



'Coronavirus will not overcome us', says Queen in first Easter message



Best and Worst Foods for Belly Fat

Extra weight -- especially around your middle -- is linked to high cholesterol and heart problems. Know the top foods and drinks to avoid.

[Take Quiz >](#)

What Potassium Does for Your Body

You need this mineral for your brain, nerves, heart, and muscles to work properly. But too much can alter your heart's rhythm. Here's the ideal amount.

[Read More >](#)



Home Remedies: What Works, What Doesn't?

No matter what you've heard or how badly you want relief, talk with your doctor or pharmacist before trying any home remedy. This is even more important if you take prescription or over-the-counter medications.

[READ MORE](#)



SLIDESHOW

Thyroid Problems Explained

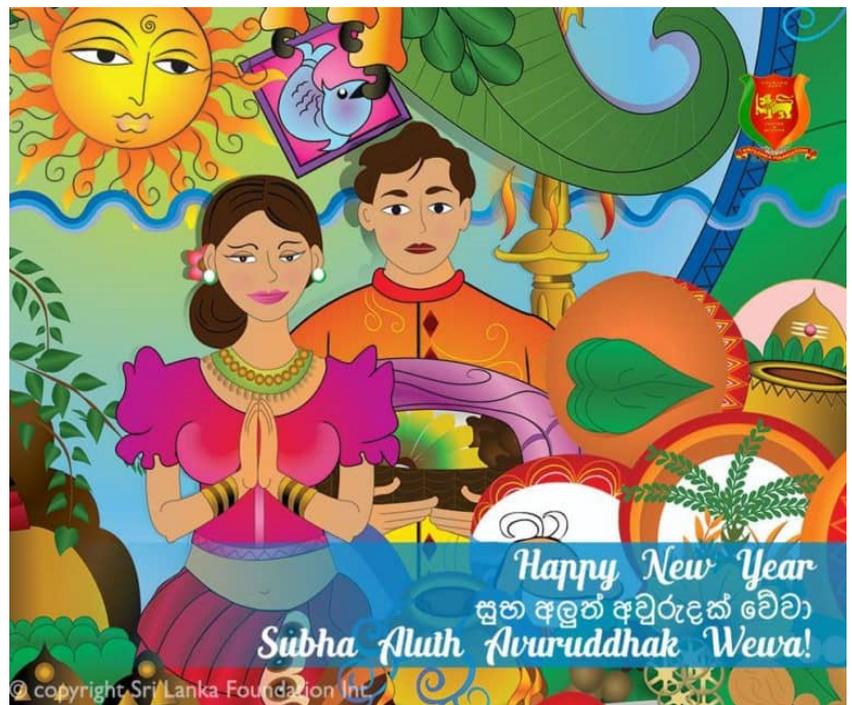
It's hard to tell but recognizing and treating thyroid problems is critical for optimum health. [Read more...](#)

Cooking / Controversial? Maybe. But it's time to rethink these four myths



We Tried Laura Bush's Winning Cowboy Cookies

Why Do I Have Headaches in the Morning?

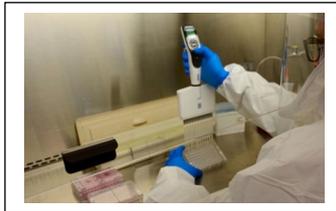


Happy New Year
සුභ අලුත් අවුරුද්දක් වේවා
Subha Aluth Avuruddhak Wewa!



Model suggests how airborne coronavirus particles spread in grocery store aisles

[Read More](#)



A new antiviral drug heading into clinical trials offers hope for COVID-19 treatment

University of North Carolina at Chapel Hill

Consular Corps of Queensland

Anton Swan, Hon. Consul for Sri Lanka has been elected as Dean of the Consular Corps of Qld. for 2020/2021. He has taken over the reins from Anthony Torbey, the Hon. Consul for Lebanon.

