

# HEALTH & VIEWS

JUNE 2020

2<sup>nd</sup> issue

**China Says Wuhan Market Not Origin of COVID-19**

Health Newsletter for Sri Lankans & others, globally

**'It's mind-blowing' / Could nearly half of those with Covid-19 have no idea they are infected?**

**Coronavirus Cases Ticking Upwards in Nearly a Dozen U.S. States**



**Healing Oregano Tea**



**5 Effective Natural Antibiotics**



**Native American Plants and Medicinal Herbs**



**Making Homemade Medicine**

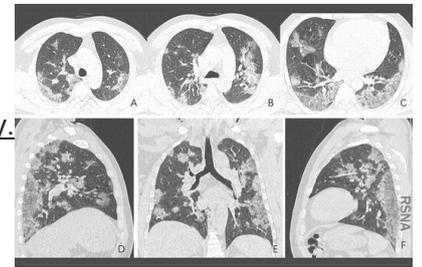


**Mysterious inflammatory syndrome tied to COVID-19 is showing up in adults in their early 20s**

## **Life After COVID-19: The Road to Recovery**

Doctors are just starting to learn what recovery from COVID-19 looks like and whether it will cause long-term damage to its survivors -- both physically and mentally. For many, medical issues persist.

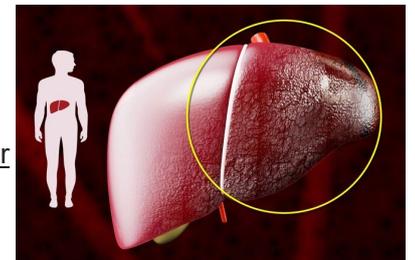
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## **Cirrhosis Warning Signs**

Cirrhosis causes scarring that slowly replaces healthy tissue in your liver. You may not notice any problems at first. As it gets worse, you might start to feel more tired and less hungry. Eventually, your liver may shut down.

**Read More** 



## **Best Cooking Oils for Your Health**

Oils are good for all kinds of cooking, but not every oil works for every recipe. Learn which type you should use, when.

**Read More** 

## **Could This One Pill Save Your Life?**

Half of older adults take aspirin daily. Here's how it could help prevent a heart attack or stroke.

**Take Quiz** 

## **The Truth About Retinoids for Aging**

Retinoids are used to fight aging skin, psoriasis, and other skin conditions. They trigger your body to make more collagen, the protein that helps keep your skin elastic. Here's what you need to know.

**Read More** 

## **Keto and Your Microbiome**

The trendy keto diet is said to turn fat into fuel. But a new study says it may also change the vast array of microbes residing in your gut.

**Read More** 

## **Should You Rely on These Cancer Remedies?**

Some have no benefit, some might relieve symptoms but won't cure you, and still others might lead to serious, life-threatening problems.

**Read More** 

## **7 Breast Cancer Types You Need to Know**



## KEEP KIDS IN SCHOOL (KKS) PROJECT by AUSLMAT

Many families in Sri Lanka are going through extreme financial hardship at present, particularly those who rely on daily wages. Some children in these families will be forced to leave school to earn a living, the chance to finish their education being stolen from them.

Through the KKS (Keep Kids in School) project, a group of families in Melbourne and Sydney have kindly volunteered to financially support the education of some of these vulnerable children living in the remote area of Tissamaharama in Sri Lanka. Many of them belong to families whose sole income is selling flowers at the Tissa temple. Most of these families are struggling to survive under the current circumstances, with the country having been in lock down for 2 consecutive Vesak Poya days.

The aim of the project is to ensure that these children who are at risk of leaving school due to economic reasons complete school up to A/Level, by having their educational costs met by sponsorship (estimated as \$10 a month) - 100% of donations will go towards the school expenses, such as stationary and uniforms, and there are no administrative costs involved.

The project will be coordinated locally by Mr. Hilary Mathiasz, a retired school teacher in Tissa.

