

Health & Views

September
2nd issue
'2020



Discussing common health issues affecting us with age & sharing comments for better health & longevity.

<https://www.abc.net.au/news/2020-08-29/sri-lankan-a-president-of-darwin-irish-dancing-school/12603092>

7 Sneaky Reasons Your Hair Is Going Gray Too Soon

If you're looking in the mirror and wondering what causes gray hair, here are the factors that can play a role in the premature graying of hair.



[Read More](#)

Most fresh flowers you buy are grown overseas and they could be a biosecurity timebomb

It might be surprising, but at least half the flowers sold in Australia are imported, predominantly from Kenya, Ecuador and Colombia. And industry figures say that's a potential problem.



Natural Ways to Treat Acid Reflux

A recent study links common reflux meds to an increased risk of getting COVID-19. What are your options?

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Natural Ways to Treat Acid Reflux

A recent study links common reflux meds to an increased risk of getting COVID-19. What are your options?

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Heart Signs Not to Ignore

1 in every 4 deaths is due to heart disease. Learn the possible heart health symptoms to never ignore. [Read more...](#)

Dermatology

[Hair regrowth: Could microRNA lead the way?](#)

A recent study has identified a microRNA that could help reverse hair loss. The findings could lead to more effective, less time-consuming interventions.

[VIDEOS](#)

[WEIGHT LOSS](#)

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What Alcohol Does to Your Body

Thirty seconds after your first sip, alcohol races into your brain. What happens after that might surprise you.

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How to Stop Gas Pain Fast

It's normal to have some gas. But if it can't easily escape your body, you may feel uncomfortable and bloated. Follow these tips for quick relief.

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[NUTRITION](#)

KFC retires iconic slogan after 64 years 'Doesn't feel quite right' [Read more on 9Honey](#)

Coronavirus outbreak /

Claims of 99% accuracy for UK Covid antibody test 'cannot be trusted'



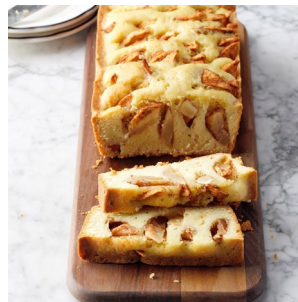
Michelle Obama condemns shootings of Jacob Blake and protesters – as it happened



Super Tips to Boost Digestive Health

Your body may need 20-35 grams of fiber each day. Treat your body right with these tips.

[VIEW SLIDESHOW](#)



[75 Fresh-Picked Apple Recipes »](#)



Ulcerative Colitis Diet, Symptoms

The symptoms do tend to come and go, with fairly long periods in between flare-ups.

[TAKE THE QUIZ](#)



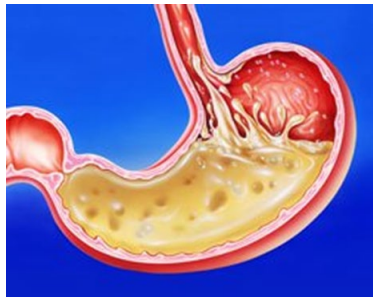
[Here's the Best Labor Day Recipe in Every State »](#)



[30 No Cook Recipes for Fall »](#)



[40 Nearly Forgotten Comfort Food Dinner Recipes »](#)



Causes of Belching, Bloating, and Gas

The amount of gas that is normally present is dependent on the effects of colonic...

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[Barrett's Esophagus From GERD](#)



[60 Easy Fall Baking Recipes When You Can't Wait for Cooler Days »](#)



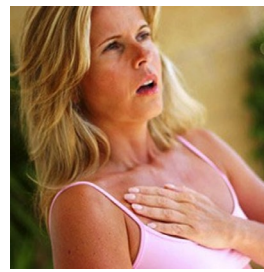
Oldest human cremation in the Near East unearthed

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The Right Way to Take Blood Thinners

The medication your doctor prescribed to keep blood clots from forming can help prevent a heart attack and stroke. But you need to take certain precautions.

