

Warning Signs of Kidney Problems

Your kidneys are your body's clearinghouse for toxins. Learn what swollen feet, muscle cramps, and other...

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Health supportive newsletter for the Sri Lankans, globally

Health & Views

The 3 Foods This Cardiologist NEVER Eats-and 5 Replacements

FEBRUARY 1st issue 2024

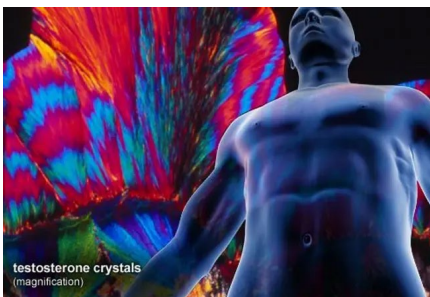
Compiled by Dr Harold Gunatillake OAM, FRCS, FIACS, FICS, AM(Sing), MBBS(Cey)

ARTICLE



Best Exercises and Stretches for the Lower Back

The low back, or lumbar area, serves several important functions for the human body. These functions include... [Read more...](#)



testosterone crystals (magnification)

Body Changes Caused by Low T

What causes low testosterone (low T)? Learn about low T symptoms in... [Read more...](#)



14 Causes of Muscle Weakness

It's normal to lose some muscle mass and get weaker with age. Doctors call this sarcopenia. You probably won't notice it much before your 60s or 70s. Sarcopenia also can also come with other health conditions that make you inactive. If your doctor suspects sarcopenia, they may test for it by seeing how fast you can walk.

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Could new clues on how long COVID affects immune system lead to treatment?

New research provides more evidence on how SARS-CoV-2 affects the immune system and blood clotting pathways, and could pave the way for treatment.

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Tips and Secrets to Look Younger

Stopping the aging process and living eternally has been an enduring human desire.

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How a poor night's sleep may trigger migraine headaches



Researchers say a poor night's sleep or even the perception of unrestful sleep can predict or perhaps trigger a migraine headache the following day

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New drug Bimzelx shows promise as a treatment for psoriatic arthritis

The drug company UCB has put on the market a new drug, Bimzelx, that is showing promise in effectively treating psoriatic arthritis

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Obesity caused by metabolism-disrupting molecule, study finds

A new study found evidence that shows how obesity affects the body on a metabolic level by disrupting mitochondrial function.

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Blood test may detect early signs of Alzheimer's in the brain, study suggests

A blood test that screens for Alzheimer's disease may detect changes in amyloid beta and tau protein levels in the brain years before symptoms emerge...

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Living Longer

Science has advanced more in the last 10 years than the previous 500 years.

Dr. Peter Diamandis got his medical degree at Harvard Medical School and studied molecular genetics at MIT. He also won Innovator of The Year and The World Technology Award.

And his groundbreaking new research shows it could be possible to simply stop aging.

He consults with Elon Musk about the future of the world, and especially the future of our health. He believes he can help Musk live a healthy, vibrant life for hundreds of years.



"If you can live another 10 years, there's a very high likelihood you could live another 100 years. That's how fast medical technology is advancing."

Dr. Diamandis believes it will come down to stopping the 'disease of aging'. And to do that we must stop oxidation.

He believes powerful antioxidants can halt the aging process in its tracks, and in some cases reverse it.

See what he believes is the most powerful antioxidant on the planet, and how you can start using it today to radically [change your future right here](#).

PS: Sounds like science fiction right? Well so did organ transplants and DNA sequencing not that long ago. For optimists like Diamandis, the future is NOW. [Click here to learn more](#).



14 Benefits of Walking for Just 15 Minutes

From higher energy and better mood to stress relief, the benefits of walking go beyond weight loss.

[Get Moving >](#)



From higher energy and better mood to stress relief, the benefits of walking go beyond weight loss.

[Get Moving >](#)

These Are the Worst Foods in Your Fridge

Watch out for items hiding empty calories, trans fats, or extra sugar. Even a certain type of yogurt can be surprisingly bad.

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Food Swaps for Heart-Smart Dining

A few simple switches, like baking with flaxseeds instead of eggs, can help you cut back on cholesterol and saturated fat.

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The Worst Foods for Your Brain

You've been loading up on berries, nuts, and salmon if your goal is better brain health. But what about foods that might... [Read more...](#)

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- [Antioxidant intake linked to lower back pain in women](#)
- [Why diabetes misdiagnosis is becoming more of a problem](#)

Alzheimer's may begin with unusual vision problems, study finds



A new study shows about 94% of people with a rare vision condition known as posterior cortical atrophy also have Alzheimer's.

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Statins may lower dementia risk in people with heart failure



Researchers from the University of Hong Kong have found statins may help lower dementia risk in people with heart failure.

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Lack of exercise in free time may increase risk of cardiovascular death



People who fail to exercise in their free-time may have higher rates of death from cardiovascular disease (CVD), and two groups in particular are at higher risk, a new study finds.

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How unexpected weight loss can sometimes be an indicator of cancer



Researchers say rapid unexpected weight loss can be an indicator of cancer, especially for disease in the gastrointestinal system.

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