearts Aflame” to raise much needed funds for the Bush fire Emergency. We are proud as a community to raise \$30,800.19 for the Bushfire emergency. Total contribution has been donated to NSW Rural Fire service (RFS) in two separate occasions. Recently, our team has gathered at RFS Headquarters in Sydney Olympic Park to meet up with the Assistant Commissioner RFS Mr. Stuart Midgley. The final contributions of \$16,572.19 by Hearts Aflame and \$10,300 by the Sinhalese Cultural forum of NSW Australia Inc. was handed in respectively. Tamil Senior Citizens Association of NSW made a generous contribution to RFS in addition to their previous contributions for the same cause. We express our sincere gratitude to you for your participation and generous support to make Hearts Aflame a Success! Yours Sincerely, Madhuri Arampatta Secretary Hearts Aflame

The small charity that came from our hearts .....donated  
**\$30,800.00**  
 To the Rural Fire Services as the Sydney Sri Lankan Community Contribution.

“Hearts Aflame”  
 #heartsAflame

“Hearts Aflame” Sydney Sri Lankans Bushfire Relief Fundraiser Committee thank you for your contribution and support.

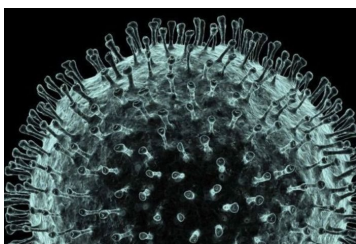
Blessings  
 The team “Hearts Aflame”



Picture: The Mayor of Kandy, Mr. E.L. Senanyake escorting the Queen through the Trinity College, Kandy premises (College car park at present), in 1954

[https://www.trinitycollege.lk/2018/01/14/queen-elizabeth-iis-visit-to-trinity-in-1954/?utm\\_source=sharemail](https://www.trinitycollege.lk/2018/01/14/queen-elizabeth-iis-visit-to-trinity-in-1954/?utm_source=sharemail) .

Sent by Dr. Quintus de Zylva



[14 frequently asked questions on coronavirus \(COVID-19\)](#)

The ABC has received thousands of questions about the new coronavirus and what it means for them. We've sorted through some of the ones you asked the most.

[More >](#)

## **This Is What Happens to Your Brain on a Diet**

Your body and brain crave stasis, and naturally fight against losing weight. But that doesn't mean you can't diet healthily and sustainably.

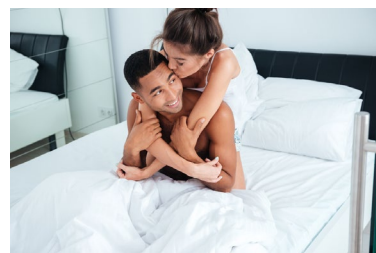
[Read More](#)



## **9 Sex Therapists Reveal What They Get Asked the Most**

The number one question sex therapists get from clients, by far, is "Am I normal?" Read on to find out just how common other sexual issues really are.

[Read More](#)



## **9 Things That Happen When You Stop Drinking Alcohol**

No one is saying drinking in moderation (a drink a day for women and two for men) is a bad thing. But cutting back a bigger intake has some health perks.

[Read More](#)



SLIDESHOW

### **15 Delicious Calcium-Rich Dishes**

Tender stuffed chicken, Spanish cheese, and almond cake top this slideshow of delicious foods packed with calcium. [Read more...](#)



SLIDESHOW

### **Benefits of Omega-3 Fatty Acids**

Omega-3 fatty acids may have significant benefits in lowering the risk of heart disease, the nation's top killer. [Read more...](#)

**Cooking with tamarind / Restocking your pantry? Don't neglect the acid**



## **Magnesium: Basics, Benefits, and Sources**

Magnesium is a critical mineral that the body uses for hundreds of important body processes. It is necessary for more than 300 biochemical reactions in the body.

[READ MORE](#)

## Added sugar in Bread you eat



### What's in It

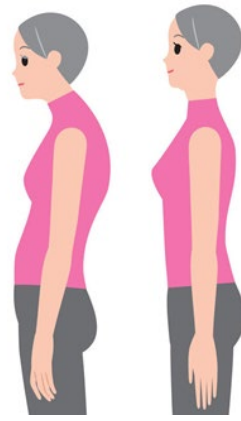
Depending on the type, bread can be a healthy part of your diet in moderation. Whole grain varieties offer lots of health benefits, including fiber. But if your mission is to avoid added sugars, watch out for bread. Even healthier breads often contain a fair amount of sugar. The otherwise healthy Milton's multi-grain, for example, has a little over a teaspoon of sugar in every slice.