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Early Signs of Heart Disease

Many people with heart disease notice symptoms during physical exertion or exercise. Learn about signs, causes, treatments, and prevention tips.

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Exercise and High Blood Pressure

Keys to the treatment of high blood pressure are exercise, weight management, and a healthy diet. [Read more...](#)

Who's More Likely to Have Low Free PSA Levels?

The ratio of your free PSAs to your overall PSA levels may be the best way to diagnose prostate cancer.

[Read More >](#)

Alternative Treatments for Crohn's Disease

Can natural remedies help Crohn's flare-ups? Some complementary treatments have more support for their benefits than others.

[Read More >](#)



Is Sleeping Naked Better For Your Health?

[FIND OUT](#)

7 Nonmeat Complete Proteins

Meat isn't your only option for high-quality protein. Eggs, pistachios, and these other foods contain all nine essential amino acids.

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Unexpected Benefits of Coffee and Tea

They're two of the most popular beverages around the world -- but are they good for you also? And is it possible to have too much of a good thing?

[Read More >](#)



10 Causes of Erectile Dysfunction

From stress to a negative self-image, these unexpected issues could be giving you trouble in the bedroom.

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Reasons for Memory Loss

Some surprising things -- like extra pounds and certain medications -- can make dementia more likely.

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Volunteers to Assist Children with Disabilities Ltd

[View this email in your browser](#)

Extract from VACD August 2020 Newsletter

Teardrop: Caring for their Staff and Coping During the COVID-19 Pandemic:

Whilst their staff have been diligently working on deep cleaning the properties, beautifying the gardens, and developing menus, the management's key focus during the pandemic was safeguarding the jobs of their employees:

"Our attention has been towards reworking our annual plans and ensuring we are in a position to secure our employees' jobs. We've seen a large growth in local tourism since the curfew was lifted in June, and we're very hopeful that by the end of year we will start to see international travel resume to Sri Lanka."

Felix Stephen

Chairman of the Board of Directors - VACD Ltd. Sydney – Australia - <https://www.vacd.org.au/>

Member of the Advisory Board – VACD USA – <https://vacdusa.org/>

Member of the Advisory Board – VACD Sri Lanka

Member of the Advisory Board – Two leaves Foundation Sri Lanka

Senior Associate – Cognoscenti Group – Sydney – Australia-

<http://www.cognoscenti.global/>

Consultant - Investment Committee - Lonsec - Sydney – Australia -

<https://www.lonsec.com.au/>

Member of Investment Committee - Arrive Wealth Management -

Brisbane – Australia – <https://www.arrivewealthmanagement.com.au/>

Consultant - Global Financial Market Investment Research & Investment Strategy



Worst Habits for Your Heart

Exercising is great. But if you sit down for most of the rest of your day, that could be a problem. See what else could spell trouble for your heart.

[Read More >](#)

Teardrop's Inspiring Hotels. Distinctive Destinations & Enchanting Experiences:

Sri Lanka is their passion. Their small, stylish hotels are uniquely different from one to another, but fit seamlessly together in a montage of diverse and distinctive locations. As you stay and travel between them, you will experience the beautiful island as a whole, a fusion of highlands and sea, colour, and culture. As you journey through their collection, you will discover their unique blend of design inspired by its natural surroundings, beautiful restorations of heritage buildings and reimagined vintage tea bungalows. Each one totally unique yet connected by fresh, contemporary interiors and a vibe that feels like home. Every meal is made with passion and the purest local ingredients, much of it grown in their own gardens. Bedrooms are calm little havens; communal areas are vibrant and sociable. You will meet like-minded travellers and be inspired by their tales and journeys, too. Teardrop staff wear big smiles and love to surprise their guests with thoughtful little touches; that will make you reminisce their natural hospitality. But most memorable will be the personalised adventures they create for you – bike rides through tea plantations, picnics on golden beaches, and excellent guides who assist you to explore the island's rich culture, history, diversity and breathtaking beauty that lets you experience the natural and authentic Sri Lanka.