Anton Swan has served as the Hon. Consul for Sri Lanka in Qld for over 25 years. He is an ex-banker and has been in small business for over 40 years, mainly in Hospitality and accommodation. Congratulations Anton

Coronavirus: Nearly 500 PCR Tests Conducted So Far

Dr. Ananda Wijewickrema, of the Infectious Disease Hospital (IDH), said that facilities are available to conduct 1,500 tests for Covid-19 per day, but, such a requirement has not arisen as yet.

However, he added that now there is an increase in PCR tests and it was reported that on Wednesday (08) evening, nearly 500 such tests had been conducted.

[Read More](#)

GMOA Blasts Health Ministry For Failing To Heed President's & PM's Instructions

The Government Medical Officers' Association (GMOA) on Wednesday (08) claimed that owing to the Health Ministry neglecting to heed the instructions given by the President and the Prime Minister, to increase the tests to detect Covid-19 patients, the virus has reached stage four and the resultant rise in the number of patients cannot be averted.

GMOA Secretary Dr. Haritha Aluthge claimed that although they had pointed out that from the moment the first Covid-19 patient had been reported in the country, there would be an increase in the number of such patients and therefore there was a need to increase testing, the authorities however had not shown any interest. Thus, there is now a risk that the deadly Covid-19 could engulf the entire country, he alleged.

[Read More](#)

Do Cloth Face Masks Actually Work?



The CDC now recommends that everyone wear cloth face coverings in public. Here's some science that shows how effective the practice could be.

[Read More >](#)



95 Easy Dinner Recipes You Can Just Throw in the Oven »

What Coronavirus Does To Your Body

COVID-19 infection begins in the airway that includes your mouth, nose, throat, and lungs. For some people, it can also affect the liver, stomach, and other parts of the body.

[Read More >](#)



Is COVID-19 Causing Heart Problems?

Why are so many COVID-19 patients developing heart problems and dying of cardiac arrest? Is the virus attacking the heart muscle, or is it something else?

[Read More >](#)



20 Cakes to Make When Your Cupboards Are Bare »



100 Healthy Recipes That Only Need 5 Ingredients »



50+ Cooking Projects to Help Pass the Time »

The single most important piece of advice health experts can give to help us stay safe from COVID-19 is this one: [Wash your](#)

[Proper rest and protect your lungs](#) / Doctors on what you should really do for your health right now

Obesity Increases Severe COVID-19 Risk in Young Patients

Is Coronavirus Peaking? White House May Ease Restrictions

FDA: Dangerous, Bogus Claims Bleach Can Treat COVID-19

Clinical Trial for Nitric Oxide Treatment of COVID-19

California Has First Daily Drop in ICU Patients

Boris Johnson Out of ICU, But Still in Hospital

Coronavirus Came to New York City From Europe, Not Asia

Universal Prayer

GENERATE POSITIVE ENERGY AND PEACE OF MIND

THROUGH UNIVERSAL MEDITATION AND PRAYER

EVERYONE, EVERY COUNTRY, EVERY SUNDAY AT THE SAME TIME

JUST FOR FIVE MINUTES AND GENERATE

POSITIVE ENERGY & PEACE OF MIND

DURING THESE UNCERTAIN TIMES

USA/Canada - 6AM, Great Britain(UK) - 11 AM, Norway - 12 noon, Italy - 12 noon, Spain - 12 noon, France - 12 noon, Saudi Arabia - 1PM, Dubai - 2PM, Iran - 2:30PM, India - 3:30PM, Pakistan - 3PM, Sri Lanka - 3:30PM, China/Singapore - 6PM, Japan/South Korea - 7PM, Australia - 8PM (other countries please choose your time according to your time zones)

STAY HOME & SAVE LIVES

IT HAS BEEN PROVEN THAT POSITIVE MIND AND PEACE OF MIND CAN PURIFY YOUR BODY AND KEEP DISEASES AWAY

“The global crisis hammers home this truth: people matter more than religion”

Brad Chilcott



Why was a trial of the drug chloroquine stopped?

[Read More](#)



Could a 100-year-old vaccine protect against COVID-19?