The sponsors are most welcome to maintain personal contacts with the students they are sponsoring, and receive annual feedback including the school report cards, which would be an incentive for the students to perform well academically.

Quintus de Zylva

**Black Lives Matter protesters in the UK city of Bristol have toppled a statue of a slave trader, Edward Colston.** The 18ft bronze statue, erected in 1895, has long been [a focal point for anger about the city's role in the slave trade.](#)

## 25 Powerful Quotes That Speak Volumes in the Fight Against Racism

[These inspirational quotes ring true in the fight against racism now more than ever before.](#)

[Read More](#)



**Slave trader statue toppled and rolled into UK harbour** [British merchant shipped 100,000 slaves to America](#) [Read more on 9News](#)

<https://www.youtube.com/watch?v=B A7pdABvpnc>

Amazing Grace was written by a former slave trader John Newton.. Once sailing a ship full of slaves from Africa his ship was hit by a fierce storm... Newton feared for his life and got down on his knees and begged the good Lord to spare his life..He promised the Lord that if he would only spare his life he would change his ways a stop trading slaves.. The storm calmed down and Newton wrote the song Amazing Grace, full of sorrow and love and hope that he would be forgiving of his sins. One of the most powerful songs ever written and this is one of the most beautiful versions ever recorded



**Famed actor has 'just one to three years to live'** [Devastating health battle strikes star](#) [Read more on 9Honey](#)

## Op-ed: We should focus on airborne transmission of COVID-19

Mitigating airborne transmission of the coronavirus "should be at the front of our disease-control strategies for COVID-19," according to a Washington Post op-ed by Joseph Allen, assistant professor of exposure assessment science.

[Crowding at protests could increase spread of coronavirus, say experts](#)

## The Olcott Oration in remembrance of Col Henry Steele Olcott, a founder of Ananda College Colombo, was held at the Kularatne Hall on November 24, 2019

<https://www.youtube.com/watch?v=CA7rgu3KI5A>

The oration was delivered by Prof. Maithri Panagoda, an Old Anandian based in Australia and a lawyer who is fighting for the rights of the Australian Aboriginal Community. He is also an Adjunct Professor of Law at the University of Notre Dame in Australia.

The title of the Olcott Oration was " **ACHIEVING SOCIAL JUSTICE THROUGH THE RULE OF LAW**".

<https://photos.app.goo.gl/72L2koRrV6o2LqPG9>

### How Soon Will We Have a Vaccine?

On the "Health Now" podcast, a leading infectious disease expert updates us on where we are with treatments and vaccines for COVID-19, and shares insights about what life will be like while we're waiting for them to hit the market.

[Listen to the Podcast >](#)

### 13 Thyroid Symptoms to Watch Out For

Symptoms of a thyroid problem are often vague, but if you notice these signs persisting, you might want your doctor to test your hormone levels.

[Read More](#)

>

### 8 Unexpected Reasons You're Always Thirsty

Feeling parched all day long? Check out the reasons why you're constantly reaching for a glass of water.

[Read](#)



"Sri Lankan-Americans owe so much to Black Americans who have tirelessly fought for the rights we now benefit from. It is time for us as a community to show up for our Black brothers and sisters." Mihiri Weerasinghe, Sri Lankan living in US.

09:26

### How Sunlight Affects Your Health

The sun's UV rays help your body make vitamin D, but that's not the only benefit sunlight has to offer.

[Read More >](#)



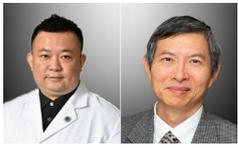
### 20 Trusty Recipes Grandpa Would Make >>

### China delayed release of coronavirus data

China kept the World Health Organization (WHO) in the dark during the crucial early period of the coronavirus outbreak, according to an investigation by *The Associated Press*. The lack of transparency, and the WHO's frustration, are detailed in newly revealed documents. The upshot was [a delay of a week or more in releasing important information, such as the virus's genome sequence and epidemiological data](#) necessary to understand its spread. The information reveals that the WHO was "urgently trying to solicit more data despite limited authority", reports *The Associated Press*. [Associated Press | 18 min read](#)



### Our Most Popular Recipes in June >>



## COVID-19: The view from Wuhan

I (FLK) AM a geriatrician from Ruijin hospital — a teaching hospital affiliated with Shanghai Jiao Tong University School of Medicine. In response to the call for volunteers, I joined a team of 136...

