

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

## Dietary Supplements for Diabetes

## WEIGHT LOSS

## The 12 Best Weight Loss Tips, According to a Nutritionist



FEATURED

## What Can Cherries Do For You?

Whether you like them sweet or tart, these deep red fruits pack a healthful punch. Cherries are low in calories and chock full of fiber, vitamins, minerals, nutrients, and other good-for-you ingredients.

READ MORE



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

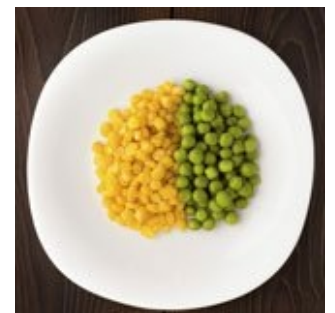
## 6 Ways to Keep Your Bones and Body Healthy as You Age

## Oldest *Homo sapiens* DNA tells human story

Scientists have sequenced the oldest *Homo sapiens* DNA on record, which showed that [many of Europe's first humans had Neanderthals in their family trees](#). All present-day people whose ancestry isn't solely African carry Neanderthal DNA, but there are questions about when and how the genetic mixing occurred. Three individuals found in Bacho Kiro Cave in Bulgaria, dated to between 45,900 and 42,600 years old, had "huge chunks" of Neanderthal DNA and probably had Neanderthal ancestors as recently as the past six or seven generations. A woman found in the Zlatý kůň cave in the Czech Republic is thought to be well over 45,000 years old and has Neanderthal ancestry going back considerably longer: 70–80 generations. None of the individuals are related to later Europeans, but the Bacho Kiro people shared a connection with contemporary East Asians and Native Americans. The research adds to growing evidence that modern humans mixed regularly with Neanderthals and other extinct relatives.

[Nature | 5 min read](#)

Reference: [Nature paper](#) & [Nature Ecology & Evolution paper](#)



SLIDESHOW

## High Triglyceride Foods to Avoid

High triglycerides increase the risk of heart disease. Reduce your cholesterol levels by eating foods that promote heart health. [Read more...](#)



SLIDESHOW

## Rheumatoid Arthritis: RA Food Myths and Facts

Is there really an RA diet? Learn the truth about which foods can ease your symptoms and which you should avoid. [Read more...](#)

## What Is Malignant Hypertension?

## Prescription Drug Abuse Dangers

## What's Causing Your Pelvic Pain?

## How Skin Cancer Develops

## "Do As I say, But Not As I Do"

A hypocritical rule is what it is  
Fulfilled no doubt those egoists who blatantly invoke  
The wrath of the subordinates who knows and feels  
That it is imposed to satisfy their egos; and is a mere façade

A temporary advantage to show off their power to subordinates  
Little do they know they rouse the ill feelings of sensitive folks & more  
Who will comply; and complain at this dastardly breed  
Thus breaking their trust by exposure of such character

A recent high powered gathering highlights the happening  
Of sheer hypocrisy with photographic proof of the deed  
One with "social distancing" & elbow greeting with masks  
And another of fraternizing with drinks in the hand & virtual hugs

On the flip side of these sayings  
Of "Do as I say; but not as I do" we find  
"Damned if I do; and damned if I don't; in its wake  
Thus win or lose; one has to bear the brunt; to complete this picture

Noor Rahim  
2021.

June 14,

[Causes of Leg Pain,  
Sudden Spider Veins](#)

[Mental Health: How to  
Live on My Own?](#)

[Scan Results for Ovarian  
Cysts](#)

[Unexplained Fever and  
Hyperthyroidism](#)

## Conditions That Make Your Hands Shake

See the possible causes of tremors in your hands -- like Parkinson's disease, multiple sclerosis, and an overactive thyroid -- and what you can do about it.

[Go >](#)

## One-Move Fixes for Pain and Stress

Whether you're feeling pain in a particular body part or simply stressed out, you may only need one easy move to find relief. Try these to help ease aches and improve your mood.

[Go >](#)

## 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.

[Go >](#)



FEATURED NEWS

### Absorbing Toxins From Your Makeup

A polished face can be a huge boost to your confidence, but can these cosmetics harm you?

[READ MORE](#)



FEATURED SLIDESHOW

### 20 Food Poisoning Dangers

How can you choose safer foods when eating at restaurants?

[VIEW SLIDESHOW](#)

### Hungry all of the time? It could be in your blood

Nutritional scientist Dr Sarah Berry tells us that some people are 'big dippers', and these people are more likely to feel hungry again soon after eating.