### What's Better

There are a few sugar-free breads available if you search for them. Rye bread tends to be lower in sugar, as does pumpnickel. It varies widely by brand and type, though, so you will need to use your detective skills by reading the nutritional facts before you buy.

### Is Extra Sugar Hiding In Your Food?

Many healthy foods contain naturally-occurring sugar, including fruits, some vegetables, milk, and whole-grain foods. [Read more...](#)



### Stand tall to avoid sabotaging your posture

Chances are you do a lot to sabotage your posture during the course of an average day: reading a good book with your head down, sitting at a computer, or scrolling on your phone.

Activities like these can get your body in the habit of hunching or slouching. Over time this may lead to physical changes that make it harder to stand up straight and cause a curvature in your upper back, which doctors refer to as kyphosis.

While there are medical causes of kyphosis — such as arthritis, osteoporosis-related fractures in the spine, deteriorating discs, or injuries — some cases of kyphosis can be caused by chronic poor posture over many years

Harvard Medical School

## Meds Older Adults Should Use With Caution

It's no secret that when you get older, your body doesn't work the way it used to. And that's true for how you react to medicine. See which drugs you should approach with caution.

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## Symptoms of Bipolar Disorder

Sometimes called manic depression, bipolar disorder causes extreme shifts in mood. The length of each high and low varies greatly from person to person.

[Read More >](#)

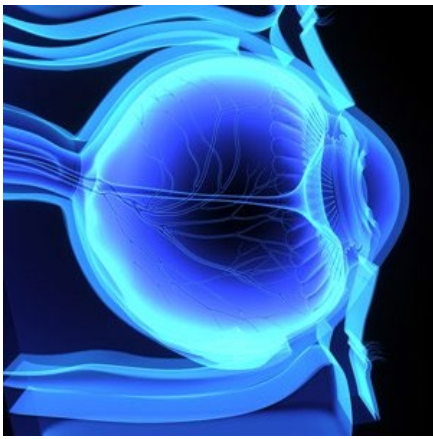
**20 Foods That Can Help Unclog Your Arteries**  
The Healthy

## 14 Benefits of Walking for Just 15 Minutes

Walking is great for weight loss, but the benefits go far beyond—from higher energy and better mood to stress relief, creativity boost, and more.

## Nutrition: Tips to Be a Healthy Eater

The typical American diet is low in fruits, vegetables, and whole grains, and high in saturated fat, salt, and sugar. [Read more...](#)

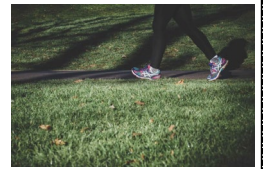


FEATURED

## Macular Degeneration: The Leading Cause of Vision Loss

It's also called age-related macular degeneration. Your macula is part of your retina -- the area in the back of your eye that turns images into signals that go to your brain.

[READ MORE](#)



[The Best Way To Start To Exercise Even If You Are Overweight](#)

Use the following guidelines to help achieve your fitness goals. By implementing these tips, you'll be able to build the exercise habit, get in shape, and lose the pounds for good.

## Should you be taking an omega-3 supplement?



Some 10% of American adults regularly take an omega-3 supplement, despite uncertainty about whether these products truly live up to their health claims. But two new studies published in November 2018 shed some light on who might benefit from omega-3 supplements — and who probably won't.

[Read more »](#)



[Beauty And Recovery With Healing Epsom Salt Baths](#)

Do Epsom salts really improve our beauty and physical wellbeing? Let's take a closer look.



[Gardening: Adopt This Hobby And Live Longer](#)

Gardening is probably one of the oldest outdoor activities known to man. And if you think that it's only for the elderly, think again.



[Recipe: Peanut Butter Breakfast Cookies](#)

[TRY IT](#)



[10 Simple Changes That Lead to Weight Loss](#)

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### [Learn from Shakira's Healthy Body Habits](#)

We've taken the time to find out what Shakira's daily fitness routine looks like so that you can try to incorporate some of these habits into your routine too.



