

How boiling tap water could remove up to 90% of the microplastics in it

Health newsletter for Sri Lankans, globally

Health & Views

- [What To Eat When You Have Diarrhea](#)

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Now Trending: Volume Eating

Have you heard of volume eating? It is not a new concept, people have been trying to use this “little trick” for decades, but it is making another debut on social media. Volume eating is the practice of eating lots of certain types of foods to lose weight, specifically loading up on lots of low-calorie nutrient-dense food. Some people call it Volumetrics. While it may have sustainable pros, it is not without cons and nuances.

[Read the full story](#)



10 Reasons You Eat When You're Not Hungry

Do you eat out of true hunger, or is there something else behind your snack sessions? Learn some of the reasons behind your need to nosh.

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Should You Swap Your Morning Coffee for Bone Broth?

From Health

- Some social media influencers are praising the benefits of swapping morning coffee for a mug of bone broth.
- Bone broth contains more protein than coffee, providing some health benefits, but its sodium content is a drawback for some.
- Experts recommend continuing to drink coffee if it's a valued part of your morning routine and just consider adding bone broth for additional benefits.

Americans More Likely To Know Old Phone Number Than Blood Pressure

Survey finds that most people don't know the numbers that can help to predict heart disease.

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Insulin Resistance

Insulin resistance is a complex condition in which your body does not respond as it should to **insulin**, a hormone produced by your pancreas. Insulin plays a crucial role in regulating blood sugar levels. Here are the key points about insulin resistance:

1. Definition:

- **Insulin resistance** occurs when cells in your muscles, fat, and liver do not respond effectively to insulin.
- As a result, glucose (sugar) cannot efficiently enter these cells for energy or storage.

2. Normal Insulin Function:

- After you eat, your body breaks down food into glucose.
- Glucose enters your bloodstream, prompting your pancreas to release insulin.
- Insulin helps transport glucose into cells for energy or storage.
- When glucose levels decrease, your pancreas stops producing insulin.

3. Insulin Resistance Process:

- Inappropriately responsive cells lead to **insulin resistance**.
- Your pancreas compensates by producing more insulin (called **hyperinsulinemia**).
- If this continues, blood glucose levels rise, leading to **prediabetes** and eventually **Type 2 diabetes**.

4. Associated Conditions:

- Besides Type 2 diabetes, insulin resistance is linked to:
 - **Obesity**
 - **Cardiovascular disease**
 - **Nonalcoholic fatty liver disease**
 - **Metabolic syndrome**
 - **Polycystic ovary syndrome (PCOS)**

5. Difference Between Insulin Resistance and Diabetes:

- **Insulin resistance** can be temporary or chronic.
- **Prediabetes** occurs when blood glucose levels are higher than normal but not yet diabetic.
- **Type 2 diabetes** develops if insulin resistance persists untreated.

6. Prevention and Management:

- **Physical exercise:** Regular activity improves insulin sensitivity.
- **Healthy weight maintenance:** Weight loss reduces complications.
- **Balanced diet:** Include fruits, vegetables, and whole grains; limit refined sugars and fried foods.



This Exercise Is Especially Good for Women

According to new research, women may benefit more than men from physical activity. Find out which moves can do the most good.

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Food Swaps to Manage High Cholesterol

A handful of food swaps can help lower your levels. Get ideas for cholesterol-friendly alternatives to foods like croutons, dips, and french fries.

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10 Things You Should Do at Night to Lose Weight

When you're trying to lose weight, eating healthful foods and working out regularly are important things to do. But there are also small changes you can try at night to help you slim down.

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Can Type 1 Diabetes Be Cured?

