

Health & Views

March 3rd
issue 2021

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

7 Foods That Reduce Bloating—and 5 That Cause It

Vitamin D Might Help Fight COVID-19

Scientists are [hopeful that T cells could maintain lasting immunity against COVID-19 variants](#). Some coronavirus-vaccine developers are already looking at ways to develop next-generation vaccines that stimulate T cells more effectively.



<https://www.elanka.com.au/>

CORONAVIRUS

Coronaphobia Is a New Disorder Emerging From the COVID-19 Pandemic—Here's What You Need to Know

- [What's a T7 vertebra and what happens when you injure it? 2 experts explain](#)
Christian Moro, Bond University; Allan Stirling, Bond University
Victorian Premier Daniel Andrews this week suffered a fracture to his T7 vertebra. Here's what that means.

- [Boosting your 'gut health' sounds great. But this wellness trend is vague and often misunderstood](#)
Amy Loughman, Deakin University; Heidi Staudacher, Deakin University
Rather than focusing on single foods for 'gut health',

15 Habits of Couples With Great Sex Lives

They take joy from the other person's pleasure -- and seek gratification. See what else you can do to have better sex, too.
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Circulation to over 25,000 viewers

Obesity Driving Up to Half of New Diabetes Cases

Researchers have found that obesity is linked to anywhere from 30% to 53% of new type 2 diabetes diagnoses among middle-aged and older Americans over the last 2 decades.

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Foods That Make You Look Older

Your skin is your body's largest organ, and everything you eat affects it. These foods do more harm than good and add years to your body, inside and out.
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NUTRITION

3 Nutrients You're Not Getting Enough Of—and How to Add More to Your Diet

- It is clear that coronavirus vaccines are safe and effective. But [as more are rolled out, researchers are learning about the extent and nature of side effects.](#) ([Nature | 8 min read](#))

The Truth About Acai Berry and Weight Loss

You see acai berry everywhere these days, even in supplement form. See what an expert says about how well it works for weight loss -- and if it's safe.
[Watch Video](#)

Low blood pressure: When is it an emergency?

Written by Jon Johnson on February 19, 2021

Low blood pressure is not usually an emergency. However, if it co-occurs with certain other symptoms, a person may need to contact a doctor. Learn more here.

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- [The royal family can't keep ignoring its colonialist past and racist present](#)

9 Surprising Causes of Lung Cancer

From radon gas to white bread, see what makes lung cancer more likely.
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Surprising Health Benefits of Petroleum Jelly

Contrary to popular advice, don't use this household staple for sunburns or sex. But do use it to heal wounds, hydrate your hands, and treat these other problems.



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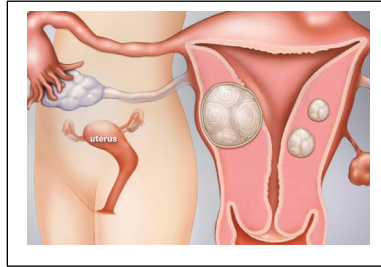
Surprising Things That Can Hurt Your Kidneys

Soda, dehydration, too much protein, and other culprits: Could you be damaging your kidneys without knowing it?

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Uterine Fibroid Warning Signs

As many as 80% of all women will have fibroids by age 50. Their growth has been linked to estrogen and progesterone, but the exact cause is unknown. Here are the symptoms to watch for.



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Dietary Changes for Excess Potassium

If you have hyperkalemia (a high potassium level), your doctor may want you to make changes to the foods you eat so potassium doesn't build up in your blood.

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14 Ways to Lower Your Triglycerides

Hunt down hidden sugar, get a checkup, and do these other things to bring down high triglyceride levels and cut your chances of having heart disease or a stroke.



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Signs You Might Have Pelvic Inflammatory Disease

This condition can cause pain in your lower belly and make you less able to have a baby if it's not treated properly.

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PSORIATIC ARTHRITIS

I'm 33, But My Autoimmune Disease Makes My Body Feel Like I'm 70

MIND & BODY

Early Signs of Stroke You Need to Know

4 YOGA MOVES TO STRENGTHEN YOUR CORE AND PELVIC FLOOR

The image part

Probiotics for weight loss: What is the evidence?

