

Health & Views

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

December 1st
issue
2020

[“Food is the best vaccine against chaos.”](#)

https://www.livescience.com/extra-blood-vessel-found-humans-evolving.html?utm_source=notification



FEATURED

What You Need to Know About Wine

Wine can be a healthy and enjoyable part of life if you don't drink too much. Click through this slideshow to find out more about the ancient drink wine.

[READ MORE](#)

Dear Olive Oil, you're either a Virgin or you are not. There's no such thing as "Extra Virgin", Ok?! 😊



Real-Talk Answers to Your Adult Diabetes Questions

How many carbs are in some popular beers?

Those watching their carb intake may want to limit drinks such as beer. Learn about 33 popular beers and their carbohydrate content, along with other nutritional information.

[READ ON →](#)

Savithri

Focusing on plus size positivity, luxury condominium status, media safety in a pandemic, the Aiyo story, ADB's grant, stocks, oil and gold, Tesla's gigafactory, Beyonce's Grammy chances, Notre Dame's scaffolding, Utah's weird monolith, rocking monkeys and masked Santa's – watch Kaleidoscope this week while on a Couch Safari.

<https://www.youtube.com/watch?v=Pev16BW6SXw>

<https://www.facebook.com/140603482671002/posts/3507577009306949/?sfnsn=mo>

SLEEP / SLEEP DISORDERS /
INSOMNIA

Melatonin: How long does it last?

Melatonin is a naturally occurring hormone that promotes sleep. It is also available as a sleep aid. Learn more about how long it lasts.

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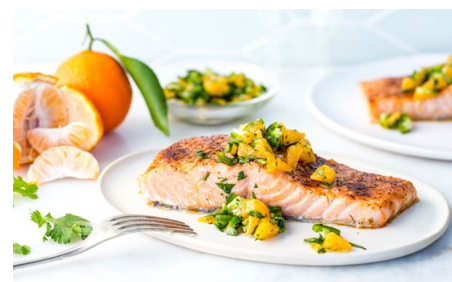


[9 Stuffed Peppers Recipes With up to 43 Grams of Protein](#)

[little-known vision secret](#)

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[Looking for Low Calorie Recipe Inspiration?](#)

Hit your weight loss goals with recipes from our Under 500 Calories collection, featuring meals, desserts, and snacks.

[GET COOKING](#)

Surprising Symptoms of Lung Cancer

You probably already know that lung cancer often causes coughing, wheezing, and chest pain. But these other, lesser-known effects can show up too -- in places you might not expect.

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Vitamins You Need as You Age

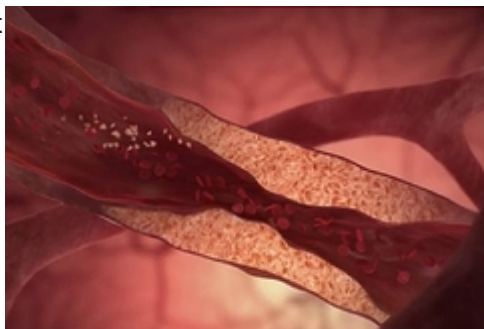
As you get older, your body requires more of certain nutrients. Here's how to make sure you're getting enough.

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How Diabetes Affects Your Heart

Diabetes can deprive your heart of the right fuel, which makes it harder to pump blood throughout your body. A cardiologist explains.

[Watch Video >](#)



What You Can Do About Bunions

A bunion is a bony bump that forms on the joint where your big toe meets your foot. Understanding what it is can help you deal with yours.

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Ensure Accurate Blood Sugar Checks

Diabetes test strips are used with blood glucose monitors to measure your blood sugar. Learn how they work, how to save money, and how to get the most accurate reading.

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Could a Vegan Diet Weaken Your Bones?

Vegans face a 43% higher risk for bone fractures than meat eaters, a large British study warns. And pescatarians and vegetarians are also more likely to suffer hip fractures.

