

Tasty, Diabetes-Friendly Breakfast Ideas

Medically Reviewed by Christine Mikstas, RD, LD on November 04, 2021

12 Great Breakfasts if You Have Diabetes

You need a mix of protein, fat, and fiber for steady levels all morning. Try these tasty ideas.

[Read More](#)



Strategies to Control Your Diabetes

Managing your health the right way - like tracking your diabetes "ABCs" - can help you live a rewarding, active life.

[Read More](#)

Medicines That Help Blood Sugar

Insulin might be the first medication that comes to mind, but your doctor might prescribe one or more of these others first.

[Read More](#)

7 Causes of High Blood Sugar

Did you know that things like exercise and stress - not just food - can cause your levels to rise?

[Read More](#)

What You Can Do to Avoid Diabetes

Although there's no way to guarantee you won't develop blood-sugar problems, some lifestyle changes can help greatly lower your risk.

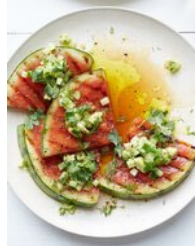
[Read More](#)

CORONAVIRUS

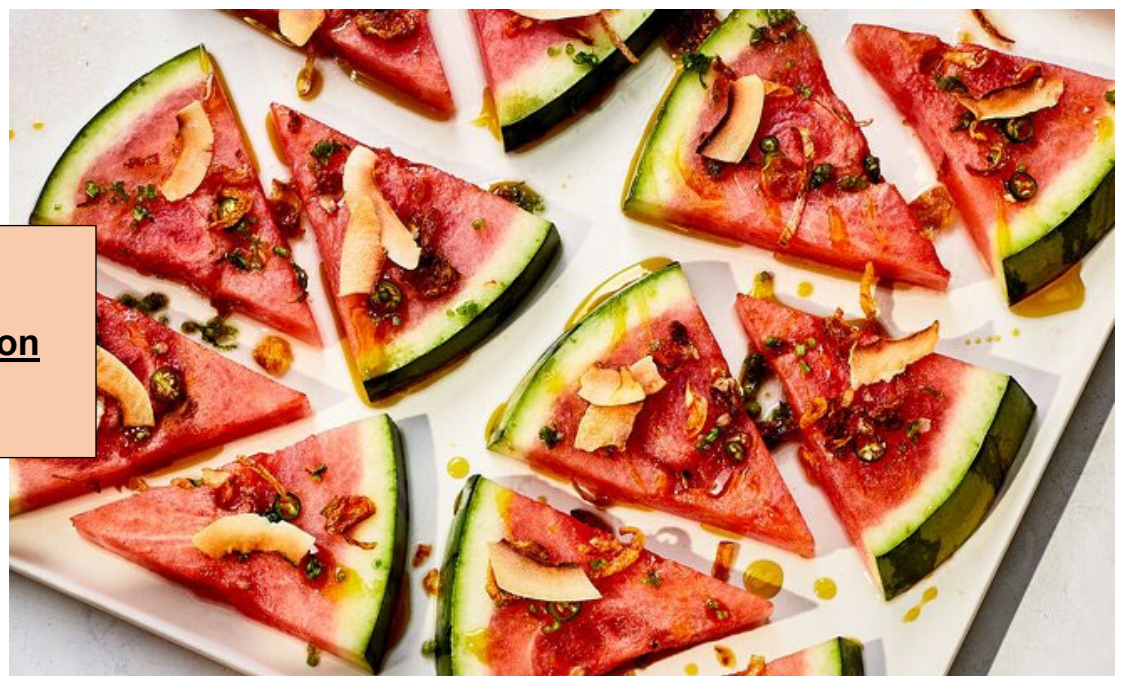
What Are the Symptoms of Omicron BA.4 and BA.5?



[Watermelon Salad With Feta and Mint](#)



[Grilled Watermelon With Jalapeño Salsa](#)



11 Watermelon Recipes to Make This Summer

[READ MORE ►](#)



[Nacho Burgers](#)

Symptoms of Diabetic Macular Edema

What Is Naturopathic Medicine, Exactly?

Could Acupuncture Help Treat Arthritis?

Building Blocks for a Better Diet

When you eat foods with the right balance of healthy fat, carbs, and fiber - and not too much salt - your blood sugar will benefit.

[Read More](#)

Health Benefits of Hemp Seeds



Cheddar
BLT Burgers



20 Next-Level Cheeseburgers to Master

[Genetic Link Adds to Gut-Brain Axis Theory in Alzheimer's Disease](#)

READ MORE ▶

The impact of stress on your gut



Given how closely the gut and brain interact, it might seem obvious that the pair often influence each other. Some people feel nauseated before giving a presentation; others feel intestinal pain during times of stress. In any case, emotional and psychosocial factors play a role in functional gastrointestinal disorders.

Treating the whole body

Stress-related symptoms felt in the gastrointestinal tract vary greatly from one person to the next, and treatment can vary as well. For example, one person with gastroesophageal reflux disease might have an occasional, mild burning sensation in the chest, while another experiences excruciating discomfort night after night. As the severity of symptoms varies, so should the therapies, medications, self-help strategies, or even surgeries used to relieve them.