[Read more →](#)

## Face Shields May Be Next Step to Prevent COVID

Face masks have become commonplace in the effort to combat COVID-19, but some doctors say it's time to go a step further and try full face shields.

[Read More >](#)

<https://www.abc.net.au/news/2020-05-31/native-bush-food-green-plums-found-to-have-health-benefits/12292208>

- India's health ministry has confirmed 198,706 Covid-19 cases (97,581 active cases) and 5,598 fatalities. 8,171 fresh cases were recorded on Monday.
- Fatalities across the world are 375,656 (over 6.27 million infections).

## COVID-19 Damages Lungs Differently Than Flu: Study

New research reveals that COVID-19 attacks the lungs in a far different manner from the flu. Unlike most respiratory diseases, significant impacts on blood vessels were seen in the lungs of seven...

[Read more ...](#)

## Obesity Ups Odds for Dangerous Lung Clots in COVID-19 Patients

Obesity makes COVID-19 worse and may lead to deadly blood clots in the lungs, a new study finds. The researchers said that obese patients with COVID-19 may have nearly three times the risk of...

[Read more ...](#)



## 3 Keys for Weight Loss You Need to Know Now

### Tomato, Basil & Feta Avocado Toast

Calories: 202  
Fat: 10g  
Carbs: 25g  
Protein: 7g  
Fiber: 7g



## What Healthy 200-Calorie Snacks Look Like

## Pandemic Has Cut Global Carbon Emissions by 17%

It's not just your imagination -- with everyone avoiding travel, the air is cleaner these days. Daily global carbon emissions fell by about one-sixth during the coronavirus pandemic, researchers...

[Read more ...](#)

## Psoriasis and Your Diet

If you have psoriasis, you may take medication and watch the weather, your stress level, and other triggers. Should you also watch what's on your plate?

[Read More >](#)



## 42 Treasured Recipes from Grandma's Cookbook »



## 24 Pasta Salads Like Grandma Used to Make »

## Are Dried Foods Good for You?

Jerky, fruits, and other dried snacks taste great and are easy to store and eat. Find out what the drying process does to their nutrients.

[Read More >](#)

## A 'no regrets' approach / Renewable energy stimulus can create three times as many Australian jobs as fossil fuels, EY says

Government spending on clean energy would deliver 100,000 new jobs, EY assessment finds

## How to Treat Toenail Fungus, According to a Podiatrist

Toenail fungus treatments include the simple, the weird and wacky, and the high tech. See what a podiatrist recommends.

[Read More](#)

## [Analysis: Don't let the numbers fool you: The jobs crisis is going to get worse](#)

The extent of the collapse in the job market seems to have faded from view. This is a problem because, if anything, things are going to get worse, writes Laura Tingle.



## [How Biologics Affect Your Psoriasis](#)

If other psoriasis treatments don't work, your doctor may suggest a biologic, a drug that targets your immune system to fight the causes, rather than just easing the symptoms. Here's what to consider before taking one.

[Read More >](#)

## [Kiss that coffee pot goodbye](#)

Temperature and symptom checks, plastic desk shields, no hand shakes or fist bumps, and face coverings worn at all times — these are some of the sweeping [recommendations from the US Centers for Disease Control and Prevention](#) for a return to offices during the pandemic. “Replace high-touch communal items, such as coffee pots, water coolers, and bulk snacks, with alternatives such as prepackaged, single-serving items,” the guidelines say.