[Read more](#)

[▶ Good News, Bad News on  
Alzheimer's Vaccine](#)

[▶ Many Are Struck by New  
Maladies After COVID](#)



## Cannabidiol for acute low back pain “can be put to bed”

A ROLE for cannabidiol (CBD) in pain relief is yet to be supported by high quality studies, with new Australian research finding it is no better than placebo as an adjunct medication for relieving acute....

[Read more →](#)

## Researchers use AI to predict protein errors linked to Alzheimer’s and cancer



Researchers investigate whether powerful machine learning algorithms can predict protein patterns that may have links to Alzheimer’s and cancer.

[READ ON →](#)



## Rapid clotting disorder: tiny risk, big questions

GPs and other vaccinators must help Australians weigh up the rarity of the blood clotting disorder tentatively linked to the AstraZeneca COVID-19 vaccine, against the potentially serious consequences for the unlucky few, and the societal need to protect the community.

[Read more →](#)

## Everything to know about carbs and diabetes



Eating carbs can raise a person’s blood sugar. However, not all carbs are bad for a person with diabetes.

[READ ON →](#)

## Worst Things to Put on Your Face

People put lots of unusual stuff on their faces in pursuit of beautiful skin. Here are some popular items that simply don't work or may even do harm.

[Read More](#)

## 3 Supplements That Are Worth a Try

See which supplements may help high triglycerides and cholesterol and which you should probably avoid.

[Read More](#)

## Serum Uric Acid Levels Tied to Hip Fracture Risks in Older People

### SLEEP

## Set Your AC to This Number to Sleep Better

## Yeast in kefir drink combats disease-causing bacteria



A study shows that a substance in the drink kefir can help combat disease-causing, antibiotic resistant bacteria by disrupting their communication.

[READ ON →](#)

## Pilot study finds ‘exergaming’ may improve dementia symptoms



A new pilot study involving a group of people living with dementia in long-term care facilities found that 'exergaming' improved their symptoms.

[READ ON →](#)



# What to know about radiation therapy

Written by Elaine Goodman on April 07, 2021

There are different types of radiation therapy, and several factors will determine which is best for a person. Learn about how this treatment works and the possible side effects and risks.

[READ ON →](#)

## How Often Do You Really Need to Shower? Dermatologists Reveal the Truth

## Rethinking Your Post-COVID Relationship With Booze

Nearly 1 in 4 adults said they managed pandemic stress by drinking more booze. On the other hand, COVID prompted many to work toward eliminating it entirely.

[Read More](#)

## Stopping Statins in the Elderly May Be Risky

Cutting down on meds may reduce drug reactions and hospitalizations. But in elderly patients with heart problems, the risk in eliminating statins could outweigh the benefits.

[Read More](#)

## Ways to Boost Testosterone Naturally

Changes to your diet (including what you drink) and a handful of lifestyle tweaks may be all you need to raise your levels.

[Read More](#)



## 6 WAYS TO KEEP YOUR BONES AND BODY HEALTHY AS YOU AGE



# Cocoa may protect males' hearts from the effects of mental stress

Written by James Kingsland on April 07, 2021

First-of-its-kind research finds that drinking cocoa may protect males' blood vessels against the harmful effects of mental stress.

[READ ON →](#)

## How Aging Changes Your Hearing

In the U.S., about a third of people ages 65 to 74 have hearing loss. See what you can do to help preserve as much of your hearing as possible, for as long as possible.

[Read More](#)



SLIDESHOW

## Antidepressant Treatment

Antidepressants work best to treat depression when they are paired with psychotherapy, but they do not work right away.

[Read more...](#)



SLIDESHOW

## Psoriasis: Moderate to Severe Forms

Anyone can have psoriasis. It can occur at any age but is most often diagnosed between the ages of 15 and 25. [Read more...](#)



## THE BEST (AND WORST) DIETS FOR 2021, ACCORDING TO EXPERTS



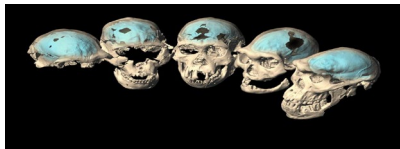
Please read & share

## How to Go on a Dairy-Free Diet—And 6 Things That Could Happen When You Do



### Why is cow's milk white?

[Read More](#)



## When did ancient humans develop an advanced brain?

[Read More](#)

## This Is What Happens to Your Body When You Drink Tea Every Day

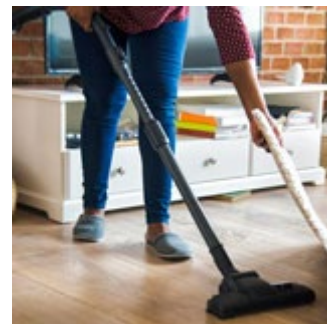
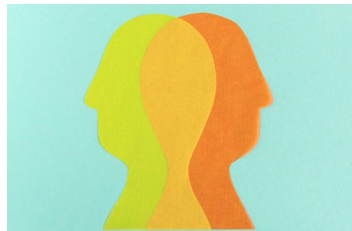
From heart-healthy benefits to cancer-fighting properties, find out just what happens when you start drinking tea every day.

