

Medical breakthrough / New blood test can detect 50 types of cancer

10 Ways You're Washing Your Hands Wrong

Improper handwashing can leave you susceptible to germs. Make sure you're not making these common mistakes.



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>

Symptoms of Bipolar Disorder

Sometimes called manic depression, bipolar disorder causes extreme shifts in mood. The length of each high and low varies greatly from person to person.

[Read More >](#)

What causes varicose veins and how are they treated?

Varicose veins — the swollen, twisted veins often found on people's legs and feet — are more than just a cosmetic issue. Here's what causes them, how to prevent them, and how they can be treated.

[More >](#)

Do Breast Implants Cause Cancer?

While implants haven't been shown to cause breast cancer, they can increase your chances of having a type of non-Hodgkin's lymphoma.

[Read More >](#)

Relief activities for Sri Lankan students in New South Wales and Queensland, Australia

The well wishers and members of Sri Lankan organisations based in Sydney and Brisbane scheduled to organise relief assistance for Sri Lankan students who lost their part time jobs due to COVID-19 situation in Australia.

If anyone willing to get relief assistance, financial assistance/dry food ration and other basic essential items, please send an email with the following details to Consulate email address.

slcg.sydney@mfa.gov.lk

- Name:
- University, Faculty & Year:
- Passport Number:
- Place of Residence/Postal Address with Code:
- Mobile Number



China has contained the COVID19, factories are opened, manufacturing has commenced, but some think this is false propaganda.

Please view video with narration, and you make up your own mind.

China gave us the virus, but clever enough to arrest it, too- very fast.

<https://www.facebook.com/hasanjith/videos/10163321312805581/?t=64>

How to Eat Healthy When You Hate Veggies

Don't underestimate what a little butter and salt in the skillet can do. And if that doesn't work, try this trick.

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The Truth About Processed Foods

Ultra-processed foods -- think cookies, deli meats, frozen pizza, chips, and cereal -- typically have lots of sodium or sugars. Here's why that's a bad thing.

[Read More >](#)

Quick Thai Chicken and Vegetable Curry

Your Doctor Says You Need a Biopsy: Now What?

Here's how to prepare for a biopsy, the different biopsy types, and what to expect when the procedure is over.



[Read More >](#)

What Does a Ventilator Do?

The new coronavirus can cause a severe respiratory illness that requires the use of a ventilator. Here's how they work and when you might need one.

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What You Can Do to Lower Your Cholesterol

Bring down your LDL by eating 5-9 servings of fruits and veggies a day. The antioxidants and fiber will help your numbers -- and might lower your blood pressure and weight. See what else can help.



[Read More >](#)

[What is chloroquine and could it cure the coronavirus?](#)

Around the world, countries are expanding access to hydroxychloroquine (HCQ) and chloroquine (CQ), related compounds that are synthetic forms of quinine, which comes from cinchona trees and has been used for centuries to treat malaria.



How Long Does Coronavirus Live on Surfaces?

The new coronavirus can live for hours to days on surfaces like countertops and doorknobs. How long it survives depends on the material the surface is made of. See how long it can live on some of the surfaces you touch every day.

[Read More >](#)

We slept in one world and woke up in another. Suddenly, Disney has no more magic, Paris is no longer romantic, and in New York everyone sleeps and the Chinese Wall is not a fortress anymore. Suddenly, hugs and kisses become weapons, and not visiting parents and grandparents becomes an act of love. Suddenly, we realized that power is not that valuable and money is not that powerful.

Are Your Morning Levels High?

Don't be discouraged by elevated fasting blood sugar. These tips can help bring your numbers back in range.

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Warning Signs of Low Blood Sugar

The symptoms are different for everyone, and so is the number when you start to feel them.

[Read More >](#)

Dreaming of happy times from Exile



The Relationship Between COVID-19 and Diabetes

While you may not be more likely to catch the virus, diabetes can raise your risk of having complications if you do get sick. Here's what you need to know.