Foods That Are Loaded With Salt

Too much sodium can take a toll on your heart, kidneys, and blood pressure. See some surprising foods that are high in salt, how much your body needs, and how to cut down.

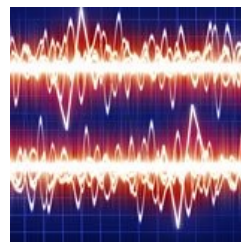


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Dentistry

[What problems can occur after dental implant surgery?](#)

Dental implant surgery can lead to a range of complications. Learn more about potential problems that can occur in the short and long term after surgery.



What Causes Epilepsy?

Epilepsy impacts the brain's electrical systems. Learn about related conditions, causes, and more. [Read more...](#)

[19 ways to get rid of oily skin](#)

Learn about 19 ways to get rid of oily skin. This article covers clinical treatments, such as Botox, and home remedies, such as clay face masks and cleansers.

Men's Health

[Sex: How long does it last?](#)

There is no right or wrong duration, and partners should decide together what makes sex satisfying. Learn more about what affects the duration of sex here.

[Porn: Is it bad for you?](#)

Pornography does not endorse a single ethic or approach to sex, and as such, can be neither good nor bad.

Autism

[Everything you need to know about ABA therapy](#)

What is ABA therapy? Read on to find out what it is, who it is for, the purpose of this therapy, costs for treatment, and the benefits and risks.

12 Signs You're in a Toxic Relationship

Can you recognize the signs of a toxic relationship? Do you know how to fix the situation? Learn both from our mental health experts.



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[#7 Ask the Dietitian: Can Cheese Be Healthy?](#)

Is Eating Meat Good or Bad for You?

Fortified with vitamins or cause of cancer: Here's a lean lowdown on the latest studies to help you determine whether red meat is bad for you to eat.

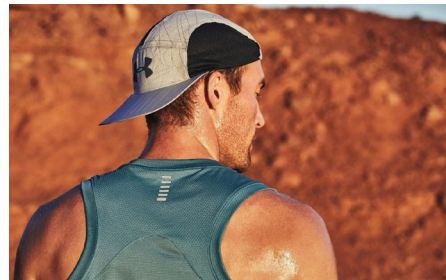


[#5 The Important Role of Resistant Starch in Weight Loss](#)

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[#1 Carb Myths Debunked by Registered Dietitians](#)



[#2 How Much do You Really Need to Walk to Lose Weight?](#)

[VIDEOS](#)

[RECIPES](#)

[Medical myths: The mystery of sleep](#)

In this Special Feature, we question some common misconceptions about sleep, including the role of alcohol, remembering dreams, and late-night cheese.

Depression

[4 scientifically proven ways to increase serotonin](#)

Serotonin is a chemical messenger that affects many functions within the body and brain. Learn how to increase serotonin levels here.

Diabetes

[Meat options for a diabetes diet](#)

Choosing the best types of meat for a diabetes diet is key to managing diabetes and living a healthful life. Learn more about what meats to eat and avoid here.

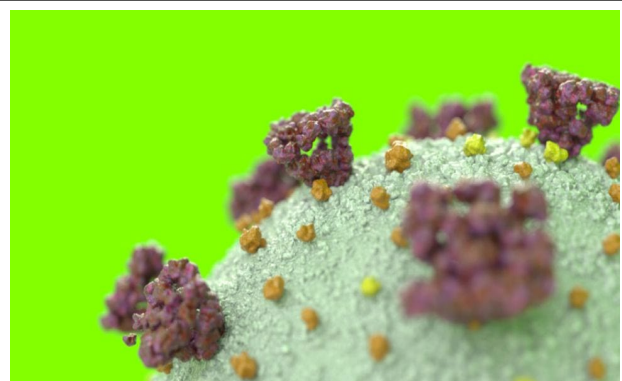
Can eating too much meat cause diabetes?

