

Discussing common health issues affecting us with age & sharing comments for better health & longevity

## Home Remedies That Work (and Some That Don't)

You may have heard that honey soothes a cough, that ginger settles your stomach, or that cinnamon helps with blood sugar control. See which home remedies really help, and which ones may be dangerous.

[Read More >](#)



## What Every Woman Should Know About Her Heart

Heart disease is the most common serious health issue among both men and women in the U.S. But it doesn't affect them the same way.

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## Reasons for Swollen Lymph Nodes

Everything from medications to infections to cancer can cause swelling of your lymph nodes. See what else may be to blame.

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## Early Symptoms of Type 1 Diabetes

It's not as common as type 2, and the underlying cause is different. Here's what you should know.

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## [Archbishop says he would boycott Oxford vaccine developed using cells of aborted foetus](#)

Religious leaders write to Prime Minister Scott Morrison raising ethical questions about the potential vaccine being developed at Oxford University using cell lines from an electively aborted foetus.



## Best Exercises for High Blood Pressure

Exercise is one of the keys to lowering blood pressure, and it can also boost the effectiveness of blood pressure medication.

[Read More >](#)

## These experts say happiness is 'not actually worth pursuing'. So what should we chase instead?

By Sarah Scopelianos and Skye Docherty for [Sunday Extra](#)

The pursuit of happiness is a universal human goal, but it can be elusive — especially during a pandemic. These experts want us to stop placing so much value on the "fleeting emotion", and look at the bigger picture instead.

## Ways to Make Urinating Easier When You Have BPH

Feel the need to pee and only a dribble comes out? Here's what can help you flow freely again.

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## [Can honey relieve cough and cold symptoms?](#)

A meta-analysis asks whether honey eases a cough and other cold symptoms. The results are hopeful, but there are not enough data to form conclusions.

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This newsletter and our health articles are published regularly in eLanka

## 10 Health Myths Debunked

"Eggs are bad for your heart."  
"Cracking joints causes arthritis."  
You've heard these myths before, but what's the truth?

[Read More >](#)

## Why Are You Cramping?

Cramps can happen anywhere in your body, at any time. See what may be bringing them on.

[Read More >](#)

## Why Are You So Tired?

Pandemic living is exhausting, but may not be the cause of your fatigue. Here are 14 other possible culprits.

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## **“Covid 19” the Pandemic; that gives rise to Human Vents.**

Since the very beginning of the year the World has been enveloped by the “Covid 19” (Corona) Pandemic that has plagued the very lives of its inhabitants and continue to do so without let; and with no plausible solution in sight. Thus far it is only of an advisory and preventative solution in place.

The call on the good sense of mankind for appropriate measures to prevent the spread of this deadly virus appears to have fallen on deaf ears on most of the populace. As is the human trait of opposition to the measure that always brings out the opposition to the fore in whatever they feel is different to their selfish ways of thinking. Into the melee pops out the Political (Circus) Critics throwing “brickbats” and “accusations” at the governing body – instead of working all-together to bring a solution; for the folks who voted them into the Government as part of the Ruling Body & in the Opposition Bench. In hindsight one can only think back in retrospect as to why we cast our votes for them – Wasn’t it to make life better for ourselves or was it to fight amongst themselves to vie for their own future political aspirations? A question that I believe all of us should give some thought to.

Alas! It is a pity that folks have forgotten the good old adage that one learns at school – “Prevention is better than cure”. But we are very adept in invoking the now oft used and popular concept of – “It is our Human Right”. One wonders that in this time of human strife with no plausible solution in sight; shouldn’t we all put our shoulders together and work towards destroying the “Covid 19”, rather than detracting from this goal and seeking other avenues which are not helpful in the least.

The “Covid 19” has surely affected everyone economically and brought the humankind to its knees when we were all in the “fast lane” in our daily life. The current pace being such that we are now more together within our families and circle of friends that surround us in a more cohesive and meaningful way than before – caring for each other; though remaining caged within our homes. Frugal living too comes to the fore in this period of Pandemic. But if one ventures out from His/Her home you also see the “goodness” (if I may say so) of the “Covid 19”. Mother Nature’s Flora & Fauna is living a life of “Born Free & Live Free”. God’s little critters are frolicking around in gay abandon. The Birds are flying the sky so very gracefully. The vegetation and the flowers are blooming so healthy and colourful; and the skies are in its pristine glory with no man-made pesky condensation trails that criss-cross the blue skies. It only takes a few minutes of one to venture out and soak in these beautiful sights without any cost. One is just apt to ask oneself if Mother Nature is taking back what it owns and giving out a lesson to appreciate these “free” phenomena and savour it – without taking things for granted.

