

Medications for  
Ulcerative Colitis

# Health & Views



Eating Honey May Help  
People Manage  
Cholesterol, Blood Sugar

20212



Health Newsletter for the ex-pat Sri Lankans,  
globally

## Christmas message from the Archbishop.



*The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned. Isaiah 9:2*

Few of us could have anticipated the scenes that were televised around the world earlier this year when our beloved Sri Lanka was plunged into turmoil and distress as fuel, power and food became scarce commodities and the lives of ordinary people were thrown into chaos. This year too, the shadow of war was cast over Europe again, not to mention continuing conflicts in Yemen and Myanmar. At home in Australia, thousands of our fellow citizens have been displaced from their homes by flood and natural disaster and many are still without homes to live in.

The Prophet Isaiah addressed the ancient nation of Israel when they faced the devastation of exile from their home, the destruction of the Temple of Solomon and the humiliation of occupation. In our own lives many of us know the pain of the loss of loved ones, illness, or relationship breakdown. Ours is a world in which many forms of darkness are all too common.

Jesus said, 'I am the light of the world'. St John wrote of him, 'the light shines in the darkness and the darkness has not overcome it'. The message of Christmas is the surprising and life-giving news that God has not turned away from a world veiled in darkness and tears. Rather he has come among us as one of us. Jesus knew the same weariness in body and mind to which we are subject, and wept over the death of his friend. His birth in a stable was the dawning of the light of which the prophet Isaiah had spoken, his life pointed to the compassion and power of God to renew the world and give us life, peace and hope. John says 'In him was life and that life was the light of all humankind' (John 1:4). May you know the light of life in Jesus this Christmas and may I wish you all a safe and joyous season.

*Kanishka Raffel  
Archbishop of Sydney*



## Editor's thoughts

While Christmas can be 'the most wonderful time of the year for most people-young and old, for those suffering from chronic diseases like heart disease, diabetes, cancer may be not joyous and may find it difficult to cope.

Christmas could be stressful or anxiety-inducing, but still if you adhere to your medication, taking at the right time, a little bit of loosening as far as the diet is concerned may be okay. Diabetics, specially need to be careful not to indulge in sweets, cakes and other high carb containing foods, especially those on oral medication. Those who take insulin may tailor their shots according to the amount of carbs and sugars they eat. That is one advantage the diabetics on insulin injections have. They need to check their blood glucose levels, two hours after food daily to self-assess the situation.

Christmas preparation can be much more taxing for someone with chronic health issues. "Overwhelming panic and stress can cause a flare-up of symptoms. Those who have mobility issues such as chronic arthritic problems are most handicapped during festive seasons.

Socialising during Christmas may be most tiring for those having chronic illnesses. Be kind to yourself and compassionate with yourself-beating yourself up for the things you can't do want help anyone.  
Dr Harold Gunatillake

device.

**12 Tips to Stop Eating Your Feelings**  
Use these tactics to keep yourself from reaching for unhealthy foods when things aren't going right.  
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**Surprising Things You Could Be Allergic To**  
A juicy burger, a light scratch, and even sweaty exercise can trigger a reaction in some people.  
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## **Hidden Dangers of Inflammation**

With some conditions, like rheumatoid arthritis, you feel pain and swelling. But in other potentially life-threatening cases, it's not so obvious. See how inflammation can hurt you and what you can do to help dial it down.

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## **10 Signs of Low Testosterone You May Not Expect**

Low T doesn't just affect your sex drive and muscles. You could notice mood changes, sleep trouble, and these other symptoms.

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## **13 Habits That Can Strengthen Your Immune System**

Colds, flu, RSV, COVID: See what you can do to make your immune system stronger and help fight off illness.

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## **How to Put Yourself First When You Have Cancer**

Taking care of yourself when you have cancer can be as simple as staying hydrated or as relaxing as having a massage. See what else you can do.

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## **More Vaccinated People Dying of COVID**

For the first time, the majority of people dying from COVID-19 in America have been vaccinated. These three factors could be to blame.

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## **Could This Computer Help You Beat Cancer?**

Quantum computing has already begun to advance everything from drug development and disease identification to the security of electronic records.