The [EPIC-InterAct study](#) found an association between meat consumption and type 2 diabetes.

The researchers followed more than 340,000 adults in eight European countries for over 11 years. They confirmed a higher risk among individuals with a higher meat consumption, specifically of red and processed meat.

In another large [study](#) of more than 63,000 Chinese adults, researchers found a higher risk of type 2 diabetes in people who ate red meat and those who ate poultry with a higher heme iron content.

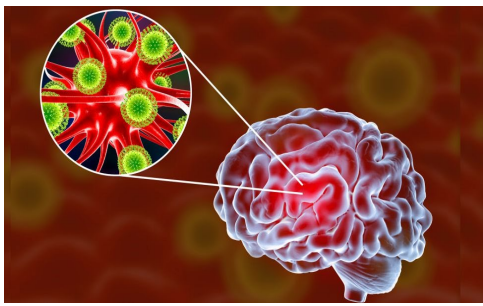
These studies suggest the importance of a healthful diet in managing diabetes.



[Decoys could trick COVID-19, keep humans safe from infection](#)

[Have Diabetes? Don't Lose Sight of Danger to Your Eyes](#)

[READ MORE](#)



Could COVID-19 increase the risk of memory loss?

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SLIDESHOW

Facts on Fat-Fighting Foods

Grapefruit, hot peppers, vinegar, and more! See surprising facts about how they all work. [Read more...](#)

How to Spot Pancreatic Cancer

They call it a "silent killer," but there can be symptoms, such as jaundice. Know what to look for.

[Read More >](#)

[New blood thinner without bleeding risk](#)

According to a recent study, scientists have designed a new blood-thinning compound that can prevent blood clots without a major risk of bleeding.

Ear, Nose, and Throat

[What to do when ears do not pop](#)

What should a person do if they feel constant pressure in their ear, but the ears will not pop? Learn how to prevent and relieve a pressure buildup in the ears.



What Can Berries Do for You?

These little fruits offer a lot of nutrition in a small, sweet package. Check out the health benefits you may get when you treat yourself to a bowl of berries.

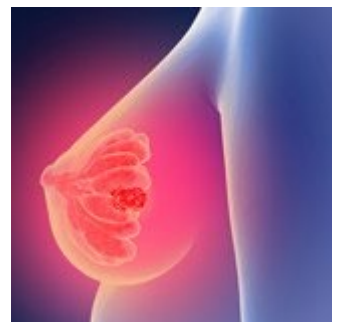
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SLIDESHOW

Causes of Low Libido

Explore how stress, lack of sleep, weight gain, depression, and low T can lower sex drive. [Read more...](#)



SLIDESHOW

Types of Breast Cancer

Discover the types, symptoms, and treatments, as well as the survival rate for breast cancer. [Read more...](#)

Triglyceride Levels: Are Yours Normal?

Triglycerides are produced by the breakdown of fats in your foods, and the body also produces them on its own from... [Read more...](#)

How to Get Your Best Sleep Ever

Sleep. It seems like the easiest thing in the world. Until it's not. See tips on how to get your best sleep ... and plenty of it. [Read more...](#)

What Constitutes an Overactive Bladder?

Overactive bladder is a set of symptoms that is thought to be due to sudden contractions of the muscle in the wall of the... [Read more...](#)

12 Foods That Make You Age Faster

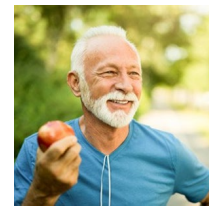
Your skin is the largest organ in your body, and everything you eat affects it. See which foods and drinks can add years to your body, inside and out.

[Read More >](#)



Tea vs. Coffee: Which One's Better For YOU?