### [Pilates: 9 Longevity Benefits of This Physical Workout](#)

While Pilates shares some similarities with yoga, it also provides a number of health benefits that are sure to boost your longevity.



### [Cayenne Pepper: Spicy & Surprising Health Benefits](#)

Here's some health benefits of cayenne pepper that you may not have thought of.



### [Tofu: Health Benefits of This Vegan Superfood](#)

We look at the upside and downsides of adding tofu to your diet.

## Symptoms of Insulin Resistance

People with severe cases may show visible signs, but others can have the condition for years without knowing. Here are the signs to watch for.

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## **14 Foods Nutritionists Never Eat at Buffets**

Ice under the food doesn't mean it's cold enough to keep the food safe. Learn what the experts look for—and what they avoid—at the buffet.

[Read More](#)

>



## **11 Remedies to Help You Get Rid of Bad Breath**

There are many different causes of bad breath. No matter the culprit, bad breath and halitosis can be treated from home using natural remedies.

[Read More](#)

>



### [Liver Detox: 6 Foods To Boost and Cleanse Your Liver](#)

Your liver is a vital to keeping your body healthy. While the efficiency of a traditional liver detox or cleanse is still up for debate, there are foods that can help protect its health.

## **Mushroom Alternative To Bone Broth**

Broth is great, especially for when you are not feeling well and have a sore throat. Traditionally bone broth is a main go to, and it has had recent popularity with dieters and biohackers looking to find ways to stay full, repair muscles and improve health. Now enter the mushroom, looking to help those who want to have more plant based alternatives.

[Read the full story](#)

## **Those Who Play Golf May Live Longer**

Those who play golf at least once a month have been found to be more likely to live a decade longer than those who don't, and they face half of the risk of a premature death which may be due to the sport helping to alleviate stress, based on a study from the University of Missouri which was presented at the American Stroke Association's International Stroke Conference in Los Angeles.

[Read the full story](#)

## **Pine Bark Extracts May Help Diabetes & ED**

Those struggling with erectile dysfunction may be happy to hear about recent research published in the Bratislava Medical Journal suggesting that French maritime pine bark extract (Pycnogenol) may help to ameliorate ED and address some of the common conditions related to type 2 diabetes.

French maritime pine bark extract has been the subject of at least 450 published studies and review articles that have found the antioxidant and multiple biomodulating effects help to improve circulation and blood flow as well as strengthen the vascular system and manage cholesterol.

[Read the full story](#)

## **High Fat & Protein Diets May Worsen Hospital Infections**

According to a UNLV animal study *C. difficile* infections may be exacerbated by diets that are high fat or high protein while a high carb diets may help to eliminate symptoms.

CDI is an intestinal infection that can be acquired after antibiotics have eliminated the good bacteria in the gut. Researchers from the University of Nevada in Las Vegas conducted a longitudinal study that yielded results indicating that those following high fat/high protein weight loss diets face an increased risk of CDI during antibiotic treatment based on mice studies.

[Read the full story](#)

## **How to Choose a Sugar Substitute**

If you're looking to have less sugar in your diet, you're not alone. But not all substitutes are alike.

[Read More](#) >



## Grain or seed of the month: Wheat

Eating more whole grains is linked to a lower risk of heart disease and cancer, which is why the federal dietary guidelines say to "make half your grains whole." But most people aren't even close to that goal. According to the CDC, whole grains account for only about 16% of the total grain-based food adults eat on any given day.

## How to Keep Your Gallbladder Healthy

This small, pear-shaped organ is a key part of your digestive system. Here's what to do to keep it running smoothly -- and avoid gallstones.



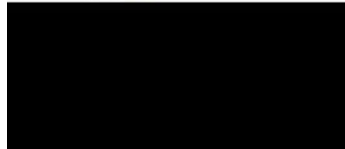
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### JOKE OF THE DAY

Angry Wife: "I should have married the devil, he would make a better husband than you."

Hubby: "They would have arrested you! Marriage between relatives is illegal in this country." 😂😂



## Early Brain Cancer Symptoms

Brain cancer is a malignant growth of abnormal brain cells in the brain. A grouping of abnormal cells is called a tumor.

[READ MORE](#)

## 8 Pancreatic Cancer Symptoms You May Not Know About

If you notice any of the following signs and symptoms associated with pancreatic cancer, talk to your doctor.