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New Ways to Enjoy Brussels Sprouts

Boiled into a soggy mess, you might not find them very appetizing. But roast them to crispy perfection, and you might be pleasantly surprised.

[Read More >](#)

Why Beans Are Good for Your Health

'The worst year' / Domestic violence soars in Australia during Covid-19

Can Bitter Melon Help With Diabetes?

Research suggests this food -- it's actually a vegetable -- can lower blood sugar and A1c levels in people with type 2 diabetes.

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The Truth About Medical Marijuana

The FDA hasn't approved it as a treatment for any conditions, but some states allow it to treat specific health problems. Here's what you should know.

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What Causes Heart Palpitations?

Why does your heart race or skip a beat? Here's what you need to know about heart palpitations -- including when to see your doctor.

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More good news: Moderna vaccine works too

For the third time in a week, a coronavirus vaccine developer has reported preliminary results suggesting that its vaccine is highly effective. US biotech company [Moderna has announced that its RNA-based vaccine was more than 94% effective](#) at preventing COVID-19, on the basis of an analysis of 95 cases in its ongoing phase III efficacy trial. Like the [Pfizer–BioNTech vaccine](#) and the [controversial Russian vaccine Sputnik V](#), early data that are not yet peer reviewed leave many questions unanswered. But it does seem that Moderna’s vaccine is likely to prevent severe COVID-19 infections, something that was not clear from the other developers’ announcements. Researchers were also buoyed by Moderna’s announcement that its vaccine remains stable in conventional refrigerators for a month and ordinary freezers for six months. (The Pfizer–BioNTech vaccine must be stored at an icy -70°C .)
[Nature | 4 min read](#)

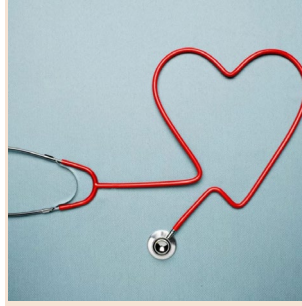
Thanksgiving with family and friends is a bad idea, health experts warn

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COVID-19 reveals how obesity harms the body in real time

[Read More](#)

[The 4 Types of Diabetic Neuropathy](#)



HEART ATTACK SIGNS EVERY WOMAN SHOULD KNOW



11 REASONS YOUR BREASTS AND NIPPLES ARE ITCHY



Why Do We Wear Underwear? 8 Health Reasons You Need Them

[If you're wondering why we wear underwear, it's simple—for cleanliness, comfort, and support for the nether regions.](#)

[Read More](#)

The 50 Best Foods for Your Heart

[Add these heart-healthy foods to your everyday diet and your ticker will thank you—for decades to come.](#)

[Read More](#)

<https://www.sbs.com.au/food/article/2020/11/02/feels-home-fragrant-sri-lankan-beef-smore-marks-celebration>

Does Turmeric Help Lower Blood Sugar?

This spice has long been used as a natural remedy, and some claim it can help treat and perhaps even prevent diabetes. Does the science agree?

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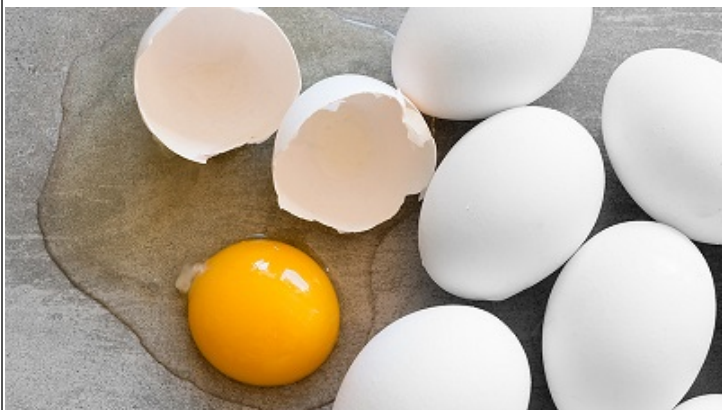