Written by Jillian Kubala MS, RD on February 19, 2021

This feature examines what recent studies say about using probiotic supplements for weight loss. It looks at whether they are effective and if there are risks.

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Today's Must Read!

People With This Condition Are Twice as Likely to Get COVID-19

Taking These Two Supplements Together Could Increase Your Stroke Risk

[Could a Common Prostate Drug Help Prevent Parkinson's?](#)

Symptoms of Insulin Resistance

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

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Why Belly Fat Forms and How to Lose It

Belly fat is a problem, and not just because of how it looks. Protect your health by making changes that target its causes.

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What to Know Before You Try CBD

Research is ongoing to see if it can help control blood sugar, calm inflammation, and ease nerve pain from diabetes. Here's what we know.

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9 Steps to Lower Your A1c

Start with the basics, like making sure you're measuring portions properly and choosing the best carbs.

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17 Foods That Boost Women's Health

Healthy eating is important for everyone, but certain foods are especially good for issues that affect women -- like brittle bones, pregnancy, and breast cancer.

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NUTRITION

The 12 Best Collagen Supplements, According to Experts



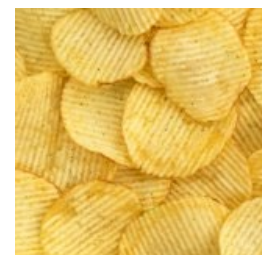
Climate Policies Promoting Plant-Based Diets Could Save Millions of Lives

More than 6 million diet-related deaths a year could be prevented by 2040 if nine countries representing 50% of the world's population and 70% of the world's emissions adopted climate policies that promoted plant-based diets, according to a study in *The Lancet Planetary Health*. For each nation—Brazil, China, Germany, India, Indonesia, Nigeria, South Africa, the United Kingdom, and the United States—researchers compared current climate change policies with two alternative scenarios: one that included a shift toward a flexitarian diet and another with a 50% flexitarian diet and 50% vegan diet. Read about the Physicians Committee's petition to the White House regarding diet and climate change [here](#).



Reference

Hamilton I, Kennard H, McGushin A, et al. The public health implications of the Paris Agreement: a modelling study. *Lancet Planet Health*. 2021;5(2):E74-E83. doi: [10.1016/S2542-5196\(20\)30249-7](https://doi.org/10.1016/S2542-5196(20)30249-7)



SLIDESHOW

Worst Foods for Your Belly

Chips, beer, and fatty red meat top the list of big-belly foods that make you weak. [Read more...](#)

Top 10 Metabolism Boosters

Boosting metabolism to burn calories faster is the holy grail of weight watchers everywhere. Here are 10 ways you can do it.

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FEATURED

19 Reasons You Can't Lose Weight

Some people figure that by working out they can justify an extra helping of food. That may not be the case, however. We tend to overestimate the calories we burn



SLIDESHOW

Food Cravings That Wreck Your Diet

Dreaming of something creamy, sweet or salty? Food cravings are a risk... [Read more...](#)



ARTICLE

Alcohol and Nutrition

Get the facts on how alcohol impacts nutrition, metabolism, diet and weight loss, blood sugar, vitamins and minerals. [Read more...](#)



HEART DISEASE

7 Symptoms of Heart Attacks in Women That Aren't Chest Pain

We need to talk about social media

WE need to talk about social media. Good things have come from platforms like Twitter and Facebook: the ability to share and access important content widely and swiftly, a more powerful voice for people... [Read more ->](#)

Every chest pain deserves a diagnosis

AS an interventional cardiologist, I feel a responsibility to provide my patients with minimally invasive treatments and an overall sense of how their health is tracking. When a patient presents to the...

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Here's What to Do for Dry Skin

Dry skin can be uncomfortably rough or itchy, and it may feel tight, especially after bathing. What can help? The most effective way to relieve it depends on what brought it on.

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Health Benefits of Sex

Can sex improve your physical health? Discover these 18 surprising health benefits of sex. [Read more...](#)



FEATURED

Is Chocolate Really an Aphrodisiac?