[Watch Video >](#)

[What You Need to Know About Coronavirus If You Have Asthma](#)

If you have asthma, you are among those at greatest risk in the coronavirus pandemic and must take precautions, the American College of Allergy, Asthma and Immunology (ACAAI) says. It's...

[Read more ...](#)

Can CAC Screening Help Prevent Heart Attacks?

70% or more of patients arriving at the hospital for an emergency intervention for a serious heart attack have not been previously diagnosed with heart disease. Heart attacks arrive acutely and often with no warning, but the disease process building up to that point is typically slower and a chronic one; typically being caused by an arterial blockage that starves heart muscle of oxygen and blood flow over time.

Atherosclerosis is the cause of the blockage in most cases, which is scarring of blood vessels due to inflammation and damage caused by smoking, bad cholesterol, diabetes, high blood pressure, and family history/genetics factors.

If risk factors are not controlled the scarring process over time will lead to the arteries becoming increasingly narrow, and eventually calcium deposits will build within the atherosclerotic scar. Calcium is a marker for maturing atherosclerosis, X-rays do not penetrate these deposits very well so on a CT scan or X-ray healthy bones and diseased arteries appear white.

CAC screening utilizes CT scans to help determine whether any arteries are blocked, while this is not a new test it is increasingly being recognized as an important tool for helping to determine which patients have more advanced atherosclerotic cardiovascular disease as well as those that are at the highest risk of experiencing a heart attack or stroke.

Recently the American College of Cardiology/American Heart Association released an updated guideline that recommends utilizing coronary artery calcium screening for those who have borderline or intermediate risk of ASCVD as determined by an ASCVD risk factor tool. There are a number of these tools that use various risk factors to calculate the likelihood of experiencing a heart attack or stroke within the next 10 years, but this is a probability not a certainty. High risk is greater than 20%, intermediate risk is between 7.5-20%, borderline risk is between 5-7.5%, and low risk is less than 5% risk.

In a perfect world where no one has accidents, and every one is within their ideal BMI range, with perfect blood pressure, optimal cholesterol levels, never smokes, and is without diabetes these risk factors would be nothing and not provoke any anxiety at all. But even with these either not being a risk factor or being tightly controlled to the point of not being a serious concern there is still another major risk factor, and that is growing older, which is not reversible, at least not yet, practically speaking.

Ultimately we could all use a little motivation to take better care of our health, but most often this will not come without effort such as diet control, weight loss, exercise, and in some cases medications. Most of us feel more motivated when risks and rewards are higher, what could be higher than a probability of experiencing a heart attack or stroke in the immediate future?

Dr. Michael Miedema, a cardiologist at the Minneapolis Heart Institute, who specializes in heart disease prevention, is a fan of CAC scoring: *“It’s, basically, the only test we have that trumps age in terms of its ability to predict cardiovascular mortality,”* Miedema says. *“And interestingly, it’s quite predictive of all-cause mortality as well, primarily because of what are called ‘shared risk factors’— things like smoking that not only increase cardiovascular mortality but also increase cancer mortality.”*

CAC screening is fairly easy to do, only taking about 10 minutes using 1-1.5 millisieverts of radiation, and it may not be covered by all insurance carriers typically costing from \$100-400. In America the average person is exposed to at least 3 mSv of background radiation annually, which is largely from cosmic rays and radon in the home.

At least 158,290 people confirmed cases in the US with 2,933 deaths

READ MORE

Calcium scoring ranges: 1-10 indicates minimal evidence of coronary artery disease, 11-100 indicates mild evidence, 101-400 indicates moderate evidence, and 400+ indicates extensive coronary artery disease.

There are two major caveats to interpreting calcium scoring:

1) These are on average as a statistical measurement a probability not a certainty, and it is not uncommon for patients to routinely defy statistics. A score of zero does not necessarily mean that you don't have coronary artery disease, rather it could mean that there isn't the presence of more advanced kinds of atherosclerosis being around long enough to acquire calcium deposit build ups; meaning even with a score of zero you still need to pay attention to controlling risk factors.