[New York Times | 4 min read](#)

## [Coronavirus update: Israel considers a second lockdown as infections rise again](#)

Israel's infection rate is on the rise again, prompting its Government to consider restricting movements for a second time. Elsewhere, monkeys accost an Indian scientist and take off with blood samples intended for COVID testing.



### **Are Your Bones at Risk?**

While the effects of osteoporosis are seen in the elderly, the disorder usually starts progressing from... [Read more...](#)

## [13 Medical Reasons You're Tired All the Time](#)

You might think it's an insanely busy schedule, but the real reason you're exhausted could be one of these health problems.

[Read More](#)

>

## [Why are we still getting mixed messages on masks?](#)

Face masks aren't "a silver bullet" for combatting coronavirus, but do have benefits. If you're going to wear one here's what you need to know.



## [Advances in Psoriasis Treatment](#)

Get the latest on new therapies that are available and what's on the horizon.

[Read More >](#)



### **10 Things About Breast Cancer**

Is breast cancer genetic? Should I get tested? Get the facts on what every woman should know about it. [Read more...](#)



# Forget Banana Bread. Here's Why You Should Bake Sourdough

We're all finding different ways to keep ourselves occupied while sheltering, and according to Instagram feeds, it seems that baking banana bread is the trending hobby of choice. That said, while banana bread is as tasty as can be, if you really want to spend your afternoons baking bread, you'd be better off making sourdough bread instead.

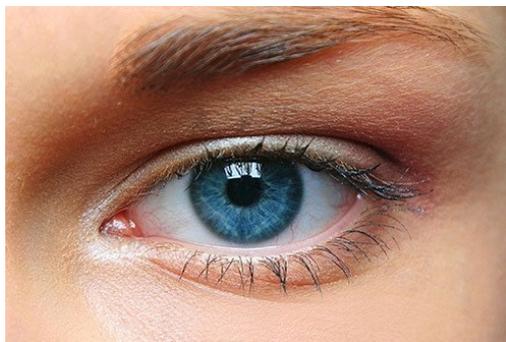
[Read more.](#)



## How Can You Prevent High Blood Pressure?

We share 10 preventive steps you can take against high blood pressure, plus nutrients to keep your numbers down.

[Read More](#)



[What Does It Mean if Your Urine Is Cloudy?](#)



SLIDESHOW

## **Bones at Risk for Osteoporosis?**

Osteoporosis is a disorder of the bones in which the bones become brittle, weak, and easily damaged. [Read more...](#)

## **6 Anti-Aging Tips to Keep Your Brain Young**

Keep your brain in tip-top shape with these expert tips for a strong and healthy noggin.

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## **What Eye Color and Shape Say About Health**

The eyes are more than just windows to your soul. They could be windows to your health, too. See the top 15 things your eyes say about your health.

[READ MORE](#)

[Ingrown Hair Prevention](#)

[What Does Breast Cancer Look Like on a Mammogram?](#)



SLIDESHOW

## **Balance Disorders: Vertigo and More**

Balance disorders can be caused by certain conditions, medications, or a problem in the inner ear or... [Read more...](#)

## **This Is EXACTLY How to Pick Out the Perfect Watermelon**

Do melons leave you muddled at the supermarket? Never fear: Compare them using these easy criteria.

[Read More](#)

## **7 Uses for Witch Hazel**

This common shrub has some uncommonly good health benefits.

[Read More](#)

>

## **Bowel Incontinence (Fecal Incontinence)**

It usually occurs because of an underlying disease or illness. There are numerous potential causes and many patients... [Read more...](#)

[Digestive tract bleeding may signal colon cancer in people taking blood thinners](#)

## Things That Weaken Your Immune System

A strong immune system is your best protection against infection and illness. See how your diet and certain habits can weaken your defenses.

[Read More >](#)

## Why You Need Zinc and How to Get It

Did you know that your cells need zinc to fight off bacteria and viruses? Here's what you need to know about this important mineral -- and signs you may not be getting enough of it.



