

Myths and Facts About Caffeine

Is caffeine addictive? Can it aggravate symptoms of anxiety? Answers to these questions and more.

Newsletter on Health Matters for the Sri Lankan Community Around the World.

Your Best Ways to Beat Belly Fat

From getting more fiber to rethinking what you drink, 12 things to do.

Health & Views

The Link Between Diabetes and Triglycerides

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Compiled by Dr harold Gunatillake



White sugar and white flour products

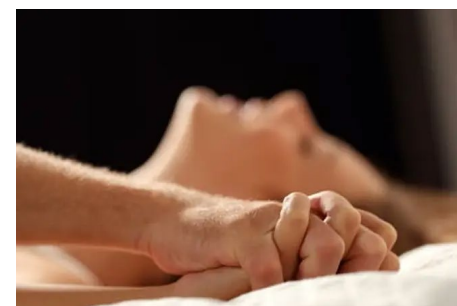
Foods that are white in color or have been processed and refined often lack nutritional value and can be unhealthy for digestion. Examples include flour, bread, crackers, white rice, and pasta. These foods are high in simple carbohydrates that quickly convert to blood sugar, potentially leading to insulin resistance, diabetes, and heart disease. Dr. Dean explains, "Physiologically, sugar causes a surge in the hormone insulin and affects how the liver metabolizes glucose, the simple form of sugar." He also notes that sugar promotes oxidative stress and internal inflammation, akin to rusting in metals. This "internal rusting" can lead to aging, wrinkles, and cell damage. Additionally, sugar can put strain on the adrenal glands and the immune system. When adrenal function is compromised, individuals may experience low blood sugar, low blood pressure, reduced body temperature, and fatigue.



Surprising Ways to Reduce Wrinkles

Some unexpected things can keep your skin looking young -- like sleeping on your back. Here are more ways to help keep your skin looking smooth.

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14 Reasons to Have Sex Today

Regular sex isn't just fun. It can lower your stress, sharpen your mind, and improve your quality of life in these other ways.

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Hidden Dangers of Inflammation

With some conditions, like rheumatoid arthritis, you feel heat, pain, and swelling. But in other potentially life-threatening cases, it's not so obvious.

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Foods with MSG

This flavour enhancer might make your food taste so

It's good that you can't put it down, but it's been linked to a slew of health problems, including headaches, flushing, sweating, facial pressure or tightness

, numbness, tingling or burning, rapid heart palpitations, chest pain, nausea and more.

Dr. Dean recommends opting for foods labeled "No added MSG" or

substituting these foods with organic nuts and seeds that are high in magnesium—an important mineral

to over 700 to 800 enzyme actions within our body, including proper immune function, insulin control, blood sugar balance, and energy production.

The Truth About Carbohydrates

Learn more about what carbs do for you and how to get them.

The Benefits of Vitamin C

Vitamin C is one of the safest and most effective nutrients, experts say. See what it can do for your health.

[25 Super Snacks With 100 Calories or Less](#)

These snacks are quicker, cheaper, and less processed than many 100-calorie snack packs

Researchers find a critical link between vaccinations and Alzheimer's disease

Story by Joseph Shavit

More than 6 million Americans are diagnosed with Alzheimer's disease, and with an ageing national population, this number is bound to rise. The search for factors that can impact [Alzheimer's disease](#) development has been the focus of many scientific studies.

But now, a groundbreaking new investigation led by a team from the [McGovern Medical School at UTHealth Houston](#) has brought to light a potentially significant connection between adult vaccinations and reduced risk for Alzheimer's disease.

The [Journal of Alzheimer's Disease](#) recently unveiled a version of this study online. Spearheading the research were co-first authors Kristofer Harris, program manager in the Department of Neurology at UTHealth Houston; Yaobin Ling, graduate research assistant with McWilliams School of Biomedical Informatics; and Avram Bukhbinder, MD, a distinguished alumnus of the medical school.

Paul E. Schulz, MD, the Rick McCord Professor in Neurology at McGovern Medical School, contributed his expertise as the senior author.

These revelations follow just 12 months after another pivotal study by Schulz's team. Their previous research found that people who had received at least one influenza vaccine saw a 40% reduction in [Alzheimer's risk](#) compared to those who hadn't.

It is linked to a substantially lower risk of developing Alzheimer's disease. [Coffee drinkers rejoice! Drinking coffee could lower the risk of Alzheimer's disease.](#) [A Simple memory test could signal Alzheimer's disease years before symptoms show.](#)

Digging deeper into this correlation, Schulz said, "We and others hypothesise that the immune system is responsible for causing [brain cell dysfunction](#) in Alzheimer's. The findings suggest that vaccination has a more general effect on the immune system, reducing the risk for developing Alzheimer's."

To determine this, researchers conducted a retrospective cohort study. They studied patients who had no dementia signs in the past two years and were at least 65 at the beginning of an eight-year observation period.

By comparing two analogous groups of patients – one vaccinated with Tdap/Td, HZ, or pneumococcal vaccine and the other not – they could determine the relative and absolute risk reductions for Alzheimer's.

Reasons Your Weight Changes

Throughout the DayYour weight is in a state of constant change. From your age to your sleep habits, learn some of the many reasons why.

What Are Processed

Foods?Processed foods refer to food that's changed from its natural state. Some are more nutritious than others. Learn more.

Is sitting too much bad for you?