[Read More](#)

[Locally transmitted cases of Covid-19 have increased in Singapore](#), raising concerns of a post-lockdown surge as the city state eased its restrictions. So – apart from physical distancing and washing hands, what can you do to protect yourself? UK doctors recommend [protecting your lungs, boosting your immune system, reducing your alcohol consumption, and getting plenty of rest](#)



How should you shop for groceries during the pandemic?

[Read More](#)

Why Is COVID-19 Sometimes Severe in Young Adults?

Although older people clearly bear the brunt of the disease, the risk to young Americans is significant. What's going on?

[Read More](#) >



[Beans Everyday Could Help You Live Healthier Longer](#)

Beans every day in your diet are extremely valuable to your health. You might want to include them in your diets. Why? Because groups of people who have lived the longest worldwide all seem to consume at least 1 cup of beans every day. Beans can help build a healthy heart and provide you with a long life.



[10 Reasons We Need To Drink More Water When Sheltering](#)

When sheltering we need to ensure we drink enough water. Water is essential for good health. Here's what some of the leading experts have to say on how to stay hydrated.



[Cook Healthy Food To Stay Healthy](#)

There's no point in panic buying, that won't help your goals to cook healthy. Let's tap into our cooking skills and get a crash course on how to stay healthy in the kitchen today.

[Wearing Gloves to Protect Against Coronavirus? Here's What You're Doing Wrong](#)

[Health experts provide the latest guidance when it comes to wearing gloves during Covid-19.](#)

[Read More](#)

>



[Why You Should Use A Holistic Approach in Your Homeschooling](#)

Homeschool parents all have one thing in common—they want the best education possible for their children. Figuring out which approach isn't an easy task, but holistic homeschooling has a number of advantages.

[Read More](#)

The Covid19 Malady.

As the World faces this grave malady
One can look up at the high heavens for a remedy
But much to our dismay
We do not know what lies in the way

For whichever way it doth sway
The Good Lord will always have the last say
Hence let's look up at the Heavens & pray
To Him for forgiveness and appeal very sincerely

To alleviate us and save us from this cruel malady
Vowing that we as His servant will follow His Tenets unequivocally
For most folks have forgotten Faith & Spirituality
And embraced Greed, Lust and its depravity

How often have we looked up and sighed "Oh! God"; in a calamity
Only in the time of need; reeks of hypocrisy
For Humans need to remember His/Her Creator always & regularly
Only then will one receives His "Guidance & Blessings" which will forever stay

Noor Rahim
April 01 2020



Ouch! What is that pain in your gut?

You're feeling pain in your side or in your general gut area. But why? Where did it come from? And should you be worried? Dr. Jacques Badenhorst, a gastroenterologist who practises at the Netcare Christian Barnard Hospital in Cape Town, explains what may be causing that pain.

Former Monk, Jay Shetty Shares Ways To Relax During Isolation

Being stuck indoors is not what we're used to, but it's also a brilliant chance to self-reflect. Here's some simple techniques you can use to calm your nerves and make peace of the situation.

How Long Before We Have a Vaccine?

Dozens of possible coronavirus vaccines are in various stages of development around the world. Companies working on vaccines hope to ramp up production quickly when they find one that works.

[Read More >](#)

Do masks help protect you from coronavirus?

After insisting masks were unnecessary, US health authorities are now telling people to cover their faces to protect against catching coronavirus. So is it worth it?



Why wear face masks in public? Here's what the research shows [Read more on 9News](#)

The Most Common Disease You've Never Heard of

At least 1 out of 4 people have it, which is more people than diabetes and arthritis combined. And lots of those who have it... [Read more...](#)



Health Benefits When You Quit Alcohol

Alcohol plays a role in at least half of all serious trauma injuries and deaths from burns, drownings, and homicides. It's also involved in four out of 10 fatal falls and traffic crashes, as well as suicides.

