

16 Natural Remedies for Cold and Flu

Can using a neti pot relieve sinus pain and congestion? Does echinacea shorten the duration of a cold? See what the research shows.

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For the spread of healthy living to all Sri Lankans globally

Health Benefits of Cayenne Pepper

Health & Views

Can Chocolate Be Good for You?

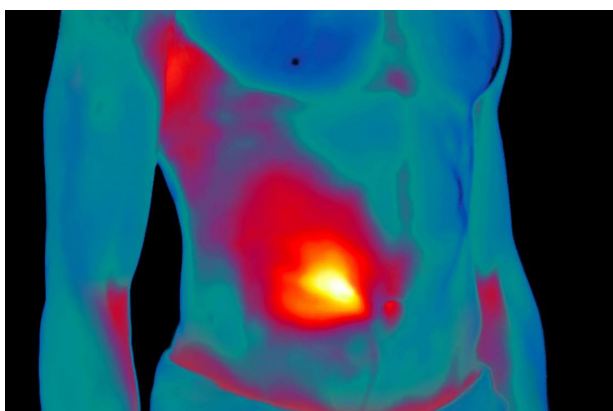
Your Gut and Your Brain: What's the Link?

The problem with alcohol on flights

NOVEMBER 1st Issue
2024

"Carefully curated by Dr. Harold Gunatillake, OAM."

THESE FOODS CAN STOP INFLAMMATION



PHOTOGRAPH BY GILES PRICE, NATIONAL GEOGRAPHIC IMAGE COLLECTION

You could start with an apple a day. Tumeric, oily fish, avocados, carrots, and leafy greens also lead to lower levels of inflammatory molecules in the blood. A batch of new research is pointing to specific foods to help you control conditions that accelerate chronic disease.

Here's what we know.

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New research shows how genes can identify risks of breast cancer

The secret weapon for treating menopause? Talk therapy.

Why is U.S. air quality declining?

WHAT DO LONG FLIGHTS DO TO OUR BODIES?



PHOTOGRAPH BY SKYNESHER, GETTY IMAGES

Dehydration is just the start: But long haul flights can really mess with your body if you are not careful. **Find out more.**

WHAT WE KNOW



15 Ways to Be Happier

Want to boost your mood? Write down everything that's good in your life. When you make an effort to look on the bright side, it helps you stay focused on the positive.

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What Is Serotonin Syndrome?

Serotonin syndrome happens when you take too much of a drug or combination of drugs that raise serotonin levels in... [Read more...](#)

11 Foods to Avoid When Trying to Lose Weight

What you eat has a huge impact on your weight. While some foods can help with weight loss, others can make you gain weight easily. [Read more...](#)

Can a Damaged Kidney Repair Itself?

Kidney damage is divided into two types, acute and chronic. Preliminary studies on animals have shown regeneration of kidneys with stem cell therapy, but... [Read more...](#)

11 Reasons to Eat More Sweet Potatoes

They're endlessly versatile, and few foods are better for you. See which nutrients they're loaded with and the best way to cook them.
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How to Be Your Fittest After 50

What's that saying, "50 is the new 30"? This decade is the start of an exciting, revitalized era. Here's how to make the most of it.

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15 Surprisingly Healthy Foods

Do you consider red meat, chocolate, and Brie cheese to be guilty pleasures? Good news: It's time to give these eats and others a second chance.

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Type 3 Diabetes and Alzheimer's

It's a new concept, but some researchers believe that a portion of cases of Alzheimer's could be due to diabetes that has impacted the brain over time.

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The Truth About Your Body Fat

Fat plays a much bigger role in your body than you realize. And if you assume that all fat is unhealthy, it's time to update your thinking.

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3 Types of Superfoods to Eat After 50

Your diet should evolve as you age. All of these foods include nutrients that keep your bones and muscles strong.

[Watch Video](#)



Beyond carrots: A new vision for eye health

Carrots might have had their day because a [new study](#) suggests a different food might better protect your vision — and you may already have some in your snack drawer.