Many people have mild symptoms that respond quickly to changes in diet or medications. If your symptoms do not improve, your clinician may ask you more questions about your medical history and perform some diagnostic tests to rule out an underlying cause. For some people, symptoms improve as soon as a serious diagnosis, like cancer, has been ruled out. Your doctor may also recommend symptom-specific medications. But sometimes these treatments are not enough. As symptoms become more severe, so does the likelihood that you are experiencing some sort of psychological distress.

Often, people with moderate to severe symptoms, particularly those whose symptoms arise from stressful circumstances, can benefit from mind directed therapies, such as cognitive behavioral therapy and relaxation techniques. Some people are reluctant to accept the role of psycho-social factors in their illness. But it's important to know that emotions cause genuine chemical and physical responses in the body that can result in pain and discomfort. Behavioral therapy and stress reduction treatments help manage pain and improve other symptoms in ways that are different from how drugs act. The goal of all therapies is to reduce anxiety, encourage healthy behaviors, and help people cope with the pain and discomfort of their condition.

For more on the connection between brain health and gut health, read [The Sensitive Gut](#), a Special Health Report from Harvard Medical School.

Image: skynesher/Getty Images

Best Bets for Low-Carb Fast Food

Sticking to certain menu items and making a few easy swaps can help you watch your carb intake when you're eating on the go.

[Read More](#)

Signs You're Eating Too Much Salt

Your body requires a small amount of sodium, but most Americans get more than twice what's necessary. How do you know if you're overdoing it?

[Read More](#)

What Your Heart Rate Reveals About You

Your heart rate is the number of times your heart beats in a minute, and it changes as you get older. Here's what you need to know about yours.

[Read More](#)

Foods to Help You Stay Calm

Say no to ice cream when you're stressed and reach for one of these options -- including dark chocolate -- instead.

[Read More](#)

NEUROLOGICAL DISORDERS

15 Possible Causes of Brain Fogginess

How Diabetes Can Hurt Your Legs and Feet

What Sleeping With the TV on Does to Your Health

Nutrition and Fitness Needs After 70

If you don't change what you eat and how you move as you age, your body might be missing out on these important benefits.

[Read More](#)

Sleep

Can You Take Melatonin Every Night?



[CARDIOVASCULAR / CARDIOLOGY](#)

Potassium-rich foods boost women's heart health

Written by Katharine Lang on July 25, 2022

To offset the impact of salt on cardiovascular health, women should eat potassium-rich foods, says a new study. Men do not appear to reap the same benefits.

[READ ON](#)

Which medications are available to treat A-fib?

Written by Danielle Dresden on July 25, 2022

Atrial fibrillation (A-fib) disrupts the regular rhythm of the heart. Learn about the medications a person can take to manage A-fib.

[READ ON](#)

[CHOLESTEROL](#)

Natural ways to lower cholesterol without medication

Written by Louise Morales-Brown and Jamie Eske on July 25, 2022

Natural ways to lower cholesterol include replacing trans fats and saturated fats, eating more soluble fiber, and exercising regularly. Learn more here.

[READ ON](#)

Can Diabetes Affect Your Gut?



22 Greek Recipes to Master

[READ MORE ▶](#)



Lemony Roasted Potatoes With Oregano



Greek Salad With Shrimp and Kamut



Chicken Souvlaki

How to Keep Produce Fresher Longer

What should stay on the counter, and what goes in the fridge? Learn how to prolong the usefulness of common produce choices.

[Read More](#)

11 Best Exercises for Weight Loss

Before you start, talk to your doctor about which moves are best for you. Then mix and match for a total of at least 300 minutes of moderately intense activity each week.

[Read More](#)

Food Safety Tips for Your Kitchen

Food poisoning can usually be prevented when you handle food safely. Here are some simple steps to help make your kitchen a safe zone.

[Read More](#)

Best Foods to Boost Male Health

Add these delicious picks to your diet to improve blood flow, build muscle, fend off certain diseases that affect men, and even improve your sex life.

[Read More](#)



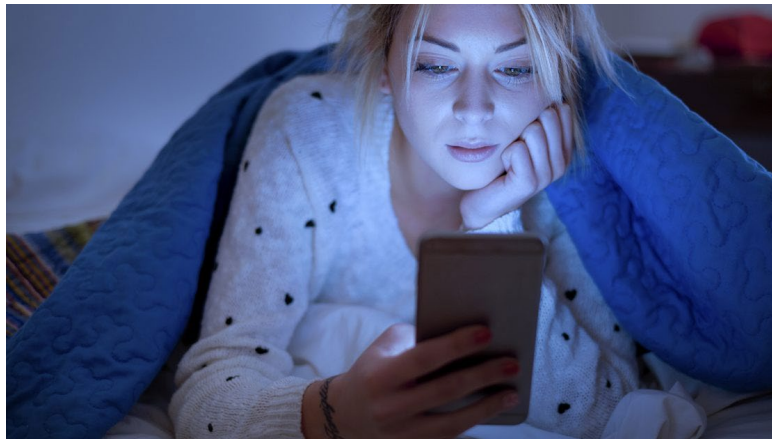
Great Steak Recipes

[READ MORE ▶](#)

To make your document look professionally produced, Word provides header, footer, cover page, and text box designs that complement each other. For example, you can add a matching cover page, header, and sidebar.

