

Lifestyle Changes
That Help With
Diabetes

Health Newsletter for the Sri Lankans, globally

Healthier
Dessert
Options

HEALTH & VIEWS

Health Benefits of Agave

SEPTEMBER 3rd issue 2024

Presented & edited by Dr Harold
Gunatillake OAM



Local Community Support at our



It is encouraging and heartwarming to observe the extent to which the local community in the Ambagasdowa region support our children, projects, programs & activities since the Ambagasdowa centre was established. The local community regularly provide nourishing meals for our children, as shown in the photographs above.

Why Dark Chocolate Can Be Good for You

Donation of Laptop Computers to VACD Sri Lanka:

Rukshan & Farrah Carim (Farrah is a VACD Director and member of our VACD Melbourne Chapter) have been sponsors and long-term supporters of our mission since we were established. They recently donated 10 laptop computers to our VACD Sri Lanka centres that are now being used by our staff and also to coach our children (basic training) in computer literacy. We wish to place on record our deep appreciation for the support we have and continue to receive from Rukshan and Farrah. Thank you dear Rukshan & Farrah for your unceasing support, passion and commitment towards our mission.



Felix Stephen

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

Member of the Advisory Board – VACD Sri Lanka

Member of the Advisory Board – Two Leaves Foundation Sri Lanka

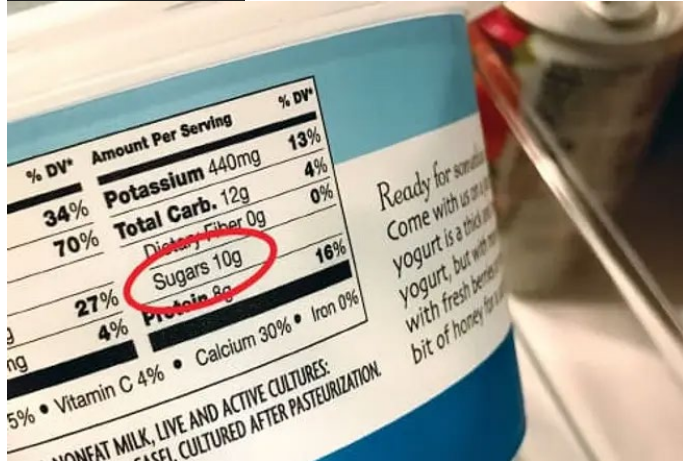
Senior Associate – Cognoscenti Group – Sydney – Australia-

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

Member of Investment Committee - Arrive Wealth Management -
Brisbane – Australia –

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

How to Tell Which Foods Have Less Sugar



Even small amounts of sweeteners in foods like condiments, snacks, and drinks can add up. Here's what you need to look for when comparing labels.

[Read More](#)

Which Bread Should You Choose?



Whole grains are a better bet, but it can be tricky to tell from label claims alone which options are really the healthiest.

[Take Quiz](#)

7 Names for Sugar Alcohols

They can be naturally occurring or manmade, but unlike artificial sweeteners, they are a carbohydrate and can raise your blood sugar.

[Read More](#)

If You Have Diabetes

Sugar alcohols can be part of a [healthy eating](#) plan when you need to manage diabetes. Unlike artificial sweeteners, sugar alcohols are a kind of carb and can raise [blood sugar levels](#), though not as much as sugar.

You'll need to count carbs and calories from sugar alcohols in your overall meal plan. Foods labeled "sugar free" or "no sugar added" might seem like "free" foods you can eat as much of as you like, but overeating them can make your [blood sugar levels](#) very high.

If you're counting carbs and the food has more than 5 grams of sugar alcohols, subtract half of the sugar alcohol grams from total carb grams. For example, if the label lists "Total Carbohydrate 25 g" and "Sugar Alcohol 10 g," do this math:

- Divide sugar alcohol grams in half = 5 g
- Subtract 5 g from Total Carbohydrate:
 $25\text{ g} - 5\text{ g} = 20\text{ g}$
- Count 20 g of carbs in your meal plan

One exception: If erythritol is the only sugar alcohol listed, subtract all of the grams of sugar alcohol from Total Carbohydrate.