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## **16 Secrets to a More Organized Life**

Check your planner three times a day. Organize one room at a time. And follow these other tips for people who have ADHD or are just feeling overwhelmed and disorganized.

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## **13 Naughty Holiday Foods**

The average person puts on a pound during the holidays. You can make good food choices - if you can tell the naughty items from the nice ones.

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## **14 Ways to Help Prevent Cancer**

You don't need special products or extreme behaviors to lower your risk of many types of cancer. These simple lifestyle changes can go a long way.

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## **Shortcuts to Fast and Easy Dinners**

Your busy life is probably busier than usual these days. But you can still enjoy satisfying, nutritious dinners when you use these tips.

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## **Best and Worst Foods to Eat Before Bed**

Some foods can encourage a good night's sleep, while others may leave you tossing and turning. Find out what to eat and what to avoid in the hours before lights out.

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## **10 Reasons You Eat When You're Not Hungry**

Do you eat out of true hunger, or is there something else driving your snack sessions?

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## **New evidence links healthy plant-based diets with lower colorectal cancer risk**

New evidence from a study in the United States links healthy plant-based diets with a lower risk of colorectal cancer — but only in men.

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## **Struggling to Focus? Try Video Games**

## **Side Effects of Metformin: What to Watch For**



## How Much Do You Know About Painkillers?

What are the possible side effects of ibuprofen and acetaminophen? And in addition to easing pain, what can aspirin do for you?

[Go >](#)



## 7 of the best protein shakes of 2023

Written by Louise Morales-Brown and Stefano Iavarone on November 29, 2022

What are some of the best protein shakes? Read on to discover more about ready-to-drink protein shakes, with a list of shakes a person may consider trying.

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MNT RESOURCE

## ADHD

In-depth resources on ADHD, including information on the signs, symptoms, causes, risk factors, diagnosis, management and treatment of the condition.

[READ ON](#) →

## What to know about ankylosing spondylitis

Written by Markus MacGill on November 29, 2022

Ankylosing spondylitis is a type of arthritis that affects the spine and lower back. This article discusses symptoms, causes, treatments, and diagnosis.

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# Ancient Roman medicine

The Roman Empire began around 800 B.C.E. and existed for around 1,200 years. Medical knowledge and practice were advanced for the time, and the ancient Romans made progress in many areas.

The Romans encouraged the provision of public health facilities throughout the Empire. Their medicine developed from the needs of the battlefield and learnings from the Greeks.

Among the practices that the Romans adopted from the Greeks was the theory of the four humors, which remained popular in Europe until the 17th century. The Romans had their first introduction to Greek medicine when Archagathus of Sparta, a medical practitioner, arrived in Rome in 219 B.C.E.

Other scientists and doctors came from Greece, first as prisoners of war and later because they could earn more money in Rome. They continued researching Greek theories on disease and physical and mental disorders. The Romans allowed them to carry on their research and adopted many of their ideas. However, unlike the Greeks, the Romans did not like the idea of dissecting corpses, so they did not discover much about human [anatomy](#). The spiritual beliefs surrounding medicine in Greece were also common in Rome. By the [3rd century B.C.E.](#), the Romans had adopted a religious healing system called the cult of Aesculapius, which took its name from a Greek god of healing. Initially, they built shrines, but these expanded in time to include spas and thermal baths with doctors in attendance.

When plagues occurred in Italy [in 431 B.C.E.](#), the Romans built a temple to the Greek god Apollo, who they believed had healing powers.

The Romans also took a sacred snake from the Greeks. It escaped but reappeared on the Tiber Island, where the Romans built a sanctuary for it. People would come to this place in search of healing.

On conquering Alexandria, the Romans found various libraries and universities that the Greeks had set



The Romans built baths, hospitals, and water supply channels throughout their Empire to encourage public health.

## Long-term Effects of Chemo

[Chemotherapy can affect your brain, your heart, your hair and other parts of your body in these ways.](#)

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## Best and Worst Foods to Prevent Colorectal Cancer

[Eating right could cut your chances of having this disease by more than a third. See which foods to choose and which to avoid.](#)

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## **Foods That May Fight Prostate Cancer**

There's no ticket to preventing prostate cancer, but making these simple diet changes may help you reduce your risk.

