

**What Are
Phytonutrients?**

Health & Views

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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 for you.

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13 Ways to Lower Your Stroke Risk

You may not be able to change your genes, but you can take these steps to help keep your blood vessels healthy.

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[Try This Chai Latté Recipe](#)



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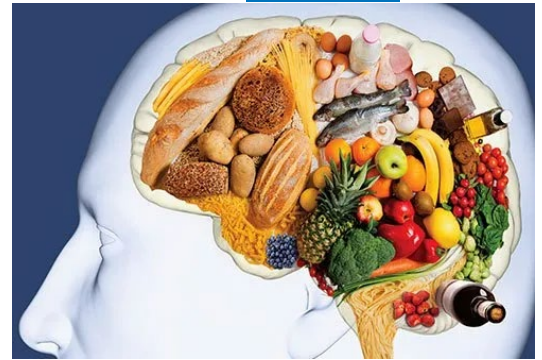
10 Fast Acting Ways to Relieve Acid Reflux

What do you need to know about acid reflux remedies? Should you try aloe juice or apple cider vinegar for acid reflux? Learn the foods that cause acid reflux, quick home remedies, and the rules of avoiding heartburn pain.

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Yoshie plates food in a hospital kitchen. When staff discovered her secret skill they were stunned

How to Have Better Sex After 60

Sex at this age can be better than ever before, but getting older does bring some changes. See how to work with and around them.

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What Age Group Is Breast Cancer Most Common?

According to the CDC, progressing age is probably the most important risk factor for breast cancer. As women age, the risk of... [Read more...](#)

Super Tips to Boost Digestive Health

Treat your body right with these simple tips for the best digestive health. See how to deal with diarrhea, gas, reflux, and more. [Read more...](#)



Alzheimer's may be caused by a build-up of fat in brain cells

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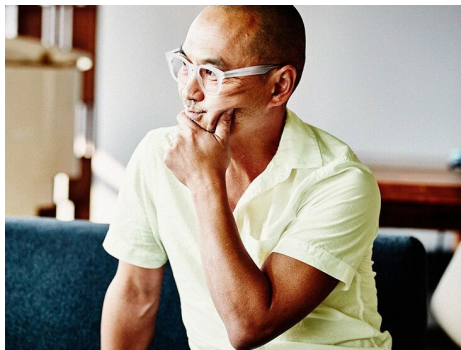
10 Foods With More Protein Than an Egg

Sugar substitutes aid weight loss without raising heart disease, diabetes risk



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What Men Can Do to Prevent Diabetes



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Macular degeneration types explained

There are two types of macular degeneration — wet and dry. Dry macular degeneration stages depend on the progression of the condition while wet macular degeneration is an advanced form.

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Heart Attack Triggers You May Not Expect

Does beet juice lower blood pressure?

Written by Lorenzo Lucchetti on March 19, 2024

Researchers have investigated the effects of beetroot juice on high blood pressure. Learn about results and recommendations here.

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How to Eat for Better Blood Sugar Control

The timing of your meals and snacks is just as important as the foods you choose. A few basic guidelines can help you manage both.

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20 Foods That Can Help Prevent Clogged Arteries

Knee Pain Dos and Don'ts

Your knees go through a lot in the course of a day, and sometimes they can run into trouble. Here are a few things you can do when knee pain hits.

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Do You Get Enough Vitamin E?

It's a nutrient that helps protect your cells from harmful 'free radicals.' Find out why you need vitamin E, where you get it, and what it does for your body. [Read more...](#)

Diabetes Dangers on the Road

Protect yourself and others on the road by taking these five steps before you get behind the wheel.

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13 Ways to Lower Your Stroke Risk

You may not be able to change your genes, but you can take these steps to help keep your blood vessels healthy.

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COPD: Eat Right For More Energy

What are COPD foods to avoid that may trigger symptoms? Learn more about the COPD diet. Boost your energy and combat COPD with these diet tips. [Read more...](#)

Foods you should eat to help fight inflammation



We typically think of inflammation as a result of an injury or disease. But diet also plays an important role in chronic inflammation.

This is in part because the foods we eat influence the types of bacteria that populate our gut and their chemical byproducts. While some foods encourage the growth of bacteria that stimulate inflammation, others promote the growth of bacteria that help suppress it. That's why it's important to know which foods have anti-inflammatory properties and which can cause inflammation.

Foods that fight inflammation

- **Fruits and vegetables.** Most fruits and brightly colored vegetables naturally contain high levels of antioxidants and polyphenols. Polyphenols are potentially protective compounds found in plants. Studies have shown that polyphenols have multiple anti-inflammatory properties and may improve the function of cells that line blood vessels. Foods high in polyphenols include onions, turmeric, red grapes, cherries, and plums, as well as dark green leafy vegetables such as spinach, kale, and collard greens.
- **Nuts and seeds.** Studies have found that consuming nuts and seeds is associated with reduced markers of inflammation and a lower risk of cardiovascular disease and diabetes.
- **Some oils and fatty fish.** Olive oil, flaxseed oil, and fatty fish such as salmon, sardines, and mackerel offer healthy doses of omega-3 fatty acids, which have long been shown to reduce inflammation.
- **Coffee, cocoa and green tea.** The polyphenols in coffee and the flavanols in cocoa are thought to have anti-inflammatory properties. Green tea is also rich in both polyphenols and antioxidants.

12 Best Foods for Healthy Breasts

All part of a healthy diet, these foods also have antioxidants or compounds that can keep your body strong and healthy, and help keep your risk of breast cancer as low as possible.

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10 Reasons You Eat When You're Not Hungry

12 Ways to Improve Your Balance

You need muscles that can hold you steady as you stand, walk, and make other movements. See what can help strengthen them.

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The Chicken Recipe That Changed My Life

Here are the backstories and recipes for five fantastic chicken dishes that will change your dinner game forever.

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Crispy Comté Frico Cheeseburgers

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Macaroni and Beef Casserole

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Pranks and Jokes Can Help Your Health

No kidding: It's human nature to enjoy a great goof. Learn the serious science behind the health benefits of playing pranks and telling jokes.

[Just in time for April Fool's Day](#)

Coffee's Health Benefits

You probably don't need another reason to pour yourself a fresh cup of coffee, but it turns out coffee can pack some serious health benefits. But moderation matters.

[This will perk you up](#)



Can't Sleep? Check What's on Your Plate

Trouble sleeping? Here are six foods that could help you get better ZZZs, from complex carbs to sleep-inducing snacks.

[Eat right, sleep tight](#)



Why It's Harder for Women To Lose Weight

It's true that men typically have an easier time losing weight than women. But there are ways to overcome biology.

[You've got this](#)



Recipe: Meatless 'Chicken' Salad Lettuce Wraps

These vegetarian wraps combine Garbanzo beans with celery, walnuts, cherries and crunchy lettuce for a perfect vegetarian lunch option.

[Get the recipe](#)