

# Health & Views

**Just 4,000 Steps Per Day May Lengthen Your Life**

SEPTEMBER 1<sup>st</sup> issue 2023

Compiled and presented by Dr Harold Gunatillake FRCS, FICS, FIACS, AM(Sing), MBBS(Cey)

## **14 Warning Signs of Diabetic Ketoacidosis**

These symptoms can appear quickly and might even be the first clue that you have problems with your blood sugar -- and they should be addressed right away.

[Read More](#)

## **Why Blood Sugar Readings Are So Important**

These numbers reveal how your diet, meds, exercise habits, stress levels, and other things affect your levels, which helps your doctor tailor a more effective treatment plan.

[Read More](#)

## **Injectable Medicines That Aren't Insulin**

These meds can help control blood sugar by slowing digestion, curbing your appetite, and helping your pancreas release more of its own insulin.

[Read More](#)

## **Does playing American football increase the risk of Parkinson's disease?**

A study has linked a history of playing American football to an increased risk of Parkinson's disease by as much as 61%.

[READ ON →](#)

## **How to Stop Heartburn at Night**

That burning sensation can make it hard to sleep. Try these tips to help ease the pain and discomfort of nighttime heartburn.

[Read More](#)

## **10 Side Effects of Low Testosterone**

A dip in a man's sex drive can be a symptom of low testosterone -- or a normal part of aging. See the symptoms and treatments for 'Low T.'

[Read More](#)

## **Lower Your Risk of Peripheral Artery Disease**

Having diabetes makes you more likely to get this blood vessel problem. See what you can do to protect yourself.

[Read More](#)

## **Losing Weight With Type 2 Diabetes**

Obesity raises your risk for insulin resistance. Find out how to drop some weight to better manage your type 2 diabetes.

[Read More](#)

New research shows that the earlier that people initiate treatment for multiple sclerosis, the lower their risk of disability later on. Early treatment also helps stabilize this condition.

[READ ON →](#)



### [20 Vibrant Curry Recipes](#)

[READ MORE ▶](#)

### **Best Home Remedies for an Upper Respiratory Infection**

An upper respiratory infection (URI) is typically referred to as the common cold. More than 200 different viruses can... [Read more...](#)

### **New Treatment Option for Hair Loss Condition**

A new type of medication, JAK inhibitors, can effectively treat moderate to severe alopecia areata, a hair loss condition that has been historically hard to treat.

[READ MORE](#)

### **14 Ways to Shed Pounds After 40**

Changes in your activity level, eating habits, hormones, and how your body stores fat all play roles in weight gain with age. Find out how to... [Read more...](#)

### **10 Ways You're Drinking Water Wrong**

Your body is mostly made of water and needs it to work the right way. Does cold water narrow your blood vessels? Should you add fresh fruit or vegetables to your water? Avoid these myths and pitfalls.

[READ MORE](#)

### **Fruit and Veggie Skins You Can Eat**

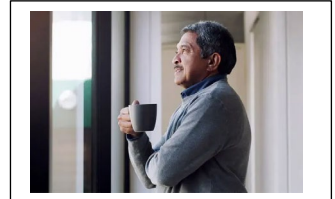
Although we regularly peel many fruit and veggie skins, some are actually packed with nutrients. Check out these... [Read more...](#)

### **Best and Worst Foods for Heart Failure**



Learn which dietary changes help your heart, and which ones make it work harder. Fresh produce is... [Read more...](#)

### **The Healthiest Coffees**



You may be in it for the caffeine, but coffee can actually be good for you. Here's how to enjoy a healthy cup, and what to... [Read more...](#)

### **Brain Supplements That Do and Don't Work**

One-quarter of adults over age 50 are taking a supplement to try to keep their brains healthy. Can any of these products protect you against Alzheimer's disease or dementia? [Read More](#)

### **9 Reasons You May Have Brain Fog**

You may feel confused or disorganized. Maybe you find it hard to focus or put your thoughts into words. Could one of these things be to blame? [Read More](#)

### **31 Cheesy Potato Recipes For Every Meal**



## [Coconut Curry Salmon](#)

Salmon meets a rich coconut curry sauce and a tangy, spicy pepper sauce—and it all comes together in under an hour.

