

Health & Views

OCTOBER 3rd issue 2024

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

5 Natural Ways To Ease A Cough

Cough syrup is excellent when you need to get rid of a cough quickly, but it can be expensive. Here are five natural ways to eliminate a persistent cough with items you already have in your home. 1. Eat More Garlic. Eating more garlic is a straightforward and delicious way to get rid of an annoying cough. Garlic contains compounds that help the immune system get rid of germs. 2. Steam Inhalation. Inhaling steam will help to clear your respiratory tract and provide soothing relief to a dry and irritated throat. 3. Add Honey To Your Coffee. A study found that honey and instant ground coffee are as effective as a corticosteroid for easing coughs. 4. Try Essential Oils. Eucalyptus oil can reduce inflammation, while peppermint oil creates a cooling sensation to soothe an itchy throat. The best way to use them is to add a few drops to the water while inhaling steam. 5. Eat More Thyme. Thyme can help with coughs as it contains antimicrobial properties that help thin out mucus.

Foods You Should Avoid When Grocery Shopping

Grocery shopping is generally considered rather safe, however, food safety officials recommend staying away from certain foods in store. Bruce Ferree, a Food Safety Consultant, says that "an upkept store appearance. Cleanliness and neatness of the store indicate a lot.." Avoid foods in damaged packaging. A rip or hole could result in staleness or being spoilt. When grocery shopping, one should only be buying pasteurized dairy products as raw milk can harbor harmful bacteria. Always avoid off-color foods. Whether it be meat, produce or bread, always check for signs of mold. Only ever buy meat that is brightly colored. Take time to search for the perfectly undented can. Canned goods with significant damage could compromise the safety of the food. Frost buildup on items is a sign of strained cooling units, often meaning the food isn't cold enough. Therefore, be wary of overly frosty freezer items. Although pre-cut chunks of pineapple and watermelon look appetizing, pre-cut fruits often hold germs.

Carbs: Comfort food for a reason ©Provided by Showbizz Daily (English)



A 2022 study published in Human Behavior found that a low-carb diet is linked with depression. The authors even calculated that increasing carbohydrate intake by one standard deviation (roughly 335 Calories) resulted in a 58% lower risk of major depressive disorder, though it's not a panacea.

Is organic food better for you? ©Shutterstock



Organic food's popularity has

increased over the years. More people are looking to eat healthier, more sustainable foods and are prepared to pay the (higher) [price](#).

In theory, organic food sounds like a healthier choice when compared to non-organic food. Less chemicals and additives sound like a no-brainer, but is it worth the extra cost and shorter shelf-life? Are organic foods better for you? In this gallery, we delve into the myths and facts about organic food, and what science has to say about it.

What is organic food?

This has to do with the process of how the foods are produced. Organic foods are produced without the use of artificial chemicals, hormones, antibiotics, and genetically modified organisms.

Organic foods are also free of artificial additives, such as artificial sweeteners, monosodium glutamate (MSG), preservatives, colouring, and flavouring.

What is used to produce organic food?

Farmers use natural fertilisers, such as manure, instead of artificial products.

How about animals?

Animals raised in organic farms are free of antibiotics and hormones.

Are organic foods more nutritious?

The research is not conclusive. Several studies point to numerous benefits, while others found no differences between organic and non-organic foods.

Studies that found differences

Many studies have shown that organically grown crops are richer in antioxidants and vitamins. Because chemical pesticides do not protect crops, they develop higher antioxidants.

Nitrate levels

High levels of these chemical compounds can be harmful to our health. Organic foods have lower levels of nitrate.

Non-organic dairy

Non-organic milk has higher levels of selenium and iodine than organic milk.

4 Foods That Will Help You Sleep Better

Getting a good night's sleep is essential for boosting our immune systems and improving our overall health. Researchers have found that some foods have sleep-promoting properties to help us get the recommended eight hours a night. Almonds are a source of the sleep-regulating hormone melatonin, making them a great snack before bed. Turkey is high in protein and contains the amino acid tryptophan, which can induce tiredness.

Researchers have found that eating two kiwis one hour before bed can make you fall asleep 40% faster. Chamomile tea has been found to improve the quality of sleep and reduce symptoms of depression. Beverages that include caffeine or foods that are high in fibre should be avoided before bedtime. Some vegetables high in fibre, such as broccoli, can make you less comfortable while sleeping. Spicy or acidic foods can result in restlessness during the night and cause heartburn in the morning.

Good for your gut

According to researcher Justin Sonnenburg, the little microbes living in your gut love carbs like whole grains, pulses (beans and lentils), vegetables (especially cruciferous vegetables), fruits, nuts and seeds. And your microbiome can have its powerful effects on the body.

