

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

## How to Lower Your Cholesterol

In addition to diet, exercise, and weight loss, there are foods that may help in lowering and rebalancing the cholesterol... [Read more...](#)

## COVID-19 and the kidneys: What we know so far

Written by Jennifer Huizen on March 10, 2021

Many people with COVID-19 develop acute kidney injury. This feature reviews the existing research looking at the link between COVID-19 and kidney health.

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## Western diet linked to changes in gut fungi and metabolism

Written by James Kingsland on March 10, 2021

New research in mice suggests that eating a highly processed diet changes the community of fungi living in the animals' guts.

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## Improve Diabetes Nerve Pain With Exercise

Do you experience nerve pain or peripheral neuropathy? Learn these tips and exercises to prevent diabetes nerve damage. [Read more...](#)

## 🔥 Medicinal cannabis: where are we?

Complications from cannabis addiction are likely to be less harmful than the other two addictions, but can be destructive nonetheless, including becoming a substitute for more effective and safer therapy

## SEX

### How Long Does Sex Last for Most Couples? We Asked a Sex Therapist



### Does Brown Fat Have Therapeutic Benefit? CME / ABIM MOC / CE

## Can a person lose 20 pounds quickly and safely?

Written by Louisa Richards on March 10, 2021

How can a person lose 20 pounds safely and quickly? Read on to discover what science suggests are successful strategies and methods for weight loss.

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## Research reveals how tea may lower blood pressure

Written by James Kingsland on March 11, 2021

Compounds called catechins, found in green and black teas, relax the muscle that lines blood vessels, which may lead to lower blood pressure.

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## Ways to Protect Your Heart Without Medicine

You don't have to take medicine to lower your heart disease risk. Simple steps like these can make a big difference.

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## High Blood Pressure: How High Is Too High?

An elevated blood pressure means that the heart must work harder to pump blood. High blood pressure can also damage... [Read more...](#)



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

## [World Bank aids Sri Lanka for a fair and effective deployment of COVID-19 vaccines...](#)

The world Bank has approved \$80.5 million additional financings to support Sri Lanka in... [Read More →](#)

## What Your Heart Rate Reveals About You

Everyone's heart rate is different, and it changes as you get older. What's a good resting heart rate? How do you check it? And how can you lower it if it's too high? Here's what you should know.



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## 10 Good Reasons to Get Your Cardio In

When you get your heart pumping, you also improve your breathing, help your body fight viruses, and even make it easier to learn new things.

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## 5 Surprising Silent Symptoms of Clogged Arteries

[A cardiologist reveals the unexpected symptoms of clogged arteries and underlying heart disease you should know about for your heart health.](#)

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Here's why you can't directly compare coronavirus vaccines

How sizing up COVID-19 jabs is often a shot in the dark.

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## Cancer: Could consuming mushrooms reduce the risk?

Written by Lori Uildriks on May 04, 2021

A recent meta-analysis of 17 observational studies found a link between increased mushroom consumption and a lower risk of all types of cancer.

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## 7 Uses for Witch Hazel

[This common shrub has some uncommonly good health benefits. Here's what you need to know.](#)

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## Diet may help determine the fate of some cancer cells

Written by James Kingsland on May 04, 2021

The results of a recent study in fruit flies suggest that restricting the intake of a particular amino acid might hinder cancer's progression.

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## Study explores the link between muscle weakness and type 2 diabetes

Written by James Kingsland on May 04, 2021

In type 2 diabetes, muscle strength is reduced, and the ability of the muscles to take up glucose is impaired. A recent study may help explain this link.

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Please share with friends

## Study confirms high doses of vitamin D have no effect on COVID-19

Written by Robby Berman on May 04, 2021

There has been much discussion about the role of vitamin D in COVID-19. However, new research concludes that it has no value as a therapy for COVID-19.

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# What to know about neuropathic itch

Written by Steph Coelho on March 10, 2021

A neuropathic itch results from nervous system damage rather than skin issues. This article looks at the symptoms, causes, and treatment of neuropathic itch

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## 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.

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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...](#)



SLIDESHOW

### 10 Food Swaps for Heart-Wise Dining

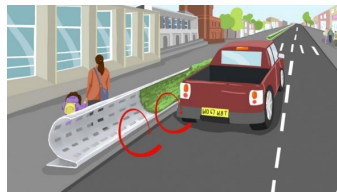
Cream cheese, sausage, even muffins can be heart-healthy. See what to buy and how to cook. [Read more...](#)



SLIDESHOW

### 13 Tips to End Your Addiction

Friends and family can encourage and support you while you are ending an addiction. Get a reason... [Read more...](#)



## Researchers develop roadside barrier design to mitigate air pollution

Taylor & Francis Group



## Type 2 Diabetes Warning Signs

About 1 out of 3 people with type 2 diabetes don't know they have it. Here are the symptoms to watch for.