### **What Is Spinal Stenosis?**

Learn its different types, its causes, who it impacts, and what you can do about it. [Read more...](#)

## Is Adrenal Fatigue a Real Thing?

While you may not have any physical signs of illness, you may feel fatigued and crave salty snacks.

[Read More >](#)

## **Indigestion (Dyspepsia, Upset Stomach)**

Studies of natural and home remedies for indigestion are few. Most recommendations for natural and home remedies have... [Read more...](#)



## **Vitamin E: What You Need to Know**

It's a nutrient that helps protect your cells from harmful 'free radicals.' Vitamin E also helps your body fight germs and keeps your blood vessels open and clear of clots.

[READ MORE](#)



SLIDESHOW

### **Cancer-Fighting Foods**

No single food can prevent cancer, but the right combination may help make a difference. [Read more...](#)

## **12 Things That Happen to Your Body When You Take Melatonin**

Melatonin supplements are sold as a remedy for sleep issues. Experts weigh in on how to use it, whether it really works, and if it's safe.

[Read More](#)

## 7 Ways to Avoid a Heart Attack



Research has shown that people at the highest risk for heart disease can lower their risk by as much as 80% by taking these simple preventive measures. How many are you already doing?

[Read More >](#)

## Can You Catch COVID-19 Through Your Eyes?

You can catch COVID-19 if contagious droplets enter your nose or mouth. But can you become ill if the virus lands in your eyes? Some research points in that direction, and at least one expert thinks we should all wear eye protection.

[Read More >](#)

## Remdesivir Speeds Recovery From COVID-19

Tests on more than 1,000 patients showed that the antiviral drug shortened recovery time for people hospitalized with the coronavirus.

[Read More >](#)

## Vitamins You Need as You Age

Vitamin D helps keep your immune system working right. But as you age, your body is less able to convert the sun's rays to vitamin D.

[Read More >](#)

## Foods That Are High in Salt

When you have diabetes, it's important to check food labels for salt content as well as carbs and sugar.

[Read More >](#)



## **Why bats don't get sick from the viruses they carry, but humans can**

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## **Do You Drink Enough Water?**

You might be surprised at how well your body works when you drink enough water. Find out exactly what can go right when you get your H2O.

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SLIDESHOW

## **All About CBD Oil**

It's short for cannabidiol, and it's a natural compound found in both marijuana and hemp plants. There's some evidence... [Read more...](#)



SLIDESHOW

## **Why Do I Pee So Often?**

You went to the bathroom to pee just a few minutes ago. Now you need to go again. What's going on? [Read more...](#)



ARTICLE

## **Dysthymia (Persistent Depressive Disorder)**

Dysthymia, now referred to as persistent depressive disorder, is a form of depression that lasts more than two years at a time in... [Read more...](#)

## **WHO suspends hydroxychloroquine trial**

The World Health Organization (WHO) has paused testing of hydroxychloroquine as a treatment for COVID-19 until safety risks can be analysed. A study of nearly 100,000 people [linked the antimalarial drug to an elevated risk of death and abnormal heart rhythms](#) when used as a coronavirus therapy. The drug is considered generally safe for treatment of autoimmune diseases and malaria. The other arms of the WHO's global coronavirus mega-trial, SOLIDARITY, will continue to test three other treatments: remdesivir and two combinations of ritonavir, lopinavir and interferon beta-1a.

[BBC | 3 min read](#)

Reference: [The Lancet paper](#)

## **COVID-19 vs. Flu Lung Damage**

COVID-19 attacks the lungs in a far different manner from the flu. So what's the difference?

[READ MORE](#)

## **Coronapod: Vaccine-trial results**

Get the expert view from *Nature's* news team in our weekly audio overview of the state of coronavirus science. This week, we dig into [the hope and caution inspired by the latest vaccine trials](#) and consider the United States' ruction with the WHO.