[Which Has More Sugar?](#)

Egg Consumption Increases Risk for Diabetes

Consuming one or more eggs per day may increase the risk of diabetes by 60%, according to a study published in the *British Journal of Nutrition*. Researchers compared egg consumption with blood glucose levels in more than 8,000 participants from the China Health and Nutrition Survey. Those who habitually consumed the most eggs increased their risk for diabetes when compared to those who ate the fewest eggs. Participants who ate the most eggs were less physically active, consumed more fat and animal protein, and had higher serum cholesterol levels. Possible mechanisms for the increased risk include oxidation and inflammation from choline found in egg yolks and hindered carbohydrate absorption from chemicals found in egg whites. The authors suggest the rise in egg consumption is related to the increased affordability of eggs in China and an overall shift toward Westernized diets low in vegetables and high in meat and high-fat foods.

These results support similar findings in other cohorts of participants in China as well as populations in the United States. A study published in *Nutrition* found an increased risk for diabetes and high cholesterol among Chinese women, while research published in *Circulation* found a link between higher egg consumption and prevalence of diabetes mellitus and hypertension. The authors note results from a recent meta-analysis and data from the Physicians' Health Study and Women's Health Study showed an increased risk for diabetes of up to 77% with seven or more eggs consumed per week.



Physicians Committee

['Encouraging progress': Moderna's COVID-19 vaccine nears 95 per cent efficacy](#)

US drug manufacturer Moderna has released data that shows its experimental COVID-19 vaccine was 94.5 percent effective, based on interim data from a late-stage trial.



[COVID deaths linked to air pollution](#)

A study has concluded that long-term exposure to air pollution [could be linked to 15% of global deaths from COVID-19](#). Researchers combined health and disease figures with data about global exposure to particulate matter in the air. "If both long-term exposure to air pollution and infection with the COVID-19 virus come together then we have an adverse effect on health, particularly with respect to the heart and blood vessels," says vascular biologist Thomas Munzel.

[Al Jazeera | 3 min read](#)

Foods That Can Boost Testosterone

Men with diabetes are more likely to have low testosterone levels. Adding these foods to your diet can help.

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Foods That Help You Heal

Food can't cure what ails you, but certain types have the power to soothe symptoms and give your body a boost when you have specific illnesses or injuries. Help yourself to these healing foods.



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The Real Truth About Too Much Sugar

Over time, it can hurt your heart, teeth, joints, and liver, in addition to impacting how your body uses insulin.

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Is Honey a Safer Sweetener?

Find out why there's not likely to be a benefit to swapping sugar for honey if you have diabetes.

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Jumbo Health Benefits of Eating Shrimp

Whether they're farmed, wild, frozen, or fresh, shrimp bring flavor and nutrients to your diet. Here are some of the ways this popular seafood can benefit your health.



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Why You Should Try Calisthenics

These exercises are relatively quick, involve moving most or all of your body, and can be adjusted to your fitness level.

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Legumes: Good for Blood Sugar and More

They're cheap, versatile, and loaded with healthy nutrients -- just keep an eye on carb counts.

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Here's Why You Should Never Wash Chicken Before Cooking It

If you've always washed your chicken, it may be time to reconsider this potentially dangerous practice.

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What Is the Healthiest Salt?

There are many varieties of salt out there, but which one is considered healthiest or right for you just may come down to your taste buds.

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13 Signs You're Dealing With a Psychopath

The word psychopath might evoke the image of a serial killer, but knowing these psychopathic signs can help you notice one on a daily basis.

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Eating for Vitamin D

You get most of your vitamin D from sunlight on your skin. But we're all spending more time indoors these days. Good thing you can also get it from food.

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The Real Reason Fiber is Such a Big Deal—and 4 Things That Happen When You Eat More of It

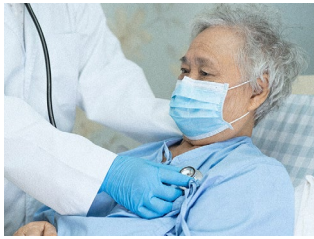
Here's what to know about the health benefits of dietary fiber and why your body needs it.

