

Health & Views

April issue 2023

Compiled & Presented by Dr Harold Gunatillake OAM, FRCS, FICS, FIACS, AM(Sing), MBBS(Cey)

Why You Should Start Eating Pasta Again



Good news, linguine lovers: Pasta is back on the healthy list. And that's not all: It may actually help you cut down on belly fat.

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13 Ways to Lower Your Stroke Risk

You may not be able to change your genes, but you can take these steps to help keep your blood vessels in good shape.

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Mediterranean Diet Could Keep Your Brain Younger



March 9, 2023 – Following the MIND or Mediterranean diet may hold back changes in the brain linked to Alzheimer’s disease by the equivalent of up to 18 years of aging, a new study suggests. Carefully following the entire diet plan wasn’t needed to get significant benefits – following just one part appeared to help keep the brain youthful.

“These results are exciting. Improvement in people’s diets in just one area – such as eating more than six servings of green leafy vegetables per week, or not eating fried foods – was associated with fewer amyloid plaques in the brain similar to being about 4 years younger,” study author Puja Agarwal, PhD, an assistant professor at Rush University Medical Center in Chicago, said in a [statement](#).

Secrets to Exercise Success

Training for something (like a run or a ride) or joining a league may help you stay motivated -- and you don't have to be an athlete to do it.

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Pros and Cons of Fasting

Fasting is gaining in popularity, thanks to its many benefits. But it's not a good idea for some people.

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Signs You're Low in Vitamin D

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

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How to Stop Snoring

About half of us snore sometimes. Even if it doesn't bother you, it shouldn't be ignored. Here's what may be to blame, and what you can do about it.

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Warning Signs of Insomnia

Aside from not being able to fall asleep or stay asleep, you may be sleepy during the day and have these other symptoms.

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Habits of Couples Who Have Great Sex

Couples who are sexually satisfied tend to understand that it's about more than just intercourse. See what you can do to have better sex, too.

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What to Do When You Can't Fall Back Asleep

About 20% of people wake up in the wee hours, then struggle to get back to sleep. Use these tips to help you doze off.

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What Is the Treatment for Insomnia?

See which medications and lifestyle changes may help you get better rest.

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CANCER

Signs and Symptoms of Colon Cancer You Should Know About



MIND & BODY

7 Things You Can and Can't Do About Natural Breast Changes



SKIN, HAIR & NAIL CONDITIONS

12 Reasons You Have Itchy Feet—and What to Do About It



UROLOGICAL CONDITIONS

What to Know About Overactive Bladder—including Causes, Symptoms, and Treatment Options



For the ex-pat Sri Lankans,
globally

Health&Views

These delicious recipes from Food & Wine <foodandwine@mail.foodandwine.com>

April 1st 2023

Compiled & Presented by Dr Harold Gunatillake



6 Schnitzel Recipes to Crisp Up Your Dinner

Few things brighten up a meal like a crispy slab of schnitzel. We have recipes to fry up chicken, pork, turkey, and trout.

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50 Seafood Recipes to Make Again and Again

We've got recipes for mussels, monkfish, tuna, and trout—the list goes on and on. Read on for the full spread.

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38 Irresistible Shrimp Recipes to Bookmark



11 Salad Dressing Recipes for Greens and Vegetables



11 Recipes You Can Make Using Pantry Staples



Our Ultimate Fish Taco Recipes



14 Days of Avocado Recipes



20 Next-Level Cheeseburgers



[5 Places In Your Kitchen You Should Be Cleaning With Baking Soda](#)

[Could the hunger hormone help improve heart function in people with heart failure?](#)

Researchers have found that an activated form of the hunger hormone ghrelin can help people with heart failure by increasing the heart's pump capacity.

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[9 Things Your Server Wishes You'd Stop Doing At Restaurants](#)



[Metastatic breast cancer: Scientists find new mechanism to prevent recurrence](#)

Scientists have discovered a new mechanism that may prevent tumors from reawakening in people with ER-positive breast cancer.

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[What does constipation feel like?](#)

Written by Caitlin Geng on March 16, 2023

A person is constipated when their stool is hard, dry, infrequent, and difficult to pass. Constipation may also cause abdominal pain, nausea, and bloating.

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[Insomnia in the elderly](#)

Insomnia is common in older adults, and treatment can involve a combination of medications, natural remedies, and changes to sleep routines.

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[9 Ways Worrying Can Wreck Your Health](#)

It doesn't just affect your state of mind. Too much worry can harm your immune system, blood pressure, and sexual function.

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