

6 ways
psoriasis
affects the
body

Health & Views

Breast Cancer:
A Success Story

APRIL 2nd issue

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Does Apple Cider Vinegar Help You Lose Weight?



Apple cider vinegar has been used for centuries for this and that. But does it work for weight loss? A registered dietitian sheds light on the claims.

[Not a miracle elixir](#)



Are Pickles Healthy?

There's no doubt that pickles taste delicious, whether dill, sweet or spiced. But are they good for you? An expert gives us the scoop.

[Low in calories, but ...
From Cleveland clinic](#)



CT Scans and MRIs: What's the Difference?

CTs and MRIs are two common ways providers take a look at the structures inside your body. But which is best for seeing what? And how do they work?

[Take a look inside](#)

SLIDESHOW

Foods That Help Fight Depression

There is a link between food and depression. Nutrients in foods support the body's growth, wellness, and repair. [Read more...](#)

Best Drinks and Cocktails if You Have Diabetes

Opting for low-carb cocktails or hard seltzer is a good start, but there are other things you'll need to keep in mind when choosing what to drink.

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Oral
Medicines
That Help
Blood Sugar



Human brains are getting bigger: Could this mean lower dementia risk?

Not All Vegan Foods Are Good if You Have Diabetes

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MNT RESOURCE

Morning drinks for high blood pressure

Some drinks that may help lower your blood pressure in the morning, such as certain types of juice and tea. Learn more here.

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Alternative Treatments for AFib

Medication and surgery aren't the only things that can improve or prevent your AFib symptoms. Talk to your doctor about these ideas to... [Read more...](#)

10 Ways to Control Your Eating

Do you have control of your eating? This slideshow explains how a few simple tweaks can make healthy eating a whole lot easier. [Read more...](#)

Omega 3 Foods: The Good Fat

What are the benefits of omega 3 fatty acids? Learn how omega 3 rich foods can boost brain power, save you from joint pain, ease... [Read more...](#)

The Truth About Your Metabolism

If you don't understand how it works, you might fall for quick fixes that promise to help your body burn extra calories. [Take Quiz](#)

4 Tests Used to Diagnose Diabetes

Your doctor may order one or more of these health checks to get an accurate diagnosis and help decide which treatment to start with. [Read More](#)

How Diabetes Affects Your Mouth

Regular brushing, flossing, and dental check-ups are important, but so is managing your blood sugar. Find out why. [Read More](#)



Your Next Party Needs Dirty Martini Dip

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Rich Zucchini Risotto With Shrimp Brings Tuscany to the Table

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When to Take Your Vitamins for Best Results

If you're taking a vitamin supplement to cover your nutritional bases, make sure you know how and when to take it so your body gets the most from it.

NEWS

Lay's Releases 4 New Chip Flavors That'll Remind You of Home

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Could Magnesium Spray Help You Sleep Better?

The Best Rice for Your Health, According to a Dietitian

[LEARN MORE](#)

Risk Factors For Faster Brain Aging

Recent research has identified 15 modifiable risk factors for dementia, and the three of them that are the most harmful.

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Exclusive Talk With Dr. Robert Goldman

Recently 5000s Magazine interviewed Dr. Goldman, MD, Ph.D., DO, FAASP, innovator and a pioneer in anti-aging, discussing Vipassana Meditation, martial arts, longevity, life, and the law of nature. You can find it in the Cause and Effect Issue of March-April 2024.

[Read the full story](#)

Alcohol Increases The Risk Of Heart Disease

The safe amount of alcohol to drink is a topic of debate, in the past light drinking was suggested to be safe, but more recently, a growing body of evidence indicates that there is no safe level of drinking alcohol. Now a new large study from the American College of Cardiology adds to the accumulating evidence indicating that alcohol increases the risk of heart disease.

[Read the full story](#)

Turning Back The Clock On Cancer

Scientists from St. Jude's Children's Research Hospital report reversing an aggressive form of cancer called Rhabdoid, and reverting malignant cells towards a more normal state, their findings are published in Nature, and they could have implications for other cancers that are driven by the loss of a tumor suppressor.

[Read the full story](#)



DRINKS

9 Best Gins for a Gin and Tonic

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Cancer Cases Keep Rising Worldwide

Cancer cases will continue to climb for the next two decades, spurred on by an aging worldwide population. By 2050, the number of cancer cases is predicted to reach...

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Staying Hydrated Is Important To Your Body And Mind

Have you ever been tired or stressed out from a long day that you're dragging your feet around, but then you take a big sip of cold refreshing water and find yourself immediately starting to feel better? Would you be surprised to find out that this is pretty common? According to a random double opt-in survey conducted by OnePoll on behalf of True Lemon involving 2000 general population Americans, staying hydrated might be the way to help keep your spirits high and unlock more joy in your life.

[Read the full story](#)

Serious Symptoms You Should Never Ignore

Knowing whether it's a minor pain or a serious issue could save your life. These situations require medical help right away.

[Read More](#)

13 Causes of Heart Palpitations

It can feel scary when your heart races or seems to skip beats, but most palpitations aren't serious. See what may be going on when your heart flutters.

[Read More](#)

Foods to Help You Stay Sharp and Alert

These foods and drinks won't magically boost your IQ. But they might enhance your concentration, improve your memory, and maybe even slow mental decline as you age.

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12 Foods That Leave You Hungry

You'll likely feel hungry again soon after eating seemingly healthy foods like low-fat yogurt and egg whites. Here's why.

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What to Expect When You Stop Having Sex

A lack of sex could weaken your immune system, raise your blood pressure, and even affect your prostate. And that's not all.