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

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High-Antioxidant Foods to Try

You've heard antioxidants are good for you, but do you know the best ways to get them? Find out which foods and drinks to put on your grocery list. [Read More](#)

SLIDESHOW

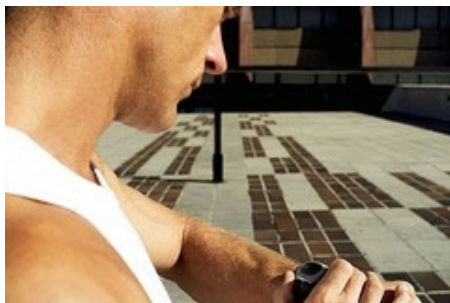
How to Have a Better Sex Life

Explore new ways to spice up your sex life and learn tips for better communication, scheduling sex, and more. [Read more...](#)

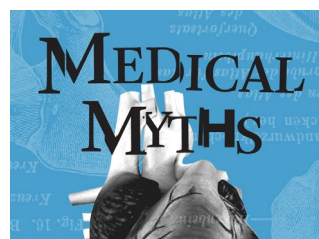
The No-Excuses Workout: 30 Minutes and Out

Think you don't have time to work out? You do. It's the intensity of your workout that's key. This high-energy, 30-minute "quickie" routine works your whole body with cardio and resistance training.

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Medical myths: All about heart disease



Because February is American Heart Month, this week, the Medical Myths series overturns misconceptions and myths associated with heart disease.

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Some practical answers to COVID-19 vaccine questions

THESE are strange times. A pandemic, a relatively new type of vaccine technology, widespread fear coupled with suspicion of government and expertise, and social media. We could almost be forgiven for...

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Fatty Liver Disease, Cirrhosis and Symptoms

What are the symptoms and signs of liver disease? Learn about end stage liver disease, non alcoholic fatty liver disease... [Read more...](#)

Health Benefits of Eggs

Eggs have gotten a bad rap in some circles. Yes, they do have some cholesterol and fat. But they also have loads of...

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SLIDESHOW

Foods That Age You

Everything you eat affects your skin. These foods do more harm than good, and add years to your body inside and out.

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SLIDESHOW

Alternative Treatments for AFib

Medication and surgery aren't the only things that can improve or prevent your AFib symptoms.

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One year since Italian doctor's chilling discovery Moment in medical history that sent Europe into chaos

[Read more on 9News](#)

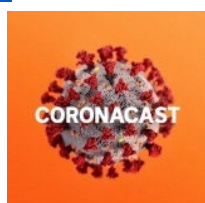
Signs You May Have Ulcerative Colitis

Abdominal pain, weight loss, and nausea are three of the major symptoms. But some of these others may surprise you.

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Why vaccination is only the end of the beginning

Australia's coronavirus vaccination campaign started a day earlier than expected yesterday, with an 85 year-old World War Two survivor being the first in the country to receive a COVID vaccine.



What Is Walking Pneumonia? Symptoms, Diagnosis, and Treatment

Also called atypical pneumonia, walking pneumonia is a different type of upper respiratory infection than regular pneumonia in a few key ways.

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These Are the Statin Side Effects You Should Know About

Statins are one of the most widely prescribed and effective types of cholesterol-lowering medication. They also have a few potential side effects.

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9 of the Most Powerful Eating Habits to Protect Your Brain From Alzheimer's

Everything from how you cook meat to what you eat for dessert plays a role in your brain health. Here's how to eat to prevent Alzheimer's.

[**Read More**](#)



13 Ways to Banish Menstrual Cramps

Whether they're mild or almost debilitating, monthly cramps disrupt your life. Get tips about what works to help you feel better during your period, now and next month.

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What Happens When You Stop Eating Meat

It may be hard, but ditching those juicy steaks and crispy pieces of bacon can help ease inflammation, lower your diabetes risk, and even save you money. See what else you can expect.

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I'm the Australia doctor who went to China for the WHO. This is what we found

I am in hotel quarantine in Sydney, after returning from Wuhan, China. Here's what I learnt as the Australian representative on the World Health Organization's investigation into the origins of the coronavirus, writes Dominic Dwyer.



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