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## **Leukemia Symptoms You Should**

### **Know**

You might not notice any signs in the early stages. When you do have symptoms, they may look like this.

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## **“As the Days Fade Away.....”**

As the days fade away; one can only look around for what lies ahead and speculate – be it good or bad. Whatever it be one must keep in mind the age old saying of “Man Proposes; and God Disposes”. Presently the “sitting outside” on the verandah and watching the “World go around” is all but gone and restricted as such; confining one to being indoors within the walls of the home. However, we of the extreme North have to contend with the God given four seasons and savour the good and the bad as we humanly can – for each season has its characteristics and metamorphoses; and it is for us to contend with, enjoy and make best of it all. Easier said – but does everyone agree? For it is said that “One Man’s Meat is another Man’s poison”.

Back to the landscape; one see’s the bleak and grey skies and feels the cold penetrating ones clothes. The flowers have all but withered and lay forlorn on the ground; but to compensate we do see the myriad and kaleidoscopic change in the colour of the leaves which leaves us with such a warm feeling; and perhaps with ecstasy. But for how long will be dependent on the blowing winds. The downside of this very pleasing sight will be the leaves that have been shed on the ground by the winds to create a labour intensive task for the poor gardener.

The colourful birds that flew, swooped and performed aerobatics have all gone away; and so has the bees that were buzzing around the flowers. All gone away to warmer climes; emulated by the famous “Canadian Snowbirds” on their annual trek. What remains sauntering around the garden are the squirrels with bushy tails foraging and scrounging around; seeking food and other nest building material to shore up their resources for the Winter Season that lies ahead.

As for the neighbours; they are the same as they always were. Just the cursory greeting and nothing more – reeking of the “Hi & Bye” society that is so rampant in this country – be it neighbour or at place of work. Even at large Socials & Dances this trait continues, for the “noise” of the music will never allow you to converse or have a meaningful conversation. What a pity that this should be so; in what is purported to be an advanced and learned Community.

Doesn’t it remind of “back home” when you could step out of your home and indulge in cordial and meaningful conversation with neighbours friends and acquaintances. But one can only guess this happens as life here is in the “fast lane” and the niceties will only remain within the confines of a “Hi & Bye”.

Due to the weather change and impending deterioration of the warm weather and the anticipated onset of winter, one finds the “whirring” noise of the lawn movers have long gone; with the operators confined to their homes. Even the “road-runners” are conspicuous by their absence. So one does venture out into the Big “Shopping Malls” to continue with their “constitutional” walk. The vibrancy, glee and colour have all but gone; and instead it is “dragging the feet”, sullen looks and dark & grey clothing is seen in abundance. Even the shop windows are draped and adorned with lack-lustre colours. It should not be long before Christmas Season dawns on us and then we return to joviality, purpose and colourfulness. Pardon me if I am “politically wrong” in saying “Christmas Season” instead of “holiday Season”. For me it shall remain Christmas Season; for it is said “to each their own; and God for us all”.

Coming from a Tropical Country one is reminded that we lived off one-suitcase, so to say. In other words we only had “summer clothing” to wear throughout the year; but in the extreme North of the Hemisphere we have four suitcases to contend and conform to. One for Summer; one for Fall; one for Winter & one for Spring. Perhaps the vagaries of weather has to do with the mood swings that one has to succumb to. However through this gamut of weather cycles one just has to “be prepared” as propagated by the Scout movements; and adapt oneself to make use of the situation as best as one could. For as long as there is breath in you just inhale the goodness in life or else you shall forever live with a dark pall of gloom hanging over your head. Thereby over- shadowing your gleam, gait and human feelings; to your own detriment.

For as the Days Fade Away; look forward at the brighter side and lead a life in content, in addition to spreading the message of Peace, Goodwill & Love among all beings and bringing cheer to the needy. Which also brings to mind an oft sung ditty to the tune of the famous “Baila” in Sri Lanka – “Kapanglah; Beepanglah; Jolly Kerapanglah; Heta Marunoth Hithata Sapai Adha Jollykaralah” which means “Eat; Drink and Be Merry with no regrets if you die tomorrow”.