Type 1 diabetes is a disorder of the pancreas. The organ doesn't make enough insulin. Is it curable? [Read more...](#)

Red meat, while rich in essential nutrients like **protein, zinc, iron, and vitamin B12**, has been a topic of debate due to its potential health effects. Let's explore both sides:

1. **Negative Effects of Red Meat:**

- **Heart Disease:** Some studies associate high red meat consumption (both processed and unprocessed) with an increased risk of heart disease. Substituting plant-based proteins (like nuts, legumes, and soy) for red meat may reduce this risk.
- **Cancer:** Consuming more than **18 ounces of red meat weekly** has been linked to an increased cancer risk. Processed meat, in particular, is associated with a **9% higher risk of breast cancer**.
- **Type 2 Diabetes:** High red meat intake may contribute to the development of type 2 diabetes.
- **Premature Death:** Excessive red meat consumption has been associated with higher mortality risk.

2. **Positive Aspects:**

- **Nutrient Rich:** Red meat provides essential nutrients, including iron, crucial for blood health.
- **Quality Matters:** The type of red meat (lean vs. fatty cuts), cooking methods, and portion sizes play a role. Lean cuts are generally better.
- **Individual Variation:** Responses to red meat can vary based on genetics, diet, and lifestyle.

3. **Recommendations:**

- **Limit Intake:** Experts suggest consuming no more than three servings of red meat **weekly**.
- **Diversify Protein Sources:** Include plant-based proteins and fish in your diet.
- **Cook Mindfully:** Opt for healthier cooking methods (grilling, baking) and avoid charring or overcooking.
- **Balance:** Consider overall dietary patterns and individual health conditions.

Remember, moderation and informed choices are key. [Always consult with a healthcare professional or registered dietitian to tailor dietary recommendations to your specific needs.](#)

Processed meat has consistently been associated with harmful effects on health. Let's delve into the details:

1. **Definition of Processed Meat:**

- Processed meat includes products that have undergone preservation methods such as curing, salting, smoking, drying, or canning.
- Examples of processed meat include sausages, hot dogs, salami, ham, cured bacon, and canned meat.
- Meat that has been frozen or mechanically processed (like cutting and slicing) is still considered unprocessed.

2. **Health Risks Associated with Processed Meat:**

- **Cancer:** Numerous studies link processed meat consumption to an increased risk of various cancers, including **bowel and stomach cancer**.
- **Heart Disease:** Processed meat is associated with **high blood pressure** and an elevated risk of **heart disease**.
- **Diabetes:** Regular consumption of processed meat may contribute to the development of **type 2 diabetes**.
- **Chronic Obstructive Pulmonary Disease (COPD):** Processed meat intake has been linked to COPD.
- **Unhealthy Lifestyle:** People who consume more processed meat often exhibit other unhealthy habits, such as smoking and lower fruit and vegetable intake.

3. **Chemicals in Processed Meat:**

- Harmful chemicals present in processed meat contribute to its negative impact on health.
- These chemicals are not found in fresh meat.
- The exact mechanisms behind these health risks are still being studied.

4. **Recommendations:**

- **Moderation:** Limit processed meat consumption to reduce health risks.
- **Diversify Protein Sources:** Include plant-based proteins and fish in your diet.
- **Mindful Cooking:** Opt for healthier cooking methods and avoid overcooking or charring.

Remember, while processed meat can be flavorful, it's essential to balance its consumption with overall dietary choices. [Always consult with a healthcare professional for personalised advice](#)

- **Eating fish as part of a Mediterranean diet linked to lower risk of depression**

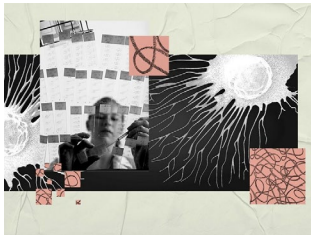
Largest study of its kind finds new genetic risk factors for type 2 diabetes



The largest genome-wide association study of its kind has uncovered new genetic risk factors for developing type 2 diabetes and some of the health complications associated with it.

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How early stage cancer cells hide from the immune system



In a new study, researchers explain how early stage cancer cells hide from the immune system. Researchers hope their findings will help improve cancer diagnostics and treatment.