[READ MORE](#)

Testing Is Key to COVID-19 Recovery for Patients

MedicineNet's emergency medicine expert proposes a COVID-19 molecular and serology testing protocol on a massive... [Read more...](#)

8 Ways Parents Can Promote a Healthy Lifestyle in Their Children



Signs You're Low on Vitamin C

If you're among the 7% of Americans who aren't getting enough vitamin C, you'll notice symptoms within 3 months.

[READ MORE](#)

Sugar vs. Artificial Sweetener

Test your IQ of refined sugar, added sugar, artificial sweeteners, no sugar and low sugar diets, foods effects on blood... [Read more...](#)

ARTICLE

Do Face Masks Offer Protection From Coronavirus?



How does coronavirus (COVID-19) spread? Should we all have face masks to protect from infection with COVID-19? [Read more...](#)



Coronavirus testing is ramping up. Here are the new tests and how they work.

[Read More](#)

Shanika needs Help



From Rev. Dilan Perera OMI -Parish Priest, Fatima Church, Colombo 10

Rev. writes: Shanika is a mother of three and works hard to look after her children. Her husband Ranjith is a very innocent person and he is a day labourer and tries to earn something from whatever the casual work that he finds in the city.

Life is so hard for them with the prevailing situation of the county. They have not inherited anything from their parents so much so they have had not an experience of living in a house of their own. My thanks goes to one of the philanthropists of the area who was kind enough to donate a piece of land for Shanika to build a house of her own. Shanika is awaiting for a day where she can build a decent house for the survival of these three girls. But it is indeed only a dream for her with an insufficient income that her husband is able to earn on a daily basis.

Please be kind enough to help this family. I visited them few days ago and it was pathetic to see the situation of the hut that they live in.

Thank you for your generosity.

Details of the Family

P. R. Ranjith

B. Shanika Pradeepani

Children; Rithmi Sathsarani (16)

Sasedhi Panhithi (5)

Janani Hanshithi (3 ½)

Address;

180, Behind the church of St Mary's, Kallamulla, Kaluthara.

Donation through the "Inez Andree Benevolent Trust" is tax deductible in Aus. (Family details below)

The account is:- National Australia Bank
Inez Andree Benevolent Trust , Gift Account
BSB: 084209

Acc No: 172389542

As reference, please show:- HFTP Shanika

Please advise Jeremy

[\[mailto:auskingprawn@optusnet.com.au\]](mailto:auskingprawn@optusnet.com.au) if you are making a donation so that he can follow up for the issue of a receipt.

How to Stay Healthy & Active



Healthy Food Choices Are Even More Important When You're Stressed

While it might seem like a pint of ice cream or bag of chips offers temporary relief, new research reveals that eating junk food could negatively impact your mood.

[LEARN MORE](#)



Keeping lower back pain at bay: Exercises designed by Lithuanians are 3 times more efficient

Kaunas University of Technology



Coronavirus pandemic's global impact seen from space in chilling satellite images

[Read More](#)

13 Vitamins and Supplements Nutritionists Take to Boost Their Immune System

We asked registered dietitians what vitamins, herbs, or other supplements they take for immune support.

[Read More](#)

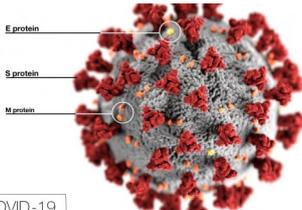
13 of Your Biggest Sleep Questions, Answered

Few things are as coveted as good sleep, and these tips for superior slumber will help you get the sleep you need.

[Read More](#)

Certain Health Conditions Up Risks for Severe COVID-19

New research suggests that having an underlying health condition might be one of the most significant risk factors for developing a severe case of COVID-19. Scientists at the U.S. Centers for...
[Read more](#)



ACE inhibitors and angiotensin receptor blockers may increase the risk of severe COVID-19

Louisiana State University Health Sciences Center

14 Healthy Meal Ideas You Can Make in 20 Minutes

Looking for cheap, healthy meals you can make in a flash? These recipes are packed with nutrition for just a few dollars or less per serving.