So, Dear Readers I leave you to take the best & leave the rest.

Noor Rahim



### **Subtle Signs of Anemia**

Anemia affects about 7% of the U.S. population, and women are at greatest risk. Symptoms can range from mild to life-threatening. Here's what you should know.

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### **Is Your Thyroid Out of Whack?**

Does fatigue drag you down day after day? Are you often revved up, sweaty, or anxious? Gaining or losing weight? Your thyroid gland could be to blame.

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### **Signs of a COPD Flare-Up**

No matter how careful you are, your COPD may act up from time to time. Here's what you can do when it happens.

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### **How to Lose Weight After Menopause**

Your metabolism slows down as hormone levels decrease, so you may have put on a few pounds after menopause. These tips can help you lose it.

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### **Heart Symptoms You Should Never Ignore**

Problems like arm pain, fatigue, and nausea can be warning signs of heart trouble. Find out when you should seek care right away.

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### **Cancer 'Remedies' You Should Avoid**

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

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## Stop Making These Showering and Bathing Mistakes

Are you bathing too often, using soap where you shouldn't, or letting bacteria grow in your showerhead? See other habits you should avoid.

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## How to Have the Best Sex of Your Life

Regular rolls in the hay could reduce your stress, improve your relationship, and even help you sleep better. Follow this advice to make it all the more satisfying.

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## 10 Surprising Sources of Carbs

If you're careful about bread, rice, and pasta but are still eating these foods, you might need to rethink your menu.

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## Surprising Reasons Your Hair Is Falling Out

Take another look at the side effects of the drugs you're taking. Hair loss may be on the list. See what else could be to blame.

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## CBD and Diabetes: What the Science Shows

Research is ongoing to see if this non-psychoactive compound in marijuana can help control blood sugar, calm inflammation, and ease nerve pain from diabetes.

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## Bad Habits Linked to Diabetes

It's not just what you eat or whether you exercise that makes a difference. These behaviors can impact your health, too

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## Home Remedies: What Works and What Doesn't?

You can find a home remedy for almost any ailment. The only problem: Most aren't effective. See which ones may actually help and which to avoid.

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## What's the Best Time to Exercise for Women's Hearts?

Could a morning workout deliver more heart benefits than exercise at night? New findings may have the answer for women in their 40s and up.

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## Heart Bypass Surgery: A Life-Changing Experience

Find out what having coronary artery bypass surgery is like from a patient's perspective.

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## 6 Reasons to Eat More Cranberries

They take center stage during the holidays, but these tart treats have benefits that are good for you all year long.

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## NSAID Use May Worsen Arthritis Inflammation

People who use these anti-inflammatory medications to treat arthritis of the knee may actually make the condition worse, new research suggests.

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## 16 Ways to Avoid Back Pain

The wrong kind of exercise can increase your chances of back pain. Try these moves instead, and follow these tips for sleeping, standing, sitting, and lifting.

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## Tips for Coping With Fibromyalgia

Something as simple as a daily soak in a hot bath could improve your symptoms. See what else may help.

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## What exercise shrinks prostate?

1. Include **Aerobic Exercise**. Exercise that is good for your heart is also good for prostate and sexual health. Do 30 minutes of aerobic exercise, like swimming, biking, speed walking, or hiking on most days of the week

## Is coffee good for prostate?

One to 3 cups a day can lower your odds of aggressive prostate cancer by nearly a third -- no matter what your health condition is. If you have or used to have prostate cancer, the news could be good for you, too. Researchers also found that 4 or more cups of coffee a day may help delay the disease's progression.

## [Working Out To Fight Back Against Breast Cancer Treatment Side](#)

### [Effects](#)

Radiotherapy has emerged as an important component of breast cancer treatment, but can lead to cancer-related fatigue and negatively impact patients' health-related quality of life. ECU [research](#) has revealed exercise may make life more tolerable for patients.

[Read the full story](#)

## [Put The Kettle On! How Black Tea \(& Other Favorites\) May Help Your Health Later In Life](#)

A daily cup of tea could help you to enjoy better health late in life -- however, if you're not a tea drinker, there are other things you can add to your diet.

