

Health & Views

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8 Ways to Feel (and Look) Younger

From finding a creative outlet to flossing regularly, try these tactics to help turn back the clock both mentally and physically.

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What to Do When You Spot a Stroke

If you see any of these signs, even with no other symptoms, call 911. And take these steps to help the person having the stroke while you wait for medical help.

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7 Things That Trigger Hot Flashes and Night Sweats

What sets off one woman's vasomotor symptoms may have zero effect on another. See the most common culprits, and find out what you can do to avoid them.

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Reasons You're Always Thirsty

Perhaps you're not taking in enough fluids. But there could be a medical reason -- like diabetes or kidney problems -- behind your need for a long drink.

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3 Bad-News Foods for Blood Pressure

Whether you have high blood pressure or want to avoid it, you're wise to cut back on these types of foods.

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Common Causes of B12 Deficiency

Left untreated, a lack of B12 can lead to problems with your heart, nerves, or brain.

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Alcohol and Breast Cancer. Drinking too much raises your levels of [estrogen](#) and other hormones linked to breast cancer. It may also damage your DNA cells. If you have three or more alcoholic drinks per week, your risk goes up 15%. It goes up another 10% for each drink beyond the three daily drinks. Nonalcoholic drinks are a risk-free substitute.

How to Remove a Tick the Right Way



Vitamin A boosts your immune system.

It boosts your immune system and guards against infectious diseases. Taking 10,000 international units (IU) for 1-2 weeks may help you heal after an exercise-related injury. Vitamin A is easy to find, too. It runs high in liver, fish oils, milk, eggs, and leafy greens.



Bromelain in pineapple

Got pineapple juice? Then you have this enzyme that packs anti-inflammatory powers and supports your immune system. It's sometimes used to treat tendinitis and minor muscle injuries like sprains. Some studies have shown bromelain may ease inflammation after dental, nasal, and foot surgeries. More research is needed. Doctors usually suggest taking capsules or tablets. That's because drinking juice won't supply enough.

How to Get Fit When You're Overweight

The benefits of exercise go way beyond wearing a certain size. See how to get moving safely when you're overweight. [Read More](#)

14 Simple Keys to Living Your Best

You hear lots of advice about what it takes to live well. We break it all down into a few simple, easy-to-remember ways to stay on a healthy path. [Read More](#)

Easy Homemade Sweet Potato Chips

Here's how to make a crispy, cost-efficient alternative to store-bought chips. You may never buy another bag. [Watch Video](#)



What Wine Can (and Can't) Do for You

Researchers have found plenty of benefits in downing a daily glass of wine -- but also several risks. Here's what you should know. [Read More](#)

Avoid These Surprisingly Sugary Foods

Don't be fooled by foods like yogurt and oatmeal that sound healthy but have added sugar in their ingredient lists. [Read More](#)

Causes of Type 2 Diabetes

Find out what leads to this condition, how it affects your body, and what makes you more likely to get it.

[Go >](#)

What to know about the Blue Zone diet and other healthy habits for longevity



In this Special Feature, we look at the diets and other lifestyle habits associated with a long and healthy life and explain their positive effects.

Do You Wake Up at Night to Pee?

If your sleep is regularly interrupted by a trip to the bathroom, it could be a sign of blood sugar problems. [Read More](#)





Vitamin D help and the risk of cardiovascular disease

Could optimizing your vitamin D levels help you live longer? [New research](#) reveals how this important vitamin may affect heart health and longevity.

You've likely heard how vital [vitamin D](#) is for strong bones. But scientists are finding this nutrient's benefits may go further. Low vitamin D levels have been tied to higher risks of some cancers, diabetes, high blood pressure, [long COVID](#), and cardiovascular disease.

The new study included nearly 5,700 adults in Switzerland and linked higher vitamin D to lower rates of cardiovascular events like heart attacks over 14 years. However, there was no clear link in this research between vitamin D levels and the risk of dying from heart disease or any cause.

Interestingly, an earlier study in Germany found that taking vitamin D daily [may reduce cancer mortality by 12%](#).

Researchers think vitamin D might boost heart health through cholesterol, blood sugar, triglycerides, and blood pressure. However more research is still needed on vitamin D's anti-ageing effects.

This week's takeaway

Monitoring your vitamin D can help ensure sufficient levels to support your bones and potentially cardiovascular health as you age.

- Ask your doctor about getting your vitamin D levels tested.
- While optimal levels may promote heart health, balance is critical.
- Make sure to avoid taking excessive vitamin D without medical advice.

To learn more about vitamin D and its possible links to heart health and living longer, jump to [“Could vitamin D help lower cardiovascular disease risk?”](#)

Also making headlines this week: As well as a Special Feature on why [people living in Blue Zones](#) are so much more likely to become centenarians, we have reports on how a [workout supplement](#) may help ease long COVID, which [artificial sweetener](#) may be healthier than sugar, and how [cannabis use](#) can lead to cardiovascular problems. Plus, there's new research on the links between a [plant-based diet](#) and a reduced risk of Parkinson's disease.

We'll return with our regular daily newsletter tomorrow. We love to hear from you, so please get in touch [by email](#) if you have any feedback, comments, or questions about this week's Sunday Supplement.

This Is the Worst Time of Day to Have Sex

Uh oh—it also happens to be the most popular time.

[Find Out >](#)



26 Anti-Aging Secrets That Could Add Years to Your Life

#6: Start taking this crucial vitamin. If you have a deficiency, it could lead to a host of age-related diseases.

[See the List >](#)

11 Daily Habits to Ease Inflammation

Chronic inflammation harms your body and raises your risk of disease. Try making these simple lifestyle changes to help bring it down.

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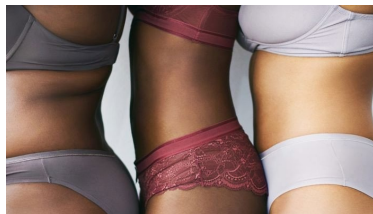
Best Exercises for Knee Pain

Often, the best thing you can do is to strengthen the muscles that support your knee. Start with these moves.

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8 Underwear Mistakes That Can Mess With Your Health

A study found that a surprising 45% of



Benefits of Coconut Oil for Managing Lupus

Coconut oil is a popular home remedy for lupus. Here's what you should know about its evidence-backed benefits.

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Here's Why You're Hungry After a Nap, Says a Nutrition Expert

Plus, our expert reveals the absolute best snack whenever you wake up.

[Digest This >](#)



Ways to Lower Your Risk of Cancer

While there's no magic pill to keep you from getting cancer, these habits can help improve your odds of preventing it.

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Acetaminophen and Your Liver: What's Safe?

Chances are, it's a mainstay in your medicine cabinet. You shouldn't be afraid to take it -- but here's how to do so safely.

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Hot Flashes May Signal Higher Heart Risks

Two new studies add to the growing body of evidence that sudden sensations of heat during menopause deserve medical attention.

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Atrial Fibrillation in Older Adults

Aging raises your odds of having an abnormal heart rhythm, and the hazards to your heart don't end there. Learn how to protect yourself.

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Obesity: A Holistic Approach

During our recent webinar, Octavia Pickett-Blakely, MD, MHS, discussed another way to manage weight loss.

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Could Tea Help You Lose Weight?

Some research suggests tea may help you lose a very small amount of weight when you pair it with a sensible diet and exercise.

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