[Read More](#)





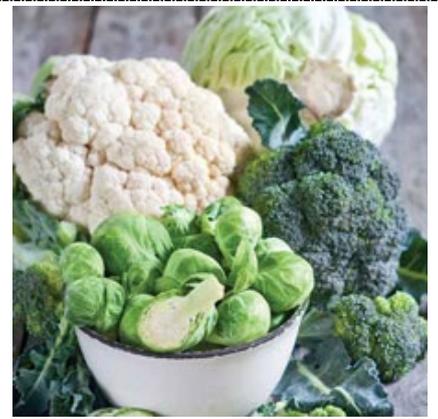
[6 Pantry Superstars for Quick Healthy Meals](#)

[CHECK YOUR PANTRY](#)



[Get a Walking Workout Without Leaving Your House](#)

[GET YOUR STEPS IN](#)



[The Building Blocks of Nutrition: Healthy Eating Guide](#)



[How Foods Heal](#)

Learn about how the hidden language of food, its five different flavor profiles, can help you on your wellness journey.

[Read More](#)

[Global rates of liver cancer increasing among older adults: Study](#)

The rates of liver cancer around the world are increasing, especially among older adults, despite advances aimed at preventing the disease, according to a study. Globally, liver cancer cases diagnosed before the age of 30 years decreased from 17,381 in 1990 to 14,661 in 2017, according to the study published in the journal CANCER.

Today's Health Topic

Focus on easier reading

At some point, almost everyone needs reading glasses. As people age, their eyes naturally lose their ability to focus up close, a condition called presbyopia. This occurs when the lenses inside the eyes become less flexible.

Common signs of presbyopia include the need to hold reading material at arm's length, blurred vision, and eye fatigue when doing close-up work.

"Presbyopia can't be prevented or reversed," says Dr. Matthew Gardiner, assistant professor of ophthalmology at Harvard-affiliated Massachusetts Eye and Ear. "The condition may worsen over time, to where you need to change your eyeglass prescription frequently."

However, by age 60, most changes in near vision begin to slow, and you need upgrades less often."

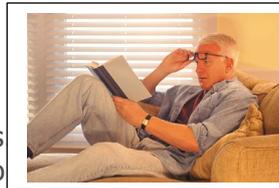
Get an exam

All people over age 50 should have a periodic vision evaluation even if they don't notice any problems, says Dr. Gardiner. "Your optometrist can detect changes in your vision, even if you don't."

Besides prescribing reading glasses, or bifocals if you also have trouble seeing far away, your clinician can check for other eye problems, such as cataracts

(clouding of the lens), macular degeneration, and glaucoma.

[Read more »](#)

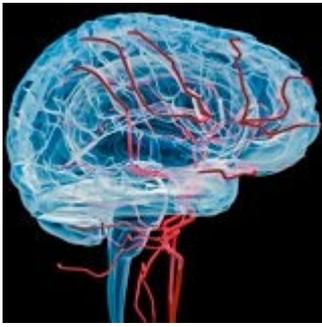


[Can losing your sense of smell be a symptom of coronavirus?](#)

If you wake up feeling otherwise fine but without your sense of smell, could that be a sign you've been infected with coronavirus?

[More](#)

Study: China's Controls May Have Prevented 700,000 Cases



SLIDESHOW

Before, During, and After a Stroke

The F.A.S.T. test was designed in 1998 to help ambulance staff quickly assess stroke. [Read more...](#)



Should the public be wearing face masks to prevent COVID-19?

[Read More](#)



What is schizophrenia?

By Anees Bahji, directed by Igor Coric

Schizophrenia was first identified more than a century ago, but we still don't know its exact causes. It remains one of the most misunderstood and stigmatized illnesses today. So what do we actually know about its symptoms, causes, and treatments? Anees Bahji investigates.

[View the animation »](#)



SLIDESHOW

High Blood Pressure: How High Is Too High?