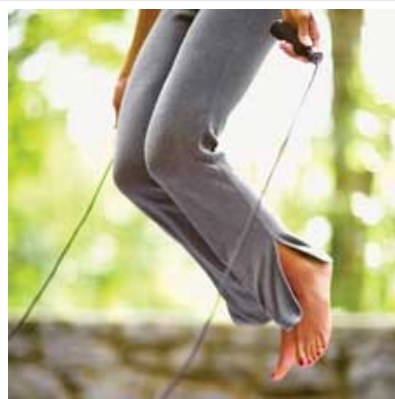
2) The scores are a calculation of the overall atherosclerotic condition in the 2 arteries that feed the heart, but they don't reliably tell whether it is spread evenly throughout the arteries or whether it has been concentrated to a few tight areas which sometimes requires surgery. A patient may have a score of 600 but the disease may be widely scattered and not narrow to limit blood flow in any particular areas, while another with a score of 300 may have the disease focussed in one area. Only a coronary angiogram can directly visualize what the arteries look like on the inside. That brings us to the big question of whether CAC screening can help to prevent a heart attack or not. And the answer is yes, according to Craig Bowron, MD; preventive medicine can be complicated, but for certain patients it appears as if this screening tool can help to provide some clarifying information that will motivate patients to double down and take steps to improve their heart health.

[Read the full story](#)

Rapamycin May Slow Skin Aging

Once you hit a certain age you start to see subtle changes and many begin to search for options to hold onto the appearance of youthfulness for as long as they can in the form of lotions, potions, creams, supplements, serums, diets, and concoctions among others. Soon there may be a new addition to the anti-aging lineup, that being rapamycin which is an FDA approved drug that is normally used to prevent organ rejection after transplant, the drug may also be helpful in slowing in aging skin according to a recent study published in Geroscience.

[Read the full story](#)



Controlling Diabetes with Exercise



75 Classic Recipes Grandma Knew by Heart

The science behind mindfulness

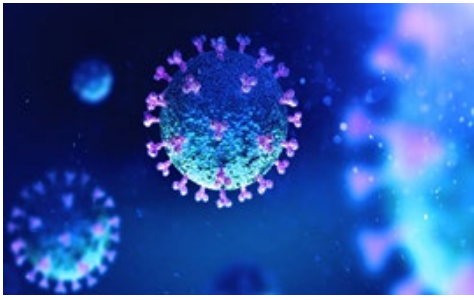
Can mindfulness help us to de-stress, remain calm and be more productive?

[Read more](#)

The power of plant-based foods

Eating from the earth is good for our bodies – and for the planet. Here are some easy ways to fill your plate with more delicious, plant-based foods. [Read more](#)

A Diabetes Remedy in Your Spice Rack?



Loss of smell could be a symptom of COVID-19

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NOTABLE QUOTABLE

[“Anyone advising the end of social distancing now needs to fully understand what the country will look like if we do that.”](#)

COVID-19 will take a huge toll on lives, livelihoods and the economy if social distancing is not maintained, says health-security researcher Tom Inglesby. Move the slider on [this simplified interactive graph from *The New York Times*](#) to understand the effect on infections, hospitalizations and deaths.



Could the summer bring an end to COVID-19?

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The British government says that, within days, it will begin large-scale serological testing that will show whether a person has been previously infected with the coronavirus that causes COVID-19. The ‘finger-prick’ tests will be available to buy from Amazon and pharmacies, and can be performed at home. If the roll-out goes ahead as planned, [the country could become the first to implement at-home testing on this scale.](#)

Many questions remain unanswered: how accurate the tests will be, who will make them and how they can be manufactured in sufficient amounts. ([Nature | Continuously updated](#))



Can you catch COVID-19 from food?

[READ MORE](#)

Electric Cars Still Better for the Planet Than Gas Vehicles

Electric cars really are greener than gasoline ones, researchers report. Some have questioned whether electric cars could actually increase carbon emissions when the generation of the...



Diarrhea Causes and Remedies

Diarrhea is an increase in the frequency of bowel movements or a decrease in the form of stool.