Hence it appears that there is “A silver lining to every dark cloud”. However, one is also reminded a part of the dark cloud also brings in an element of “Idle mind is a devil’s workshop”; with time on their hands and straying of mind. Is this what we see in the many protests and demonstrations that have seen rampant all over; in addition to the attempt to destroy History which is part and parcel of a Nation’s proud National Heritage? Why not improve on it and surpass these by better acts and deeds; which will send out a message to the future generations as to “what it was” & “what it is now”; with much pride and great sense of achievement.

If and when the effects of the “Covid 19” is overcome one must keep in mind of the economic debacle that we are currently facing and will be facing in the times to come. To most of us we are now experiencing to cope with “frugal living habits”. One can only assume that we may have to continue this way until stability prevails; so let’s live within our means in keeping to that old saying of “Cut your coat according to the cloth”.

The Governing Bodies are doing all they can to ease the economic burden on its constituents. With unstinted spending to get the land out of the misery that the “Covid 19” has thrust upon Earth. Hopefully this worthwhile spending will not have other spending of the Governing Bodies lumped into this account to “cover-up” their shortfalls – if any.

Having said all this one must be reminded that it is easy to throw brick-bats at the Authorities to show their displeasure at the decisions taken; but it is really gallant & helpful to be able to give tangible and workable solutions to the authorities to overcome the debacle; keeping in mind “that a little knowledge may be proven dangerous”.

They say a cyclone always has 3 stages – it “hits” with ferocity and then the 2<sup>nd</sup> stage is centre or the eye of the storm where it remains calm and the third stage where the cyclone passes away and over you. It should remind one of the fact like the cyclone we are encountering the 1<sup>st</sup> wave of the “Covid 19” which when overcome will bring stability; and of course the 3<sup>rd</sup> wave is going to “hit” everyone when “The Taxman Comes”. So do be aware of this; as every emolument you receive be it grants, Unemployed Insurance and other earnings are all taxable; and we in no way should be unaware of this fact – for sure it comes on us on an yearly basis too; in as much as the Sun should rise every morning.

So! Not as individuals but as a whole; let’s put our heads and shoulders together in these days of much hardship; economic setbacks and personal upheavals; work dedicatedly towards a solution to the malady. In conclusion saner counsel must prevail with the feeling of human kindness to each and every one in this great time of need. The rest I leave to the learned reader to ponder and come to their own conclusions.

Noor Rahim

September 09 2020.

## **Protect Your Feet From Damage**

As many as half of people with diabetes will develop foot problems, but you can prevent bad outcomes with a few daily steps.

[Read More >](#)

## **Drugs That Help You Use Insulin Better**

Two different types of diabetes medication help make your body’s cells more sensitive to insulin. Here’s how they work.

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## **Should You Try a Vegetarian Diet?**

This plant-based diet can have many health benefits, but you’ll need to watch your carb intake.

[Read More >](#)

## **Are Potatoes a Good Source of Carbs?**

## **Type 2 Diabetes Treatment Concerns**

## Law degrees that smash global boundaries and create change Migrating to Australia, pursuing postgraduate study, and changing lives

Share\_

Maithri Panagoda AM migrated to Australia, completed a Master of Laws at Sydney Law School, and built a career around making a ground-breaking difference.



Sydney Law School alumnus, Maithri Panagoda AM  
**Maithri Panagoda AM**  
(LLM '96)

*"I believe that a law degree opens many doors. It sharpens your mind and develops your skills in writing and research. As a minimum, it is an intellectual challenge and enhances your critical thinking and boosts self confidence. Once you qualify, it promises great career opportunities".*

When Maithri Panagoda AM migrated to Australia, he brought with him a wealth of legal experience and education from his home country and international postgraduate studies that were foundational to the growth of his profile and career. Since arriving, Maithri pursued postgraduate study at Sydney Law School and built an unparalleled legal reputation around justice for members of the Stolen Generation and survivors of child sexual abuse.