[Read More](#)



## 9 Medical Causes of a Slow Metabolism

What's really causing that weight gain and sluggish feeling? These hidden factors may surprise you.

[Read More](#)

[>](#)

## 15 Foods Nutritionists Try to Eat Every Day

If you want to know how to eat healthier, why not take tips from the experts?



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[>](#)

[12 Ways Too Much Sugar Harms Your Body](#)

[What Happens When You Stop Having Sex?](#)

[Early Symptoms of Rheumatoid Arthritis](#)

## [14 Best Teeth Whitening Treatments, According to Dentists](#)

We spoke with top dentists to find out which teeth whitening products they actually use themselves.

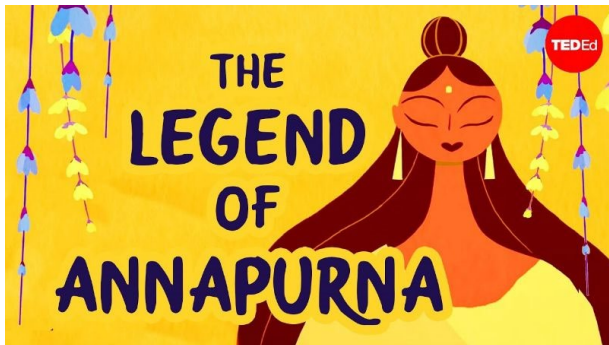
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[WATCH VIDEO](#)



### The legend of Annapurna, Hindu goddess of nourishment

By Antara Raychaudhuri and Iseult Gillespie, directed by Roxane Campoy

Historically, the union between Shiva and Parvati was a glorious one: a sacred combination which brought fertility and connection to all living things. Yet a rift had grown between these two forces. Setting out to prove the importance of her work, Parvati withdrew from the world and sent the Earth into darkness. Antara Raychaudhuri and Iseult Gillespie tell the story of the goddess Annapurna.

[View the animation »](#)



### The accident that changed the world

By Allison Ramsey and Mary Staicu, directed by WOW-HOW Studio

In 1928, scientist Alexander Fleming returned to his lab and found something unexpected: a colony of mold growing on a Petri dish he'd forgotten to place in his incubator. And around this colony of mold was a zone completely and surprisingly clear of bacteria. What was this mysterious phenomenon? Allison Ramsey and Mary Staicu detail the discovery of penicillin and how it transformed medicine.

[View the animation »](#)



### [Rosehip Wine Recipe](#)

This Rosehip Wine recipe is an exciting way to make your own fruit wine!

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### How to Use Non-Wheat Flours

Flours like rice flour, tapioca flour, and buckwheat flour are a nice alternative to wheat flour.

[VIEW SLIDESHOW](#)



[Cooking With Wine](#)



[How to Make Wine From Home](#)



## Aging: The Surprises of Getting Older

There's a bit of good news and a bit of bad news for aging adults when it comes to mental work. Let's start with the bad.

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## 5 Reasons to Show Your Glutes More Love

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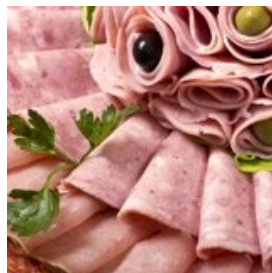
## Types of Hair Loss

There are several types of hair loss, often classified by whether the loss is localized, or if it affects large areas... [Read more...](#)



## Fiber: Your Secret Weapon for Weight Loss and Better Health

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## Dangers of Processed Meat

Hot dogs, bacon, sausage, beef jerky, cold cuts, ham, and other processed meats are linked to many health problems. [Read more...](#)



## 15 Tips to Improve Living With OA

You have to be creative with how you move your body when you have arthritis.

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## Meat-Lite Meatloaf

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## Postmenopause vitamin D deficiency associated with disc degeneration and lower back pain

The North American Menopause Society (NAMS)

## Nixing bad gut bacteria cuts stomach cancer risk

Ridding the gut of the ulcer-causing bacterium *Helicobacter pylori* could [prevent stomach cancer in people with a family history](#) of the disease. *H. pylori* infects more than half of all people, and has been linked to peptic ulcers and gastric cancer

[Herb Wines from Scratch: Peppermint Wine](#)

Living Better, Living Longer Podcast

## Mindful eating begins with switching quantity with quality



If you find losing weight difficult, don't worry about how much you consume. Instead concentrate on eating quality foods like fruit and vegetables, lean animal or plant-based proteins and healthy fats. Then apply the portion control strategy of using smaller plates, smaller glasses and earlier eating times. These ideas come from Dr. W. Scott Butsch, Instructor in Medicine at Harvard Medical School and an obesity medicine physician.