If you need help creating a meal plan or managing carbs, ask your doctor or dietitian for guidance

Thinking About Giving Up Meat? Start Here

Whether you're reducing your intake or cutting meat out of your diet altogether, find out how to pick the best proteins and tweak your favorite recipes.

[Read More](#)

How Long-Acting Insulin Works

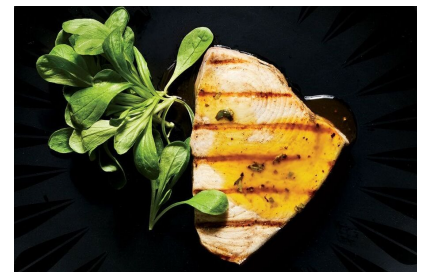
Unlike bolus insulin, basal insulin is longer-acting and keeps your glucose levels steady day and night.

[Read More](#)

What to Eat Before Exercising

If you take insulin or a drug that pushes your pancreas to make it, your pre-workout snack depends on a few things. Here's what to keep in mind.

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Swordfish Sicilian-Style

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Pasta With Abruzzi-Style Lamb Sauce

[READ MORE](#)



Roast Chicken With Lemons

[READ MORE](#)



RECIPES

36 Squash Recipes for Summer, Fall, and Beyond

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Exercises That Can Help You Sleep Your exercise habits could be affecting your sleep health. See what types of workouts could help you get more rest tonight.



NEWS

Introducing a New Way to Keep Track of All Your Favorite Food & Wine Recipes

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COOKING TECHNIQUES

How to Fix Burnt Tomato Sauce, According to a Chef

[READ MORE](#)

What High Blood Pressure Can Do to Your Body

Your arteries should be sturdy, springy, and smooth to move blood easily from your lungs and heart. High blood pressure... [Read more...](#)

Don't Skip These Higher- Carb Veggies

Painful and Frequent Urination

Bladder infections can be painful and often require medical treatment. Learn how UTIs are diagnosed in infants, adults, and the elderly. Also learn how... [Read more...](#)

Simple Steps to Boost Bone Health

Weak and brittle bones don't have to be part of aging. Your bones are a living tissue that rebuilds itself. You can 'borrow' from banked bone strength as you get older.

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How Can Diabetes Affect My Feet?

Diabetes can cause serious foot complications such as nerve damage, infection, and ulcers. Find tips for proper foot care... [Read more...](#)

Men Likely To Develop Mental Health Issues After A Breakup

A study by the University of British Columbia found that men are at an increased risk of developing a mental illness after a breakup. 47 men were interviewed about their personal experiences with breakups. A common trend found among participants was that when a relationship faced an issue they typically downplayed or ignored it. Uncertainty about how to communicate in a relationship results in men isolating themselves rather than asking for help. Sadness, regret and guilt are commonly felt after a breakup. A lot of the men who reported dealing with these feelings admitted to using alcohol and other substances to numb the pain. The majority of the participants eventually did seek out other ways to cope and move on. Some of these coping mechanisms include exercise, reading, self-care or reaching out to friends for support.

14 Herbal Supplements: Uses and Safety Concerns



It may seem like these products should be harmless, but some may not be safe, especially if you have certain medical conditions or medications. Talk with your doctor before taking any supplements.

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Endometriosis or Fibroids?

Both uterine fibroids and endometriosis cause pelvic pain, and sometimes the two conditions can be confused. Understanding the... [Read more...](#)

Health Benefits of Figs

What Causes DVT?



A painful, swollen leg may be one sign of a dangerous clot. This slideshow explains the symptoms, treatments, and prevention of deep vein thrombosis (DVT). [Read more...](#)

What Causes Loss of Smell and Taste?

