

Health & Views

August
2021
2nd
issue

**Healthy Foods
High in Vitamin A**

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



Eating too much salt could mess with your immune cells

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Are You Aware of these Important Advances in Women's Health?

- Calcium supplements may make some women as much as 7 times more likely to develop dementia
- The diabetes symptoms — and complications — that are more common in women than men
- Your mammogram could reveal early signs of heart disease — what to ask your doctor to find out
- The new treatment for depression that reduces symptoms by at least 50% and requires no medication
- You can rejuvenate your skin and look as young as you feel — no surgery needed!
- The foods that turn your body into a “probiotic factory” filling you up with inflammation-fighting good bacteria

Harvard Medical School

Ways Too Much Sugar Harms Your Body

Excess sugar can harm your physical and mental health. Find out how much is too much and the surprising ways it can hurt you.

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Things That Can Make Your Vision Blurry

Blurry vision may not really be a problem with your eyes. It's usually no big deal, but it could be a sign of a serious illness or even a medical emergency.

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New Drug Shows Real Promise Against Celiac Disease

An experimental drug can prevent intestinal damage caused by celiac disease, an early trial has found — raising hopes that it could become the first...

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

Diet may help determine the fate of some cancer cells

Written by James Kingsland on May 04, 2021

The results of a recent study in fruit flies suggest that restricting the intake of a particular amino acid might hinder cancer's progression.

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Cancer: Could consuming mushrooms reduce the risk?

Written by Lori Uildriks on May 04, 2021

A recent meta-analysis of 17 observational studies found a link between increased mushroom consumption and a lower risk of all types of cancer.

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Can You Eat Avocado If You Have a Nut Allergy?

Since avocado is classified as a fruit and not a tree nut, you should be able to eat avocados even if you have a nut allergy. However, some studies have shown that avocados have similar proteins as...

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Low-Dose Aspirin Cuts Heart Risks in Patients Battling Pneumonia

Aspirin has long been taken by heart patients to reduce the risk of stroke and heart attack, but a new study suggests that it can also guard against cardiovascular trouble in pneumonia...

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Why Does My Head Ache?

Find out what's behind your headache, and get some strategies to bring you relief for your pain.

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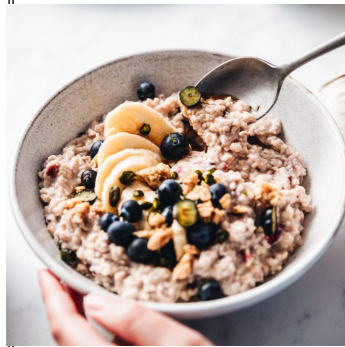
Uric Acid and Gout Risk

Gout is a painful type of arthritis. Is uric acid one of the main cause(s) of this condition?

[TAKE THE QUIZ](#)



THIS 9-MOVE WORKOUT WILL IMPROVE YOUR POSTURE



5 WAYS OATMEAL CAN BENEFIT YOUR HEALTH, ACCORDING TO A NUTRITIONIST



SLIDESHOW

Health Benefits of Almonds

Almonds aren't just tasty, but they're good for you too. Find out how they help boost your mood...

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SLIDESHOW

10 Exercises for Diabetes

Strength training helps. Simple moves done regularly can prompt your muscles to absorb more glucose. [Read more...](#)

Eat This Type of Protein to Live Longer

You know that a protein-rich diet is important for building muscle, but what about helping you live longer? Here's what the science says.

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[How the Pandemic Changed Breast Cancer Care](#)

See What Doctors Do to Boost Their Immune Systems

How can you make your immune system stronger? Why not try what the pros try?

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16 Low-Carb Diet Mistakes You Should Never Make

You're on a low-carb diet but weight loss has stalled and you're getting frustrated. These common mistakes might be sabotaging your progress.

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FITNESS

Signs You Have Dead Butt Syndrome—and What to Do About It



STRESS

The Effects of Stress on the Body, From Your Brain to Your Stomach



Antibiotic use linked to increased risk of colorectal cancer

NUTRITION

Is Popcorn Healthy? Here's a Nutritionist's Take



14 Ways to Help Prevent Cancer

You don't need special products or extreme behaviors to lower your risk of many types of cancer. These simple lifestyle changes can go a long way.

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WEIGHT LOSS

You Can Definitely Use Walking for Weight Loss—Here's How to Do It the Right Way



SMOKING

How to Keep Your Lungs Healthy, According to Pulmonologists

CORONAVIRUS

What Is a Cytokine Storm? Doctors Explain How Some COVID-19 Patients' Immune Systems Turn Deadly

Why Belly Fat Is So Dangerous

Have you put on a few extra pounds around the middle? Learn what makes fat build up in your midsection, and what you can do to stop it.