Story by Camilla Foste

Many of us are guilty of being chained to our desk chairs during the day and to the sofa during the evenings, but what impact could this have on our health later down the line?

The cold and dark weather dramatically decreases the appeal of exercise this time of year, however gentle movements little and often could do wonders for our health.

So, what are the health risks of sitting down too much? And how often should we be moving our bodies?

What signs might indicate you are sitting down too much?

“Signs that we are sitting too much might include joint pain and stiffness, particularly in the back and neck, and muscular pain and tightness, particularly in the shoulders, at the back of the knees and muscles at the front of the hips,” says Laura Mould, lead physiotherapist at Nuffield Health Leeds Hospital. “Low energy levels, fatigue and difficulty concentrating can also be related to inactivity.”

Sitting down for too long may also exacerbate symptoms from existing conditions.

“[People](#) with long-term health conditions such as arthritis, breathing conditions or circulation problems might find that sitting increases symptoms such as joint stiffness, breathlessness and leg swelling,” adds Mould.

How does sitting down too much impact our bones and muscles?

Bones

“Sitting can make your bones weaker and eventually lead to osteoporosis and risk of fracture,” says Clara Kervyn, physiotherapist from the joint and muscle care specialists Deep Heat and Deep Freeze. “Sitting puts significant stress on the spine and can lead to compression of the discs in the spine. “Spinal issues can cause significant pain and eventually immobility.”

Being sedentary can also have a negative impact on our posture.

“When we sit we often have bad posture as we tend to slouch, so make sure you sit right,” advises Kervyn. “Stop slouching and sit upright with feet flat on the floor and screens at eye level.”

Muscles

“Sitting can cause the large muscles in your legs and glutes to weaken and waste away,” warns Kervyn. “These muscles are essential for walking, keeping your balance and generally stabilising your body.

“Sitting can also tighten hip flexors, which can lead to problems with your hip joints.”

Always Hungry? Possible Reasons

Why If your stomach has a constant rumble, even after a meal, something could be going on with your health.

[What Is a Calorie Deficit?](#)

Lose your weight with an effective calorie deficit strategy. Get expert tips and insights on managing your diet to achieve your fitness goal. Start your fitness journey today!

[Anti-Inflammatory Diet: Foods to Eat and Avoid](#)

Natural anti-inflammatories are foods that can help lower your odds of inflammation. If you have a condition that causes inflammation, this diet may help.

[How to Treat Diabetic Retinopathy](#)

Don't be surprised if your doctor recommends taking action even if you haven't noticed any symptoms.

[Read More](#)

[Navigating Diabetes Diagnosis & Treatment](#)

Nuts

Walnuts. Pecans. Almonds. Whatever kind you prefer, a small handful makes a great snack. They're full of healthy fats, fiber, and protein. They also have minerals like [magnesium](#). Skip the kinds that are dry-roasted or flavored - they're higher in sodium. Instead, add your own dash of flavor with [cayenne pepper](#) or [cinnamon](#).

[How Walking Can Boost Your Mood](#)



Kale Chips

Crispy [kale](#) chips are full of vitamins, minerals, and [cancer](#)-fighting compounds. To make your own, rinse kale and remove the stems. Tear the leaves into bite-size pieces, and toss with olive oil and salt-free seasonings of your choice. Spread onto a baking sheet, and bake at 300 degrees for 18 minutes or until crisp. Once cooled, store in an air-tight container.

Surprising Truths About Diabetes

Can you feel high blood sugar? Does having [diabetes](#) make you more likely to get the flu? Separate fact from fiction.

[Take Quiz](#)

Benefits of Long-Acting Insulin

Basal -- or "background" -- insulin [requires fewer shots and can allow you more flexibility with timing what and when you eat.](#)

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5 Smart Picks for a Lighter Thanksgiving Meal

Want to avoid a food coma this Turkey Day? Enjoy these options [without wrecking your diet or feeling bloated.](#)

[Watch Video](#)

7 Exercises You Should Stop Doing Immediately

[Certain moves won't deliver the results you want -- and may even cause injury. For better results, try these smarter alternatives.](#)

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Roasted Chickpeas

Also called garbanzo beans, they're a crunchy, high-fiber snack. Rinse a can of chickpeas and pat dry with a paper towel. Mix with 1 tablespoon of olive oil and your choice of spices. Try garlic powder, pepper, cumin, chile powder, or whatever savory mix you like. Spread onto a foil-lined baking sheet and roast at 400 degrees for 20 minutes.



Baked Potato

Potatoes contain almost no sodium, while being high in vitamins B and C, and [potassium](#). They're also a good source of folate and iron. Microwave a small potato and top with reduced-fat shredded cheese and salsa for a hearty snack.

What to Know About Foods Sweetened With Stevia

[This carb-free natural sweetener is much sweeter than table sugar, but some forms sold online and at health food stores might not be safe. Find out what to avoid.](#)

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6 Ways to Eat Eggs

[Eggs are rich, flavorful, and affordable. Eat them in moderation and they're part of a healthy diet. Try these ideas for breakfast, lunch, or dinner.](#)

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Pros and Cons of Drinking Wine



[Drinking any kind of alcohol comes with downsides, but wine offers some real health benefits. Here's what to consider.](#)

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9 Signs You're Getting Too Much Salt

[The average American gets more than twice as much sodium as their body needs. But how do you know if you're overdoing it?](#)

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