New guidelines from the American Heart Association (AHA) and the American College of Cardiology (ACC) published in... [Read more...](#)

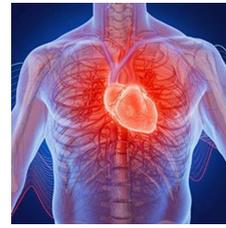


Sent by Sarath Thalakada



How soap kills the coronavirus. You've been told a thousand times: wash your hands to stop the spread of COVID-19. But why does this work so well? It has to do with the way the soap molecules are able to absolutely demolish viruses, like the coronavirus. Vox explains what makes plain old soap so effective.

[Learn more on our blog»](#)



What Causes Heart Palpitations?

Your heart pounds, flutters, or seems to skip beats. Knowing what makes your heart race can help you not panic when it happens and know when to call your doctor.

[READ MORE](#)



Can you catch COVID-19 from food?

[Read More](#)



Welcome to "Dear Guy," TED's advice column from NYC psychologist Guy Winch. Twice a month, he'll answer your questions about life — about your relationships, your job, your family, your passions, fears, and more. This week: "Dear Guy: I'm incredibly anxious about coronavirus and what's going to happen to me, my loved ones, my coworkers, my neighbors, community, and everyone else. What can I do? How do I deal with this?"

[Read more»](#)

[Why does SARS-CoV-2 spread so easily?](#)

We take a look at some recent studies that help explain how SARS-CoV-2, the virus that causes COVID-19, is so effective at attacking human cells.

[Why does malnutrition cause stomach bloating?](#)

Kwashiorkor is a type of severe malnutrition that results in fluid retention, leading to a characteristic swollen belly. Learn more here.

[What to know about hyperuricemia](#)

Hyperuricemia is when there is too much uric acid in the blood. It does not cause symptoms but can lead to conditions such as gout or kidney stones. Read more here.

[What is the mechanism behind high blood pressure in obesity?](#)

New research in vitro and in vivo may have revealed the mechanism that explains the relationship between obesity and high blood pressure.

[What happens if you eat raw chicken?](#)

Eating raw chicken can make a person very ill. Learn more about the bacteria that cause the illness, the common symptoms, and the treatment options available.

[Ibuprofen could impact liver health](#)

Recent research in mice suggests that ibuprofen could significantly impact liver health — and the effects differed in males, compared with females.

[Types of fat: Can fat be good for you?](#)

When it comes to health, not all fats are equal. This article looks at the sources and types of fat, their effects on the body, and how much to add to the diet.

[Everything you need to know about molasses](#)

Molasses is a thick, syrupy sweetener that many believe to be more healthful than sugar. This article looks at the types, benefits, and risks of molasses.

[COVID-19: Study estimates rate of 'silent transmission'](#)

Once an individual has the virus, there is a phase before symptoms begin. A study estimates how many infections occur as a result of people in this phase.

[Coronavirus vaccine: Everything you need to know](#)

COVID-19 is a respiratory illness caused by the SARS-CoV-2 virus. Researchers are now working on developing a coronavirus vaccine. Learn more here.

[Can eating a vegetarian diet prevent a stroke?](#)

A study of more than 13,000 volunteers from Buddhist communities in Taiwan indicates that a vegetarian diet low in alcohol may prevent stroke.

[Everything you need to know about stroke](#)

Stroke blocks the blood supply to the brain and can be life threatening. Learn more about strokes, including the types, symptoms, and how to treat and prevent them, here.

How to Stay Healthy & Active



[9 Foods To Help Combat Stress and Anxiety](#)

Foods high in omega-3 fatty acids, like DHA and EPA, can aid in the regulation of brain neurotransmitters, which may help reduce anxiety and impact how we react to stressful situations.

