

Health & Views

July 1st issue 2021

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

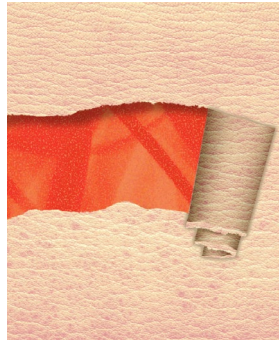
What Is a Cluster Headache?

Can Stress Trigger Crohn's Flare-Ups?

How Are Adults Diagnosed With ADHD?

Today's Must Read!

This Man's Skin Started Peeling Off After He Received the COVID-19 Vaccine—But He Has No Regrets



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Health Benefits of Hemp Seed Oil

Foods High in Zinc

Foods High in Vitamin A

<https://www.facebook.com/bestieinc/videos/504654357199211/>

Symptoms of Kidney Problems

Your kidneys are your body's clearinghouse for toxins. Learn what swollen feet, muscle cramps, and other warning signs may signal about your kidneys' health.

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15 Mistakes Even Healthy People Make

Even if you consider yourself pretty healthy, you may be missing the mark in a few areas. See how habits like getting too little sleep, brushing your teeth too soon after you eat, or not cleaning your water bottle might lead to trouble.

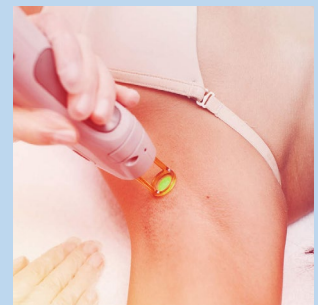
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Pfizer Reports Their COVID-19 Vaccine Is 100% Effective in Kids Ages 12 to 15



52-Year-Old Model Helena Christensen Stuns on Instagram in a Black Cut-Out Swimsuit



IS LASER HAIR REMOVAL ACTUALLY PERMANENT? HERE'S WHAT YOU NEED TO KNOW

Optimal Serving Sizes for Diabetes

Keeping your serving sizes in check can help keep complications from diabetes at bay. But what is a serving size?

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Extreme Glare in Peripheral Vision

I have been experiencing a ghosting and glare in my peripheral vision. The ghosting can be ignored, but the glare is... [Read more...](#)



SLIDESHOW

Healthy Eating in Restaurants

People love eating out -- and there's no reason why it can't be healthy eating. Follow these ordering tips to make sure... [Read more...](#)

Longer gap between COVID-19 vaccine doses may increase immune response

Written by James Kingsland on July 02, 2021

A new study provides reassurance that a longer gap between the first and second doses of the AstraZeneca vaccine will not compromise the immune response.

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SLIDESHOW

Diabetes and Travel Tips

Diabetes shouldn't stop you from traveling! Learn tips for packing diabetic supplies, controlling blood sugar while changing... [Read more...](#)

COVID-19 vaccines: Live updates

Written by Tim Newman on July 02, 2021

This live article contains regularly updated information on the experimental vaccines being developed for COVID-19.

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COVID-19 live updates: Total number of cases passes 182 million

Written by Tim Newman on July 02, 2021

This live article covers developments regarding SARS-CoV-2 and COVID-19. We will update it regularly as the pandemic continues.

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SLIDESHOW

Changes in Vision as You Age

Problems like floaters, glaucoma may become worse as well with aging. An ophthalmologist can assess for eye diseases... [Read more...](#)

What is the connection between sleep and anxiety?

Written by Rachel Nall, MSN, CRNA on July 02, 2021

There is a connection between sleep and anxiety. Learn more about how they are connected and the treatment options that are available.

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What Nuts Are the Worst for Allergies?

A nut allergy develops when the body's immune system becomes oversensitive to a particular protein in a nut. Nuts that are the worst for allergies include peanuts, walnuts, pecans, almonds...

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Is It Possible to Be Allergic to Cinnamon?

Cinnamon is a popular spice in many dishes. Cinnamon gives dishes a distinct flavor. Only a small percent of people experience allergic reactions after ingesting or coming into contact with cinnamon.

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Allergy Treatment Crucial If Your Child Has Asthma

If your child has both allergies and asthma, it's imperative to treat their allergies to prevent asthma from worsening as they spend more time outdoors, an expert says. 'It's a time...

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Survey Finds Many Adults Don't Want Kids -- and They're Happy

A controversial new drug for Alzheimer's disease, the first in nearly 20 years, was approved in the US on Monday, which will [trigger pressure to make it available worldwide](#) despite mixed evidence of its efficacy

Nearly half of Australia's cattle is treated with growth hormones to speed up weight gain. Australian regulators say these hormones are safe and legal but in the EU and the UK they're banned. A new free-trade agreement in the works could change that.

Flashing in Peripheral Vision

I have occasional flashing lights on the peripheral corner of my left eye when I blink. It varies in frequency... [Read more...](#)

MIND & BODY

How Long Can You Go Without Pooping? Here's What Gastroenterologists Say



Cancer research: What's exciting the experts? Part 2

Written by Tim Newman on June 06, 2021

For the second part of our 'what's exciting the experts' series, we contacted cancer researchers and asked what cancer research they find most fascinating.