Show Content



18 Ways to Live a Longer Life

Learn the secrets of longevity to help live a longer, happier life. Explore tips about aging, life, health, and more.

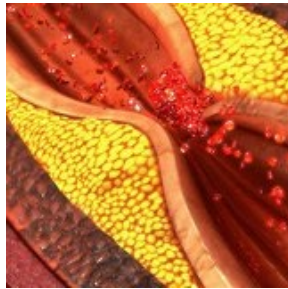
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ARTICLE

How to Treat Multiple Sclerosis

Explore the ways multiple sclerosis can be treated. Learn about medications, therapies, and more. [Read more...](#)



SLIDESHOW

Tips to Lower Cholesterol

When you have high cholesterol, it can be very helpful to change your diet and lifestyle. [Read more...](#)

How to Go Vegan

Going vegan means you don't eat any animal-based food. That's different from vegetarians, who may eat dairy and eggs. If you're thinking about giving it a try, here's what you need to know.



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Could COVID-19 increase the risk of memory loss?

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A Chinese bought a well in Hambantota from a local man.

The next day, while on his way to market, he met the local man who told him:

'Brother, I have sold the well to you, but I have not sold the water in the well.'

'If you use the water, you will have to pay for it - that of course you can pay-me separately.'

The Chinese replied:

'Ah, yes. I was planning to go to your place and ask you to empty the water and if you don't do it, then you will have to pay the rent for the water stored in my well.'

Heart Attack Triggers You May Not Expect

Your chances of having a heart attack are higher if you sleep less than 6 hours a night. See other things that can raise your risk.

[Read More >](#)

How to Stop Gas Pain Fast

It's normal to have some gas. But if it can't easily escape your body, you may feel uncomfortable and bloated. Follow these tips for quick relief.

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25 Heart-Healthy Foods

See which foods are loaded with heart-healthy nutrients that help protect your cardiovascular system. Learn new recipes.

[Read more...](#)

What's that ringing in your ears?

By Marc Fagelson, directed by Michael Kalopedis and Alexia Roider

Tinnitus has been bothering humanity since Ancient Babylon, plaguing everyone from Leonardo da Vinci to Charles Darwin. Today, roughly one in seven people worldwide experiences this auditory sensation. So what exactly is tinnitus, and where does this persistent sound come from? Marc Fagelson travels into the auditory system to explore the loss of silence.

[View the animation >](#)

What to Know About 'Female Viagra'

For many women, sexual desire goes up and down over the years. But roughly 10% of women deal with a low sex drive that causes them distress.

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“Sorry” – Just a 5 letter word with many meanings.

“Sorry” is a word that we commonly use to cover our feelings in many instances and facets in our lives – be it by the wealthy or the poor; and as some would say come rain or sunshine; and in most instances in good times and bad times; or even in innuendo by the sarcastic.

It is indeed a really magical word that’s used practically to mean anything to convey the feelings of a person towards other human beings; and to cover up one’s shortfalls or errors committed – be it intentional or unintentional.

The various dictionaries define the word “sorry” as:

1. Feeling sorrow or sympathy/Feeling regret or penitence.
2. Mournful or Sad.
3. Inspiring sorrow; pity; scorn or ridicule.

Often the word is associated with “Hindsight” and/or “Foresight”.

The word “Hindsight” is when one gets an understanding of a situation or an event/s after it has happened or has been committed.

Very often have we, at a personal level, some time or another felt “sorry” for our own actions; and thought to our self. “In hindsight” we should not have done that; and felt sorry for what we did. But in most cases one can just push it away with just a “sorry”. But there are times that the act has reached a far reaching level and will not cut it; to remedy it by saying “sorry”. It may be easy to know the right thing after there are repercussions that accrue after one’s act that has gone awry – be it good or bad. It is good as saying “Closing the stable door; after the horse has bolted”.