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Asthma in Children

Asthma is the most common chronic disease in childhood. The prevalence of asthma is increasing. This is also... [Read more...](#)

Normal Blood Sugar Levels In Adults With Diabetes

Normal blood levels may range slightly depending on what blood tests are used, but the variances are small. [Read more...](#)

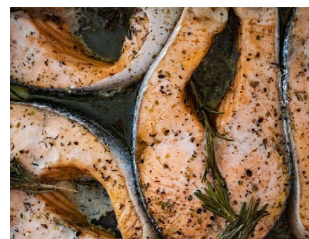
Female ginseng could hold the key to new osteoporosis treatments



Researchers have discovered a unique compound in the female ginseng (dong quai) plant, which may lead to new treatments for osteoporosis.

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Mediterranean diet, fish intake, linked to lower depression risk in women



New research has found an association between adherence to a Mediterranean diet — particularly fish consumption — and a lower risk of depression in older women.

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[How To Keep Your Heart Young](#)

New research on prostate cancer may lead to better diagnostics, treatments



Researchers in England say an artificial intelligence program has helped them uncover two new subtypes of prostate cancer, a discovery that could lead to better diagnostics and treatments in the future.

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Feeling 'Puffy'? Try These Quick Home Remedies

Bags under your eyes? Swollen ankles? Belly bloat? Here are some quick home remedies to tamp down swelling and puffiness.

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Apple Cider Vinegar: Myths and Facts

Apple cider vinegar has been proven to help people who have diabetes improve blood sugar levels after a meal... [Read more...](#)

Gang Gai Khao Mun (Thai Chicken Curry)

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The Best Walking Workout for Older People

A strength and nutrition coach offers a walking workout tailored to all fitness levels.

[Get Moving >](#)

Green Curry Deviled Eggs

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5 Ways To Improve Your Brain Health

Keeping your body and mind active with physical and mental exercise can help lower your risk of dementia.

[Start early](#)

How Inflammation and Diabetes Are Linked

In the short term, this natural response to injury or infection helps promote healing. Over time, though, it can hurt your health.

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Can a Little-Known Food Help Your Blood Sugar?

This exotic vegetable contains chemicals that seem to act like insulin and help lower blood sugar.

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What to Eat Before a Workout

To keep your levels in balance, you'll need to consider these four things before choosing your fuel.

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The Best Foods For Memory and Brain Health

High-Protein, Low-Carb Diets



Can Melatonin Cause Bad Dreams?



Is Red Meat Bad for You?

White meat and vegetarian options are your best bets for a healthy lifestyle. But the benefits and consequences of red meat often boil down to what you're eating, how often and how much.

[An age-old debate](#)

Just Say No to Microwave Popcorn

See why packaged microwave popcorn can harm your health -- and how to make popcorn in the microwave that's actually good for you.

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Best Foods to Fuel Your Brain

Take the time to feed your brain. These foods can help with memory and concentration, so you stay sharp.

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Causes of Dehydration

Dehydration occurs when the amount of water leaving the body is greater than the amount being taken in. [Read more...](#)

ED Causes and Treatment

Having erection problems? Learn about erectile dysfunction causes and treatments such as drugs, pumps, and more. [Read more...](#)

How Does Sleep Affect Your Heart?

Proper sleep helps regulate and maintain basic human functions. Getting too little or too much sleep can have a... [Read more...](#)

Ultra-processed foods linked to heart disease, cancer, and 30 other health conditions

Researchers report that regular consumption of ultra-processed foods can lead to 32 negative health outcomes, including cancer and heart disease

Tips for Better Blood Sugar Readings

Regular glucose testing helps you stay ahead of health problems. Here's how to make sure your numbers are accurate every time.

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Health Secrets Your Body Odor Reveals

Some breath, sweat, and urine odors can signal changes in your body. That aroma might be benign, or it could be a sign of something serious.

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Constipation Triggers and How to Stop Them

If you've had fewer than three bowel movements in a week, you might be constipated. Find out how to get things moving again.

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Natural Asthma Remedies

Managing asthma isn't only about medication. Find out about other things you can do to help you breathe easier.

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Nuts Are Even Better for You Than You Know

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Can Drinking Water Help Prevent a Stroke?

Drinking enough water regularly prevents dehydration. This may play a role in keeping the blood less viscous, which... [Read more...](#)