[Read more...](#)



Cheap, Healthy Foods

Think you have to pay big bucks to eat healthy? Think again. Find out more about cheap foods that will keep your body and bank account in good health.

[READ MORE](#)

Natural Cough Remedies

Many time-tested home remedies are also backed by research. Find out how to soothe a cough using pantry items such as honey or ground ginger.

[Read More >](#)

Is 6 feet enough space for social distancing?

[READ MORE](#)

Why are young, healthy people dying from COVID-19? Genes may reveal the answer.

[READ MORE](#)

Better treatments for kidney failure

After decades of slow progress, researchers are testing better treatments for kidney failure — which kills more people than HIV or tuberculosis. They hope to supplement dialysis machines, which still use much the same technology as they did 50 years ago, with [artificial kidneys and miniaturized dialysis that could save millions of lives](#).

[Nature](#) | 10 min read



Top Cause of Death in Women

Is it cardiovascular disease or breast cancer? What do the statistics say?

[READ MORE](#)

[Anemia Causes, Symptoms, Diagnosis, Treatment](#)

[Does a Breast Lump Always Mean Cancer?](#)

[Polycystic Ovarian Syndrome \(PCOS\)](#)

[Ovarian Cancer: Epithelials and Carcinomas](#)

[Cervical Cancer and Human Papillomavirus \(HPV\)](#)

[Uterine Fibroids \(Benign Tumors of the Uterus\)](#)

[Women's General Health and Wellness](#)



FEATURED

The Best Time to Eat 15 Seasonal Foods

What do you do if you want to eat foods that are fresh and in season? Let us guide you through some typical seasonal foods.

[READ MORE](#)

Today's Health Topic

4 stretches to keep your shoulders in shape

The shoulder is the body's most complicated joint. It's where the ends of the collarbone, upper arm bone, and shoulder blade meet. And it's prone to arthritis (a wearing away of the cartilage between the bones), as well as tears or tendinitis (inflammation) in the rotator cuff — the group of tendons that helps you raise and rotate your arm. Shoulder pain can keep you from being able to raise your arms to get dressed, or reach up to a cupboard or out to a door.

But an easy way to stave off shoulder problems is to regularly stretch the muscles that support the joints. The muscles need to be long and flexible to stay healthy. You're more vulnerable to injury when your shoulder muscles are tight and restricted.

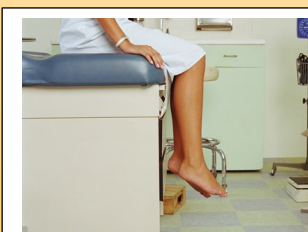
[Read more »](#)



Should You Keep Your Doctor's Appointments?

Sitting in a waiting room with more than 10 people is probably not a good idea right now. But what if you have a long-term health condition, or if there's an emergency?

[Read More >](#)



How to Get Rid of Hiccups: 10 Tricks That Could Work

These spasms of your diaphragm muscle are not harmful, but until you find a hiccup cure, they can drive you nuts. Give these tricks a try.



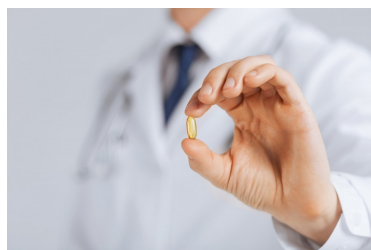
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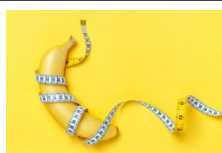
[Here Are 5 Great Longevity Food Trends To Look Out For](#)

Here's 5 food trends for 2020 worth looking at - especially if you're wanting to invest in your health.



[Omega-3 Supplements: Do We Really Need Them?](#)

Many of us take Omega 3 supplements for heart, skin and brain health. But do they work? We look at some of the latest research.



[Penis Fillers: The Hard Truth About If Size Really Matters](#)

While the debate on whether size matters rages on, it appears that some men have already made up their minds. And now for penis fillers.