[Maithri](#) is a partner at Carroll & O'Dea Lawyers, where he has worked for nearly 30 years. He and his team of 15 focus their work on survivors of child sexual abuse and Stolen Generations. The life-changing and historical impact of his work stem from a deep-rooted level of commitment to making a difference, and hard work.

He is also an Adjunct Professor at the University of Notre Dame.

He said this about the matters he is involved in: "From a moral perspective, these matters are confronting and challenging. From a legal angle, fascinating. One might say ground-breaking work. In addition to the ability to think outside the frame, you need to have empathy." Very astutely, Maithri recognised that many of the high achieving legal minds he works with in his firm and within the industry are Sydney Law School alumni.

Maithri's legal highlights reflect his commitment to the life-changing work he immerses himself in and his work ethic.

"I have had the good fortune of being involved in some landmark cases in Australia. Over the years, I had the opportunity to work with some of the best legal brains in Australia. I believe that my biggest achievement is being able to establish a system with the help of some wonderful people whereby we could achieve a measure of justice for members of the Stolen Generations. We have settled over 250 Stolen Generations claims. Since the Royal Commission into Institutional Responses to Child Sexual Abuse, I have been acting for a large number of survivors of historical abuse. The High Court case of *Kuru v State of NSW* is another noteworthy matter in which I represented the Plaintiff." Maithri has an established legal career and he has built his practice and reputation around a challenging and highly impactful area of law. So, how did Maithri get to where he is today?

Maithri's legal and life pathway is an interesting one. His legal career spans international waters, having worked and studied in a number of jurisdictions around the world before migrating to Australia.

While Maithri's legal trajectory soared in Australia, his legal career was established in his home country of Sri Lanka, where he completed his undergraduate law degree. He then moved to England where he pursued postgraduate studies in sociology and law. Third time is a charm, as Maithri migrated to Australia in 1981 where he has since settled with his wife and three children, who notably have all graduated from The University of Sydney.

Maithri began his Australian legal career as a criminal lawyer, where he worked at the Western Aboriginal Legal Service (WALS) in Dubbo. With his heart in civil litigation though, he built a practice at WALS in that area before moving to Sydney and joining Carroll & O'Dea Lawyers.

Once the opportunity arose for Maithri to pursue postgraduate study, he began his search for the best university to undertake his Master of Laws. He said: "I had been thinking of undertaking postgraduate studies for some time, but did not get the opportunity due to family and work commitments. When I did, I checked what was available at different universities and found that Sydney Law School had the best curriculum for my needs."

"Discussions with lecturers were stimulating".

-Maithri Panagoda AM

Maithri appreciates the range of alternative pathways that stem from a law degree: "Apart from practising as a lawyer, you can go into commerce and industry, media, politics, academia, the list is never ending."

*To me, a law degree has given me an opportunity to make the world a better place, and the power to make a difference.*

Maithri Panagoda AM



# The Truth About Sugar and Sweeteners

Both natural and artificial sweeteners go by many different names and lurk in some foods you wouldn't expect. Here's what to look for.



[Take Quiz >](#)

# Protect Your Heart From Damage

High blood sugar damages nerves and blood vessels, which can lead to heart disease. Here's how to avoid problems. [Read More >](#)

# How Can Diabetes Be Prevented?

Since type 2 diabetes is so closely linked to obesity, you can actually do a lot to reduce your chance of developing the disease. [Read More >](#)

# Ask About Aspirin



Aspirin can prevent heart problems. Doctors often suggest it for people with type 2 diabetes who have had a heart attack or stroke to stave off future heart issues. It may also help if you have peripheral artery disease, a problem that narrows arteries and cuts blood flow to your arms and legs. Ask before you start aspirin therapy. It can be dangerous if you're prone to bleeding problems.

# Vitamin D and COVID

There's evidence that low blood levels of the "sunshine vitamin" may increase a person's risk of infection with the new coronavirus, researchers say. [Read More >](#)

# What Does Potassium Do in Your Body?

## Top Foods for Calcium



Almonds aren't just tasty -- they're good for you too. They help boost your mood, lower cholesterol and blood pressure, fill you with fiber, and provide these other benefits. [Read More >](#)

## [Common drugs linked to increased risk of Alzheimer's](#)

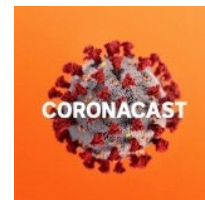
Anticholinergic medications may accelerate cognitive decline, particularly in older adults who are at high risk of developing Alzheimer's disease. COVID-19

## [Heart rate could predict depression risk](#)

A recent study has found a way to confirm that changes in a person's heart rate could help predict depression, though further research is needed. DERMATOLOGY

# [How coronavirus is hiding a future cancer wave](#)

The immediate and long term health effects of COVID-19 have been well reported over the past several months, but it may have crowded out other illnesses and diseases.



