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Food Symptom Diary Logbook For

Dust allergy, mite allergy, food allergy, drug allergy...the list is endless, but do not take allergies lightly, because some can kill you. Severe allergy cases are on the rise lately, said Dr Saied Al ...

Peanuts, shellfish or diary can kill you: know the allergies, triggers, treatments and preventive measures

Unless you're an expert - like a registered dietitian, a nutritionist or a food researcher - you might use these terms interchangeably. But a food allergy and a food sensitivity are different things, ...

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The Difference Between Food Allergies and Food Sensitivities

Histamine is a chemical produced by your immune system, but it's also found in foods. Foods high in histamine include alcohol, aged cheese, chocolate and more.

8 Foods High in Histamine to Limit if You Have Histamine Intolerance

Have you ever had a bad reaction to a food or a beverage. If so, did you know whether your reaction was caused by a food allergy or a food sensitivity.

Food Allergy vs. Food Sensitivity: What's the Difference?

PAINFUL joints, symptomatic of rheumatoid arthritis, may be triggered by the beverages you consume. If you would like to minimise the frequency of flare-ups, it might be worthwhile creating your own ...

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Arthritis diet: Drinks to avoid or risk triggering painful joint symptoms

Runner's trots (also called runner's gut or runner's stomach) is the euphemism strong urge to use the bathroom during or after a run, which can also be accompanied by abdominal cramping, nausea, and ...

You Shit Your Pants During A Run, Now What?

Anne-Marie is an intern who caught Covid-19 despite being fully vaccinated. Here she shares the trauma of being ill, the feelings of guilt she ...

A Doctor's Diary of Covid

A top nutritionist has revealed her typical daily diet in lockdown, and shared why it's just as important to think about what you're putting into your body even though it might not feel like it.

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A nutritionist's daily lockdown diet: Foodie shares what she eats each day - and reveals what to avoid when working from home

A supplement that has a similar effect as the ketogenic diet is well-tolerated and appears to reduce seizures in resistant epilepsy, early research suggests. However, at least one expert has concerns.

Can a Supplement That Mimics the Keto Diet Reduce Seizures?

Members of the IBD Healthline community share their go-to strategies to feel more confident dining in restaurants.

5 Tips for Eating at Restaurants When You Live with IBD

It's Friday morning and I'm feeling nervous. No change there then, I hear you cry. No change there then, I hear you cry.

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Except that, this afternoon, I'm going into hospital to have a brain scan...

Liz Jones's Diary: In which I have a very anxious wait

We broke down what you can do to take the perfect poop into three categories: how you sit, diet, and exercise.

Making these three lifestyle changes will help you take the best poop, according to science

This week, government ministers confirmed that the next stage of unlocking from coronavirus restrictions will take place on 19 July. This means that close to all legal curtailments on socialising will ...

Feeling Anxious about Unlocking? Here's 8 Tips On How to Cope, Mentally

Remember the influencer that you love and follow is probably

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having troubles, too. We've seen the deaths of countless stars who on the outside, appear to have it all, but on the inside were going ...

It's time to take your mental health seriously

In this week's Sleep Diaries, a 32-year-old director admits she's struggling with her delayed sleep phase disorder (DSPD).

“Do I have a sleep disorder?” A sleep expert answers your questions

TRICHILLOMANIA sometimes referred to as 'trich', is when someone cannot resist the urge to pull out their hair.

What is Trichotillomania? The 9 symptoms to be aware of

In 2013, and then again in 2017, I wrote about infant colic in the context of bogus claims by believers in chiropractic and acupuncture respectively. At the time, although considerably

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A New Study Finds No Benefit from Chiropractic for Infant Colic, but They'll Keep Doing it Anyway

Associate Professor Lauren Ball The concept of using “the power of food for good” motivated Associate Professor ... if you get the virus you're highly likely to have symptoms of debilitating arthritic ...

Griffith University: Three Griffith scientists honoured as Young Tall Poppies

Susan Goewey tells the story of Juliette, who copes with PANDAS syndrome and created a Little Music Box outside Marshall Road Elementary.

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