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How does risk vary for Black and Asian patients with COVID-19?



New findings indicate that Black, Asian, and mixed ethnicity individuals with COVID-19 may face different health risks as the disease progresses.

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How to Control Your High Blood Pressure

Small changes can make a big difference in managing your blood pressure.

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Celiac Disease Trigger Foods

Sometimes the immune system reacts to gluten and damages the intestine.

[VIEW SLIDESHOW](#)

Celiac Disease Trigger Foods

Sometimes the immune system reacts to gluten and damages the intestine.

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Health Hazards When You Don't Wash Your Sheets

You spend a third of your life in bed. So clean bed linens should be one of your must-do chores. Think of the drool, sweat, dandruff, and other stuff you leave between the sheets.

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SLIDESHOW

Bad Habits for Your Back

You're more likely to have back pain as you get older. Here's how to avoid making things worse with bad habits.

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SLIDESHOW

What Your Genes Say About You

DNA differences determine parts of your physical appearance, your risk for certain diseases, and even your personality. [Read more...](#)



SLIDESHOW

Your Biological Body Clock

Many organisms, including people, animals, fruit flies, and even bacteria, are governed by circadian rhythms. [Read more...](#)

DIABETES

5 Strange Symptoms That Could Be Early Signs of Diabetes





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Why Am I Always Thirsty?

Before pinpointing the reason behind your thirst, it's important to know whether you're dealing with excessive thirst (your doctor may call it polydipsia), or dry mouth -- or both.

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SLIDESHOW

Stages of Colon Cancer

Colorectal cancer is the third most common non-skin cancer diagnosed in men and women in the U.S. It is also the second highest cause of cancer deaths. [Read more...](#)



ARTICLE

Early Signs of Multiple Sclerosis (MS)

Multiple sclerosis (MS) is an autoimmune disease in which the immune system attacks myelinated axons in the brain... [Read more...](#)

COVID-19: What role does vitamin D play?

Updated on October 15, 2020 at 8:00 a.m. PDT

- Studies investigating the role of vitamin D in preventing or treating COVID-19 have drawn conflicting conclusions. But should a lack of evidence stop us from topping up our vitamin D levels as the Northern Hemisphere heads toward winter? In a recent feature, we delve into the details. Read the full feature [here](#).
- A recent study finds that high doses of favipiravir, a drug that scientists designed to treat pandemic influenza infections, strongly inhibits SARS-CoV-2 in hamsters. Favipiravir also prevented infection in healthy animals that had exposure to an infected cage mate. Read *MNT's* full coverage of the study [here](#).

[READ THE FULL UPDATE](#)

[COVID-19 linked to sudden hearing loss](#)

10 Best Exercises for Ankylosing Spondylitis

Try these moves to help relieve pain, boost your flexibility, and build strength in your back when you have this form of arthritis that affects your spine.

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How Ankylosing Spondylitis Can Affect Your Eyes

AS causes pain and stiffness, mainly in your spine. But it can also cause eye inflammation called uveitis. Here's what you need to know. [Read More >](#)



[Remdesivir has 'no meaningful impact' on COVID-19 survival, huge study finds](#)

15 Reasons You're Waking Up at Night

In the long run, lack of sleep could lead to some serious health conditions. Find out what might be interrupting your sleep and what you can do about it.

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Identical signs of brain damage in sleep apnea and Alzheimer's

A study confirms links between sleep apnea and Alzheimer's. The association may be based on a failure to clear waste products from the brain during sleep.

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5 Signs You're Not Eating Enough Protein

How Is Alzheimer's Diagnosed?

How will this condition affect your loved one's life? Should they stop driving? What are the treatments and warning signs?

