

Health & Views

What Raises Your Risk of Hepatitis?

Did you know that hep A outbreaks have been traced to contaminated fresh produce? Or that you can catch hep B and C by sharing razors or nail clippers?

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OAM,FRCS,FICS,FIACS,AM(Sing),MBBS(Cey)

Anemia of chronic disease: What to know

Written by Mary West on October 23, 2022

Anemia of chronic disease can occur in people with underlying inflammatory conditions. Learn more here.

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Treatment Options for Thyroid Eye Disease

Surprising Causes of High Cholesterol

You may associate high cholesterol levels with fatty foods and smoking. But things like coffee or certain medications can also be to blame.

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How and When to Test Your Blood Sugar With Diabetes

Most people with diabetes need to check their blood sugar levels regularly. Here's how it's done and things that can affect your results.

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What to know about advanced heart failure treatment

Written by Lauren Hellicar on October 24, 2022

Advanced heart failure causes severe symptoms that interfere with daily life. Learn more about treatments for advanced heart failure here.

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What is stenosis of the heart valves?

Written by Katy Wallis on October 23, 2022

Stenosis of the heart includes narrowing of the vessels and a subsequent restriction of the blood flow. Learn more.

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Women Underestimate Link Between Breast Density and Cancer Risk



Foods That Boost Your Energy

All foods provide energy, but in different ways. Find out which ones will give you a quick burst that doesn't last, and which offer a more sustained boost.

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How to Pick the Perfect Avocado

Sometimes it seems like every avocado is either rock-hard or squishy. Use these tips to choose a ripe one, every time.

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Over 50? Don't Do These Moves

As you age, your body changes. Some of the exercises you used to be able to do aren't as easy anymore. It's wise to adjust your approach to fitness.

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Your Weight Could Alter Vitamin D's Effect

Vitamin D is widely promoted for better health, but if you're overweight, you might not reap the benefits.

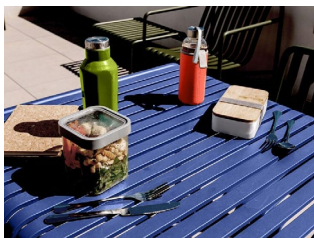
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Best Essential Oils for Your Hair

See how jojoba, rosemary, chamomile, and these other oils can help your hair and scalp, and find out how to use them.

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Weight loss: Study finds calorie restriction more effective than intermittent fasting



A new study suggests that consuming fewer calories overall and having fewer large meals may be more effective than intermittent fasting for weight loss in the long term.

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How does the human brain create consciousness, and why?

How can we define human consciousness? And how can we study it better? In this Special Feature, we discuss the most prominent theories and the most recent research.

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10 Ways to Quiet Your Brain So You Can Sleep

Use these simple strategies to calm your mind before bed so you can fall asleep faster.

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Pros and Cons of an Annual COVID Vaccine

A yearly COVID-19 vaccine could be simpler, but would it be as effective? Health experts answer your most pressing questions about the new FDA proposal.

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12 Good Things That Can Go Bad

Too much exercise, handwashing, and even healthy food can do your body more harm than good. Know when to draw the line.

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Coffee may reduce severity of liver disease in people with type 2 diabetes

A study found that coffee consumption correlated with decreased liver fibrosis in nonalcoholic fatty liver disease and other chronic liver-related illnesses among people with obesity and type 2 diabetes.

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Pici Pasta With Roasted Garlic and Tomatoes

How to Use Jardiance

This medication is used to help control high blood sugar in people with type 2 diabetes. Here's what you should know before trying it.

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Omega-3 fatty acids from seafood may lower the risk of chronic kidney problems



Researchers have found that omega-3 fatty acids found in seafood but not plants were associated with a moderately lower risk of chronic kidney disease.

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5 Surprising Reasons for Blood Sugar Spikes

Find out why triggers unrelated to diet and exercise, like using decongestant nasal sprays and even being overtired, can cause a big jump.

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Viagra, other ED drugs may lower cardiovascular risk in healthy men



New research confirms a link between treatment with drugs for erectile dysfunction and a lower risk of cardiovascular events and early death in healthy men.

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No More Boring Chicken!

Chicken breasts may be good for you, but on their own, they're pretty bland. See some new ways to season and serve them.

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Cancer Prevention Tips That Work

There are lots of things in your control that can cut your chances of getting cancer. Find out what they are and how they work.

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How to Protect Your Liver

Your liver helps break down everything you put into your body. That includes toxins that could hurt you. See the best way to care for this essential organ.

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Health & views

5 Surprising Reasons for Blood Sugar Spikes

Find out why triggers unrelated to diet and exercise, like using decongestant nasal sprays and even being overtired, can cause a big jump.

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Don't Ignore These Signs of Insulin Resistance

Symptoms may not be obvious until you've had the condition for a long time. People with severe insulin resistance sometimes see these signs.

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Basil Three-Cheese Ravioli With No-Cook Fresh Tomato Sauce

Benefits of Going Vegetarian

A meal plan without meat lowers your odds of heart disease and diabetes. Chew on these tips to make sure you eat a balanced diet.

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Early cardiovascular disease may speed up cognitive decline in middle age



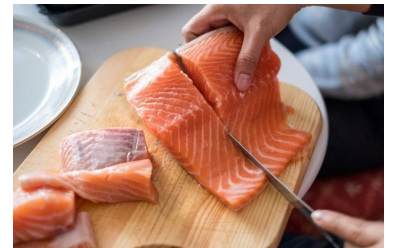
Recent research suggests that those who have cardiovascular disease in their 20s and 30s may be more at risk of deteriorating brain health in middle age.

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A Dietitian Just Listed the 7 Best Foods to Keep Your Skin Young and Healthy

Plus, the worst foods that accelerate the aging process for your skin.

[Eat Up >](#)



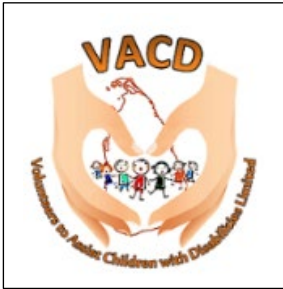
22 Ways to Lose Weight Without Dieting

You don't have to follow a specific, restrictive diet plan if you want to drop some pounds. Just implement these science-backed tips.

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VACD Sri Lanka Children's Day Celebrations:



VACD's Team, Projects, Programs & Newsletters:

Please visit our VACD Webpages [Our Team | Volunteers to Assist Children with Disabilities \(vacd.org.au\)](#) to find details of our team, projects and programs on: [Ongoing Projects | Volunteers to Assist Children with Disabilities \(vacd.org.au\)](#) and newsletters on: <https://www.vacd.org.au/project-updates/>

Felix Stephen

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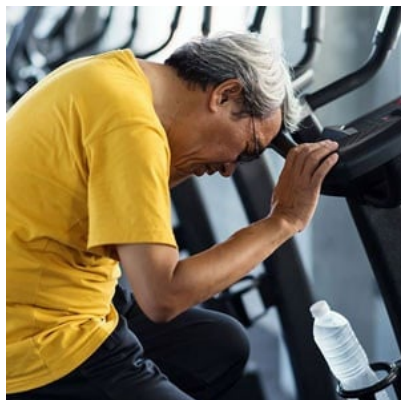
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<https://mygoodness.benevity.org/community/search?query=vacd&country=036>



FEATURED

7 Signs You're Not Getting Enough Protein

Are you getting enough protein in your diet? Learn to spot the warning signs of protein deficiency, who is the most at risk, and when you need more protein.

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