

# Health & Views

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

Happy  
Sinhales &  
Tamil  
NewNew

April 2<sup>nd</sup> issue  
2021

The month of Bak, which represents prosperity in the Sinhalese calendar (or in the month of **April** according to the Gregorian calendar), is when the sun moves (in an astrological sense) from the Meena Rashiya (House of Pisces) to the Mesha Rashiya (House of Aries) in the celestial sphere.

**Coronavirus** / Australia warned it won't achieve herd immunity unless it deals with vaccine hesitancy

## Why Insulin Resistance Hurts Your Heart



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## Loss of sense of smell and taste may last up to 5 months after COVID-19

American Academy of Neurology

## Exercises for Stronger Bones

The right workouts can help you strengthen your bones and slow bone loss. Which ones should you try and what should you avoid?

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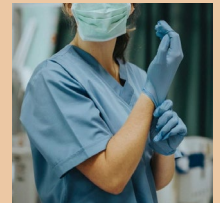
## Risks and Benefits of NSAIDs

Nonsteroidal anti-inflammatory drugs treat pain, ease inflammation, and lower fevers. See how they work, possible side effects, and alternatives if you can't tolerate them.

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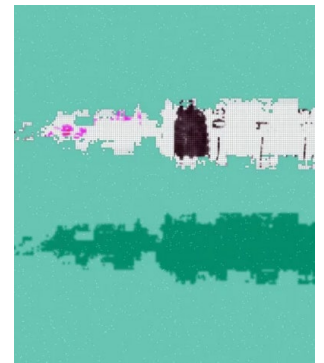
## What we know about VIPIT, the rare blood condition affecting the AstraZeneca rollout

This is how the AstraZeneca shot could possibly cause blood to clot, a group of experts from Victoria University explain.



### CORONAVIRUS

## 14 COVID Vaccine Side Effects: Here's What You Might Experience After You Get Your Shot



## How Harmful Is Blue Light?

Smartphones, tablets, and LED televisions are among the everyday devices that put out blue light. See exactly what blue light is and how it can affect your health.

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## 5 Health Benefits of Legumes

Cheap and versatile, they're loaded with fiber and protein, making them a good source of carbs when you're watching your blood sugar.

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"A man who spoke his mind" !!!

## Some historical facts from Sri Lanka and a coincidence!

This is a car in the Galle Face Hotel Museum, but not just any car. Prince Phillip of Greece was in the Royal Navy and was stationed in Sri Lanka in 1940 where he bought his first personal car. It is a 1935 model Standard Nine. Prince Phillip of Greece returned later to Sri Lanka in 1952 as the Duke of Edinburgh after marrying Her Majesty Queen Elizabeth the II. The car is in pristine condition and quite a treasure for the hotel.



Prince Philip's First Personal Car Preserved at Galle Face Hotel.



*Galle Face Hotel*

**CAR PURCHASED BY PRINCE PHILIP OF GREECE  
THE DUKE OF EDINBURGH**

Prince Philip of Greece was assigned to serve as a Mid-Shipman with the then Royal Navy in Ceylon (now Sri Lanka) in 1940. He worked in the office of Lord Louis Mountbatten in Peradeniya (Central Ceylon). He had his living quarters in Upper Chatham street, Colombo 01.

Whilst being stationed in Ceylon (Sri Lanka) he purchased his first personal car.

The Galle Face Hotel is privileged to display this car, in its Museum.

The car which is a 1935 model Standard Nine bearing registration number X 8468 was purchased by Prince Philip in 1940 at a cost of Sterling Pounds 12.

The Prince visited Ceylon for the second time in 1954 as The Duke of Edinburgh and as husband of Her Majesty Queen Elizabeth the II<sup>nd</sup> after her coronation as The Queen of England.

The present owner of the car is Sanjeev Gardiner Chairman of the Galle Face Hotel, who inherited it from his father, the late Cyril Gardiner.

Sanjeev Gardiner has placed the car in the Galle Face Hotel museum, housed in the "Regency" of the Galle Face Hotel.