[Running: An Exercise for Both the Body and the Mind](#)

Let's get our shoes on. Here's 10 amazing benefits of running.

Diabetes Symptoms You Can't Ignore

Signs of blood sugar problems might not always be obvious. If any of these sound familiar, talk to your doctor.

[Read More >](#)

Signs of High Blood Sugar

Hyperglycemia can cause dangerous complications. Be prepared for situations that can make your levels rise.

[Read More >](#)



The Real Facts About Caffeine

Could a mild physical dependence on caffeine also cause withdrawal symptoms?

[TAKE THE QUIZ](#)

17 Hydrogen Peroxide Uses You Never Knew About

Keep a bottle in every room of your house to whiten teeth, clean mirrors, prevent stains, and more.

[Read More](#)



>

Foods Anti-Aging Experts Eat Every Day

Amy Gorin, MS, RDN Updated: Feb. 08, 2020

Eat the foods that slow signs of skin aging, increase bone density, keep our minds clear and our hearts pumping with good health

Age gracefully and healthfully

Although there's no way to totally stop aging in its tracks, there are [anti-aging secrets](#) that could add years to your life and even [anti-aging supplements](#) that could help, too. Another important thing to implement is a healthy diet, and according to anti-aging experts, these 15 foods are especially great.

Carrots



TIM

UR/SHUTTERSTOCK

These veggies supply a hearty helping of beta carotene, and that's valuable: "Beta carotene is a precursor to vitamin A, a critical nutrient for skin health that also slows skin aging," says [Cynthia Bailey, MD](#), a dermatologist in Sebastopol, California. "As an antioxidant, it helps fend off aging for your entire body, too. You get an added bonus because beta carotene warms your complexion, and a beta-carotene-rich glow has been scientifically proven to be more attractive than a suntan." Carotenoids, such as beta carotene, are best absorbed when paired with healthy-fat foods. So enjoy carrots with eggs in a salad, puree them into a [creamy soup](#) with Greek yogurt, or dip them into [guacamole](#). Check out [the best anti-aging products for every decade of your life](#).

Your Sitting Position Tells You a Lot About Your Personality

Tips and Tricks |

[Boost Your Metabolism Naturally](#)

Edamame



NORINORI303/SHUTTERSTOCK

This hearty protein is full of good-for-you nutrients, including linoleic acid. "This is an essential fatty acid your body can't make, so you must consume it in your diet," says [Joan Salge Blake, EdD, RDN](#), a clinical associate professor of nutrition at Boston University. "It's also the most abundant fatty acid in your skin. In a study of about 4,000 women, people with a diet higher in linoleic acid were associated with a [lower likelihood of skin atrophy](#), better known as the thinning of your skin and which also magnifies wrinkles on your face. The older women in the study who had lower dietary intakes of both linoleic acid and vitamin C also had drier skin." Edamame is delicious slightly salted and served as a snack, mixed into a stir-fry, or even blended into a [breakfast smoothie](#). Here are the [anti-aging secrets dermatologists](#) won't tell you for free.

Avocado



MOHD

MAISURUDDIN/SHUTTERSTOCK

Avocados are full of monounsaturated fatty acids, and that's a good thing. "Avocadoes contain anti-inflammatory fats that help to moisturize our skin, delay wrinkles, and protect us from harmful toxins from the sun," says [Melissa Mitri, MS, RD](#), a dietitian in Milford, Connecticut. "They're delicious in smoothies, with eggs, in salads, or made into guacamole." [Ani Petrosyan-Baran](#), an acupuncturist in Jersey City, NJ, enjoys eggs on whole-grain toast. "Or you can even have a quarter of an avocado, plain, to reap the benefits," she says. Try it with a sprinkle with everything bagel seasoning! See the [quick healthy meals that doctors make every day](#).

Legumes: Good for Blood Sugar and More

Keeping a Good Man Down.