[READ MORE](#) ▶



Image Courtesy: Dreamstime

## **How To Reverse Diabetes Naturally With These 9 Superfoods**

Type 2 diabetes, often called non-insulin dependent diabetes, is the most common form of diabetes, affecting 90–95% of the 18.2 million people with diabetes.

[READ MORE](#)

## **Many Americans Are Eating Over Twice The Recommended Amount Of Sugar**

Not surprisingly many people think that they are making healthy choices, but they never bothered to actually look at the sugar content listed on the labels.

[READ MORE](#)

### **10 Reasons You're So Gassy**

You might be taking in extra air while you sleep -- or you could be on the wrong end of one of these other situations.

[Read More](#)

### **Signs Your Body's Aging Too Fast**

From dry skin and achy joints to trouble walking, sometimes our bodies age faster than they should. Find out how to slow down problems.

[Read More](#)

### **Dairy-Free Banana Coconut Ice Cream**

### **Italian American Beef Braciole**



## 7 Common Symptoms Of Vitamin B12 Deficiency

According to the American Journal of Clinical Nutrition, 4% of the women between the ages of 40 and 60 suffer from vitamin B12 deficiency.

[READ MORE](#)



## 6 Alarming Side Effects Of Beetroot Juice You Didn't Know

Beetroot juices are a popular addition to juice bars and spa menus, with the promise of helping your digestion, boosting endurance, and even lowering blood pressure.

[READ MORE](#)

## Sweet Potato May Help Infants Sleep And Boost Their Immune System

Most infants love a nice bowl of smooshy sweet potatoes, and many parents love to watch their babies delight in playing in the bowl while eating it, the photo opportunities produced are adored for decades to come and make a great wedding day memory slideshow giggle.

As it turns out there may be some long-term health benefits associated with these messy meals, compounds within it act as a prebiotic that supports the healthy growth of bacteria in the gut microbiome which could lead to better sleep and boosted immune protection against viruses.

[Read the full story](#)

## Fast and Easy Ways to Reduce Stress

Laughing out loud, mowing the lawn (really!), chewing some gum, and these other things can help lighten your stress load.

[Read More](#)

## 18 Secrets for a Longer Life

Eating right and exercising to control your blood sugar are just two items on this list. See what else you can do to help boost your chances of living longer.

[Read More](#)



## 15 Vegetarian Foods That Can Increase Your Sexual Stamina

Eating the right foods can enhance passion and increase sexual stamina for both men and women. There are many medications that can get you through a good night in the bedroom and increase your stamina in bed,

[READ MORE](#)

## Trying To Catch Up On Lost Sleep During Weekends May Not Be Helping

Playing sleep catch-up over the weekend may not be helping to improve on the cardiovascular cost of lost sleep over the week, according to a recent [study](#) published in the journal Psychosomatic Medicine led by Penn State. The study reveals that cardiovascular health measures worsen over the week when sleep is restricted to 5 hours per night, and attempting to catch up on sleep over the weekend is insufficient to return the measures back to normal.

[Read the full story](#)

## 15 Things You Shouldn't Eat If You're Trying to Lose Weight

#5: Just because your bag of chips contains the word "veggie," it's not automatically healthy.

[Chew on This](#)

>



## Strategies to Control Diabetes

Follow these six important steps to help maintain your health and enjoy a good quality of life.

[Read More](#)



## 20 Of Our Favorite Summer Cheese Recipes

## 5 Essential Facts About Breast Cancer

It's the second-most common kind of cancer among women. What can lower your chances of getting it?

[Watch Video](#)

## Best Foods for Your Breasts

Try broccoli for antioxidants, flax seeds for lignans, and these other foods to help keep your risk of breast cancer as low as possible.

[Read More](#)