The counter part of “Hindsight” being “Foresight”; which go hand in hand when things go awry. The word “Foresight” is defined as: The act of foreseeing (to see/to know before hand; or the Power to foresee), with caution; and exercising sound judgment in matters at a personal level and that would have effects on others.

How often has one heard folks say - “Sorry”! If only I had foresight in this matter; this could not have occurred/happened. Reeks of that very old saying – “Crying over spilt milk” – doesn’t it.

In reality and in fact it is the way of life in that there are 3 standards in the “I am sorry” category of apology.

1. As is applicable to the “man in the street” or should we say a daily bread winner.
2. The Affluent and the Rich.
3. Persons in the lucrative jobs in the seat of governance.

If a person employed gets apprehended for taking something that does not belong to him that belongs to the rightful employer; there is no doubt he will be apprehended and handed over to the long arm of the law. His/her plea of “sorry” will never get him/her out of the situation. If it was said – I meant to return it; it would be just construed as an “after thought” or in “hindsight”. In “foresight” he/she should not have got into that situation. So it would be a plain “Do the crime & do the time” scenario.

But if the affluent or rich should do the same act the word “sorry” goes a very long way. Such crimes have been committed due to an “OVERSIGHT” which often sees the scale of justice tilting in their favour; with just a rap on the knuckles to replace the funds/properties and perhaps carry out a suspended sentence or Community Service; while the man on the street is incarcerated for a small loss of cash/property. Whither justice?

Coming on to the last category I was goaded to write what I read about a week ago; when I read a cartoon sent by a friend. The cartoon depicted a Magistrate at a “parole hearing” of a convict who had done 8 of the 10 years for theft. Looking at the convict in the dock the Magistrate asks him – “Your name has come up for parole; and if I should release you into society what would your plans be”? The convict’s immediate response was – “I want to serve the public; Your Honour”. The Magistrate was amazed – “That is a very Noble thing; and how do you propose to do that”? The convict very boldly & proudly states – “I want to become a Politician so that I can steal; squander & misappropriate legally and stay within the law; Your Honour”.

The rest/expansion of this explanation on how the high seat of governance operates in ones’ own land, I leave in the hands of you; the learned reader.

What really comes into my mind is a caption from a Hollywood Classic movie which went – “Sorry is a word you should never resort to when, you love someone”.

And in conclusion I am reminded of two very old sayings that I remember from my early school days in the late 40’s. “Look before you leap”; and “Cut your coat according to the cloth”. I reckon these two will to a great extent reduce the usage of the word “sorry” and gets you delving into “hind sight” and “foresight” to alleviate your dependency on having to say “sorry”.

Noor Rahim
August 07 2020.

Time to try intermittent fasting?

□ Anyone who's tried different weight-loss diets is probably familiar with their pitfalls. Low-calorie diets often leave you tired, hungry, and cranky. Low-carb or "keto" diets can cause cravings and constipation. Low-fat diets are also tough to follow and, contrary to popular belief, they do not seem to prevent cardiovascular disease. Another diet trend, intermittent fasting, takes a different approach. Rather than limiting what you eat, this diet limits when you eat.

[Read more »](#)

Hypertension

[Does coffee raise blood pressure?](#)

Coffee can affect blood pressure in different ways. Learn more about coffee's effects on blood pressure and whether people should be drinking it regularly.

What Constitutes an Overactive Bladder?

Overactive bladder is a set of symptoms that is thought to be due to sudden contractions of the muscle in the wall of the... [Read more...](#)

Birth Control Pill Could Cut Women's Risk for Asthma

Could birth control pills build a bulwark against asthma? New research suggests that hormonal contraceptives, which alter the natural ebb and flow of female hormones, may do just that. A study... [Read more ...](#)

The Brain Food Groups of the MIND Diet

The brain requires certain nutrients to function smoothly, and when it consistently doesn't get what it needs, this could add up to an increased risk of the various forms of dementia.

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Can the ocean run out of oxygen?