According to Cancer Australia, treatments and tests for the most common types of cancer have plummeted since the pandemic began.

# Low Blood Sugar Warning Signs

## [What can cause a swollen upper lip?](#)

Swollen lips can be a symptom of an allergic reaction, a sign of injury, or a side effect of a medication. They are also associated with some rare conditions.

# A third wave / What Australia needs to do to avoid one

Lessons from other parts of the world show we should lock down early, rely on evidence – and get used to wearing masks

# Best (and Worst) Ways to Clean Your Teeth

From baking soda to charcoal, lots of things are said to be good for your teeth. See which ones really work, and which might do more harm than good. [Read More >](#)

## From John's Hopkins Hospital regarding the Covid-19 virus...

\* **This virus is not a living organism.** It is a protein molecule (RNA or DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular (eyes), nasal (nose) or buccal mucosa (mouth), changes their genetic code (mutates) and converts into aggressor and multiplier cells.

\* Since the virus is not a living organism, but is a protein molecule, it cannot be killed.

It has to decay on its own. **The disintegration time depends on the temperature, humidity and type of material where it lies.**

\* **The virus is very fragile; the only thing that protects it is a thin outer layer of fat, and that is the reason why soap or detergent is the best weapon.** The foam CUTS THE FAT (that is why you have to scrub for 20 seconds or more, to create lots of foam). By dissolving the fat layer, the protein molecule disperses and breaks down.

\* HEAT melts fat; this is why it is necessary to use water above 77 degrees for hand washing, laundry and cleaning surfaces. In addition, hot water makes more foam, making it more effective.

\* Alcohol or any mixture with alcohol over 65% DISSOLVES ALL FAT, especially the external lipid layer of the virus.

\* **Any solution with 1 part bleach and 5 parts water directly dissolves the protein, breaking it down from the inside.**

\* Oxygenated water increases the effectiveness of soap, alcohol and chlorine, because peroxide dissolves the virus protein. However, because you have to use it in its pure form, it can damage your skin.

NO BACTERICIDE OR ANTIBIOTIC WILL WORK because the virus is not a living organism like bacteria; antibodies cannot kill what is not alive.

The virus molecules remain very stable at colder temperatures, including air conditioning in houses and cars. They also need moisture and darkness to stay stable. Therefore, dehumidified, dry, warm and bright environments will degrade the virus faster.

UV LIGHT on any object that may contain the virus breaks down the protein. Be careful, it also breaks down collagen (which is protein) in the skin.

\* The virus CANNOT go through healthy skin.

\* Vinegar is NOT useful because it does not break down the protective layer of fat.

\* NO SPIRITS, NOR VODKA, serve. The strongest vodka is only 40% alcohol, and you need a minimum of 65%.

\* LISTERINE is 65% alcohol.

\* The more confined the space, the higher the concentration of the virus there can be. The more open or naturally ventilated, the less.

\* You have to wash your hands before and after touching any commonly used surfaces such as: mucosa (mouth area), food, locks, knobs, switches, remotes, cell phones, watches, computers, desks etc... and don't forget when you use the bathroom.

\* You have to MOISTURIZE YOUR HANDS due to frequent washing. Dry hands have cracks and the molecules can hide in the micro cracks. The thicker the moisturizer, the better.

\* Also keep your NAILS SHORT so that the virus does not hide there.

## [Scientists discover key brain enzyme controlling sexual desire in males](#)

A recent mouse study investigating the role of aromatase in the brain concludes that the enzyme plays an important role in sexual activity in males.



## 10 Reasons to Eat More Grapes

Grapes are a go-to snack for picnics and lunchboxes, but don't take them for granted. Each of these small fruits is big on nutrients that can give your health a boost.

[Read More >](#)

## Hidden Benefits of Cardio Workouts

You might have guessed that cardio, or "aerobic," exercise helps to strengthen your heart. But did you know it's good for your health in lots of other ways, too?