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FEATURED NEWS

## Eyes, Stroke, and Dementia Risk

Eyes are a window into the health of your brain. It may signal stroke and dementia risk.

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## 13 Sex-Drive Killers

Low libido issues? The problem could be something unexpected, like extra weight, depression, or even your blood pressure medication.

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## Human Race against a Deadly Pandemic.

We are blessed at birth with the elixir of life  
With two added characteristics that comes out in a strife  
One is "resilience"; to be able to recover ones' strength/spirit quickly  
The other, "persistence"; to continue in the face of opposition & live

But unfortunately these qualities also seems inherited by the malady  
Which has enveloped the Earth; unabated in its stride  
Challenging the human race without any let or give  
As the Medical Fraternity, to get a remedy doth strive

One really does not know how effective the cure be  
For there appears the element of uncertainty in the vaccine  
Untested and no guarantee seems to be the theme  
But, "clutching at the last straw" is what one sees

The fact that the aggrieved & aggressor have the same quality  
We need "Communal Togetherness" to overcome the malady so vile  
"Man proposes & God disposes" is the old adage  
For fear of annihilation, it is imperative that in this time of need we all  
cooperate in unity

Noor Rahim  
April 13 2021

## What brain foods should kids eat?

Written by Louisa Richards on April 13, 2021

What foods can help with children's brain development? Read on to discover a list of beneficial foods and suggestions for healthy breakfasts and snacks.

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## What to know about potassium levels and kidney disease

Written by Shivam Pandya on April 13, 2021

Having too much or too little potassium can result in complications that affect the kidneys. Various conditions can cause potassium levels to become too high or too low.

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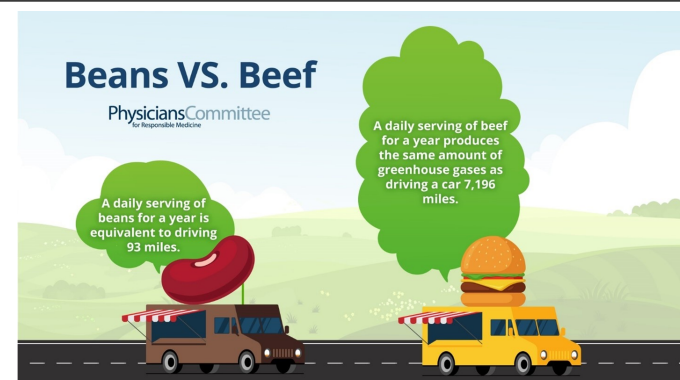


A 1996 diagnosis of breast cancer was a surprise to Donna Green-Goodman, MPH, a health educator and cooking instructor in Huntsville, Ala. But nutrition helped her move forward, and she is now cancer-free and able to focus on reaching those disparately impacted by chronic disease with lifesaving nutrition education. Read about Donna's success with a plant-based diet [here!](#)

## How Diabetes Can Affect Your Feet

Two conditions called diabetic neuropathy and peripheral vascular disease can damage the feet (and other areas of the body) in people who have diabetes.

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What's the environmental benefit of eating beans instead of beef daily for a year? Or drinking almond milk instead of cow's milk? Susan Levin, MS, RD, CSSD shares a [climate change food calculator](#) that shows how eating a plant-based diet can help you reduce your carbon footprint.



FEATURED SLIDESHOW

## Early Warning Signs of Asthma

Asthma attack symptoms do not usually come on without warning. Heed the warning...

## Is quinoa good for diabetes?

Written by Jessica Caporuscio, Pharm.D. on March 12, 2021

Quinoa is a nutrient-dense grain that can make a great addition to or substitute in a person's diet if they have diabetes. Read on to learn more.

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## COVID-19 - 6 Important Developments to Be Aware Of

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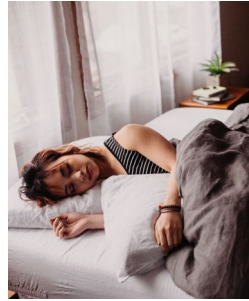
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Our Food for Life instructors celebrated Black History Month with recipes that honor African American culinary traditions across the United States. Food for Life instructor Cheryl Marshall shares a delicious recipe for [Homemade Vegan Style Cornbread Dressing!](#)

### SLEEP

## The Most Common Fatigue Causes, According to Experts



## Worst Foods for Anxiety and Depression

Certain foods and beverages can cause energy spikes and crashes that can be bad for anxiety and depression. See which foods you might want to avoid.

