

Health & Views

Health Newsletter of the ex-pat Sri Lankans,
worldwide

July 1st issue 2022

How to Ease Bloating

Certain foods, drinks, and habits can give you that too-full feeling in your belly. See what you can change to relieve the discomfort.

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

Type 2 Diabetes Speeds Aging in the

12 Things Your Body Needs as You Age

Your body needs more of certain nutrients as you hit your 40s and beyond. See which ones you're most likely to need -- and how to get them.

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Cancer Symptoms You Might Not Know

Persistent heartburn, trouble swallowing, changes in your testicles -- you might not think of these as warning signs of cancer, but they can be.

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Can acupuncture help neck pain?

Written by Zawn Villines on June 02, 2022

Some people say acupuncture helps relieve their neck pain, but there is limited evidence supporting this. Learn more.

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SLIDESHOW

The Symptoms of Tinnitus

A ringing, swishing, or other noise in the ears or head when no external sound is present is called tinnitus. Find out... [Read more...](#)

What are the benefits of lemon eucalyptus essential oil?

Written by Caitlin Geng on June 02, 2022

Lemon eucalyptus essential oil may be useful for repelling insects and killing germs, but it is important to use it safely. Learn more here.

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[Is Sodium the Same as Salt?](#)

[How Much Protein Do You Need?](#)

[What Diseases Are Contagious?](#)

[Type 1 vs. Type 2 Diabetes](#)

Wake Up With Yoga

A hectic morning can create a domino effect into your afternoon and evening. Before you even get out of bed, do a handful of these centering yoga moves.

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FEATURED NEWS



How Your Height Factors in Disease

A new study provides a catalog of conditions with which height is biologically or causally...

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[Espresso Coffee Linked With Higher Cholesterol](#)



FEATURED

Surprising Headache Triggers

What does a migraine headache feel like? Learn to spot headache symptoms early, see how to identify your triggers, and more.

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Type 1 Diabetes vs. Type 2 Diabetes

What is type 1 diabetes? Learn the basics such as warning signs, causes, treatments, and health tips for type 1 diabetes. [Read more...](#)

Can Asthma Damage Your Lungs?

Asthma inflames the inner lining of the respiratory tubes and tightens the smooth muscles surrounding the airways, and... [Read more...](#)

Late-Night Snacks That Can Help You Sleep

Stock your kitchen with these melatonin-boosting foods to snack on before bedtime.

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Drink More Coffee, Live More Years

Coffee lovers, rejoice. Your morning ritual may lead to a longer life -- and a spoonful of sugar could sweeten the deal.

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Signs You're Aging Too Fast

From dry skin and achy joints to trouble walking, sometimes our bodies age faster than they should. Here's how to tell what's normal, and how to slow things down.

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SLIDESHOW

Nutrients to Improve Eyesight

Eat a variety of colorful fruits and vegetables to protect your eye health. Special formulas of eye vitamins are... [Read more...](#)



SLIDESHOW

Foods to Lower Bad Cholesterol

When you're working on lowering your LDL 'bad' cholesterol, what you eat matters. We'll show you foods that can help. [Read more...](#)

FEATURED SLIDESHOW

Why Blood Oxygen Saturation Matters

For medical purposes, a normal blood oxygen saturation rate is often considered between...

[VIEW SLIDESHOW](#)

Best Ways to Remove Unwanted Hair

Wherever you have unwanted hair, there's more than one way to remove it. Here's how different methods work.

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Get Help for Your Dry Mouth

When your mouth makes little or no saliva, it affects more than just your thirst. See what causes it and what you can do to keep your mouth moist.

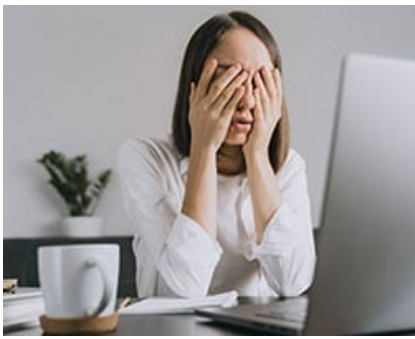
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Additional News from Harvard Health Publishing

[Could a low-carb diet help your heart?](#)

[Treating insomnia may head off depression](#)

[Adding potassium and subtracting sodium may equal better heart health](#)



FEATURED QUIZ

What Triggers Migraines?

People often refer to a migraine as if it's a really bad headache. While severe head pain with...

Cancer 'Cures' That Don't Work

While many therapies are helpful, some aren't worth your time or money. Even worse, they may be dangerous. Here are a few you should never try.

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Anxiety or Depression? Avoid These Foods

Some surprising foods and drinks -- like ketchup, fruit juice, and white bread -- can be bad for your mental well-being.

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Peripheral Neuropathy: Symptoms, Types, and Causes

Find out about the causes and types of peripheral neuropathy.

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What Are SGLT2 Inhibitors?

The Real Benefits of Apple Cider Vinegar

It's been touted as a cure for everything from diabetes to dandruff. But is it really good for more than just dressing your salad?