[Read More >](#)

[Do Ordinary Eyeglasses Offer Protection Against COVID-19?](#)

[Another Gene Linked to Alzheimer's Risk](#)

**Family History of Disease? Learn Your Risks With Genetic Testing**



SLIDESHOW

## Hearing Loss and Aging

Whether a hearing loss is small or large, it is a serious concern. If left untreated, problems can get worse. [Read more...](#)

## When Insulin Isn't Enough

If insulin doesn't work well enough to keep your blood sugar levels stable, see what else your doctor can prescribe to help.

[Read More >](#)

## Telltale Signs of Breast Cancer

A lump isn't the only red flag. See what breast changes may mean, how often you need a mammogram, and the truth about self-exams.



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## Fears climate change is causing cod populations to disappear

In this episode of Ocean, Euronews' Denis Loctier explores why stocks of Europe's most popular white fish is declining.... [Read more](#)



FEATURED NEWS

## The Seven Stages of Alzheimer's

Alzheimer's disease is an irreversible, slowly progressive disorder of the brain.

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## Climate change 'clearly played role' in Australia's severe fire season

## What Your Cholesterol Levels Mean

Diabetes and high cholesterol often go together. Make sure you know what to watch for.

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## Reduce Your Risk of Heart Disease -- Here's How

Over time, diabetes makes you more likely to have heart disease. Learn how to decrease those odds.

[Read More >](#)

## New Covid-19 vaccine from Oxford begins early-stage human trials

A new experimental Covid-19 vaccine originating from the University of Oxford has begun human trials in Australia in partnership with the Serum Institute of India, the world's largest vaccine manufacturer. The shot was devised by SpyBiotech, a UK company spun out of Oxford in 2017. The experimental shot has begun going into volunteers in phase I/II trial in Australia.

## What Makes HDL Cholesterol So Good?

High-density lipoprotein seeks out and removes LDL, or "bad," cholesterol, and helps keep blood vessels clear. Here's what you can do to raise it.

[Read More >](#)

## Can High Cholesterol Affect Your Sex Life?

Which is worse, a steak or a scoop of ice cream? Can skinny people get cholesterol? Some of these answers may surprise you.



[Take Quiz >](#)

## Alternative Ways to Find Migraine Relief

If mainstream medicine doesn't work for you or causes side effects you don't like, you may be tempted to try an alternative treatment. Here's what you should know.

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## Nerve Blocks for Pain Relief: Side Effects and Risks

These nerve-numbing medications are used to relieve different types of pain. But the treatment isn't right for everyone.



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## Floss Your Teeth, Protect Your Heart?

It might seem strange, but gum disease appears to be linked with problems like heart attacks and strokes.

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## Best Cooking Oils for Your Health



## Mistakes You're Making With Cleaning Wipes

Wipes with 'disinfectant' on the label should kill bacteria, viruses, and mould. Some wipes are only approved to kill bacteria.

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### 11 Tips for Healthy Eyesight

Sharp eyesight is part of good health. Improve vision by eating well and scheduling regular eye exams with... [Read more...](#)



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### What's Causing Your Pelvic Pain?

Pelvic pain has symptoms that can be uncomfortable, but luckily there are treatments for pelvic pain if you can... [Read more...](#)



### 9 Low-Carb Cooking Tips That Involve Riced Veggies

[GET TIPS](#)



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### Crohn's Disease Symptoms

Crohn's disease usually affects the small intestine and less commonly the colon. [Read more...](#)

## What Happens When You Stop Having Sex

Believe it or not, a lack of sex could weaken your immune system, raise your blood pressure, and even affect your prostate. See how else your health might suffer.

[Read More >](#)

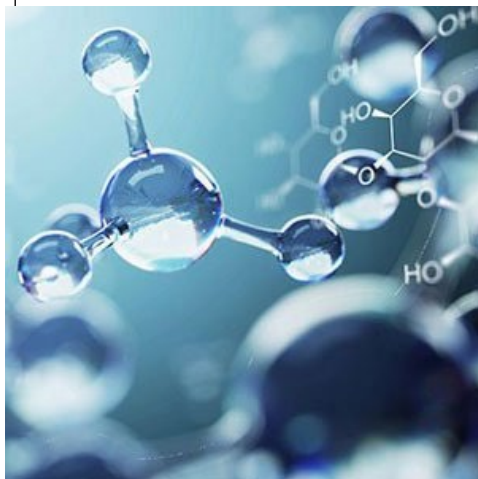


FEATURED

### What Can Antioxidants Do for You?

They're chemicals that fight a process in your cells called oxidation. The main source is plant-based foods, but your body makes some, too.