[Read More](#)

## Sociopaths vs. Narcissists: 3 Ways to Tell the Difference

Sociopaths and narcissists may have some traits that overlap, but they are two different personality types or disorders.

[Read More](#)



SLIDESHOW

### Make Your Home Healthy

Learn ways to make your house a healthy home and safe from health hazards. [Read more...](#)



FEATURED

## 16 Resolutions for Better Eating Habits

Is eating better one of your New Year's resolutions? Get tips for healthier eating habits to incorporate into daily life on-the-go.

[READ MORE](#)



SLIDESHOW

### Fasting: What You Should Know

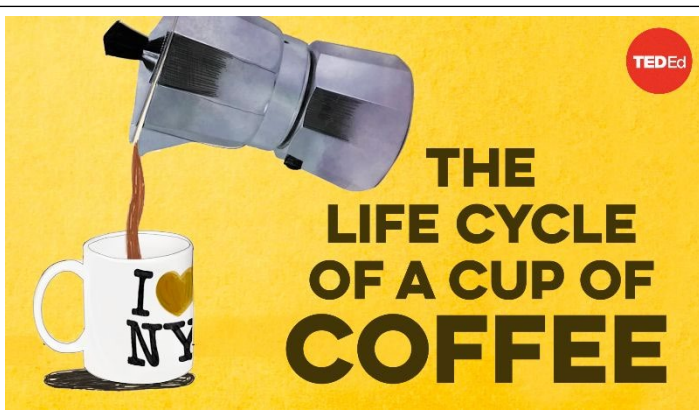
A fast usually lasts from 12 to 24 hours, but some types continue for days at a time. [Read more...](#)



## Butternut-Sausage Breakfast Casserole



## Most Popular Egg Recipes of 2020



## THE LIFE CYCLE OF A CUP OF COFFEE

### The life cycle of a cup of coffee

By A.J. Jacobs, directed by Biljana Labovic

How many people does it take to make a cup of coffee? For many of us, all it takes is a short walk and a quick pour. But this simple staple is the result of a globe-spanning process whose cost and complexity are far greater than you might imagine. AJ Jacobs traces the journey of this caffeinated elixir from seed to cup.

[View the animation »](#)

# How and why does diet influence immune function?

Written by Jillian Kubala MS, RD on April 09, 2021

In this Honest Nutrition feature, we look at how a person's diet can influence the health of the immune system and explain why that is.

[READ ON →](#)

[Ovarian Cancer Diagnosis Can Take Big Toll on Women's Mental Health](#)



#### MAIN ARTICLES

### Heart Failure Life Expectancy

When the heart becomes weak or when it becomes thickened and stiff, the heart...

[READ MORE](#)

[Heart Disease: Prevention and Lifestyle Changes](#)

[Complications of Atrial Fibrillation \(AFib\)](#)

[Causes of Blood Clot in the Legs](#)

[What Is Congestive Heart Failure \(CHF\)?](#)

[What Are the Types of Stroke?](#)

[Atrial Flutter vs. Atrial Fibrillation: Similarities & Differences](#)

[12 Causes of Chest Pain](#)

[Arrhythmias \(Abnormal Heart Rhythms\)](#)

[What Is the Most Common Cause of AFib?](#)

[Sudden Cardiac Arrest Survival](#)

[Best and Worst Foods for Heart Failure](#)

[How to Prevent an AFib Attack](#)

[Signs You're Having a Heart Attack](#)

#### FEATURED SLIDESHOW

### Living With Atrial Fibrillation (AFib)

Atrial fibrillation can come and go on its own or last the rest of your lifetime.

[VIEW SLIDESHOW](#)



## Herd immunity may take 4.6 years due to vaccine nationalism

Written by Jennifer Huizen on April 09, 2021

In a perspective piece, public health experts explain how drastically vaccine nationalism may delay the achievement of global herd immunity.

[READ ON →](#)



## Shortness of breath: What it is and when to contact a doctor

Written by MaryAnn De Pietro, CRT on April 09, 2021

Shortness of breath, or dyspnea, occurs when a person finds it hard to breathe. It has many possible causes. Learn more, and when to contact a doctor, here.

[READ ON →](#)

## What are the symptoms of a bladder infection?

Written by Hana Ames on April 09, 2021

A bladder infection can cause various symptoms, including a frequent and urgent need to urinate. Learn more about the symptoms and how they vary according to age and sex.