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12 Incredible Benefits of Lemon Water You Never Knew

Celebrities and naturopaths won't start their day without guzzling a glass of lemon water. Here's what this a.m. habit can and can't do for your health.

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If You Don't Eat Yogurt Every Day, This Might Convince You to Start

Don't skip the dairy section. There's another reason you should add yogurt to your grocery cart.

[Read More](#)



Early Signs of Dementia

Watch for mild cognitive impairment -- a transitional zone between normal age-related memory loss and Alzheimer's disease.

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5 Brain-Boosting Foods That Will Make You Smarter

You are what you eat, as the saying goes. And if you add these foods to your diet, your brain could see serious results.

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Radical prostate cancer treatment more frequent in private system

MEN diagnosed with prostate cancer in the private health system are more than twice as likely to have radical treatment as men diagnosed in the public system, new MJA research shows. A retrospective...

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'Poor health' and screen time on different devices: What is the link?

A study explores the link between self-reported poor health and overuse of different screened devices, including televisions, computers, and smartphones.

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15 Vitamins (and Supplements) Nutritionists Don't Take—So You Shouldn't Either

Here are the vitamins and other supplements experts say you're better off without.

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7 Signs You're Not Getting Enough Zinc

The mineral zinc plays a role in growth and development, wound healing, blood clot formation, and thyroid function.

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This Is What Happens to Your Body When You Eat Instant Ramen

When you ponder the health content of ramen noodles, buzz words like "sodium" and "refined carbohydrates" probably come to mind.

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10 Foods that Thyroid Experts Avoid—and 3 That They Love

Some foods touted as nutritional superstars—like kale and millet—might not be the best choices for the health of your thyroid gland.

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8 Foods That Can Make You Age Faster

Nutritionists share the foods you should avoid, from baked goods to alcohol, which can make you age faster.

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6 Surprising Health Benefits of Seaweed

Step aside, kale. Seaweed has health—and possibly weight loss—benefits that may have you craving sushi.

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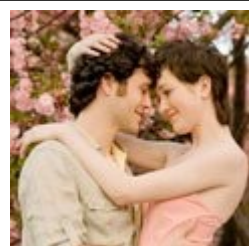
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SLIDESHOW

Get a Grip on Rheumatoid Arthritis

Women are diagnosed with RA more often. When arthritis is present, the joints may become inflamed, stiff, red, and painful. [Read more...](#)



SLIDESHOW

The Surprising Health Benefits of Sex

Sex is not only pleasurable, did you know it's also good for you? It's true. The benefits of sex range from slashing stress... [Read more...](#)

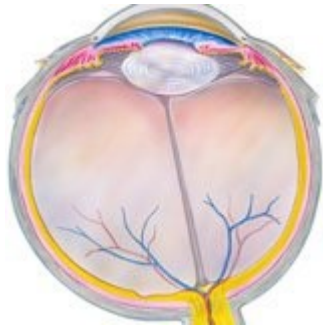
FROM OUR WEBMD SPONSORS ► [What Is Epilepsy? Know the Facts About the Disorder](#)



SLIDESHOW

Reasons You're Short of Breath

Have you ever found yourself gasping for air after just a short flight of stairs? It could be something more serious. [Read more...](#)



SLIDESHOW

What Causes Glaucoma?

Glaucoma refers to a variety of eye diseases that damage the optic nerve, resulting in vision loss and sometimes total blindness. [Read more...](#)



The Impact Your Diet Has on Your Mental Health



How Parents Can Help Their Children Deal With Today's Mental Health Issues

[Weight-Loss Surgery May Cut Pancreatic Cancer Risk in People With Diabetes](#)

The Right Way to Store Your Condiments

You don't have to keep most condiments in the refrigerator, even after you open them. Find out what goes where.

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Greece's most beautiful islands you've never heard of

Greece is home to hundreds of small islands that are often just as spectacular as nearby famous ones.... [Read more](#)

Stop Drinking Your Calories

A 12-ounce can of soda has between about 125 and 180 calories, all from sugar. And lots of other beverages have even more.