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Is there help for my dry eyes?

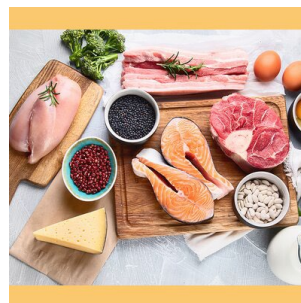


While only a doctor can tell you what is causing your symptoms, you could be experiencing dry eye syndrome, a problem caused by declining tear production. With less of this natural lubricant, eyes may get irritated or sensitive to light, or vision may be blurry. Some people also experience a feeling of stickiness or fewer tears when crying. Dry eye syndrome becomes more common as people age, but it can also be caused by hormone changes, like the ones that occur during menopause, or certain medications, such as antihistamines and decongestants.

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Healthy Eating

What Eating the *Right* Amount of Protein Every Day Actually Looks Like



14 Ways RA Affects Your Entire Body

RA doesn't just attack your joints. See what the disease can do to your nerves, eyes, lungs, and other body parts -- and which treatments and lifestyle changes may help.

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Medications That Can Make You Tired

Feel drowsy or fatigued? Check your medicine cabinet for these potential culprits.

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Image Courtesy: Dreamstime

Fighting Hair Loss? Fenugreek Seeds Will Save The Day

For centuries, fenugreek has been used as a traditional remedy for hair loss. On the skin, it fights dandruff and irritation, so you won't keep scratching and breaking hair.

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[Grape-Margarita Paletas](#)



[Mango-Cashew Kulfi Pops](#)



Image Courtesy: Dreamstime

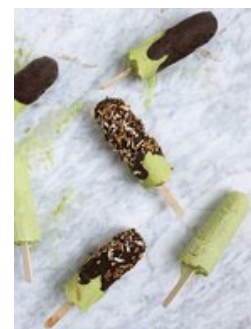
Why Soaking Almonds In Water Is Better Than Eating Them Raw

Ayurveda and Chinese medicine suggest soaking almonds overnight and eating the peeled nuts the next morning.

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[Mojito-Watermelon Pops](#)



[Creamy Avocado Paletas](#)



Top 10 Moringa Benefits You Didn't Know About

All the edible parts of moringa, from the roots to the leaves and seeds are packed with vitamins, calcium and good quality protein.

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5 Effective Weight Loss Supplements To Lose Weight Naturally

Omega-3 supplements are unsaturated fatty acids that will increase satiety. You'll stay full for a long time and be less likely to binge eat later.

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[How Your Eyes Become Dry](#)

[Top Cancer-Fighting Foods](#)

Turning Around Insulin Resistance

There are three main ways to stop this condition before it turns into diabetes. Here's what your doctor might suggest.

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12 Foods That Might Be Aging You

From agave to margarine, these foods and drinks can add years to your body, inside and out.

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Coffee Drinkers, Even Those With a Sweet Tooth, Live Longer

The Best Foods to Fuel Your Workout

The right foods before and after exercise can boost your results. See what kind of food to eat (and when) to make the most of your workout.

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Power Food Pairings for Weight Loss

When it comes to slimming down, two (or more) foods can be better than one. That's because each has different nutrients that work together.

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Over 50? Try These Superfoods

Your body changes as you age, and so should your diet. These three foods include nutrients that keep your bones and muscles strong.

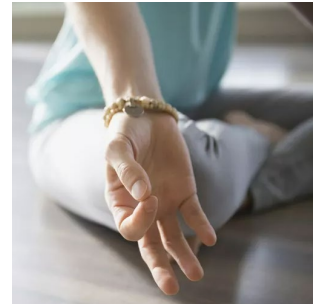
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The 60-Second Workout

Could exercising just 1 minute a day be all you need to stay healthy? That's exactly what some researchers found -- if you do it right.

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How You Prepare Your Coffee May Affect Your Cholesterol Level—Here's What to Know



What Happens If You Overuse Your Asthma Rescue Inhaler?



5 MANTRAS FOR A HAPPIER, CALMER, MORE CONFIDENT YOU



WHY ALLERGIES MAKE YOUR EYES FEEL SWOLLEN



5 WAYS OATMEAL CAN BENEFIT YOUR HEALTH



Pulled Pork and Goat Cheese Quesadillas



Smoky Kalua Pork Sandwiches With Spiced Pineapple Jam



Nina's Potato Salad »

Pulled Pork Recipes That Will Make Everyone Happy

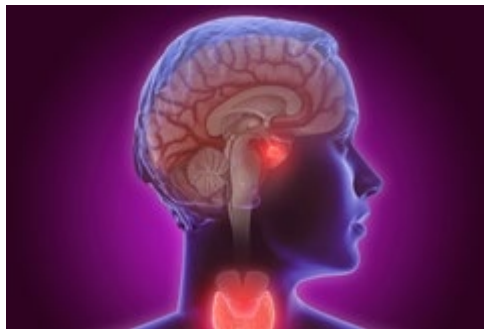
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[Advanced Prostate Cancer: How Hormone Therapy Works](#)

Type 2 Diabetes Speeds Up Aging in the Brain

Type 2 diabetes is linked to memory and thinking problems, and new research suggests it's because the disease makes the brain age faster.