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Rep. Alexandria Ocasio Cortez is going meat-free for Lent and has invited her millions of followers to join her! We've compiled some of our [favorite plant-powered recipes](#) we're sure AOC and the millions she inspires will keep coming back to even after Lent.

## 11 Foods That Make Inflammation Worse

If you're suffering from pain or swelling right now, look at what you're eating. Avoiding these inflammatory foods will have you feeling a lot better.



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[What Does Ulcer Pain Feel Like?](#)

[What Causes a Heart Attack?](#)

[What Is a Balance Disorder?](#)

[Early Warning Signs of Asthma](#)



[Type 2 Diabetes Linked to Increased Risk for Parkinson's](#)

## Nighttime Habits That Can Help You Lose Weight

When you're trying to lose weight, eating healthful foods and working out regularly are important. But there are also small changes you can try at night to help you slim down.

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## What to know about nuclear bone scans

Written by Jamie Eske on March 12, 2021

A bone scan is an imaging technique that doctors use to diagnose bone diseases, infections, and fractures. Learn more here.

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## Steroid injection may be the best medicine for frozen shoulder

[Research we're watching](#)



Published: March, 2021

There are a number of different approaches to treating a condition called adhesive capsulitis, better known as frozen shoulder. This common condition causes significant shoulder pain and reduced mobility. While it generally goes away on its own over time, it can take up to a year or longer to heal. But there hasn't been consensus on whether any particular therapy leads to more rapid pain relief and full range of motion.

A study published online Dec. 16, 2020, by *JAMA Network Open* looked at various treatment options for frozen shoulder to determine which was the most effective. Researchers analyzed 65 different studies with more than 4,000 total participants and found that the first line of therapy should be to inject a steroid directly into the joint to reduce inflammation. This treatment helped to reduce pain and led to the fastest recovery. The study authors said the steroid injection should be accompanied by a home exercise program that includes stretches and exercises to improve range of movement in the shoulder.

Image: © stefanamer/Getty Images

## Are the alleged health benefits of tequila real?

Written by Jennifer Huizen on March 12, 2021

This article explores myths about tequila's health benefits, how tequila compares with other alcohol, and the benefits and risks of alcohol consumption

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## What is the link between asbestos and lung cancer?

Written by Caitlin Geng on March 12, 2021

Asbestos exposure can increase a person's risk of developing lung cancer. Learn more about how this happens and what to do following exposure.

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## Safe exercises for a herniated disk

Written by Amanda Barrell on March 12, 2021

Exercises and stretches are important parts of recovery from a herniated or slipped disk. In this article, we look at 6 possible exercises that can help with neck and back pain, as well as what exercises to avoid.

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## Does COVID Really Harm the Heart?

Is it COVID that harms the heart, or is it preexisting heart issues that raise COVID risk?

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## Why did the world's pandemic warning system fail?

One year after the World Health Organization (WHO) declared the COVID-19 outbreak a pandemic, we look back at [why the organization's warning system failed and how to overhaul it](#). In January 2020, the WHO sounded its highest alarm — a declaration called a public health emergency of international concern, or PHEIC, signalling that a pandemic might be imminent. But many countries ignored it. Two preliminary investigations — one from the WHO and another from an independent panel responsible for assessing the organization — attempted to unravel why.

[Nature | 8 min read](#) (from January)  
Reference: [WHO report](#) & [Independent Panel for Pandemic Preparedness report](#)



FEATURED SLIDESHOW

## 5 Types of Schizophrenia

Schizophrenia is a chronic, severe, debilitating mental illness. Is it hereditary?

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## Understanding Ulcerative Colitis

Ulcerative colitis (UC) is an inflammation of the large intestine (colon).

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### [The Digestion Process \(Organs and Functions\)](#)

### [IBS \(Irritable Bowel Syndrome\) Triggers and Prevention](#)

### [Top Causes of Belching, Bloating, and Gas](#)

### [Crohn's Disease vs. Ulcerative Colitis](#)

### [3 Categories of Abdominal Pain](#)

### [GERD \(Acid Reflux, Heartburn\)](#)

### [Constipation: 5 Foods to Eat and 5 to Avoid](#)

### [Diarrhea Causes, Medicine, Remedies, and Treatment](#)

### [Food Poisoning Symptoms, Remedies, Treatments](#)



SLIDESHOW

## Dangers of Processed Meat

Hot dogs, bacon, sausage, beef jerky, cold cuts, ham, and other processed meats are linked to many health problems. [Read more...](#)

## Surprising Uses for Tea Bags

They can do a lot more than make a refreshing drink. Did you know that they can help ease puffy eyes, take the sting out of bug bites, and even soothe tooth pain?