By Kate Slabosky, directed by Mette Ilene Holmriis
For most of the year, the Gulf of Mexico is teeming with marine life, from tiny crustaceans to massive whales. But every summer, disaster strikes. Around May, animals begin to flee the area. And soon, creatures that can't swim or can't swim fast enough begin to suffocate and die off in massive numbers. What's going on? Kate Slabosky dives into the lethal conditions that create dead zones.

[View the animation »](#)

The Healthiest Women's Underwear You Can Buy, According to Gynecologists

Boy shorts, briefs, or bikinis? We asked gynecologists to weigh in on the best underwear for a healthy vagina.

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18 Things Your Doctor Wants You to Know About Thyroid Problems

More than 20 million Americans will get hit by thyroid disease or disorder—and 60 percent of them won't even realize it.

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>

What happens if the Oxford vaccine doesn't work?

Lauded as "one of the most advanced and promising in the world", the Oxford vaccine has sparked hope among many of us. But no single vaccine can work in isolation — and its effectiveness could hinge on a number of factors.



[Vegan BBQ Jackfruit Sliders With Slaw](#)

[SEE RECIPE](#)



[Curried Chicken Skewers With Cucumber Raita](#)

[SEE RECIPE](#)

8 Habits You Didn't Know Could Cause Hemorrhoids

Three out of four adults will endure the itching, burning, and bleeding of hemorrhoids at some point in their lives.

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How Healthy Is Your Pancreas?

This important gland does more than just make insulin. See what else it does to keep your body working properly.

[Take Quiz >](#)

Liver Cancer Warning Signs

Most people don't notice any red flags early on, but liver cancer can eventually cause stomach problems, pain, and other issues.



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When Depression Comes Back

Some people with major depression have symptoms only once in their life. Others have them again and again. Learn to spot the signs of a relapse.

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Is a Plant-Based Diet Good for Your Heart?

It may cut your odds of high blood pressure, heart disease, and more. Here are the most common plans.

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Symptoms of Central Pain Syndrome

Central pain syndrome is a neurological condition caused by a dysfunction that specifically affects the central nervous system. Here's what to watch for.

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How to Treat Gout Attacks at Home

Nothing can stop a flare-up once it starts. But these self-care tips may help relieve your pain.

[Read More >](#)

13 Sex-Drive Killers

You want to want sex, but you just don't. Here are the most common causes of a low sex drive, and what you can do about it.

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How to Protect Your Eyes With Diabetes

The most important thing you can do is keep your diabetes well-controlled. See what else can help.

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Topical Painkillers for Arthritis Pain

These may work for you if your pain is mild, or if oral medication isn't keeping your pain in control.

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Can Sex Boost Your Immunity?

Get the facts on sex, love, relationships, and more. Discover how the brain and the body respond to being in love.

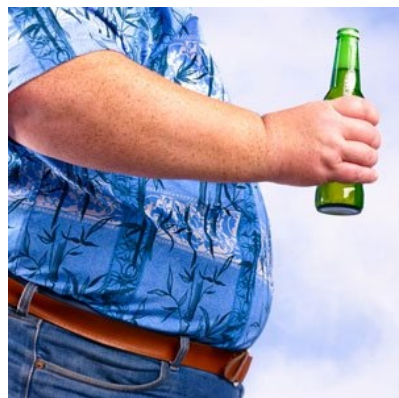
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[Rapid 15-Minute COVID-19 Test Approved By FDA](#)

Fatty Liver Disease: Nonalcoholic, Alcoholic Symptoms

You can treat fatty liver disease with diet and exercise. Learn the signs and symptoms of fatty liver disease. Find out what... [Read more...](#)

[How Long Does Insulin Last After Injection?](#)



FEATURED

Belly Fat Foods: Best and Worst

Belly fat has been linked to health problems such as an increased risk for heart disease, diabetes, some cancers, and a higher need for gallbladder surgery.

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