[READ ON →](#)

## What is the difference between plant-based and vegan?

Written by Louisa Richards on April 09, 2021

Being vegan is a philosophy and way of living, while plant-based refers only to a person's diet. Learn more about the differences here.

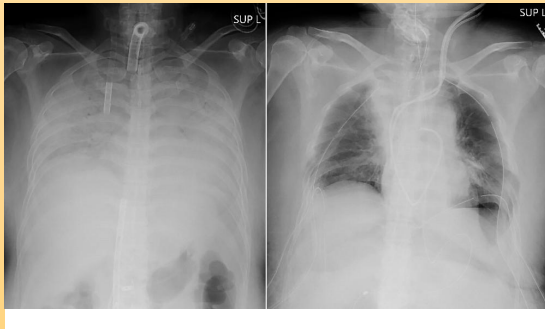
[READ ON →](#)

## What is a vulvectomy?

Written by Jenna Fletcher on April 09, 2021

A vulvectomy involves the removal of some or all of the vulva. Usually a surgeon performs this procedure when someone has vulvar cancer.

[READ ON →](#)



## COVID patient in Japan gets world's first living donor lung transplant

After the woman was free of the virus, her lungs were no longer functional or treatable, and the only option for her to live was to receive a lung transplant. [Read more](#)

## How Does Colon Cancer Spread?

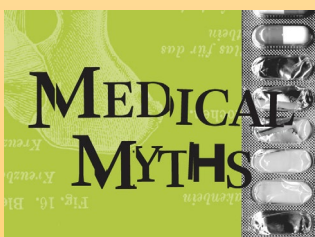
Colon cancer starts in the colon, and most of the time it grows slowly over many years. Most colon cancers start as a... [Read more...](#)

## Ancient city uncovered in Egypt

Egyptian archeologists have unearthed a three thousand year-old lost city complete with mud brick houses, artifacts and tools from the times of the pharaohs. [Read more](#)



## Medical Myths: All about Parkinson's disease



In this week's edition of Medical Myths, we cover nine myths about Parkinson's disease. Among other topics, we cover treatment, exercise, and outlook.

[READ ON →](#)

# Can a common food preservative harm the immune system?



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

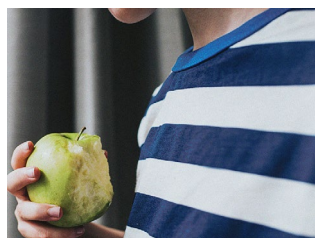
[READ ON →](#)

## 13 Thyroid Symptoms to Watch Out For

The thyroid, a butterfly-shaped gland in the neck, produces hormones essential for metabolism and brain activity.

[Read More](#)

## Short-term increase in fiber alters gut microbiome



A recent small-scale study finds that substantially increasing fiber intake for just 2 weeks significantly alters the gut microbiome.

[READ ON →](#)

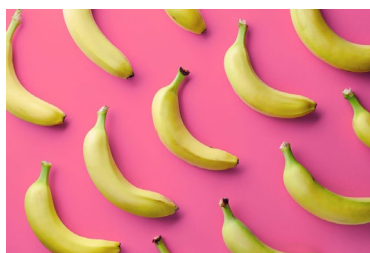
## 9 Magnesium Benefits That May Help Save Your Life

Antioxidants may get all the headlines, but magnesium may just be your health MVP. Learn more about the benefits of this mineral.

[Read More](#)

>

## If You Don't Eat a Banana Every Day, This Might Convince You to Start



An apple a day keeps the doctor away? Not so much. Here's why research says you should try this fruit, instead.

[Read More](#)

**Compiled, edited & published by Dr Harold Gunatillake**  
**To unsubscribe email: [haroldgunatillake1@gmail.com](mailto:haroldgunatillake1@gmail.com)**

## 5 Types of Rice: Which Is the Healthiest?

A registered dietitian breaks down everything you need to know about all of these tasty carb options and whether rice is indeed healthy.

[Read More](#)

Dr Harold Gunatillake, Health Editor, is a Member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery. Member of the International Societies of Cosmetic Surgery, Fellow of the International College of Surgery (US). Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery. Board Member of the International Society of Aesthetic Surgery. Member of the American Academy of Aesthetic & Restorative Surgery. Life Member of the College of Surgeons, Sri Lanka. Bachelor of Medicine & Bachelor of Surgery (Cey). Government scholar for higher studies in the UK.

**Website:**  
[www.Doctorharold.com](http://www.Doctorharold.com)



FEATURED

## 13 Ways to Cut Calories From Your Days

You probably know you need to eat fewer calories to lose weight. But it can be hard to know how to make it happen every day.

[READ MORE](#)