The key is flavonoids, naturally occurring substances in many common foods and beverages such as black and green tea, apples, nuts, citrus fruit, berries, and more.

They have long been known to have many health benefits -- however new Edith Cowan University (ECU) [research](#) shows they may be even better for us than previously thought.

[Read the full story](#)

**Lycopene** is a non-provitamin A carotenoid that is responsible for the red to pink colors seen in tomatoes, pink grapefruit, and other foods.

Processed tomato products are the primary dietary lycopene source in the United States.

Lycopene is more easily absorbed in the body when it's cooked (such as in a homemade tomato sauce). While there is some research to support lycopene's health benefits, much of it is low quality, so more research is needed. Don't let that stop you from including red fruits and veg in your diet. As well as the usual vitamins, minerals and fibre that come with all fruits and vegetables, the pop of colour will add interest to everyday dishes. Add pomegranate seeds or cherry tomatoes to a green salad or cous cous (search online for "BHF jewelled couscous" to see our recipe) or strawberries to a bowl of porridge. Suggestions: Cherries, cranberries, radishes, red apples, red grapes, red peppers, tomatoes, and watermelon. Top tip: Add chopped tomatoes to omelettes or burritos

### **What is lycopene good for?**

Lycopene is a powerful antioxidant with many health benefits, including sun protection, improved heart health and a lower risk of certain types of cancer. Though it can be found as a supplement, it may be most effective when consumed from lycopene-rich foods like tomatoes and other red or pink fruits.

### **What does lycopene do for the prostate?**

Lycopene is a promising nutritional component for the chemoprevention of prostate cancer (PCa). A possibly beneficial role of lycopene in patients diagnosed with benign prostate hyperplasia (BPH), at increased risk of developing PCa, has been suggested, although clinical data are lacking.

### **Does lycopene shrink the prostate?**

Patients were randomised to 15 mg lycopene vs placebo. PSA was significantly reduced in the lycopene group, and prostate volume was unchanged after 6 months. In the placebo group, a 24% increase of prostate volume was observed. Thus, lycopene can potentially inhibit disease progression in BPH.

### **Do tomatoes shrink the prostate?**

They discovered that the chemical lycopene, which gives tomatoes their red colour, could reduce the expansion of the prostate. The gland is wrapped around the urinary tract, and its enlargement in later life can make urinating slow or complicated – a condition called benign prostatic hyperplasia (BPH).

- [Health Risks of Sleeping in on Weekends](#)

## **What foods clean your prostate?**

Here's a look at the top five foods to eat for a healthy prostate:

Cruciferous Vegetables. This class of vegetables includes things like cabbage, bok choy, kale, cauliflower, and Brussels sprouts. ...

Berries. ...

Fish. ...

Cooked Tomatoes. ...

Coffee & Tea.

## **Is Ginger good for the prostate?**

**Ginger is effective in blocking 5-lipoxygenase, an enzyme that promotes cancer development.** It helps reduce the risk of cancer and even helps shrink tumours in the prostate. In some studies, ginger has been determined to affect prostate cancer cells by: Weakening the development of cancer cells.

## **What herbs help an enlarged prostate?**

Herbal supplements that may relieve benign prostatic hyperplasia (BPH) symptoms include **beta-sitosterol, cernilton , Pygeum africanum, and saw palmetto.**

## **Is avocado good for the prostate?**

**Avocados are rich in beta-sitosterol, a plant sterol thought to reduce symptoms associated with BPH.** Some men taking beta-sitosterol supplements say they have better urinary flow and less residual urine volume.

## **Sesame seeds**

Sesame seeds are rich in zinc. The mineral is essential to the health of the prostate, according to a study in the [Indian Journal of Urology](#) [Trusted Source](#). Men with either BPH or prostate cancer have lower levels of zinc in their bodies, sometimes up to 75 per cent lower than those with healthy prostates.

Zinc that comes from food is more accessible to absorb than zinc supplements. Help your body by snacking on sesame seeds. Almonds, adzuki beans, and pumpkin seeds are also high in zinc.