[ADD THESE TO YOUR SHOPPING LIST](#)



[Canned tomatoes](#) are a simple flavor enhancer for just about any dish and a great source of vitamins A and C. From homemade pasta to chili or [fillings for sandwiches](#) and quesadillas, these shelf-stable fruits save a significant amount of time in the kitchen



17 of Ree Drummond's Favorite Potluck Dishes



SLIDESHOW

Top Foods for Healthy Hair

The key to healthy hair lies in the foods you eat. Nutrition is the foundation for a healthy body and a great head of hair. [Read more...](#)



SLIDESHOW

10 Ways to Stop Stress

Stress is an inevitable part of life. How you cope with it has an effect on both your physical and emotional state. [Read more](#)



SLIDESHOW

Super Steps to Boost Digestive Health

Treat your body right with these simple tips for the best digestive health. See how to deal with diarrhea, gas, and more. [Read more...](#)

What to Eat to Boost Your Immune System

Sensitive Gut: A review of major conditions and concerns



Harvard professor Lawrence S. Friedman describes the primary gut problems we may be heir to, from ulcers to colorectal cancer. He is the faculty editor for the Harvard Special Health Report, *The Sensitive Gut*. His talk includes a rundown of conditions like simple dyspepsia, ulcer, irritable bowel syndrome and more serious conditions like colitis and Crohn's disease. Dr. Friedman makes a strong case for colon screening to combat colorectal cancer.

[Listen now >>](#)

The Longevity Diet

Certain foods provide more of the nutrients your body needs as you get older. These are particularly good sources.

[Read More >](#)



Fatty Liver Disease: Is Your Liver Fatty?

Fatty liver could be the most common disease you've never heard of. At least 1 out of 4 people have it, which is more people than diabetes and arthritis combined.

[READ MORE](#)

14 Best and Worst Foods for Your Liver

Food with lots of fiber can help your liver work at its best. Want one that's a great way to start your day? [Read more...](#)



SLIDESHOW

Healthy Meal Plans for Diabetes

When you have diabetes, eating a good balance of protein, carbs, and healthy fats is crucial. [Read more...](#)



Drop These Cancer-Causing Habits Now

There are lots of things you can do to reduce your risk of getting cancer. See which habits can help, and which ones you should avoid.

[Read More >](#)



SLIDESHOW

Heartburn: Foods to Eat, Foods to Avoid

Heartburn is a burning discomfort in the center of the chest that continues up to the throat. [Read more...](#)

How often should you shower?

It's probably less often than you think. [Read more](#)

Warning Signs of 12 Rheumatic Diseases

There are more than 200 distinct types of these diseases that affect your joints. Here's what you need to know about 12 of the most common, including OA, RA, gout, lupus, and ankylosing spondylitis.

[Read More >](#)

Support for older Australians to live at home

How Home Care Packages can help older Australians to live independently. [Read more](#)



Medibank trialling haemodialysis at home

How Medibank is working to increase choice and convenience for our members with chronic kidney disease. [Read more](#)

<https://youtu.be/BkVGD3I4U6g>

Signs You're Low in Vitamin D

Your body uses vitamin D to absorb minerals like calcium and phosphorus, and support your muscles, nerves, and immune system. But a lot of us may not be getting enough.

[Read More >](#)



What to Eat to Boost Your Immune System

The nutrients and other compounds found in your daily diet can help set your immunity strength.

[Read More >](#)

Fiber has benefits beyond gut health

Consuming between 22 and 34 grams of [fiber](#) a day can help keep the gut healthy, and it also has been linked to a number of other health benefits, including lower risk of [type 2 diabetes](#), [heart disease](#), and some types of [cancer](#), according to a March 3, 2020 article in Elemental.

Foods that are rich in fiber, like [fruits](#), [vegetables](#), whole grains, and legumes, also tend to be high in [vitamins](#) and other nutrients, [Walter Willett](#), professor of epidemiology and nutrition at Harvard T.H. Chan School of Public Health, said in the article. He recommended getting fiber from a variety of whole foods. "It is best to consume them mainly intact, such as brown rice, wheat berries, or steel-cut oats rather than as fine flour," he said.

Read the Elemental article: [If You Really Want to Optimize Your Diet, Focus on Fiber](#)

Should You Have Knee Replacement Surgery?

Your surgeon may talk about other options, like joint preservation procedures, first.