*You can't keep a good man down is what they say
And indeed is such a wonderful old saying
But is it necessarily so in the world we live in so happily
Only to be disappointed as experienced in many ways*

*Be at place of work or in indulging in extraneous activity
There's always someone on the top who will have their
vile way
And keep the best suppressed; to make his/her satisfy
their villainous doing
Thus depriving one of their deserved place in social
circles & the Community*

*There are always vile & vindictive people who will think
selfishly & negatively
Be it for fulfilling their own agenda or in sheer jealousy
But that's the human trait that prevails nowadays
A sad trend at the cost of a person's life, esteem and
expectancy*

*The worst is the drastic effects in a democracy
The opposition always striving to drag down the
incumbent ruling party
And with the purpose of creating a situation so sorry
All at the expense of the taxpayers who feel they are used
and remain weary*

Noor Rahim



Hallelujah, stone fruit season is well and truly here. All of a sudden the fruit bowl is vibrant and the fragrance from ripe apricots, peaches and nectarines wafts through the dining room. This summery recipe is a crowd pleaser and super easy to whip up.

[GET COOKING](#)

Do We Really Need to Drink Milk?



The current U.S. dietary guidelines recommend that just about everyone get three servings of dairy a day. But new research suggests that dairy may not deserve its health halo.

[Read More >](#)

Omega-3s: Why Are They Called 'Good Fats'?

Omega-3 fatty acids aren't the kind of fat you cook with. You find them in foods and supplements. Here's why they're so important.

[Read More >](#)

The Dangers of Nerve Damage



Many conditions -- such as diabetes, shingles, and cancer -- may cause injury and nerve pain. It may feel like a tingling sensation -- or a stabbing pain that keeps you up at night. Here's how to get relief.

[Read More >](#)

Can Turmeric Help Blood Sugar?

It's said to be a natural remedy for a variety of health problems. But can it help prevent or treat diabetes, as some claim?

[Read More >](#)

Give (& Be Given).

A very simple and straight forward is the word "GIVE". But how many of us have really thought about this special "4 letter word"; please don't take it out of context as in similar vein are words like "can't; won't; and don't" and not anything of a derogatory nature, as some would construe and imagine.

The word "give" has and will always be a part and parcel of our very lives. It is a word that has a double edged meaning, depending on who is using the word. The most common meaning of the word "give" can be summarised as: To hand-over: to pass; to yield; to inflict; or to perform.

One of the finest examples of "give" would be when you go to a place of worship and "give" thanks for seeing you through another day; and the Priest giving you his blessings in the name of the Good Lord.

In our normal day to day dealings we do "give" of our best at all times – be it at Home; at work; or charity; or our feelings to and towards fellow human beings. But it is also true that we in turn ask for more in life; like "give" me more wages and other necessities that we require to make life very liveable.

Unless you are a champion boxer (one who gives more than he/she gets) – you as a normal citizen, more often than not will always be at the losing end. Unless you have built yourself a nest egg for your retiring years; you will be destined to whatever pension that the government "gives" you; and that isn't saying much does it? – considering that at every turn you take there will always be a tax factor to contend with; be it in purchasing your food; transportation; home necessities like heating & lighting; and of course the ones who thought that owning a home in retirement is a saving and are slammed with rising property taxes annually.

In daily life and without "giving" it a deep thought we are automated to always "give" so much by way of taxes; whether we like it or not and that is a fact; especially when you have 3 levels of governance that "rules our lives" with the imposition of taxes. A necessity no doubt for necessary services provided; but then the extravagances they indulge in is something that is hard to swallow. But one has to remember that it is we that used our "Universal Suffrage" in electing them to represent us. There are no laws to prevent such extravagances and shortfalls; as they would file it under – "Done in good faith". However; to cover-up their shortfalls they would always look up to the populace and say – Give! Give!! Give!!! By way of additional taxes of course. Yes; they are the champions in

uploading the burden on the poor taxpayer; and we are the poor taxpayers that are the recipient of the blows. True champion pugilist they be – Bless their cold-hearted souls.