A [study](#) on rats shows that pumpkin seeds may also be beneficial for managing BPH.

# Salmon

Obesity may increase your risk for an enlarged prostate, according to the [Mayo Clinic](#).

One review [Sources](#) increasing omega-3s and exercise to decrease obesity and weight gain. Salmon is rich in omega-3 fatty acids. These healthy fats can protect you from:

- cardiovascular disease
- cancer, rheumatoid arthritis, inflammation, weight gain

If you're not a fan of fish, you can get your omega-3s from walnuts, ground flax seeds, chia seeds, and canola oil. Smaller amounts are found in kidney beans and soybeans.



## [A High Fat Diet Can Provoke Pain Sensitivity](#)

Most experts agree that nerve damage and pain that is observed in those with obesity or diabetes is related to their metabolic state. A new [study](#) published in Scientific Reports from the University of Texas-Dallas is challenging this notion, suggesting that the act of indulging in fattening food alone may be the driving factor behind pain in some people. Findings add to the growing evidence supporting the avoidance of a high-fat diet (HFD).

[Read the full story](#)

## [How Sweet: Honey May Help Reduce Cardiometabolic Risks](#)

According to recent [research](#) published in the journal Nutrition Reviews from the [University of Toronto](#), honey may help to improve key measures of cardiometabolic health such as cholesterol levels and blood sugar levels, and raw honey from a single flora source provides the most health benefits.

[Read the full story](#)

The green Mediterranean diet (MED) significantly reduces visceral adipose tissue, a type of fat around internal organs that is much more dangerous than the extra "tire" around your waist. The green Mediterranean diet was pitted against the Mediterranean diet and a healthy diet in a [large-scale clinical interventional trial](#)- the [DIRECT PLUS](#). Subsequent analysis found that the green Med diet reduced visceral fat by 14%, the Med diet by 7%, and the healthy diet by 4.5%. The study was published in [BMC Medicine](#).

Reducing visceral fat is considered the true goal of weight loss as it is a more important indicator than a person's weight or the circumference of their waist. Visceral fat aggregates over time between organs and produces hormones and poisons linked to heart disease, diabetes, dementia, and premature death.



5. **Curry** - turmeric is the spice that gives curry its distinctive flavor, and contains the powerful anti-inflammatory nutrient curcumin. Research shows that curcumin improves memory and helps new brain cells to grow through neurogenesis.



6. **Nuts** - especially walnuts because of the plant based Omega 3 fats they provide, as well as antioxidants and phytosterols that can boost brain function and healing.

- [AGE-RELATED MACULAR DEGENERATION](#)
- [Low-Glycemic Diet for Macular Degeneration](#)

Researchers find that switching from a high to a low-glycemic diet may stop age-related eye disease by arresting damage to the retina. A recent study has shown that the onset of age-related macular degeneration (AMD) can be slowed by transitioning from a high-glycemic diet to one that is low-glycemic (mouse model). As an example, swapping out white bread for whole grain bread. High-glycemic foods spur the rapid release of sugar into the bloodstream compared to low-glycemic foods. The study was performed by academicians at Tufts University's Jean Mayer USDA Human Nutrition Research Center. Results of the study were recently published in PNAS. Why the Study Matters

These biomarkers can be used to estimate when an individual is at risk for AMD. AMD is the top cause of vision loss in individuals over the age of 50. It begins with blurred vision and gradually leads to incurable vision loss.

- [FUNCTIONAL FOODS](#)
- [Science-Backed Health Benefits of Cinnamon](#)

Cinnamon is a spice that has been used to flavor foods for hundreds of years. The spice is used more in desserts or bakery, but it is also an ingredient in various main dish recipes. Some of the spices that have been used for many years also have significant health benefits, and cinnamon is no exception. Cinnamon is the most consumed spice worldwide, so health professionals are very encouraged by recent news about how healthy it can be.