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## What is a migraine cocktail?

Written by Jayne Leonard on March 12, 2021

A migraine cocktail is a combination of drugs that doctors provide for severe pain or vomiting. Read on to learn about the ingredients and side effects.

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## Magnesium: Basics, Benefits, and Sources

Magnesium is a critical mineral that the body uses for hundreds of important body processes. It is necessary for more than 300 biochemical reactions in the body.

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SLIDESHOW

## Benefits of Omega-3 Fatty Acids

Omega-3 fatty acids may have significant benefits in lowering the risk of heart disease, the nation's top killer. [Read](#)



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## 15 Delicious Calcium-Rich Dishes

Tender stuffed chicken, Spanish cheese, and almond cake top this slideshow of delicious foods packed with calcium. [Read more...](#)



ARTICLE

## Do I Have Dandruff or a Dry Scalp?

Dandruff is a common condition that causes a dry itchy scalp. Dry scalp happens when your skin doesn't hold enough... [Read more...](#)



SLIDESHOW

## Fat Foods vs. Fit Foods

A healthy diet starts at the grocery store. View this slideshow to see fat foods to avoid, and fit foods to choose. [Read more...](#)

## 10 Safe Sex Mistakes to Avoid

You may think you're taking all the right precautions to keep yourself and your partner free of STDs and unwanted pregnancies. But if you're making any of these common errors, you're putting yourself at risk.

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## The Truth About PCOS

Polycystic ovary syndrome affects millions of women. It can cause irregular periods, weight gain, thinning hair, and these other issues.

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## Almost half of dementia risk is modifiable, GPs told

MANY Australians dismiss dementia as a natural part of ageing and don't realise they can do things to prevent it or slow its progress. Dr Kaele Stokes, Executive Director of Advocacy and Research at...

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## Kevin Somerville

26 February at 12:07 ·

McDonalds loses a legal battle with Chef Jamie Olivier, who proved that the food they sell is not fit to be ingested because it is highly toxic. Chef Jamie Oliver has won a battle against the largest junk food chain in the world. Once Oliver showed how burgers are made, McDonalds, the crosser announced she would change the recipe.

According to Oliver, the fat parts of the meat are "washed" with ammonia hydroxide then used in making the meat "cake" to fill the burger. Before this process, according to the presenter, this meat was already unfit for human consumption.

Radical militant leader Oliver, who took on a war against the food industry, says: we are talking about meat that would have been sold as dog food and after this process, human beings are served. Apart from meat quality, ammonium hydroxide is harmful to health. Oliver says to this, "The process of pink shit".

What healthy human being would put a piece of meat dipped in ammonium hydroxide in a child's mouth?

In another of his initiatives Oliver has shown how chicken nuggets are made: After selecting the 'best part s', others: fat, pellets, cartilage, viscera, bones, head, legs, are subjected to mechanical separation liquefied. This is the understatement engineers use in food, then this pink paste by blood, is deodorated, faded, reodorized and repainted, captured in flinacea and fried melcocha, it's rehabilitated in oils usually partially hydrogenated, it's - toxic.

In the US, Burger King and Taco Bell have already abandoned the use of ammonium in their products. The food industry uses ammonium hydroxide as an anti-microbial agent, allowing McDonalds to use entry meat unfit for human consumption in its burgers.

Good on you Jamie !!!!!

### FOOD

## These Are the 5 Healthy Breakfast Recipes That Help Make Me a Morning Person

# COVID-19 and the kidneys: What we know so far



Many people with COVID-19 develop acute kidney injury. This feature reviews the existing research looking at the link between COVID-19 and kidney health.

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## What Is Cinnamon Good For? 9 Uses You Didn't Know About

Cinnamon can do more than flavor your food and drinks. The spice may fight infections, soothe an achy neck, and more.

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**Australia's Indian doctors ask: Could I have made a difference?**

Ranjana Srivastava



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## 10 Body Parts You're Not Washing Enough

It's not enough to haphazardly clean these areas. These are the parts you should lather up regularly to keep them clean and fresh.

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