

Dr James Muecke is the Australian of the Year in 2020 which was awarded for his work as an eye-surgeon and his work in preventing blindness.

Muecke believes that we should be eating more eggs, cheese, meat and dark chocolate to minimise diabetes, its associated blindness (diabetic retinopathy) and diabetic neuropathy. Peripheral diabetic neuropathy is nerve damage of the limbs that is caused by diabetes. 50% of adults with type 2 diabetes have peripheral neuropathy. It can result in pain, numbness and an increase in sensitivity. Diabetes account for more than 80% of amputations.

Numbered Lists

Standard Ordered List

1. Lysine
 2. Arginine
 3. cysteine
 4. methionine
-

List 2 - Green Border

- 1 *Convert Common Pathology Tests to SI Units* I spend a lot of time reading medical journals which usually contain results using conventional American units. This utility allows conversion to SI Units for a number of common pathology tests.
- 2 *Measurement Unit Conversion* Allows conversion with ten measurement categories - area (large and small), energy, length, mass, power, pressure, speed, volume (large and small). It is useful for cooking as there are substantial differences in the volumes of teaspoons and other measurements in US, Europe, Australia and international measurements.
- 3 *Color Inspector* This utility allows you to examine all the 140 named web colors. You can search for colours using several different methods including RGB and HSL to lookup a required colour. It allows you to list similarly named colors to the selected

color as well as listing 5 shades of lighter and darker colors for the selected color. Colors can be sorted based on shade (red, green, blue, cyan, yellow, magenta, neutral, gray), brightness as well as name. Notes are provided to explain how colors are specified for web pages.

List 2a - No Green Border

1. **Convert Common Pathology Tests to SI Units** I spend a lot of time reading medical journals which usually contain results using conventional American units. This utility allows conversion to SI Units for a number of common pathology tests.
2. **Measurement Unit Conversion** Allows conversion with ten measurement categories - area (large and small), energy, length, mass, power, pressure, speed, volume (large and small). It is useful for cooking as there are substantial differences in the volumes of teaspoons and other measurements in US, Europe, Australia and international measurements.
3. **Color Inspector** This utility allows you to examine all the 140 named web colors. You can search for colours using several different methods including RGB and HSL to lookup a required colour. It allows you to list similarly named colors to the selected color as well as listing 5 shades of lighter and darker colors for the selected color. Colors can be sorted based on shade (red, green, blue, cyan, yellow, magenta, neutral, gray), brightness as well as name. Notes are provided to explain how colors are specified for web pages.

List A

Bring water to a boil over high heat, then reduce heat to medium and cook at rapid simmer until potatoes are easily pierced with a paring knife, about 10 minutes for chopped potatoes and 20 minutes for whole potatoes. Drain potatoes in a colander. Bring water to a boil over high heat, then reduce heat to medium and cook at rapid simmer until potatoes are easily pierced with a paring knife, about 10 minutes for chopped potatoes and 20 minutes for whole potatoes. Drain potatoes in a colander.

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List B

List B

Dice the potatoes.

Boil them in lightly salted water.

Until tender when jabbed with a fork.

Add salt and pepper to taste.

Dice the potatoes and boil them in lightly salted water, until tender when jabbed with a fork. Dice the potatoes and boil them in lightly salted water, until tender when jabbed with a fork. Dice the potatoes and boil them in lightly salted water, until tender when jabbed with a fork.

Multi-level Ordered List - Symbols

- Ungulates
- Carnivores
 - Black Bear
 - Sun Bear
 - Panda
- Primates
 - Prosimians
 - Anthropods
 - New World Monkeys

- Old World Monkeys
- Hominoids

Multi-level Ordered List - Decimal

1. Ungulates
2. Carnivores
 1. Black Bear
 2. Sun Bear
 3. Panda
3. Primates
 1. Prosimians
 2. Anthropods
 1. New World Monkeys
 2. Old World Monkeys
 3. Hominoids