- [AGE-RELATED MACULAR DEGENERATION](#)
- [Revolutionary Eye Drops to Treat Macular Degeneration](#)

Scientists have developed eye drops that could spell the end of painful injections directly into the eye to treat age-related macular degeneration (AMD). University of Birmingham scientists have created a new type of eye drop that has the potential to revolutionize the treatment of one of the top causes of blindness. The findings of this collaborative research were recently published in Investigative Ophthalmology and Visual Science. These new eye drops just might signal the end of painful injections in the patient's eyeballs to treat the eye disorder referred to as age-related macular degeneration (AMD). AMD impacts millions of people across the globe. Professionals within the medical community suggest this figure will likely increase significantly in the future as the baby boomer age cohort enters the golden years of life. AMD does not cause any sort of pain, but it causes individuals to slowly lose central vision, almost always in both eyes. The sole means of treating AMD is through successive injections in the eyeball each month across three years. These injections can be very unpleasant. Aside from their unpleasant nature, such injections can also create tearing and infections within the eye. Such harm increases the odds of blindness.





1. **Celery** - this popular vegetable is included as an ingredient in many recipes, but few people know it contains luteolin, a plant compound that reduces brain inflammation and is a factor in preventing memory loss.



2. **Crab** - this tasty seafood provides phenylalanine, an amino acid influential in the production of the brain stimulating neurotransmitter dopamine, and it may also help to prevent Parkinson's disease.



3. **Garbanzo beans** - these tasty beans are a great source of magnesium citrate, a nutrient that improves blood flow and helps brain cell receptors transmit messages faster.



4. **Red meat** - beef is on the list of foods doctors say should be eaten rarely, but red meat is an important source of Vitamin B12 which is essential for optimal brain health.

## Health benefits of Cinnamon

**Cancer** - is a devastating disease that science has yet to find a sure way to cure. Cinnamon is a significant source of cinnamaldehyde, a compound that could protect against colorectal cancer.

1. **Healing** - wounds that become infected can develop into a serious problem if bacteria cannot be controlled. The combination of cinnamon and peppermint essential oils has been found effective against antibiotic resistant bacteria, and also aids in cellular growth.
2. **Improved learning potential** - researchers fed cinnamon to mice and found the mice were better able to learn new skills. Adding the spice to the diet of slow learners may be a new and better way to help people with learning disabilities.
3. **Alzheimer's disease** - this devastating condition that mostly affects seniors has become more prevalent and still has no cure. Cinnamon has shown promise in preventing or reducing the plaques and amyloid fibers identified as factors causing dementia. Eating the spice may even bring improvement to those people already affected by the disease.
4. **Weight loss** - there is some evidence that consuming cinnamon can speed up metabolism which could help some people lose weight. Increasing metabolism burns more calories and increases energy, so a higher level of activity and some weight loss may result. Adding cinnamon instead of sugar to foods for flavor also helps as a weight loss aid as this can reduce the calories in food.
5. **Diabetes** - type 2 diabetes has been steadily increasing over the past few decades, probably due to a population that is aging and might also be influenced by an increase in obesity. A Chinese study found that diabetics who received a daily cinnamon supplement for three months experienced reduced blood glucose levels as well as significant reduction in blood triglycerides.
6. **Parkinson's disease** - has symptoms that include tremors and difficulty in normal movement and walking. While doctors can prescribe drugs to combat the symptoms, no cure has been found at this point. Research conducted by Rush University Medical Ctr has found that Ceylon Cinnamon fed to mice in a recent study shows the spice may help to reverse the symptoms of the disease for Parkinson's sufferers.
7. **Bacterial and Fungal infections** - including salmonella and listeria are typically food-borne and can cause serious illness when not controlled. Cinnamaldehyde is the primary component in cinnamon and can effectively inhibit the bacteria and also helps to reduce tooth decay and bad breath.
8. **Inflammation** - is the body's defense against infection due to tissue damage, but it can lead to serious health problems if not controlled. The anti-inflammatory properties of cinnamon are effective in reducing the harmful effects of inflammation.

Cinnamon is a sweet and pungent spice that people enjoy in a variety of dishes ranging from desserts to meat-based recipes. Most people do not realize the spice offers many health benefits as well, but it should be noted that Ceylon cinnamon in its purest form is their best choice. The cheaper cassia cinnamon is high in coumarin which can cause [liver damage](#). *Anyone using cinnamon for its health benefits should make sure they purchase the Ceylon variety.*

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