This malady is of course very Universal; and reminds me of a story I heard as a schoolboy. For in the Colonial days they always touted that the streets of London were paved with gold. So just a few years after World War 2; a country yokel, sick of the rising cost of living, decided to seek greener pastures in the "Land with streets of Gold". Disembarking at Southampton Docks and travelling to his lodging he did come across a large Bill-Board which read "Give your blood and save a life". He thought to himself what a noble thing that they do in this country of plenty. After having travelled a distance he saw another hoarding which read – "When you die; donate your eyes so that the blind can see". This too he took up in good spirit. But later on he spied an old wartime Bill-Board at a distant location that said – "Give. Give. Give – Till it hurts". Little did he know that this was to boost the coffers in the Country's war efforts to fight off and defeat the oppressors/enemies. He took the very next boat home – Gosh! I escaped the Taxman at home who said "Give. Give. Give" and come to a land where the Taxman wants you to "Give, Give, Give" till it hurts.

So Dear Readers just think of the many situations that you may have faced the "Give Factor". I'm sure you will have lots of chuckles in doing so; as this word really has a two way street in our very lives – "Give & be given".

Noor Rahim

This May Be the Best Prescription for Stroke Recovery

Optimism may be powerful medicine for people recovering from a stroke. In a recent study, stroke survivors with a positive outlook showed fewer impairments, compared to more pessimistic patients.

[Read More >](#)



How Omega-3s Can Help Your Heart

These "fatty acids" are the good types of fat that your body needs but can't make. If you're lacking, you could be missing out on important heart protection.

[Read More >](#)

How Triglycerides Are Measured

Best and Worst Exercises for Back Pain

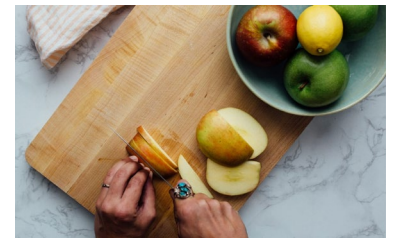
Despite what you may have heard, rest isn't usually the answer. Gentle moves like these, though, can help.

[Read More >](#)

How to Stay Strong as You Age

Your body isn't the same as it was 20 or even 10 years ago. Your workout shouldn't be the same, either. These exercises can help keep you on top of your game.

[Read More >](#)



[5 Signs You Need to Eat More Carbs](#)



[What This 1-Mile Walking Test Says About Your Fitness](#)



[6 Very Healthy Foods You Should be Eating Regularly](#)



[10 Breakfast for Dinner Recipes Under 400 Calories](#)

Surprising Uses for Your Microwave

Did you know that you can harness the power and speed of your microwave to steam vegetables, sanitize sponges, and even make scrambled eggs?

[Read More >](#)

Worst Foods for Your Heart

Rather than fixate on any one bad food, it's wise to focus on your overall diet. That said, some foods really can do more damage than others.

[Read More >](#)

Having Trouble Controlling Your Levels?

Going back to basics can help you identify the habits you can change, and work around the things you can't.

[Read More >](#)

Signs You're Having a Gallbladder Attack

It usually causes a sudden gnawing pain that gets worse in one of these areas. See some other common symptoms, and what can raise your risk of an attack.

[Read More >](#)



One-Move Fixes for Everyday Aches and Pains

Whether you're feeling pain in a particular body part or simply stressed out, you may only need one easy move to find relief. Try these to help ease aches and improve your mood.

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[Thai noodle salad with marinated tofu recipe](#)

A rainbow noodle salad filled with veggies and flavour.

[Read more](#)



[100 Baking Recipes We Snuck from Grandma's Recipe Box](#)

Eggs



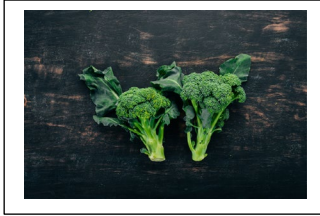
If you think eggs are not heart-healthy, you should know that studies have shown that yolks don't raise cardiovascular disease risk. Now, recent research published in the *Journal of Agricultural Food Chemistry* has found that egg whites deserve a place on the list of foods to **lower blood pressure**. When animals with high blood pressure were fed a protein found in egg whites, they experienced a drop in blood pressure that was comparable to a low dose of Captopril, a blood-pressure-lowering medication. Although more research is needed to confirm the link, the American Heart Association states that eggs can be part of a **heart-healthy diet**.