[Nature Coronapod | 34 min listen](#)

## 'Medications should be prescribed by doctors'

With the world's third-highest number of confirmed COVID-19 cases, Brazil is in turmoil: the country has seen two health ministers depart within the past two months, and its leadership is promoting unproven treatments. Physicist Luiz Davidovich, president of the Brazilian Academy of Sciences, spoke to *Nature* about [how organizations such as his are working hard to counter anti-science rhetoric](#).

"Medications should be prescribed by medical doctors, not by the president of Brazil," says Davidovich.

[Nature | 5 min read](#)



## **Can Hypertension Be Cured?**

Your heart works harder than usual. What happens in the body when your BP is high?

[TAKE THE QUIZ](#)

## Can the Coronavirus Cause Strokes? What Doctors Need You to Know

[There's a link between Covid-19 and stroke risk—even among younger patients. Here's what to do if you suspect a coronavirus-related stroke.](#)

[Read More](#)

>



## What Are Breast Cancer Genetic Mutations?

[Studies suggest that about 5% to 10% of all breast cancer diagnoses are due to this type of change. Here's what you should know about the most common types of gene mutations, their role in breast cancer, and how they can affect your treatment.](#)

[Read More >](#)

## Treatments for Metastatic Breast Cancer

[There's no cure for metastatic breast cancer, but treatments can ease your symptoms, slow down the cancer's growth, and help you live longer.](#)

[Read More >](#)

## A portrait of an invisible enemy

Scientific [illustrators have made the SARS-CoV-2 virus visible](#), variously capturing its form, function and weaknesses. "Our editorial choices in colors and style emphasize the virus's structural complexity and aggressive protein configuration, but also hint at its frail nature outside the body," says illustrator Nick Klein. "With all the fear, death, and tragedy it has caused, it is not a living thing and has no capacity for malice ... with perseverance and innovation, humanity can overcome this thing."

[The Paris Review | 9 min read](#)

## 20 Foods That Can Save Your Heart



## 10 Foods With More Fiber Than Broccoli

[Registered dietitians and nutritionists reveal the high-fiber foods you should add to your diet to meet your daily recommended intake.](#)

[Read More](#)



## How Bad Is It to Pick Your Nose?

[Most people are guilty of this socially unacceptable practice from time to time, but use restraint: Picking your nose may be harmful.](#)

## Supplements That Boost Your Brain

["Improves memory." "Sharpens focus." These are just some of the claims about brain supplements that 25% of adults over age 50 are taking. Do they work?](#)

[Read More >](#)



## Wuhan tested millions of people for COVID-19 in just days. Could US cities do the same?

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## Monkey steals COVID-19 blood samples from a lab technician in India

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### 7 Unexpected Fish Oil Benefits

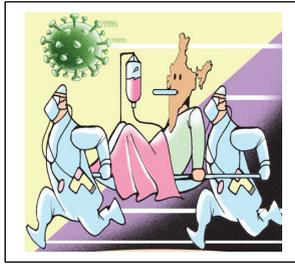
It's packed with omega-3 fatty acids, and according to studies, it may help with a range of medical conditions. Read on for more fish oil benefits.

[Read More](#)



### TODAY'S TAKE

Is it too early to "stop chasing the virus"?



- **The advice:** Stop chasing the virus and concentrate on treating those who need critical care. That was the advice to the Gujarat government from [a team of infectious disease experts](#), who are also part of the committee the state had formed to inspect the setbacks at a civil hospital in Ahmedabad.
- **Who not to test:** The experts have suggested the authorities should stop testing asymptomatic individuals — patients who do not show symptoms but are carriers of the virus — including their contacts and their family members who may be in quarantine. In fact, the experts have also stated that testing of individuals who had been diagnosed with Covid-19 earlier and would want to know their current infection status should also be avoided.
- **The guidelines:** The Indian Council of Medical Research (ICMR) guideline issued on May 18 has suggested testing of "asymptomatic direct and high-risk contacts of a confirmed case once between day 5 and day 10 of contact".
- **The trend:** Some states have revised their testing norms to reduce the number of people being tested for Covid-19. Punjab has already said it won't be testing the asymptomatic contacts of Covid-19 patients; the Maharashtra government [is planning](#) to do the same. The states had been testing all close contacts of people found positive for Covid-19.
- **Times of India**



## 'Silent' COVID-19 More Widespread Than We Thought

More than 80% of those who tested positive for the coronavirus had no symptoms, according to a new study of cruise ship passengers.