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FOOD

This Food Is the Number One Cause of Foodborne Illness Outbreaks. Here's How to Stay Safe



5 Mistakes to Avoid When Going Meatless

Eating more plant-based foods is a great move for your health and the environment. But simply eating less animal protein doesn't guarantee health benefits. See if you're making any of these common missteps.

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7 Reasons It's Good for You to Sleep Naked

These research-backed benefits will have you ditching the dowdy flannels and sleeping naked tonight.



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12 Ways Too Much Sugar Harms You

Sugar is sweet, but too much of it can sour your health. Your body does not need any added sugars. How much is too much? [Read more...](#)



How to Keep Your Liver Healthy

You can damage your liver with more than just alcohol. Here's what to do (and what to avoid) to help keep this vital organ working like it should.

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If Your Child is Not Feeling Well...

See signs of childhood illnesses, including fever, nausea, and constipation. Learn about common symptoms and home treatment... [Read more...](#)



Walking Tips to Lose Weight Faster

GET
TIPS



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What Eye Symptoms May Mean

Will your eye condition clear up, or is it a warning sign of a critical eye health issue? Learn about common eye symptoms... [Read more...](#)



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What Is a Virus?

Viruses get a bad rap, but they also perform many important functions for humans, plants, animals, and the environment.

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6 Silent Symptoms of Colon Cancer You Might Be Missing

Rectal bleeding is the most obvious colon cancer symptom, but other signs may be far more subtle.

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Easy Turkey and White Bean Chili

15 Anti-Aging Supplements Worth Buying

The anti-aging supplements that may be worth buying according to health experts, from glucosamine to zinc.



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[Exercise your mind with free meditations](#)



[Walking, Running or Biking: Which Is Best for Weight Loss?](#)



[Can Adrenal Fatigue Slow Weight Loss?](#)



[The health benefits of owning a pet](#)



[Andrew tested positive for COVID-19 in March — and then again in September](#)

[More](#) →

What causes painful sores in the nose?



Painful sores in the nose may result from an injury, infection, or rarely, an underlying illness. Here, learn about healing, other symptoms, and more.

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Experts: Herd immunity is 'dangerous' and 'flawed' approach

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What are the symptoms of pneumonia in older adults?



Symptoms of pneumonia in older adults can present differently or take longer to appear. Learn more about the symptoms in older adults and when to seek help.

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ARRHYTHMIA

What is the pulse and how do I check it?

Learn what the pulse is, where it is, and how to find it. This article includes a video showing you how to take a reading of your heart rate, and it explains what a normal heart rate should be. We also explain other ways to take your own heart rate reading and what this measurement can mean for your health.

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What causes hot farts and how to prevent them



Hot farts may be an indication that the person ate some types of food the body does not agree with, or is having other digestive issues. Learn more.

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What is the best shampoo for babies?



Babies do not need shampoo unless they have a medical condition. However, baby shampoo can help their hair to look and feel clean. Discover the best shampoos for babies.

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What to know about L-tryptophan supplements



What are L-tryptophan supplements? Are they safe, and do they work? Read on to learn more about L-tryptophan, including its safety and efficacy.

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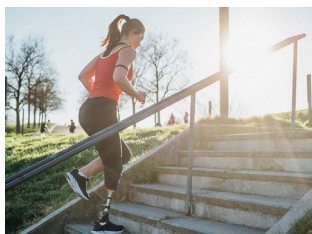
SLIDESHOW

Apple Cider Vinegar Myths and Facts

Vinegar is an acetic acid solution that results from a fermentation process when yeast and bacteria are added to any number of foods and beverages...

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Study hints that early morning exercise may reduce cancer risk



New research suggests that people who exercise in the morning between 8 a.m. and 10 a.m. may be less likely to develop breast or prostate cancer.

[3 Ways to Drink Baking Soda for Better Health](#) (interesting article)

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COLD & FLU

13 Ways to Soothe a Sore Throat