8 Foods That Help Against Anxiety

There's a growing body of research that suggests eating certain foods can help anxiety and depression. A 2019 study found that eating a healthier diet can reduce depressive symptoms and anxiety disorders, especially among women. Cherries contain antioxidants that promote feelings of calmness. A 2019 study found that those who eat dark chocolate regularly are less likely to experience depression. A 2016 clinical trial discovered that drinking chamomile tea over a long period reduces anxiety disorder. Kiwis are rich in vitamins C and E, which can help reduce stress levels. Omega 3 fatty acids in seafood can help boost your mood and cognitive function. Avocados have lots of vitamin B6 and magnesium, which are known to help with serotonin production. Beans and legumes such as chickpeas and lentils have potent antioxidants, vitamin B6, and magnesium. Plain Greek yoghurt has vital minerals that help reduce stress and stabilise mood.

Complex carbs

©Provided by Showbiz Daily (English)

These carbs are made up of fibres and starch. They digest more slowly, make people feel full for longer and avoid the energy crash seen with simple carbs. This category includes breads, fruits, veggies, legumes, nuts, beans, and other grains.



How Kim Kardashian fit in the Marilyn Monroe, dress for the 2022 Met Gala

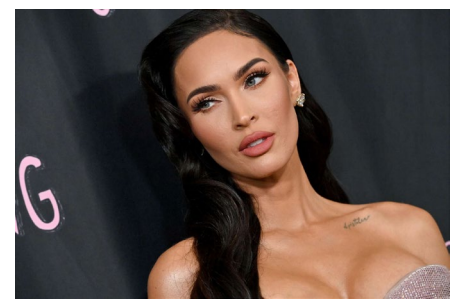
©Provided by Sports Unlimited News

"I would wear a sauna suit twice a day, run on the treadmill, completely cut out all sugar and all carbs, and just eat the cleanest veggies and protein," she told Vogue of her crash diet to lose 16 pounds in three weeks. Many criticised Kardashian for promoting unhealthy habits, but she's not the only person who's cut carbs in recent years.

Simple carbs

©Provided by Showbiz Daily (English)

Put, simple carbs are sugars. They can be found in refined sugars like white sugars or corn syrups or naturally occurring in fruit. Lactose, found in milk and cheese, is also a simple carb. Sugars break down quickly and efficiently and can spike blood glucose, especially if consumed without fibre.



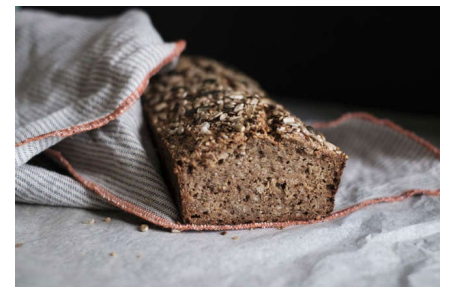
Celebrities and low-carb diets

©Provided by Showbiz Daily (English)

Other celebrities, such as Halle Berry and Megan Fox have popularized low-carb diets like the ketogenic diet, influencing many people's eating habits. As society once looked as "fat" as the enemy, the same seems to be happening with "carbs." Let's see what science says about this trend.

Whole grains are your friends

©Provided by Showbiz Daily (English)



Higher consumption of total whole grains and several commonly eaten whole grain foods, including whole grain breakfast cereal, oatmeal, dark bread, brown rice, added bran, and wheat germ, was significantly associated with a lower risk of type 2 diabetes, according to a significant BJM study from 2020.

Reducing night light exposure may be a simple way to cut diabetes risk

Written by Corrie Pelc on September 4, 2024

Being exposed to bright light during a specific time window at night may heighten the risk of developing type 2 diabetes, a new study suggests.

- Recently much research has focused on exposure to bright light at night and its potential negative impact on health.
- Numerous studies have found a possible link between exposure to nighttime light and diabetes risk.
- Researchers from Flinders University further confirm a possible correlation between bright light exposure at night and a higher risk of developing type 2 diabetes.
- Scientists believe that avoiding bright light at night may be a cheap and easy way to possibly delay or prevent the development of type 2 diabetes.

[READ ON](#) →



These dietary patterns may boost lifespan and healthspan

[READ ON](#) →

Is the gut microbiome key to endometriosis, IBD diagnosis and treatment?

A simple stool test could help diagnose endometriosis and some gut-related conditions, such as inflammatory bowel disease (IBD). It may also...

[READ MORE](#)

Medical Myths: All about psoriasis

By Tim Newman

Can arm position affect blood pressure readings?

Certain commonly used arm positions may result in inaccurately high blood pressure readings and lead to a misdiagnosis of hypertension, a new study...

[READ MORE](#)