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The Truth About Exercise and Aging

You can come up with a million reasons for not being physically active. But roughly 3.2 million people die each year because of physical inactivity. Regular exercise, especially for older adults, is critical. [Read More](#)

You Could Have a Brain Aneurysm and Not Know It

Small ones typically don't have symptoms. But if it bursts, an aneurysm can be life-threatening and cause brain damage.

[Read More](#)

How to Stop Gas Pain Fast

It's normal to have some gas. But if it can't easily escape your body, you may feel uncomfortable and bloated. Follow these tips for quick relief.

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15 Surprising Reasons for Blood Pressure Spikes

Salt, worry, and anger aren't the only things that can raise your blood pressure. See what else might bump up your numbers.

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What You Should Know About Metabolic Syndrome

It's not a single disease, but a group of related health problems: too much belly fat, high triglycerides, cholesterol trouble, high blood pressure, and high blood sugar. When you have at least...

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Compound found in coffee may improve muscle health and function during aging

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The next superfood? Sea buckthorn berries may benefit diabetes, obesity

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• [Ulcerative colitis clinical trials: What to know](#)

A reason for right- or left-handedness

Left-handed people are almost [three times more likely to have rare variants in the genes for tubulins](#), proteins that build cells' internal skeletons. Tubulins assemble into long filaments called microtubules, which control the shapes and movements of cells. Microtubules could influence handedness because they form hair-like protrusions in cell membranes that can direct fluid flows in an asymmetric way during embryonic development.

[Nature](#) | 4 min read

Reference: [Nature Communications paper](#)

Eating This Nut May Reduce Heart Disease Risk, Study Says

Research says people who eat this nut have lower blood pressure than fans of other nuts.

[Get Cracking](#)

>

Can't Sleep? This Is the #1 Solution for Sleepless Nights

This fix could cut down on heartburn, too.

[Expert's Wisdom](#) >

9 Medical Reasons Your Short-Term Memory Is Getting Worse

From medications to sleep, there are simple explanations—and fixes—for your forgetfulness.

[Heads Up](#) >

Why Are You So Tired?

Always feeling tired? Learn more about the causes of fatigue. Get tips to relieve symptoms of fatigue. Feel less tired and... [Read more...](#)

Want to Stay Youthful?

Are you worried that you may be aging more quickly than you should? Find out what you may be doing wrong. [Read more...](#)

7 Surprising Health Benefits of Getting More Sleep

Video: Cancer-busting vaccines

Cancer cells make proteins found nowhere else in the body. [Vaccines could teach the body's immune system to recognise these proteins and destroy the cancer cells](#). The most powerful vaccines are created from the specific proteins extracted from a patient's tumour and, in some cases, use the patient's own immune cells. Researchers are also working on doing this vaccination process entirely within the body: first, drugs activate the immune system, then radiotherapy kills cancer cells, releasing the cancer proteins for the switched-on immune cells to find.

[Nature](#) | 4 min video

This article is part of [Nature Outline: Cancer vaccines](#), an editorially independent supplement produced with the financial support from Moderna.

13 Household Items That Up Your Risk for Illness

Elevators and airplanes are obvious germ-swapping hotspots—but your own house contains some common culprits too.

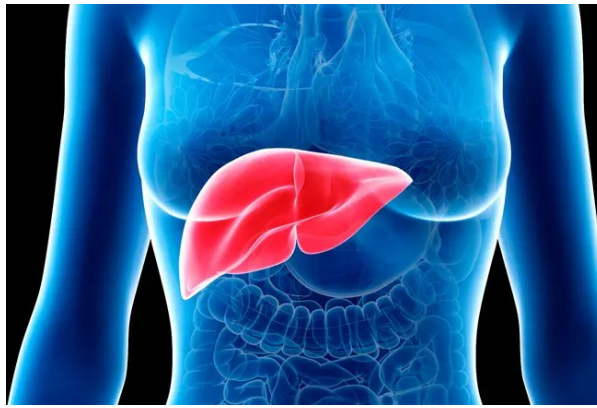
[See the List](#) >



ENDOCRINE CONDITIONS

Unusual Symptoms of Diabetes You Should Know

Warning Signs of Liver Problems



By the time a liver disease shows symptoms, it may already be advanced. Here are the signs to look for so you can take action.

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Heart Attack Symptoms You Need to Know

Chest pain isn't the only symptom. See the most common warning signs and what to do if you think you're having a heart attack.

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REPRODUCTIVE HEALTH

6 Side Effects of Menopause—Besides Hot Flashes

Study: Drink This Daily For Lower Blood Sugar and Better Gut Health

Another health win for this popular tea.

[What's Brewing >](#)

How to Bounce Back From a Bad Night's Sleep

When you're dragging after a night of tossing and turning, see what you can do to make the day a little easier and make sure you sleep better tonight.

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SLEEP

5 Symptoms of Restless Legs Syndrome

A Shortcut to Healthier Homemade Meals

While it's tempting to order takeout when life gets hectic, your waistline -- and your wallet -- will both benefit from a little advance planning.

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6 Silent Signs of a Stroke You Might Miss

#1: Don't blame this vision symptom on old age or fatigue.

[What to Know >](#)

Over 50? Watch for These Health Problems

Aches and pains you might not worry much about when you're younger could be a sign of something serious in middle age.

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Easy Resistance Band Exercises

This versatile and inexpensive tool is great for strength training newbies who want to start with some basic, effective moves.

[Read More](#)

I Ate Tinned Fish Every Day for a Week—Here's What Happened

One writer tested this old-school pantry staple...and discovered some impressive benefits.

[Digest This >](#)

Another Hormone Linked to Type 2 Diabetes

Insulin: What You Need to Know

If you take insulin to manage your diabetes, make sure you understand just what it is and how it works in your body.

[Take Quiz](#)