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4 Tips to Prevent Kidney Stones

Diets high in protein and sugar can contribute to this painful problem, but a few simple changes to your daily habits can lower your risk.

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Immunotherapy Treatment for Non-Small-Cell Lung Cancer

Treatments for Neck Pain

If home therapies don't work, you may need to see a chiropractor or physical therapist. Here's what may happen at an appointment.

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Warning Signs of Lacunar Stroke

This type of stroke often occurs without symptoms. Find out what raises your risk.

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How to Use a Treadmill With Knee Pain

Walking on a treadmill is a simple way to get regular exercise and ease your knee pain. Keep these tips in mind so you can do it safely.

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Unexpected Things That Can Harm Your Heart

You probably know that unhealthy foods and lack of exercise are bad news for your heart. But many other things can also take a toll, like loneliness or even noise pollution.

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12 Surprising Things That Can Hurt Your Kidneys

Taking certain heartburn drugs, overloading on protein, exercising too hard: These are just a few of the unexpected ways you can damage your kidneys.

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How to Firm Up Your Belly

Here are the best moves and tips to help you get the flat, toned abs you've always wanted.

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10 Ways Your Body Can Start to Smell

The way your bellybutton, earwax, breath, and other body parts and functions smell can signal a health problem.

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Cranberries May Help Keep Dementia at Bay

Healthy older adults who regularly eat cranberries may enjoy better memory and brain function, according to a new study.

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Is Alzheimer's Genetic?

Studies show it happens early and fairly often in some families.

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Holistic Program May Help People With Alzheimer's, Dementia

This virtual program uses movement, mindfulness, body awareness, and other approaches to help reduce the impact of dementia on older adults.

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Can Red Wine Ward Off Alzheimer's?

Do flu shots raise your risk of getting Alzheimer's? We clear up widespread misconceptions about the condition.

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What Makes My Blood Sugar Spike?

Learn more about the things that can send your blood sugar levels through the roof.

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Brain Supplements That Do and Don't Work

Can these products protect you against Alzheimer's or dementia?

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10 Complementary Treatments for Cancer

These therapies won't treat or cure the disease, but many of them may help you feel better and blend safely into your care.

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How Diabetes Can Hurt Your Legs and Feet

Global Monkeypox Cases Rise to More Than 550

10 Things to Do Every Day for Less Pain

When you're living with pain, you may want to just stop moving -- but that could make matters worse. Instead, give these helpful suggestions a try.

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Top Causes of Heart Palpitations

Knowing what makes your heart race or "flutter" can help you stay calm when it happens -- and know when to call your doctor.

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Reasons You're Short of Breath

You may just need to do a bit more exercise, or it could be something more serious.

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Surprising Causes of Erectile Dysfunction

Erectile dysfunction happens most often to older men. But aging doesn't cause it. Find out what does -- and what you can do to help ward it off.

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The 4 Main Warning Signs of Parkinson's Disease

Parkinson's disease is a brain disorder that causes a gradual loss of muscle control. The symptoms tend to be mild at first and can sometimes be overlooked.

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How to Eat to Live to 100

Living a long, healthy life is at the top of most people's wish list. But just how do you get there? These seven diet tips might be the key.

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Sperm Counts Rebound When Obese Men Shed Pounds

When men shed extra pounds -- and keep them off -- the health benefits may extend all the way to their sperm count.

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Air fryers can help you make delicious food with that crispy fried taste, with no oil and less fat. But you have to use them right. Are you making any of these mistakes?



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Are Ants the Future of Cancer Detection?

Researchers have explored using medically trained dogs to sniff out cancer. Now French scientists say ants can do the job, too -- only faster and cheaper.

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Diet Tips for People With Cancer

Here's what to eat before, during, and after your treatment for optimal health and comfort.

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The Truth About Medical Marijuana

The federal government still considers marijuana illegal, but some states allow it recreationally and to treat specific health problems. Here's how it works in your body.

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The Carbs You Should Be Eating

It might be tempting to avoid "simple" carbs that turn to glucose more quickly, but your body still needs some of those from certain foods.

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Best Foods for Your Eyes

You may already munch on carrots to protect your vision, but it's not the only food that's good for your eyes.

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Can Fat Injections Help Arthritic Hands?

Liposuction is typically used to flatten your stomach. But a new study argues it might also help people with arthritic finger joints. Here's how.



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Chemotherapy Drugs Used to Treat Arthritis

In rheumatology, chemotherapy is designed to decrease the abnormal behavior of cells, rather than kill cells. Here's how it works.

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Psoriatic Arthritis and Foot Pain: How to Find Relief

Your feet take you step-by-step through your day. But PsA can make them sore and swollen. These tips can help ease pain and keep you mobile.

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Eat Your Way to a Healthy Heart

Can You Reverse Type 2 Diabetes?

Exercises for Better Blood Sugar