**Philip's first car**  
It cost the princely sum of £12

**1953**  
**THE DUKE OF EDINBURGH**  
**MOTORIST**

**Daily News**  
**PHILIP IN BEREAVEMENT SEES HIS OLD CAR**

**TIMES**  
**DUKE SEES CAR HE ONCE OWNED**

**Ceylon gifts at Palace show**

## Is It Even Possible to Achieve 'Herd Immunity' to COVID-19? Here's Why It's Not So Easy



## Eczema healing stages, causes, and treatments

Written by Mary West on February 26, 2021

Eczema may last a lifetime or can be outgrown. Symptoms present differently in people of different skin tones, although treatment and management strategies are similar.

[READ ON →](#)

## What drinks can help increase iron absorption?

Written by Lois Zoppi on February 26, 2021

Iron-deficiency anemia occurs when the body does not absorb enough iron. Using iron-rich ingredients in smoothies can help boost iron intake. Learn more here.

[READ ON →](#)

## Dietary and blood cholesterols: What to know

Written by Jon Johnson on February 26, 2021

Dietary cholesterol - from foods such as eggs, dairy, and meat - may not impact blood cholesterol as much as once thought, according to the American Heart Association (AHA).

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## Is it possible to lower cholesterol quickly?

Written by Jon Johnson on February 26, 2021

A few key changes in diet and lifestyle can help a person lower their cholesterol naturally. There is no instant fix, but some may notice changes in weeks.

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## 13 Ways High Blood Sugar Changes Your Skin

Even if you feel fine, blood-sugar imbalances inside your body can eventually cause visible changes like these on the outside. Some are unsightly but harmless, while others can lead to more serious problems that require special treatment.



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## Is Air-Fried Food Really Healthier?

Air fryers may cook foods without all the fat and calories of their deep-fried counterparts, but they do come with some drawbacks.

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## How Insulin Resistance Affects Testosterone

Diabetes, metabolic syndrome, and obesity have all been linked to testosterone deficiency, but exactly why isn't so clear.

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## Not Just Beans: Foods That Give You Gas

Potatoes, oatmeal, shiitake mushrooms, and more: These foods don't have the reputation that beans do, but they can set off gas just the same.

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## What Is Hypertensive Heart Disease?

## 3 Things Everyone With High Blood Pressure Needs to Know

High blood pressure contributes to over 1,100 deaths per day. New findings offer suggestions on how to control your hypertension and reduce your risk.



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## 'Adaptive' Yoga Opens the Practice to Everyone

Instead of trying to force your body into one-size-fits-all poses, this type of yoga accommodates your current fitness level.

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## How to Avoid Infectious Diseases

Coronavirus may be the first thing you thought of, but diseases like measles, flu, and hepatitis are also infectious. See which habits can help prevent infection and keep you safe.



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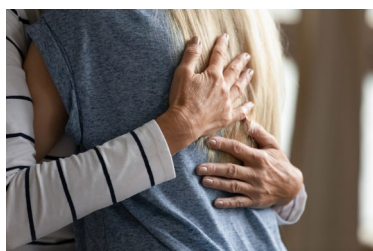
## 15 Signs of Cancer You Should Never Ignore

Most of the time, each of these can be explained by something less worrisome. Learn how to tell when it's time to pay attention.

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## This Could Be the Earliest Sign of Alzheimer's Disease (Hint: It's Not Getting Lost)

At risk for Alzheimer's? Keep an eye out for this one thing, because it could show up way before the most common symptoms do.



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## How Sugar Affects Your Cholesterol

Cut added sugar and you could lower calories and body weight, which could improve your cholesterol. See what else slashing your sugar intake can do for you.

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## Do eggs raise cholesterol levels?



Eggs are a nutritious and inexpensive staple of diets around the world. This article reviews the evidence showing that eggs are healthy to include in the diet.

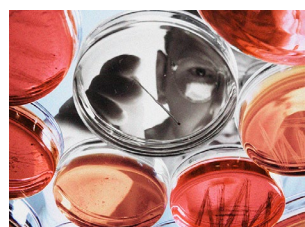
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## 13 Tasty Foods That Lower Cholesterol

You're actually doing yourself a favor each time you nibble a bit of avocado or dark chocolate or partake in any of these other foods and drinks that you love -- and that also happen to lower LDL.

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## More than 140,000 different viruses live in the human gut



A comprehensive "map" of the human microbiota shows that there are more than 140,000 bacteria-eating viruses in the gut, over half of which are newly described.

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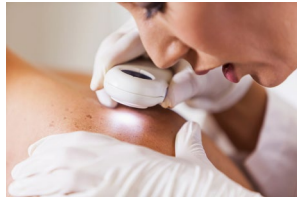
## What Causes Heart Palpitations?