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TYPE 2 DIABETES

15 Ways High Blood Sugar Affects Your Body

6 Foods and Drinks That Help You Eat Less

Certain foods and drinks can help you feel full sooner -- and that fullness will last longer. All told, you'll wind up eating less.



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Three Countries on Earth Declined the COVID Vax; All Three of their Presidents are now DEAD

<https://haltunnerradioshow.com/index.php/en/news-page/world/three-countries-on-earth-declined-the-covid-vax-all-three-of-their-presidents-are-now-dead>

- [Could I survive just on different flavours of ice cream?](#)
- [Could you survive on vitamin pills and water alone?](#)
- [How can different people survive on different amounts of sleep?](#)
- [Could we survive in a world without microbes?](#)

[Neurologic Complications in COVID Patients Common, Deadly](#)



Could we survive on beer alone?

It is not possible to survive indefinitely on beer alone. The drink contains water and sugar, along with some vitamins and minerals, but is deficient in other nutrients needed for the body to function properly, including protein, fat and thiamine (vitamin B1). It contains little or no vitamin C. With an average pint of beer containing around 240 calories, you would need at least eight pints per day to fuel the body. Over time, the high volume of alcohol would harm your liver and kidneys. Alcohol is a diuretic, so dehydration could also be an issue.

Emma Davis

[12 Strategies to Strengthen Your Immune System](#)

Modern medicine can help if you get sick, but for the most part it's up to you whether you maintain good health. If you want good health, here are some tips to strengthen your immune system naturally.

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[Food Is Medicine: Fight Colds with Immune-Boosting Soup](#)



[Understand How Your Immune System Works](#)

[Sugary drinks may double bowel cancer risk in women under 50](#)

Written by Beth JoJack on May 09, 2021

Research in women under 50 years of age finds that drinking two or more sugary drinks per day is linked with double the risk of early onset colorectal cancer.

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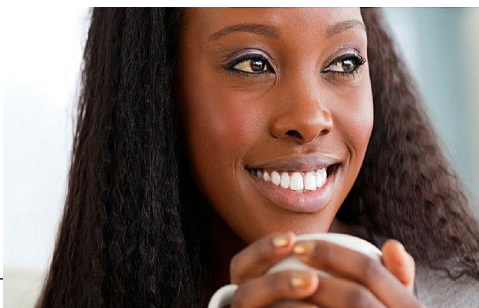
Vegetables Lower Risk for Heart Disease

Consumption of one cup of leafy green vegetables a day lowers risk for heart disease, according to research published in the *European Journal of Epidemiology*. Researchers tracked nitrate-rich vegetable intake in participants from the Danish Diet, Cancer, and Health Study and tracked heart disease incidence. Those who consumed the most nitrate-rich vegetables, such as spinach, lettuce, and potatoes, had lower baseline blood pressure levels when compared to those who ate the least. Consuming one cup, or 59 mg/day, of nitrate-rich vegetables lowered heart disease risk by 15% and lowered risk for ischemic heart disease, heart failure, ischemic stroke, and peripheral artery disease hospitalizations by 12%, 15%, 17%, and 26%, respectively. Increased intake of nitric oxide from vegetables improves blood flow and may account for the protective effect of dietary nitrates

[Surprising Caffeine Sources](#)

Ever wonder how much caffeine you get each day? You may be surprised how much is in the things you enjoy.

[Go >](#)



[New Drug Shows Promise Against Tough-to-Manage Asthma](#)

An experimental injectable drug appears more versatile than existing medications in treating people with different forms of severe, hard-to-control asthma, clinical trial results show. There are...

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[Rick Ditched Fast Food, Picked Up Walking and Lost 215 Pounds](#)

[How long does it take for wine to spoil?](#)

Written by Adam Rowden on May 11, 2021

If people do not store wine correctly or drink it promptly, it may spoil. Correctly stored wine can last years, but once opened, it typically lasts just a few days. Learn more.

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[Dementia, Parkinson's: Do gut bacteria trigger protein clumping?](#)

Written by James Kingsland on May 11, 2021

A study in worms provides evidence that bad bacteria can promote misfolded proteins that are characteristic of some neurodegenerative conditions.

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[What is the difference between vitamin D2 and D3?](#)

Written by Amanda Barrell on May 11, 2021

What is the difference between vitamin D2 and D3? Read on to learn the differences, including which foods are high in vitamin D2 and D3.