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## The Seven Warning Signs of Cancer

Do you recognize any of these seven warning signs of cancer? The seven common warning...

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SLIDESHOW

### Which Fruits Have the Most Sugar?

Fruit is good for you! It has fiber and other nutrients you need. But it also has natural sugar, and some have more than others. [Read more](#)



[What to know about penis swelling](#)

What are the causes of a swollen penis? Read on to find some of the potential causes, as well as the treatment options and prevention tips.

[What to know about penis sensitivity](#)

What are the possible causes of a sensitive penis? Read on to discover possible causes of penis sensitivity, treatment options, and prevention tips.

# 12 Surprising Signs of Depression

Forgetfulness, out-of-control shopping, heavy drinking, even back pain -- these and other symptoms could point to a deeper problem.



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**Blood pressure medication improves COVID-19 survival rates**  
University of East Anglia



Shutterstock

## Panel proposes a new guideline for men: Just one drink per day

A panel that advises the federal government on the U.S. Dietary Guidelines for Americans, which are released every five years by the U.S. Departments of Agriculture and Health and Human Services, recently released a new recommendation that men consume no more than one alcoholic drink per day. Previous guidelines had set two as the limit. The recommendation for women—one drink per day—remains the same. [Read more](#) about the new recommendation and get a Harvard Chan researcher's take.

[Learn more](#) about balancing the risks of alcohol with the possible health benefits of moderate consumption.



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## **VITAMIN FEATURE: Pantothenic Acid (Vitamin B5)**

Vitamin B5, or pantothenic acid, is naturally present in foods, added to foods, and available as a supplement. It is used to make a chemical compound that helps enzymes build and break down fatty acids, and a protein involved in building fats. [Learn more](#)

## **Posttraumatic Stress Disorder (PTSD)**

Learn the symptoms and signs of PTSD, as well as tests and treatments for posttraumatic stress disorder. [Read more...](#)

## **7 Early Symptoms of COPD**

Chronic obstructive pulmonary disease is a lung disorder that makes it hard to breathe. The first symptoms can be so mild that people mistakenly chalk them up to just "getting old." Here's what to look for.



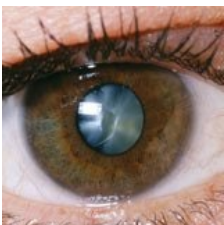
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## **Don't Ignore These Blood Sugar Symptoms**

Certain physical changes can mean your blood sugar levels are too high or low. Do you know which ones could signal a problem?

[Read More >](#)

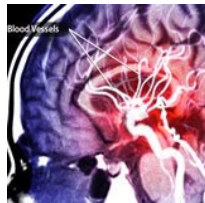
<http://www.youtube.com/embed/RevMG-PidNc>



SLIDESHOW

## **How to Treat Cataracts**

Because they block light from passing through the lens, cataracts make it difficult to see clearly and can even cause blindness. [Read more...](#)

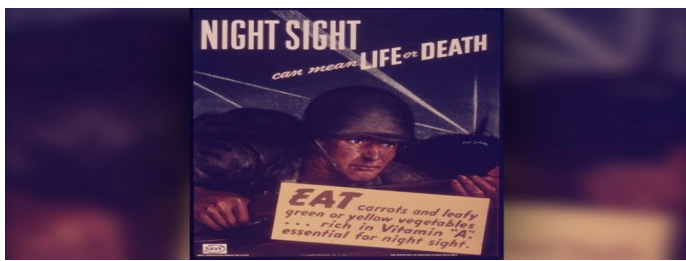


SLIDESHOW

## **Stroke Symptoms, Recovery**

Without treatment, blood-deprived brain cells quickly become damaged or die, resulting in brain injury, serious disability, or death. [Read more...](#)





## Can carrots give you night vision?

[Read More](#)

## First-generation Australians are the changing face of the climate fight

Migrants are no stranger to adaptation, as making a new home is no small feat. But now they're being challenged to adapt again as Australia's changing climate throws up new pressures.