[Listen now >>](#)



## Your heart, your mind, and your gut are all connected.

Feeling great starts with sharing a great meal with the right nutrition together. Viome's Gut Intelligence Test is the only gut test on the market that can give you precise nutritional recommendations, personalized for each of you. Share each other's results, see what amazing whole foods are in each of your recommendations to create great meals that nourish both of you together.

## Healthy Blood Sugar Levels

This easy-to-read chart shows where your numbers should be if they're well-controlled.

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## Rosewater After-Bath Splash

Freshen, tone and revitalize your skin with this Rosewater After-Bath Splash.

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## Peaceful Dreams Bath Salts

## Treating Diabetic Macular Edema

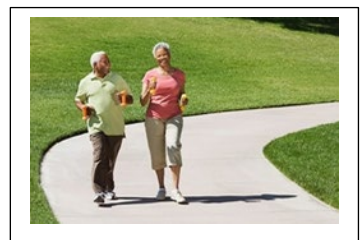
It takes a two-pronged approach: controlling blood sugar and healing your retina.

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## How to Reverse Prediabetes

After this diagnosis, diabetes isn't always a sure thing. See what you can do to turn things around.

[Read More >](#)



## Your skin reveals your age — but not in the way you think

Researchers can predict your chronological age from the microbes found on your skin, in your mouth, or in your poo.

[More >](#)

## How to Make Herbal Wine: Grape Leaf Wine

Walking is the easiest way to increase your lifespan and stay healthy all of those years. As a moderate-intensity exercise, brisk walking every day for at least 30 minutes will reduce weight gain and inhibit multiple diseases such as diabetes, hypertension, dementia, and cardiac issues. Taking short walks in the midst of a busy day can improve your mood, boost your creativity, and reduce stress. Keep walking for a healthy mind and healthy body.

### 13 Amazing Health Benefits Of Walking Every Day

Taking tiny steps, you learned to walk ahead in life. You did it with no training or equipment. You've been doing it for this long, so why walk any more than necessary? Although your body naturally adapts to changing foods and environment, it needs a boost to stay absolutely healthy...

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### 10 Possible Causes Of Back Pain At Night: Should You Be Worried?

As you prepare to hit the sack after a day of hectic work, does a pain in the back nag you? You're not alone in this. Some people attribute many sleepless nights to acute back pain. If you wonder why this nagging pain strikes only in the night, there are as many as 10 possible reasons, from mild to serious, behind this...

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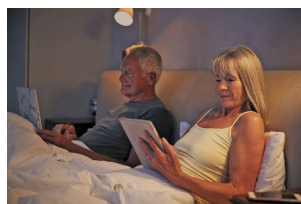


### The Rheumatoid Arthritis Diet: 5 Foods You Must Avoid

Rheumatoid arthritis (RA) isn't an easy condition to live with. Inflamed joints make it hard to function normally and can be a huge setback to daily life. Research, however, has shown are some things you can do to make life a little easier. And of these, the one that's easiest to control is your diet...

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### Are you getting enough sleep?



Maybe you stay up past midnight watching TV or checking your smartphone while lounging in bed. Or perhaps you snuggle under the covers and close your eyes at a decent hour, but then toss and turn, unable to fall asleep. Whatever the reason, the results are familiar to many people — feeling unrefreshed and maybe even a bit cranky when you wake up the next morning. According to the CDC, about one in three adults doesn't get enough sleep.

"Some people have trouble falling asleep. But others choose to stay awake and end up chronically sleep deprived," says Dr. Sogol Javaheri, a sleep specialist at Harvard-affiliated Brigham and Women's Hospital. When you don't sleep enough, feeling tired and bleary-eyed is only part of the problem. People who consistently get less than six hours of sleep nightly face a higher risk of heart disease as well as other, often co-occurring conditions such as diabetes and obesity.

