

[Drinking Black Tea Linked to Lower Risk of Death](#)

Health & Views

[Spicy Tunisian Grilled Chicken](#)

September 3rd
issue

2022

Health Newsletter for ex-pat Sri Lankans,
worldwide

Visual health



From the garden of Noor Rahim,
Canada

What's So Great About Greens?

You've been told to eat your "leafy greens," but what does that even mean? See what all the hype is about and which greens to put in your basket.

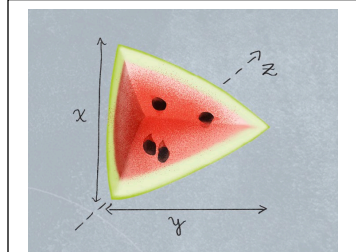
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MNT SERIES

Honest Nutrition

Take an in-depth look at the science behind some of the most debated nutrition-related topics, weighing in on the facts and debunking the myths.

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Hit Your Target Heart Rate

To get the most out of your workout, you want to make sure you're within your target heart rate. Finding yours is easier than you think.

[Watch Video](#)

Conditions That Can Damage Your Kidneys

Your kidneys help filter all the waste products your body builds up, so when they're not working right, it can be dangerous.

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How does high blood sugar (hyperglycemia) feel?

Hyperglycemia, or high blood sugar, can affect people with type 1 and type 2 diabetes. Learn about the symptoms, who is at risk, and when to consult a doctor here.

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Boost Your Brain With These Foods

As you age, you can improve your chances of maintaining a healthy brain by adding "smart" foods and drinks to your diet.

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How Diabetes Affects Your Gut

Nerve damage doesn't just affect the feeling in your feet and hands -- it can cause uncomfortable stomach problems, too.

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FEATURED

10 Reasons to Eat More Oranges

Yes, oranges have tons of immune-boosting vitamin C, but they're also packed with potassium, fiber, antioxidants, and more. Explore every part of the orange, from peel to juicy fruit.

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ARTICLE

Best Thing to Eat for Breakfast to Lose Weight

To lose weight, eat fewer calories than you burn throughout the day. The trick is choosing foods that add up to a... [Read more...](#)

The Worst Things to Order at Restaurants

If you're not careful, you can easily get an entire day's worth of fat and calories in a single meal. These dishes are among the worst offenders.

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The No-Excuses Workout: 30 Minutes and Out

A short-burst, high-intensity workout boosts your metabolism and tones muscles. Get moving with this 30-minute "quickie" routine that includes cardio and resistance training.

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How to Read a Nutrition Facts Statement

The labels on packaged foods include a lot of information, but you only need to focus on a handful of those numbers.

[Watch Video](#)

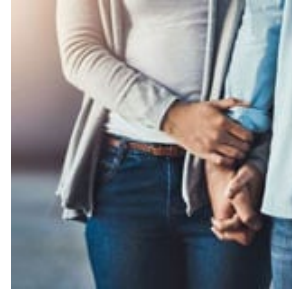
Page 2



[40 Vintage Recipes from the '20s »](#)



[26 Five & Dime Lunch Counter Specials »](#)



SLIDESHOW

HPV: How Does It Spread?

If you have sex, you'll probably have a form of this virus at some point in your life. Find out how to protect yourself from HPV. [Read more...](#)



SLIDESHOW

All About Amazing Antioxidants

They're chemicals that fight a process in your cells called oxidation. The main source is plant-based foods, but... [Read more...](#)



[64 Classic Stew Recipes Just Like Grandma Used to Make »](#)



[25 Dinner Ideas from the '50s Worth Making Today »](#)

Music therapy improves well-being in people with dementia and caregivers

A new study shows that music therapy improves social connections between people with dementia and their caregivers.

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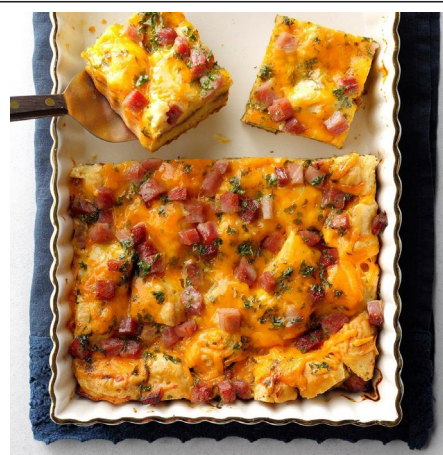
Are statins the cause of your muscle pain? Study says unlikely

A recent study suggests that statins are not the cause of muscle pain in 9 out of 10 people who experience the symptoms while taking the medication.

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[15 Irresistible Au Gratin Potato Recipes »](#)



[80 Make-Ahead Brunch Recipes »](#)

What to Ask Your Doctor About Insulin

Here are some important questions to discuss with your doctor. Prepare before your appointment to make sure you don't leave anything out.

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What to Eat (and Avoid) This Weekend

Picnics and barbecues celebrating the end of summer can be hard to navigate when you're watching what you eat. Use these strategies to stay on track.

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Fitness After 50

Your body can't do all the things it could 20 years ago, and that's OK. But regular exercise is key to maintaining your quality of life as you age.

[Read More](#)

[Do Proton Pump Inhibitors Increase Mortality Risk?](#)

How Sitting Too Much Can Shorten Your Life

Too much sitting wrecks your back and raises your risk of dementia, diabetes, stroke, and other serious health problems. See what you can do to counter these effects.



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Is It Heartburn -- or Something Else?

If you get heartburn regularly, it's easy to assume that burning sensation is just another attack. But what if you're wrong?