New research from Tufts University reveals that pistachios possess a unique advantage in protecting eye health. The key is their combination of [lutein](#), a protective plant pigment, and healthy fats that make this compound remarkably available to our bodies. In their study, participants' lutein levels doubled after just 12 weeks of daily pistachio consumption.

"When we think about the energy of light, things that are in the [blue wavelength](#) carry more energy," explains Dr. Benjamin Bert, ophthalmologist at MemorialCare Orange Coast Medical Center. "Lutein helps to both filter and absorb some of the blue light wavelengths, giving better clarity and contrast to our vision."

While other foods contain lutein — [including those famous carrots](#) — pistachios offer something special. Their natural fats help our bodies absorb this crucial compound, making it more bioavailable than in many other sources. Just 2 ounces daily made a significant difference.

With [age-related macular degeneration](#) affecting millions of adults over age 60, could this finding reshape how we think about protecting our vision?

To learn more about why researchers are excited about this discovery, jump to "[Could eating a handful of pistachios daily help improve eye health?](#)"

Also making headlines this week:

- [Exercise after dementia diagnosis cuts death risk by 20%](#)
- [High zinc intake linked to endometriosis risk](#)
- [Popular weight loss drugs may ease arthritic knee pain](#)

We love to hear from you, so please [email us](#) if you have any feedback, comments, or questions about this weekend's Sunday Supplement.

Stay informed and stay healthy!

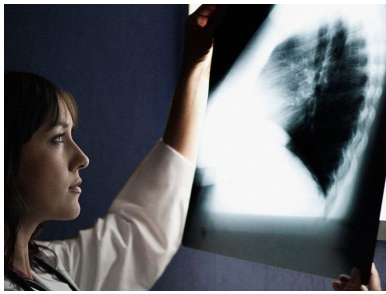
Tim Snaith

Newsletter Editor, Medical News Today

14 Reasons to Start Eating Pasta Again

Good news, linguine lovers: Pasta is back on the healthy list. Did you know it may actually help you cut down on belly fat?

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[MNT RESOURCE](#)

How does breast cancer metastasize?

Metastatic breast cancer is a type of breast cancer that has spread to another part of the body — commonly the brain, bones, liver, or lungs. [Learn more here.](#)

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9 Surprising Things That Damage Your Liver

Alcohol and acetaminophen are well-known liver dangers, but what else can be harmful? This slideshow shows some that may surprise you.

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Can Ozempic and Wegovy help reduce knee osteoarthritis-related pain?



Medications like Ozempic and Wegovy, which are used to treat type 2 diabetes and boost weight loss, may also help reduce knee osteoarthritis-related pain in people with obesity, a trial finds.

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17 Tips to Lose 100 Pounds or More

If you're ready to get started but aren't sure where to begin, these strategies from experts and folks who've been there can help make the prospect less daunting.

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Higher zinc intake may increase endometriosis risk



Consuming higher amounts of zinc may significantly raise the risk of endometriosis compared to consuming lower amounts, a new study suggests.

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Dry Eyes and What to Do About Them

Dry eyes are actually very common, and they happen when your body doesn't make enough tears. See what can cause them and how to find relief.

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How You Can Prevent Heart Disease

A few key decisions can give your heart some extra attention and lower your odds of a heart attack, heart disease, or stroke.

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New FDA Warning Added to Popular Weight Loss Drugs

Foods, Vitamins, and Nutrients to Improve Eyesight

Just like every other part of the body, eyes age and do not work as well as we get older. Poor diet, excess sun... [Read more...](#)

Look Younger Without Surgery

Cosmetic medicine has developed a number of nonsurgical procedures that can camouflage the effects of various... [Read more...](#)

Everyday Ways to Lower Your Blood Pressure

Medication can help bring down your BP, but you'll need to make changes to your lifestyle, too. Start with these easy options. [Read More](#)

How to Get Rid of Gas Immediately

Gas in the digestive tract is a normal phenomenon, either from swallowing air or produced by the normal digestion process. On average, people produce... [Read more...](#)

Reasons for Burning in Your Feet

The feeling of burning in your feet isn't just an annoyance. It might also be a sign of a more serious condition. [Read more...](#)

Alarming Rise in Severe Obesity Among U.S. Adults

[What is the average age for cataract surgery?](#)

Get the Most Out of Fruits and Veggies

If you're trying to work more fruits and vegetables into your diet, make sure you get the most out of them. How they're prepared can...