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## [What to know about egg intolerance](#)

A person may not realize that eating eggs is causing them to feel unwell. Read this article for the symptoms of egg intolerance and how to replace eggs in the diet.

## [What's the link between erectile dysfunction and high cholesterol?](#)

High cholesterol is a risk factor for many conditions, including erectile dysfunction (ED). Learn more about the link between high cholesterol and ED here.

## [Kefir or yogurt: Which is better?](#)

Kefir and yogurt are both types of fermented dairy products that contain healthful probiotics. Learn about their benefits in this article.

## [Climate change and health: Impacts and risks](#)

Climate change can affect human health in a variety of ways. It can increase the risk of infectious diseases, heart-related conditions, pollution, and more.



## [10 ways to bring mindfulness into your day.](#)

## [What to know about vascular dementia](#)

Vascular dementia occurs when blood flow to the brain is restricted. In this article, learn about the symptoms of vascular dementia, as well as some treatments

## [Cracked nipples: Causes and treatments](#)

Cracked nipples are very common during breastfeeding. Learn more about the causes and treatments associated with cracked nipples her

## [Resting heart rate: No such thing as 'normal'](#)

A resting heart rate (RHR) of 60–100 beats per minute is normal. However, a new study has found new complexities: RHR varies widely between people.

## [What are refined carbohydrates?](#)

Although carbohydrates are an important part of a balanced diet, refined carbohydrates contain little to no nutritional value. Read this article to learn about the effects that refined carbs can have on a person's health and how to avoid them.

## [Before you start a new diet, read this](#)

Diets can be tempting, especially at the start of the year. But before you start one, find out what will get the results you're after.

[More](#) >

## [Back pain: How effective are yoga, tai chi, and qigong?](#)

A new review asks if yoga, tai chi, and qigong may reduce low back pain. However, due to the limited number of quality studies, the review is inconclusive.

## [Why some car seats may endanger our health over time](#)

New research has found that some chemicals present in the foam padding of car seats could easily enter commuters' bodies, exposing them to health issues.

## [What to know about fatty liver disease](#)

People may not realize they have fatty liver disease because it is a 'silent disease.' Learn about the symptoms, causes, treatment, and diagnosis here.

[Diet soft drinks aren't worse for you than their sugary counterparts. Here's why](#)

On a hot day, there's nothing like the sweet, bubbly hit of a fizzy drink to quench your thirst. We know sugary soft drinks are bad for our health, but their diet alternatives are sometimes thought of as being even worse. (They're not.)

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## **Pneumonia Warning Signs**

You may not know you have pneumonia. It can seem a lot like a cold or the flu -- until it doesn't go away.

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## **The Truth About IBS**

Irritable bowel syndrome affects 25 million to 45 million people in the U.S. It's so widespread that only the common cold is responsible for more missed work.

[Take Quiz](#) >

## **14 Foods That Are Worse for Your Teeth Than Candy**

You could be sabotaging your beautiful smile without even knowing it. Here are the foods other than candy that dentists want you to avoid.

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## **12 Sleep Disorders You Need to Know About—That Aren't Sleep Apnea**

Sleep apnea is just one reason for poor sleep. If your sleep issues last more than few nights or reoccur every few weeks, you could have a sleep disorder.

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## **15 Breakfast Foods You Probably Should Try to Avoid**

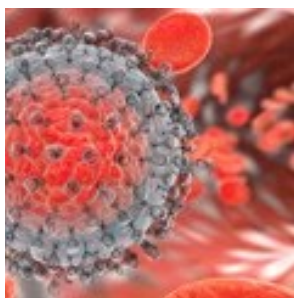
Breakfast is the most important meal of the day. So consider these not-so-healthy breakfast foods an occasional treat rather than a daily staple.



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## **Review of evidence finds excessive smartphone, social media use may be linked to youth mental health**

Canadian Medical Association Journal



### **Symptoms of Carcinoid Syndrome**

The carcinoid syndrome is a combination of symptoms caused by the hormones and other chemical substances released by...

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### **8 Walking Mistakes to Avoid if You Want to Lose Weight**

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## **Hearing loss may affect brain health**

The ear is the organ responsible for perceiving sound, and the brain is responsible for processing the sound. It is necessary that both organs work properly for hearing to occur. There has been extensive research examining how age-related hearing loss and brain function (cognition) are associated

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