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10 Ways Depression Affects Your Body

You may think of depression as a mental health issue, but it can cause some very real physical symptoms, too.

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Why We Lie About Our Health

We want to be honest with our doctors, but sometimes we fudge the truth. Here's why lying -- or even just leaving out some info -- can have big consequences.

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FEATURED

Pre-Rash Shingles Symptoms

Shingles is most common in people over 60 years of age. Learn about risks, pre-rash symptoms, contagiousness, treatments, and vaccinations.

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ARTICLE

Is My Memory Normal for My Age?

No one likes to forget things. If you have had some memory issues, you may wonder — is your memory normal for your age? [Read more..](#)



ARTICLE

What Organs Are Affected By Osteoporosis?

Osteoporosis is a bone disease that causes your bones to be weak and more likely to break. There are some risk factors... [Read more...](#)



SLIDESHOW

How to Boost Your Immune System

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



CONSTIPATION

This Type of Fiber Is Best for Chronic Constipation, According to New Research

SKINCARE

This Tea Tree Body Wash Fights Skin Concerns Like Acne, Eczema, and Athlete's Foot

Warning Signs of Liver Problems

By the time a liver disease shows symptoms, it may already be advanced. Here are the signs to look for so you can get treated before it leads to liver failure.

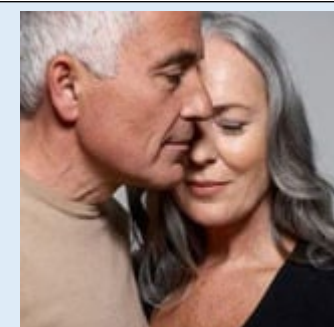
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SLIDESHOW

How to Treat Deep Vein Thrombosis

A painful, swollen leg may signal a dangerous clot. Deep vein thrombosis is a blood clot that forms inside a...

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SLIDESHOW

Low-Testosterone and Aging

Testosterone levels decrease as men age. Learn about signs, symptoms, and treatments for men. [Read more...](#)

15 Things You Can Do for Your Health ASAP

Simple actions, like eating mindfully and adding some activity to your day, are a great starting point that can lead to even bigger changes.



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Bayer to pay \$40 million to resolve U.S. whistleblower claims over three drugs

Bayer AG agreed to pay \$40 million to settle claims over its alleged use of kickbacks and false statements related to three prescription drugs, the U.S. Department of Justice said on Friday.

Save time in Word with new buttons that show up where you need them. To change the way a picture fits in your document, click it and a button for layout options appears next to it.

When you work on a table, click where you want to add a row or a column, and then click the plus sign. Reading is easier, too, in the new Reading view. You can collapse parts of the document and focus on the text you want.

To change the way a picture fits in your document, click it and a button for layout options appears next to it.

Britain approves Pfizer/BioNTech's updated COVID-19 booster vaccine

Britain's medicines regulator on Saturday approved Pfizer /BioNTech's updated bivalent COVID-19 booster shot for people aged 12 years and older.

Russia reports 50,000 COVID-19 cases for second day running

Russia recorded more than 50,000 new daily COVID-19 cases for the second day running on Saturday, the government's coronavirus task force said.

- 1. [Adults with ADHD may be twice as likely to develop cardiovascular diseases](#)
- 2. Adults with ADHD may be twice as likely to develop cardiovascular diseases, a large population-based study in Sweden found.



Millions locked-down in Shenzhen over COVID fears

CONSTIPATION

This Type of Fiber Is Best for Chronic Constipation, According to New Research



PARKINSON'S DISEASE

Does Parkinson's Disease Cause Dementia?



ORAL HEALTH

18 Possible Reasons Your Breath Smells Bad



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Drinking 4 cups of tea daily may reduce type 2 diabetes risk

New research suggests that drinking 4 or more cups of tea—such as green tea, oolong tea, and black tea—a day was linked to a 17% lower risk of developing type 2 diabetes.

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Do These Things Cause Cancer?

X-rays, cellphones, meat: Could any of these things raise your odds of having cancer? Here's the truth about what might cause cancer - and what won't.

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Their Future in Our Hands"

VACD Australia October 2022 Newsletter

“When we give alms with our hearts, we give well”

Delightful and Inspiring News!!!:

We are delighted that our children, their families, and our staff have been successful in launching a home gardening program at our VACD Bandarawela centre as seen in the photographs below:



Staff Recruitment Drive & Training:

Our VACD Sri Lanka executive team have since finalised their recruitment drive to provide adequate staff to all our centres including the proposed new centre in Welimada/Uva Paranagama to comply with expert recommendations on the appropriate teacher/child ratio.

The Head Teachers of our centres will be sent to leading rehabilitation centres for children with disabilities in Colombo in early 2023 on a one-week familiarization tour to observe new strategies and techniques being used by specialists when treating children at these centres.

All our assistant teachers will also be sent in batches to these centres in Colombo on a two-week hands-on training program during the first quarter of 2023.

VACD Sri Lanka Outreach Program:

The VACD Sri Lanka outreach program to expand our services to children with disabilities and their families across the Uva province of Sri Lanka (particularly in remote areas) was launched with the first meeting held at our Sir Robert Clark centre in Bandarawela with the Assistant Government Agent - Bandarawela Divisional Secretariat, his staff and the VACD Sri Lanka Executive team.

VACD Children’s Nutrition program:



This program not only provides our children with much needed nutrition on a daily basis given that their households feel the acute pressure of escalating costs and shortages of essential food, but also helps them to learn how to prepare meals and care for themselves in the future.

Felix Stephen

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