If you plug your nose, nothing tastes the same. Taste and smell issues are common with age and allergies, but they could also be a sign of something more serious. [Read more...](#)

How to Get Rid of Age Spots



These small, flat, dark areas on your skin won't hurt you, so you don't have to treat them. But if you don't like how they look, you can make the spots less noticeable or even make them disappear.

[READ MORE](#)

An Antioxidant That Might Help With Diabetes

While it shows promise for treating nerve pain and lowering blood sugar, you shouldn't try this supplement without your doctor's OK. [Read More](#)

Become a More Proactive Patient

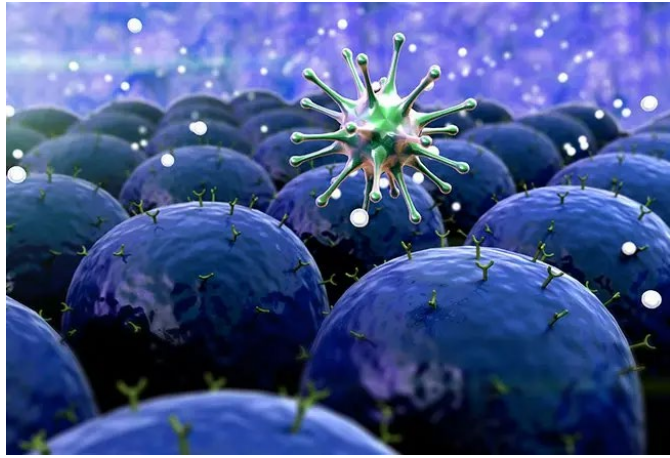
Understanding what your doctor recommends and why can help you take charge of your health and avoid mistakes. [Read More](#)

Foods to Watch When You Have AFib



When you have AFib, an irregular heartbeat, you need to watch what you eat. Think twice before you eat or drink these foods... [Read more...](#)

How Are Antibodies Produced in the Body?



Antibodies are an integral part of your body's immune system. There are certain infections that you'll fight over and over... [Read more...](#)

Drug-Free Diabetes Treatments

Thinking of trying one of these natural remedies? Know that they aren't always the "cure" they claim to be. [Read More](#)

[Natural Remedies for Diabetes](#)

[Alpha-Lipoic Acid](#)

12 Healthy Indulgences



Isn't it time you took care of yourself? Good food, relaxation, laughter -- we've got 12 great ideas for affordable, healthy indulgences that will recharge your batteries in no time. [Read more...](#)

Diabetes and Tendon Damage

Alternative or Complementary Treatments

Acupuncture is a procedure where a practitioner inserts very thin needles into specific points on your [skin](#). Some scientists say that acupuncture triggers the release of the body's natural painkillers. Acupuncture has been shown to offer relief from [chronic pain](#) and is sometimes used by people with neuropathy, the painful [nerve damage](#) that can happen with diabetes.

12 Hangover Myths to Stop Believing

Think hangovers are no big deal? Think again. Here's how they can affect your health, and what can help ease and even prevent them. [Read More](#)

Natural Ways to Boost Testosterone

The Best Coffee You Can Drink



Coffee has good-for-you antioxidants and micronutrients. But the way you drink it -- the temperature, plus whatever you add to it -- may undo the benefits. [Read More](#)

The Toxic Chemicals in Your Food Packaging

Scientists have identified 14,000 distinct chemicals that come into contact with food, and a new study has established that 3,601 of them have been detected in the human body. [Read More](#)

What to Eat to Help Prevent Breast Cancer

No single food or diet plan prevents breast cancer, but what you eat plays a role in how likely you are to get the disease, or whether or not it comes back once you've had it. [Read More](#)

The Best Natural Sleep Remedies

Lots of people turn to these drug-free remedies for a better night's rest. Find out which of the most popular treatments really work. [Read More](#)