[Read More](#) >

## Tim Tebow on Sports, Resilience, and COVID-19

The pro athlete and bestselling author talks to WebMD about the impact of COVID-19 on sports, and shares his advice for staying positive during the pandemic.

[Watch Video](#) >

## Why Are Some Drugs Prescribed Off-Label?

You may have heard that doctors are prescribing drugs off-label to treat COVID-19 and other conditions. A pharmacist explains why that happens and what it means.

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## Here's what office life could look like amid COVID-19, according to new CDC guidelines

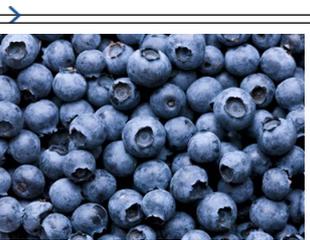
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## This Is What Drinking Celery Juice Really Does to Your Body



Is celery juice as healthy as some people say it is? Here's what experts think about the beverage.

[Read More](#)



## The 50 Best Foods (and Recipes) for Gut Health

Find out how to have less bloating, stomach distress, and constipation with these foods and recipes that will boost your gut health.

[Read More](#)

## 10 Leafy Greens to Try

All kinds of greens are coming into season at the farmers market now. Learn what each tastes like and how to use it.

[Read More >](#)

## This Is How Often You Should Replace Your Kitchen Sponge (And What Happens When You Don't)



Replacing your kitchen sponge is the best way to prevent the spread of bacteria and viruses.

[Read More](#)

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## **Dr. FELIX A.R. GOMESZ M.B.B.S (Cey.), F.F.A.R.C.S. (Eng.,)**

Consultant - Anaesthetics and Pain Management

Happy Gomesz was a modest, kind, unassuming man - Yet his expertise in the field of Intractable Pain Management was quite an achievement. His extraordinary work in this field was outstanding.

Intractable Pain Management was in its infancy in the 1970s and Happy was able to attend Training and various Courses in America, Europe and Scandinavia to bolster his increasing aptitude in this highly specialised field of Medicine. He became a Member of the IASP (International Association for the Study of Pain) and he attended numerous conferences abroad.

He was able to offer varied and highly sophisticated methods of Pain Management in his Pain Clinic including Spinal Cord Stimulation Implants, Diamorphine Pump Implants and also a treatment for Herpes Zoster or SHINGLES as is commonly known

Happy was a devoted husband and a generous and loving father. He loved cooking and enjoyed entertaining friends and spent much of his retirement loving the company of his six grandchildren

Sadly in February Happy was diagnosed with Oro Pharyngeal Cancer - His wife nursed him in their London home but with the Coronavirus Lockdown imminent, their daughter took her parents to her country home in Cornwall, where he passed away peacefully on 3rd May surrounded by his family.



## **Is Your Immune System Ready To Fight COVID-19? The Answer Is In Your Genes**

COVID-19 has caught everyone by surprise. There's no vaccine or defense, other than the one offered by nature right now - your immune system. Knowing how your immune system works at a genetic level may give you some answers as well as improve your odds of recovering from or even avoiding being infected with a virus like COVID-19. Dr.Yael Joffe Chief Science Officer at 3X4 Genetics says COVID-19 can be damaging and may be fatal. Understanding your genes can help. Here's what you need to know. [Read more and watch our video interview with Dr Joffe](#)

## **Will Vitamin D Fight Off COVID?**

Research indicates that healthy vitamin D levels may make infection less likely and reduce the body's inflammatory response to the virus. [Read More >](#)

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