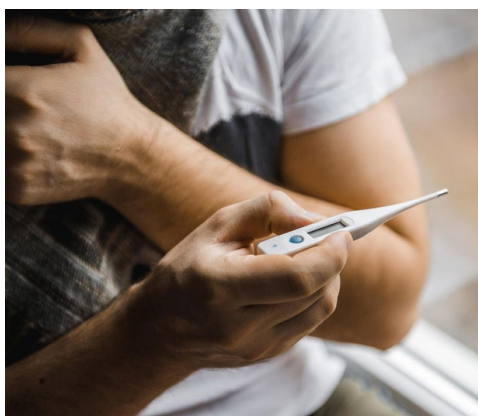
Click Insert and then choose the elements you want from the different galleries. Save time in Word with new buttons that show up where you need them.

Lack of sleep increases unhealthy belly fat



New research from Mayo Clinic shows that lack of sufficient sleep combined with free access to food increases calorie consumption and consequently fat accumulation, especially unhealthy fat inside the belly. People tend to eat more during longer waking hours without increasing physical activity.

[Read more](#)



WHO declares monkeypox a global health emergency

According to the CDC, there have been over 16,000 cases globally, including more than 2,800 cases in the U.S.

[Read more](#)

15 Unexpected Heart Attack Triggers

When you think about heart attack risks, things like stress and diet probably come to mind. But what about cold weather or having the flu?

[Read More](#)

Warning Signs of Kidney Problems

When your kidneys don't work right, toxins can build up. That can lead to some surprising symptoms, from itchy skin to concentration and memory issues.

[Read More](#)

Weight Management

I Did a Sugar-Free Diet for 10 Days and This Is What I Learned



Help Your Feet Feel Better

Diabetes can be hard on your feet. Take these steps daily to keep them comfortable and healthy.

These Salty Snacks Are Better for You

When you have a hankering for something savory, don't just reach for any old bag of chips. These foods can satisfy your craving and give you a healthy dose of nutrition, too.

[Read More](#)



Signs of Hearing Loss You May Not Notice

How Often Should You Shower?

Regular bathing is obviously a healthy habit. But do you really need to do it every day? Can you do it too much?

[Read More](#)

Why Your Eye Doctor Might Ask for Your A1c

17 Things That Happen to Your Feet as You Age

Bunions, bone spurs, loss of padding, and more: These foot problems might start to bother you at some point.

[Read More](#)

The Worst Salads You Can Eat

The right toppings can create a filling meal that's loaded with nutrients your body needs. But other ingredients can pack in extra calories, fat, sodium, and sugar.

[Read More](#)

Foods That Can Cause Kidney Stones

Kidney stones are small, but they can cause outsized pain. Learn which foods might make you more likely to get one.

[Read More](#)

8 Things You Didn't Know About Your Penis

Medical experts reveal surprising facts about the penis -- like that half its length is inside the body.

[Read More](#)

What You Need to Know About Omega-3s

Not all fats are unhealthy. Fatty acids like omega-3s, for instance, may help lower your risk for certain diseases.

[Read More](#)

How to Cook Low-Sodium Meals

When you cook for yourself, you can control how much salt you use. See other ways to add flavor to your favorite dishes.

[Read More](#)

Does Eating Fruit Help Fight Depression?

People who frequently eat fruit are less likely to report symptoms of depression -- and "how often" may be more important than "how much."

[Read More](#)

Potassium-rich foods boost women's heart health

Written by Katharine Lang on July 24, 2022

To offset the impact of salt on cardiovascular health, women should eat potassium-rich foods, says a new study. Men do not appear to reap the same benefits.

[READ ON](#)

How Exercise Keeps You Youthful

You can come up with a million reasons not to move. But roughly 3.2 million people die each year due to inactivity. Regular exercise, especially as you age, is critical to good health.



[Read More](#)

Surprising Secrets to a Longer Life

You already know that eating right and staying active are key. But some less-obvious habits -- like napping and choosing your friends wisely -- may also help you live longer.



[Read More](#)

10 Places Where Stones Can Form in Your Body

You're probably aware of kidney stones and gallstones. But hard nuggets can also form in your nose, pancreas, and these other places. See how to spot the signs.



[Read More](#)

How to Finally Get Back to Sleep

The next time you're wide awake in the middle of the night, try these tips to peacefully drift back to sleep. Some of them may help keep you from waking up in the first place.



[Read More](#)

Natural ways to lower cholesterol without medication

Written by Louise Morales-Brown and Jamie Eske on July 24, 2022

Natural ways to lower cholesterol include replacing trans fats and saturated fats, eating more soluble fiber, and exercising regularly. Learn more here.

[READ ON](#)

Compiled, edited & published by

Dr Harold Gunatillake Compiled edited & published by

Dr Harold Gunatillake OAM

To unsubscribe email: haroldgunatillake1@gmail.com

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.