The Healthy.com



100 Baking Recipes We Snuck from Grandma's Recipe Box

Broccoli



This cruciferous veggie is a good source of the blood pressure-regulating minerals magnesium, calcium, and potassium. In fact, many foods that lower blood pressure contain high amounts of those three minerals. A study in *ISRN Pharmacology* was the first to link sulforaphane, the main active ingredient in cruciferous vegetables (including broccoli and cauliflower) with a specific metabolic pathway that leads to a **significant reduction in blood pressure**. In addition, broccoli sprouts are high in compounds that may help reduce damage to arteries, which may play a role in high blood pressure.

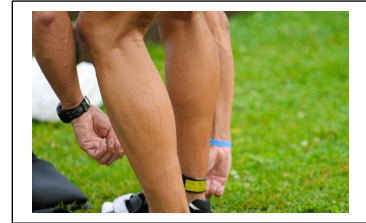
The Healthy.com



The One Thing Grandma Always Did When She Cooked Bacon

Non-Insulin Shots for Diabetes

Signs of heart trouble: You have recent hair loss on your legs



Hairless legs could mean that your legs lack oxygen because your arteries are narrowed, which reduces your blood flow. Without that nutrient-rich blood, your hair follicles can't grow. "With **peripheral arterial disease** (PAD), you can get hair loss or slow hair growth on their legs due to poor circulation," says Dr. Michos. Your best bet is to visit with your doctor to get an accurate diagnosis so you can remedy your recent bout of hair loss.

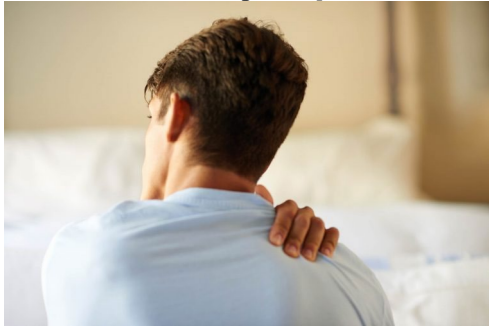
The healthy.com

Signs of heart trouble: Your feet and legs are swollen



If you notice that you're having trouble squeezing your feet into your shoes before work or that your socks are a bit snug, it may be one of the signs of heart trouble. When your heart isn't pumping blood efficiently, your veins get backed up and end up pushing excess fluid into your body tissues, causing body parts like your feet, legs, abdomen, and even your scrotum to swell. If you feel bloated in unusual places, try pressing on your skin. If it leaves a pitted indent, like a dimple, in your skin, that means your tissues are harboring excess fluid and you should see a doctor. Make sure your diet includes **the 50 best foods for your heart**.

Signs of heart trouble: You have neck or jaw pain



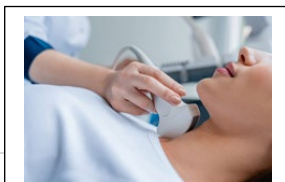
Most people assume that chest pain is the first sign of heart trouble, but the reality is that heart symptoms can manifest in other parts of the body. “Women compared to men are more likely to have these ‘atypical symptoms’ that can often lead to their heart pain being unrecognized and untreated,” says Dr. Michos. “It is important to know that warning signs of an unhealthy heart do not always manifest as chest pain.” Neck or jaw pain could be a sign of angina, an underlying heart problem that occurs when your heart lacks oxygen-rich blood. Angina may feel like a constricted pressure or squeezing in your chest but could also radiate to other parts of your body like the neck, jaw, back, or shoulders. Learn the truth behind [14 things you thought caused heart disease but don't](#).

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[A thyroid storm can happen if hyperthyroidism—an excess of thyroid hormones—is uncontrolled, leading to serious problems.](#)

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55 of Grandma's Favorite Chicken Recipes

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