## **The top 10 happiest countries in the world**

One ticket to Luxembourg, please.

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## **7 Cancers That Are Notoriously Tricky to Detect Early**



While research has come a long way in detecting various forms of cancer, there are still many that don't get detected until it's too late.

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## **8 Things You Should Never Do While Taking Apple Cider Vinegar**

There is a right and wrong way to use apple cider vinegar—and in this case, the "wrong way" can potentially be dangerous and unhealthy.

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## **3 Things Everyone With High Blood Pressure Should Know**

This crucial information can help you avoid preventable and possibly deadly complications.

## **What Causes Lower Back Pain in Women?**

Low back pain strikes both genders equally, but there are causes that specifically affect women, ranging from pregnancy to endometriosis.

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FEATURED

## **What Happens to Fitness as We Age?**

We can't help getting older, but we can age successfully. The more active, healthy, and fit you are now, the better you will feel as you get older.



SLIDESHOW

## **Is It Aging or Alzheimer's?**

We all forget things sometimes, especially when life gets busy. [Read more...](#)

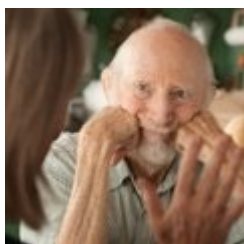


QUIZ

## **Various Teas and Their Benefits**

Learn about tea, types of teas, and the benefits of drinking tea. Is drinking a few cups of tea every day good for health? [Read more...](#)

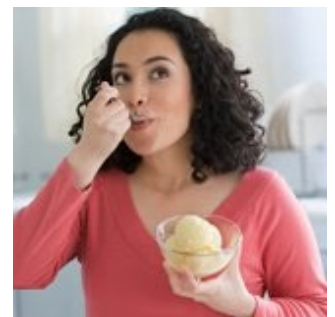
<https://www.facebook.com/watch/?v=1197>



ARTICLE

## **Alzheimer's Symptoms to Look Out For**

Learn to spot these seven stages and symptoms of Alzheimer's disease. Find out what to expect from the different... [Read more...](#)



SLIDESHOW

## **Treating Binge Eating**

Discover the signs, causes, and treatments of binge eating, anorexia, bulimia. [Read more...](#)

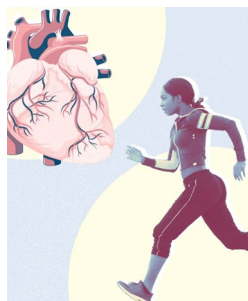
**BIPOLAR DISORDER**

## **What Is Mania in Bipolar Disorder?**

## **Can You Still Eat Your Favorite Fruit With Diabetes?**

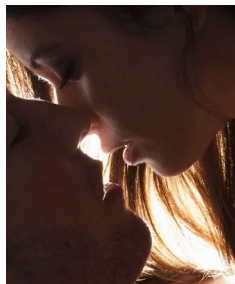
## HEART DISEASE

### 7 Ways You Can Keep Your Heart Healthy



## SEX

### 9 Things You Can Do to Make It Easier to Have an Orgasm During Sex



## NUTRITION

### 5 Superfood Carbs to Eat More Of



## What to know about the lazy keto diet

Written by Louisa Richards on February 28, 2021

The lazy keto diet is a simpler version of the keto diet. Learn what the lazy keto diet is, its benefits and drawbacks, and which foods to eat and avoid.

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## Rethink What You Know About Olive Oil

You already know it's a healthy fat with plenty of health benefits. Turns out, there's a lot of misinformation out there about olive oil.

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## How to Choose Healthy Carbs

You don't have to give up carbs to lose weight -- you just have to know which kinds will do the most good for your body.

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## 10 Real-Deal Metabolism Boosters

There are a lot of rumors floating around about the best ways to get your body to burn more calories, faster. Here's what's proven to work.

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## Signs of Diabetic Nerve Damage

If you notice uncomfortable changes in your feet and legs, diabetic peripheral neuropathy could be to blame.

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## How to get fit at home (and the mistakes to avoid) A scientist's guide

Due to the coronavirus, more people are exercising indoors. This month, we ask exercise researchers Matt Cocks and Katie Hesketh how to get fit at home.