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Dementia: Here's What Raises Your Risk

There's nothing you can do about your genes or getting older. But many of the other things that raise your odds of dementia are within your control.

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[• What's the link between prostate cancer and](#)

The Truth About Your Blood Sugar

Which part of your body feels low blood sugar first? What's a healthy fasting level? Here's what you need to know.

[Take Quiz](#)

Why Triglycerides Are Linked to Diabetes

High triglyceride levels don't cause diabetes, but they are a sign that your body isn't effectively turning food into energy.

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Signs of Diabetic Retinopathy

You might not realize you have this vision-threatening eye disease until after irreversible damage is done.

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What to Order in a Thai Restaurant

Thai cuisine is loaded with fresh veggies and lean protein. But some dishes are packed with calories and fat. See what to order -- and what to avoid.

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Could drinking a certain amount of coffee or tea help lower dementia risk?

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Does age-related macular degeneration cause blindness?

Macular degeneration does not usually cause complete blindness. However, it can cause blurry central vision. Learn more about the effects on vision and the treatments.

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What to Do When You Spot a Stroke

Learn how the F.A.S.T. system can teach you signs of a stroke and find out what steps to take if one occurs.

What Meds Do You Need to Take After a Stroke?

Get an overview of what doctor might prescribe after a stroke to help keep you healthy and to prevent another one.

12 Essential Yoga Moves

No need to bend yourself into a pretzel to reap yoga's amazing health benefits. These basic poses can get you limber in no time.

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Best Foods for Strong Bones

See which foods are richest in the nutrients you need to build healthy bones and reduce your risk of osteoporosis.

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More Strokes Happening in People Under 65

While older adults still have more strokes than those in other age groups, a new CDC study shows an increase in strokes among younger people in recent years.

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Double-Baked Cheese Soufflé With Parmesan Cream

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Amazing Health Benefits Of Ginger Tea



Ginger has been used as a natural remedy for many health issues for centuries. Here are a few reasons why you should consider drinking more ginger tea. Many people find that drinking ginger tea helps with cold sweats, dizziness and nausea. Research shows that gingerol and shogaol, two substances found in ginger, can help with inflammation and nasal congestion. According to a 2019 study published in the Food Science and Nutrition journal, ginger can help aid digestion by relieving gas. It may also protect against heart disease as it can help lower blood pressure, soothe heartburn and improve blood circulation. Ginger tea tastes great with some lemon juice and a little bit of honey for sweetness. See less

These Are the Statin Side Effects You Should Know About

The 2 Best Sleeping Positions for Your Health, According to Science

11 Health Benefits of Cinnamon

Cinnamon, from the bark of the cinnamon tree, has long been used as both a spice and a traditional medicine. As a supplement, you'll find it in capsules, teas, and extracts.

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Ear Infection Causes, Symptoms

There are three types of ear infections. Each type is defined according to where they occur in the ear canal. An ear infection... [Read more...](#)



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[10 Heart-Healthy Desserts](#)

Heart-healthy recipes don't have to be complicated or unhealthy. These yummy choices use heart-healthy ingredients.

[Get the recipes](#)



[Best and Worst Fruits for Diabetes](#)

Fruit is part of a healthy diet and is packed with vitamins, minerals and fiber. A registered dietitian explains which options are best for people with diabetes.

[Don't skip the fruit](#)



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From chicken stock to dashi, we've got every recipe you'll need to add layers of flavor.

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[What to know about migraine medications](#)

There are many different medications that can help with migraine, including over-the-counter options and prescription treatments. Learn more about both here.

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[Signs You're Low on Vitamin B12](#)

Your body needs vitamin B12 to keep blood cells healthy and to make your nerves work right. But what happens when you run low?

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