[Read More >](#)

[Just a veg diet may not be enough to stay heart-healthy](#)

How to Make Your Own Hand Sanitizer

It's scarce in stores, but you might actually have the ingredients on hand already.

[Watch Video >](#)

DIET & NUTRITION

Healthy food



Healthy eating is not all about dieting and depriving yourself of the foods you love, it means eating the right foods in the right amounts – it's about being healthy and feeling great!

Want to eat better but just don't know where to start? Click here, to read about tips to help you get started:

[BON APPETIT](#)

MOTIVATION & INSPIRATION

A little motivation to keep you healthy

When life deals us a blow it's normal to feel down, stressed or even a little guilty for a while. But it's also a chance to make a fresh start. Reconsider old habits and start making new ones. It can be the reason to get off the couch and exercise more regularly, the inspiration for a healthier lifestyle, or just the motivation to enjoy life and the people around you. All you need is the right motivation.

[FIND OUT MORE](#)

THE FACTS

Learn more about Cartia

Did you know Cartia aspirin

- Has a special Duentric coating that helps reduce the risk of irritation to your stomach
- Is Australia's No. 1 selling low dose aspirin in value
- Is made in Australia

[FIND OUT MORE](#)

What Are Breast Cancer Genetic Mutations?

A mutation is a change in the DNA of a cell. Studies suggest that about 5% to 10% of all breast cancer diagnoses are due to this type of change. Here's what you need to know.

Top Cancer-Fighting Foods

No single food can prevent cancer, but the right combination might help. See which foods to enjoy -- and which ones to steer clear of.

[Read More >](#)

[A Complete Guide To Boosting Your Immune System Naturally](#)

How much attention do you really pay to your hard-working immune system? Here we tell you how to keep it in good shape and how to power it up when you're feeling rundown.

[5 Natural Antibiotics To Help Protect Your Immune System](#)

We need to protect our immune systems and this has made way for the growth of natural antibiotics. Let's take a look at 5 of them.

Watch for Blood Sugar Spikes After Meals

If your levels go too high after you eat, here are five easy ways to help get them back down.

[Read More >](#)



[11 Healthy Long-Lasting Foods For Self-Isolation](#)

Chances are you're going to be housebound for the next 2 to 3 weeks. If you're worried about what healthy foods to keep, here's some ideas.



[6 Top Immune Boosting Power Foods](#)

Having a strong immune system will contribute to your overall better health and longevity. Here's our top five immune boosting power foods to help you on your way.

Take These Coronavirus Precautions

Having diabetes means having to be extra careful during this uncertain time. Make sure you and your loved ones are following these guidelines.

[Read More >](#)



[How to cure a hangover](#)

While there is no absolute cure for a hangover, many methods can help relieve symptoms. This article looks at the causes, treatments

[What are the effects of marijuana edibles?](#)

Edibles are food products that contain marijuana extract. They are a popular method of delivery for both medicinal and recreational cannabis use. Find out more.

[What does love do to our brains?](#)

In this Special Feature, we look at what we know about the neuroscience of romantic love. Where in the brain is love? How and why does it affect our mind?

[What to know about milk](#)

Milk is rich in vital nutrients, but some research shows it can be harmful, too. This article looks at the benefits and risks of milk and explores alternatives.

[Vaping changes oral microbiome and raises infection risk](#)

A new study finds that vapers have higher numbers of bacteria called Porphyromonas, which may lead to gum disease and 'compromised periodontal health.'

[How does hearing work?](#)

The ears are complex and delicate organs. In this article, we explain how ears work, how they detect sounds, and how they help people keep their balance.

**Compiled, edited & published by
Dr Harold Gunatillake**
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[Undergoing bariatric surgery before diabetes onset leads to greater weight loss: Study](#)

According to the research, to be published in the Journal of the Endocrine Society, bariatric surgery can lead to remission of both obesity and diabetes in patients who have them together. The researchers also analysed the BMI of each patient - a measure of body fat based on height and weight.



Viral video advises washing fruit and vegetables with soap. Here's why that's a bad idea.

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