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## The Truth About Sugar Addiction

Find out if a "sugar detox" really works, and learn how to retrain your taste buds so less-sugary foods become more appealing.

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## Best Foods to Eat in Each Decade

As you age, your body's needs change. Here's what to add to your diet in each stage of adulthood, from your 20s to your 60s and beyond.



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## What Exercise Does to Your Brain

Scientists believe that both aerobic exercise and weight training help make your brain more "flexible." See what else goes on and how much exercise makes a difference.

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### [Study Says Acupuncture Provides True Pain Relief](#)

A New York Times article reports a recent, rigorous study confirming that acupuncture can ease chronic pain, including that from migraines and arthritis.

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### [Use Natural Remedies for Arthritis Pain](#)



### [Herbal Remedies for Reducing Mouth Pain](#)



### [Herbs for Carpal Tunnel Syndrome](#)



### [Why does Christianity have so many denominations?](#)

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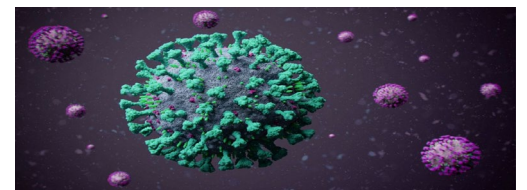
### [Is an electric car better for the planet?](#)

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## QUIZ

### [Is Belly Fat That Bad?](#)

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



### [Why does COVID-19 spread more easily than SARS?](#)

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### [What Causes Allergies?](#)

That sniffing, that sinus pressure, and all that sneezing must be caused by something. [Read more...](#)

### [Do You Get Your '5 a Day'? Fruits and Veggies for a Long Life](#)

## What Doctors Wish You Knew About Sex Addiction

Sex addiction may cause clinically relevant levels of distress.

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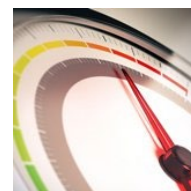


FEATURED

## 10 Tips for a Healthy Night's Sleep

Insomnia is a condition characterized by difficulty falling or staying asleep. There is no set definition of insomnia in terms of hours of sleep, and insomnia can have many forms.

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SLIDESHOW

## 14 Ways to Lower Triglycerides

What causes high triglycerides? Triglyceride levels need to be kept in check for good health.

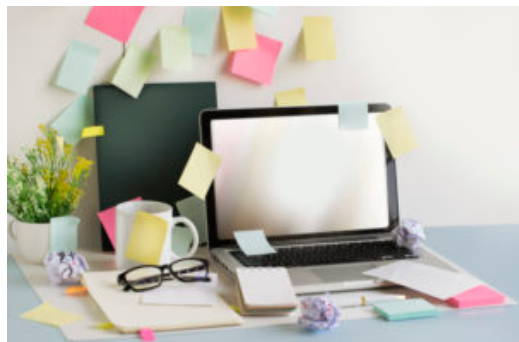
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Harvard Health Blog

## Midlife ADHD? Coping strategies that can help

POSTED FEBRUARY 05, 2021, 6:30 AM

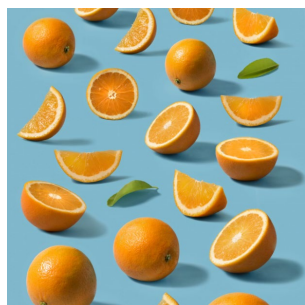
[Heidi Godman](#), Executive Editor, *Harvard Health Letter*



Trouble staying focused and paying attention are two familiar symptoms of attention deficit hyperactivity disorder (ADHD), a common health issue among children and teens. When ADHD persists through early adulthood and on into middle age, it presents many of the same challenges it does in childhood: it's hard to stay organized, start projects, stay on task, and meet deadlines. But now life is busier, and expectations from work and family often are even higher. Fortunately, there are lots of strategies that can help you navigate this time in your life.

[Learn more »](#)

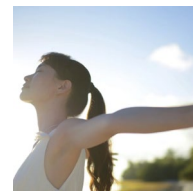
[Can You Get COVID-19 After You've Been Vaccinated?](#)



## 7 HEALTH BENEFITS OF ORANGES, ACCORDING TO A NUTRITIONIST



## HOW COMMON IS MAGNESIUM DEFICIENCY— AND COULD YOU HAVE IT?



## 4 YOGA MOVES TO STRENGTHEN YOUR CORE AND PELVIC FLOOR



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