## What Blurry Vision Can Mean

Notice even a minor change in your eyesight? It could be a sign of a more serious problem.

[Read More](#) >

## Potassium and Diabetes: What's the Link?

Find out why your doctor might want to check your potassium level if you're at risk for diabetes.

[Read More](#) >

## Diabetes-Related Infections

High sugar levels in your blood and tissues allow bacteria to grow and help infections develop more quickly.

[Read More](#) >

## Surprising Uses for Hydrogen Peroxide

Think twice before using this household staple to clean cuts or whiten teeth. But keep a bottle around for canker sores, earwax, and these other problems.

[Read More](#) >

Australian lifestyle / Love the flame, not the fuel: should you give up cooking with gas?



## Nerve Pain Can Be Double Trouble

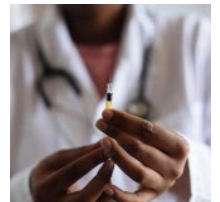
Damaged nerves, like the kind that can come with diabetes, can send false pain signals. They may also cause you to not feel pain when you have an injury. Here's what you need to know.

[Read More](#) >



## The cells used to develop the Oxford coronavirus vaccine candidate were harvested from a 1973 foetus

Using foetal cells in vaccine development isn't new — and the Catholic Church has previously expressed qualified support for the use of vaccines derived from these cells under certain circumstances.



## Top Causes of Frequent Urination

Urinary incontinence or an overactive bladder can make you feel like you spend all your time in the bathroom. Is it as simple as drinking too much water, or could it be a sign of a serious condition?

[Read More](#) >



## Surprising Ways to Reduce Wrinkles

You know that sunscreen can help keep your skin looking young. But have you considered trying soy supplements, reading glasses, or cocoa drinks?

[Read More](#) >

## Complementary Treatments for Crohn's Disease

Along with the medicine your doctor prescribes, you may want to add these to help with symptoms, boost your immune system, or just feel better.

[Read More](#) >

## Myths About Having a Vasectomy

Is it easy to reverse? Does your sex drive go down afterward? Learn the truth about this procedure.

[Take Quiz](#) >



## God's Creation of the Marvellous Palm/Coconut Tree.

*How blessed we were in the Tropical Lands; beyond our present domicile*

*To have experienced and enjoyed Nature's gift that we always took for granted*

*Along the coastal region did we see; and more so, along the sea shore*

*Wavering in the harshest wind with the rustling of the leaves; but never did it yield*

*Often did I listen to the rustling of the leaves in the gentle breeze  
Only wary of the falling branches and nuts that was a hazard  
Perhaps a reminder of the nuts that yields the water, kernel and oil for our cuisine*

*Not forgetting the intoxicating drink of Toddy and the Arrack brewed*

*In life we tend to take a lot of things for granted; don't we?  
There's very much more that this marvelous tree doth yield for our good*

*It not only sustains life; it also provides heat, shelter and other myriad use*

*A tree that indeed has its' uses from the roots to the very top - in assisting mankind*

*The trunk of the tree is used for construction purpose  
Be it supports for house, fencing or for small bridges across the ford*

*The leafs thatched would provide the roofing and sides of the house  
The husk of the nut provides the coir for the rope that bind*

*So, Dear Reader please take a few moments and think of this wonderful tree*

*For Mother Nature has surely blessed these lands with a gift that one can afford*

*A tree that will endure the rigors of time, wear and tear  
Cherish and nourish it with respect and let Nature's Gift be forever loved*

Noor R. Rahim

## Recipes for Your Labor Day Weekend

'Fajita' Burgers

All-American Light Potato Salad

Bean and Tomato Salad With Honey Vinaigrette

- A recent study, which appears in the [Journal of Antimicrobial Chemotherapy](#), concludes that the increased use of antibiotics during the COVID-19 pandemic may be placing an added burden on wastewater treatment works. This might lead to raised levels of antibiotics in rivers. Read more about the study [here](#).

A recent review, which appears in the journal [Current Atherosclerosis Reports](#), found that people taking certain drugs for high blood pressure had a lower risk of severe COVID-19 and death than those who were not taking these medications. Read our full coverage of the study [here](#).

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Take iron with vitamin C, but don't mix it with calcium -- and keep that C away from B12. Here's how to time your supplements so they're most effective.

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