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SLIDESHOW

How to Keep Your Skin Beautiful

Your skin protects your body, but that's not all. The choices you make every day affect how your skin looks. [Read more...](#)



FEATURED

Frozen Food Mistakes

Just because your food is frozen doesn't always mean it's safe to eat. Is it raw? Pre-cooked? Learn the mistakes and how to avoid them.

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Could Certain Diabetes Drugs Fight Asthma, Too?

Researchers have discovered that when patients who have type 2 diabetes and asthma take a certain class of medication to control their blood sugar, their... [Read more ...](#)



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10 Lowest-Carb Fruits

Fruit is one of the healthiest sources of carbs you can eat. Fruit has natural sugars that add to your daily carb count. It also has vitamins and minerals your body needs.

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All About Acupuncture

Does this ancient Chinese practice really help? Learn what acupuncture is, what it is used for, and how it is done. [Read more...](#)

Do Apple Cider Vinegar Gummies Have Any Benefits?

Apple cider vinegar comes in many forms, including liquid vs. gummy, but do they deliver similar health benefits? Here's what the science says.

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HOW MUCH WATER DO YOU ACTUALLY NEED TO DRINK A DAY?



Is Walking Good Exercise? Everything You Need to Know About Walking for Exercise

Walking is often an underrated form of exercise—but every type of exerciser can benefit from adding more walks to their daily routine.

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Should You Drink Lime Water? Here Are 9 Health Reasons to Try

Citrus-infused H2O offers low- or no-cal refreshment. Here are the surprising benefits of lime water for your health.

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15 Silent Signs Your Body Might Be in Big Trouble

Subtle clues—from handwriting to snoring—can reveal the earliest warnings of illness. Here's how to read your own distress signals.

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QUIZ

What Can You Do to Prevent Osteoporosis?

Osteoporosis, or porous bones, is a bone disease characterized by bone loss, or the body's inability to make new bone. [Read more...](#)

15 Berries and Their Health Benefits

Berries are loaded with fiber and other important nutrients, and some may even help control blood sugar.

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Which Type of Insulin Is Best for You?

If your doctor decides you need insulin treatment, here are the factors they'll take into consideration.

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[Harmful Opioid Dependence](#)

[Pelvic Inflammatory Disease Signs](#)

[Melanoma \(Skin Cancer\) Self-Exam](#)

[Which Is a Common Thyroid Disorder?](#)

How Diabetes Affects Your Mental Health

Depression and diabetes are clinically linked. Diabetes can take an enormous toll on your mental health. And depression can make your diabetes management fall to the wayside or make the disease worse. Here's what you can do.

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Why Belly Fat Is So Dangerous

Visceral fat lies deep inside you, around internal organs and even in your arteries. Targeted exercises don't help get rid of it, but these changes can.

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FEATURED NEWS

Can Wine Ward Off Cataracts?

Could a few glasses of red wine a week help reduce your risk of cataract surgery?

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Head Injuries and Your Brain

Head injuries that are severe enough to affect brain function are termed traumatic brain injuries (TBIs). Damage can range from... [Read more...](#)



FEATURED SLIDESHOW

Ways to Keep Kidneys Healthy

Your kidneys process everything you eat or drink, including anything that's...

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FEATURED QUIZ

Why Is Hypertension Dangerous?

High blood pressure often has no symptoms and many people are unaware they have it.

[TAKE THE QUIZ](#)



SLIDESHOW

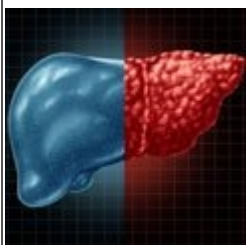
Digestive Disease Myths

The proper functioning of the digestive system is one of the foundations of health, but many myths surround digestive disorders. [Read more...](#)

SLIDESHOW

The Most Common Disease You've Never Heard of

At least 1 out of 4 people have it, which is more people than diabetes and arthritis combined. And lots of those who have it... [Read more...](#)





FEATURED

11 Health Benefits When You Quit Alcohol

Alcohol plays a role in at least half of all serious trauma injuries and deaths from burns, drownings, and homicides. It's also involved in four out of 10 fatal falls and traffic crashes, as well as suicides.

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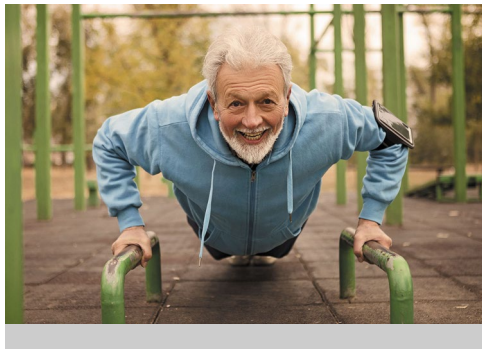
SLIDESHOW

10 Tips for Eco-Friendly Parenting

Furniture, paint, and carpeting can all contain volatile organic compounds (VOCs). These chemicals at high levels... [Read more...](#)

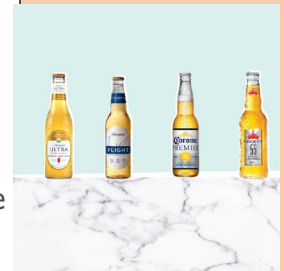
Can You Drink Alcohol After Getting the COVID-19 Vaccine? Here's What Doctors Recommend

Which Natural Diabetes Remedies Work?