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[Does ADHD get worse with age?](#)

Written by Lauren Martin on May 11, 2021

ADHD will not get worse with age if a person is receiving treatment for their symptoms. In general, the sooner a person begins treatment for ADHD, the better the outcome.

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[Can drinking coffee treat a hangover?](#)

Written by Steph Coelho on May 11, 2021

Coffee might help with some symptoms of a hangover, but it is unlikely to provide substantial relief and make even make some symptoms worse. Learn more here.

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[Symptoms, causes, and treatment of an upper GI bleed](#)

Written by Emily Waters on May 11, 2021

Upper gastrointestinal (GI) bleeds can require emergency treatment. Learn more about the symptoms, causes, and treatment of upper GI bleeds.

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[Signs Your Body Is Aging Faster Than It Should Be](#)

See when certain signs of aging -- like slower walking and a weaker grip -- typically begin to show. And find out which changes warrant a trip to the doctor.

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We Started Loving Carbs Long Ago

Did you know that starchy foods played a role in the growth of the human brain?

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[Magnets in Cellphones, Smartwatches Might Affect Pacemakers](#)

How the world failed to curb COVID-19. If the World Health Organization (WHO) had given a bolder warning about the risks of COVID-19 — and nations had heeded its guidance — the pandemic might have been curtailed, finds a major independent review initiated by the WHO. The lengthy investigation identifies February 2020 as the month when — in a parallel universe — [the devastating toll of the pandemic might have been prevented, had countries acted fast to limit the virus's spread](#). It also lists concrete actions that could help to prevent a similar fate should another deadly pathogen emerge, and lays out a plan for how vaccines can reach low- and middle-income countries as soon as possible, to end the current crisis.

[Nature | 5 min read](#)
Reference: [The Independent Panel for Pandemic Preparedness & Response report](#)

[26 Side Effects of Low Vitamin D You Need to Know About](#)

Insulin Resistance Symptoms to Watch For

You could have this condition for a long time and not know it. People with severe insulin resistance sometimes see these signs.

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Treating Heart Disease When You Have Diabetes

There's a strong link between the two conditions, so it's important to keep your blood pressure and cholesterol in check.

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Pills vs. Insulin for Diabetes Treatment

Which type of medicine is right for you? Here's what you should know before you talk it over with your doctor.

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What Does It Mean When Your Whole Body Aches?

An aching body makes every activity more difficult, from getting through your daily grind to going to sleep at night.

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16 Foods You Should Never Keep in the Fridge

It can be difficult to decide what foods need to be refrigerated. Practice food safety with our expert tips on knowing where and how to store foods.

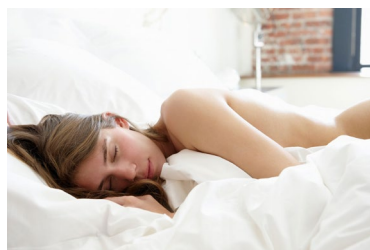
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7 Reasons It's Good for You to Sleep Naked

Going to bed in the buff has more perks than you might think. These research-backed benefits will have you sleeping naked tonight.

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13 Foods That Boost Blood Flow Circulation

The food you eat impacts circulation. You can eat to boost blood flow. Healthy habits including...

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SLIDESHOW

Foods to Boost Immune Systems

Help fight colds, flu, as well as viruses like coronavirus (COVID-19) with foods that boost and improve your... [Read more...](#)



SLIDESHOW

What Does It Mean When Your Whole Body Aches?

Body aches and pains can be disruptive and frustrating. Learn many chronic pain causes, including lupus, arthritis... [Read more...](#)

Post-COVID PTSD? Unsettling Return

COVID-19 pandemic has left a lasting mark on people with 'post-COVID stress disorder'.

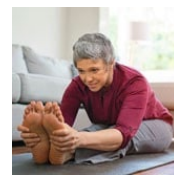
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"Beans Not Beef" was the Earth Day message Physicians Committee clinicians spelled out with bags of beans on the National Mall. The message coincided with the White House's climate summit with 40 world leaders this past Earth Day. The Physicians Committee recently petitioned the White House to update its executive order titled "Tackling the Climate Crisis at Home and Abroad" to recommend policy changes that could help alleviate the climate crisis and improve human health by promoting a plant-based diet. [Read more about the petition here.](#)

U.S. meat and dairy companies act collectively to block climate legislation that might limit production, according to a New York University study published in the journal *Climatic Change*. [Read more](#) about how these companies influence policy and contribute to research that minimizes the link between animal agriculture and climate change.



SLIDESHOW

15 Ways to Reduce Pain

Chronic pain can be a symptom of many conditions, including arthritis, headaches, and others. [Read more...](#)

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