The best core exercises for older adults

After a long winter with lots of isolating and maybe too little physical activity, it might be time to give your core muscles more attention. These muscles are the key to supporting your lower back and helping you stand, get out of a chair, bend, lift, and maintain your balance.



THE 10 BEST LOW-CARB BEERS

Obesity and depression: Investigating the link

Written by James Kingsland on April 01, 2021

A recent study in mice has found that eating a high fat diet may disrupt a newly discovered neural circuit that affects both mood and appetite.

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My son's diagnosis led to creating a school for autistic students

Written by Kimberly Drake on April 02, 2021

Contributor Kimberly Drake writes about her experience as an advocate for autism in her community, showing how real change can be built from the ground up.

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9 Best Exercises for Diabetes

Moving more can help blood sugar, improve sleep, and reduce stress. Here are some beginner-friendly activities to try.

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Is Insulin Safe for Gestational Diabetes?

Yes -- it won't harm your baby. But there are a few things to watch out for.

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Can a common food preservative harm the immune system?

Written by Lori Uildriks, Pharm.D., BCPS, BCGP on April 02, 2021

A study suggests that the food preservative tert-Butylhydroquinone, which is present in almost 1,250 processed foods, may negatively impact the immune system.

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Diet High in Processed Meats Could Shorten Your Life

New research found an association between eating even small amounts of processed meats, 150 grams (a little over 5 ounces) per week, and a higher risk of major heart disease and death.



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22 Science-Backed Ways to Lose Weight

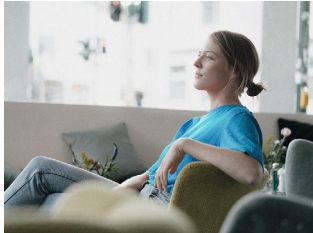
Researchers have been studying what it takes to shed pounds for decades. These tips can help you slim down without following a specific diet plan.

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[7 Ways to Learn to Love Weightlifting](#)

Long COVID and periods: The unspoken impact on female well-being



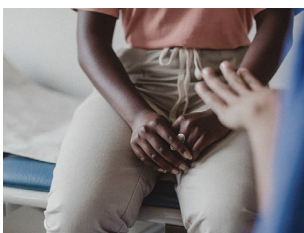
Many women with long COVID who experience COVID-19 symptoms for months have reported changes in their menstrual cycles. What does this mean for them?

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[Cold Brew Mocha Smoothie](#)

Endometriosis experiences: The long, painful road to diagnosis



Medical News Today investigates the real-world impact of endometriosis, a chronic gynecological condition that can take doctors years to diagnose.

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[Low-Carb Chicken Adobo Cauliflower Tortilla Tacos](#)

Stomachache, or More Serious?

Abdominal pain is one of the most common reasons to see a health care professional. [Read more...](#)



What High Blood Pressure Does to Your Body

High blood pressure, or HBP, pushes too hard on your artery walls. This damages the inside and causes fat, or 'plaque,' to collect.

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Study suggests drinking coffee before exercise may help burn more fat



New research finds evidence that consuming an amount of caffeine equivalent to a strong cup of coffee 30 minutes before aerobic exercise may help the body burn more fat.

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[What's Causing Your Pelvic Pain?](#)

[How Skin Cancer Develops](#)

[Are You Having Thyroid Problems?](#)



How Serious Is Rheumatoid Arthritis?

Rheumatoid arthritis is an autoimmune disorder, a condition where the body's immune system attacks its own tissues. [Read more...](#)

The Different Types of Coffee—From Healthiest to Least Healthy

To find the healthiest type of coffee, consider the coffee beans, preparation techniques, and add-ons (like milk and sugar) in each cup.

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Should You Stop Wearing Underwear in Bed?

Most men and women slept minus underwear—some do it on a nightly basis. Check out these compelling reasons to consider going commando in bed.

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What Is Covid-19 Herd Immunity and When Will It Happen?

If enough people are immune to Covid-19, cases and deaths will plummet. This is known as herd immunity. Here's a look at how herd immunity works.



Is Quinoa Healthier Than Rice? Here's What Experts Say

It's a common debate: quinoa vs. rice. Which gluten-free option is best? Here's how quinoa stacks up against both brown and white rice.

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12 Normal Daily Habits That Secretly Mess Up Your Life

Hey, everything you do is perfect, except for these things you keep screwing up. Here's why these habits do more harm than good.

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