



శ్రీ వేపచేదు విద్యా పీఠము

VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal
Health and Nutrition

TIACS-subscribe@yahoogroups.com (The Indian American Chemical Society)

Chief Editor: Dr. Sreenivasarao Vepachedu

Editor: Miss Krishna Claudia Vepachedu

Associate Editor: Dr. Venkateswara Rao Karuparthu

Issue 181

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Babies Begin to Learn in the Womb

Babies begin learning while still in the womb. Abhimanya, while still in the womb, learned various military tactics from his father Arjuna, according to 5000-10000 years old Mahabharat (the great India) a popular epic poem of India. Abhimanya uses the techniques learned in the womb during the world war of Mahabharat in Kurukshetra. A new study confirms that unborn babies are listening and learning during the last 10 weeks of pregnancy and at birth can demonstrate what they have learned. Sensory and brain mechanisms for hearing are developed at 30 weeks of gestational age. The study will be published in an upcoming issue of the journal *Acta Paediatrica*. Read more at <http://scienceblog.com/58852/while-in-womb-babies-begin-learning-language-from-their-mothers/#wOJDpScIVMKTQg8Q.99>

Girls Do Better in School

Research published in the current issue of *Journal of Human Resources* suggests that girls get better grades in elementary school than boys, even when they perform worse on standardized tests, because of their classroom behavior which leads teachers to assign girls higher grades than their male counterparts, such as attentiveness, task persistence, eagerness to learn, learning independence, flexibility and organization. In every subject area, boys are represented in grade distributions below where their test scores would predict. <http://www.sciencedaily.com/releases/2013/01/130102161813.htm>

Animal Products Cause Impotency

Saturated fats found in butter, cheese and meat products cause dwindling sperm counts, in addition to weight related diseases, according to a Danish study, which is not the first study to connect diet and other lifestyle factors to sperm production and quality. <http://www.reuters.com/article/2013/01/07/us-sperm-fats-idUSBRE90601D20130107>

Soda and Coffee

New research suggests that drinking sweetened beverages, especially diet drinks, is associated with an increased risk of depression in adults while drinking coffee was tied to a slightly lower risk. The study was released January 8 and will be presented at the American Academy of Neurology's 65th Annual Meeting in San Diego, March 16 to 23, 2013.

<http://www.sciencedaily.com/releases/2013/01/130108162135.htm>

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Fiber

The rate of prostate cancer occurrence in Asian cultures is similar to the rate in Western cultures, but in the West, prostate cancer tends to progress, whereas in Asian cultures it does not. A high-fiber diet has the clinical potential to control the progression of prostate cancer in patients diagnosed in early stages of the disease, according to a study published in the January 2013 issue of the journal *Cancer Prevention Research*. <http://www.sciencedaily.com/releases/2013/01/130109162032.htm>

Early Starters

If you want your child to [excel musically](#), you now have better justification for starting their lessons early. New evidence comes from brain scans of 36 highly skilled musicians, split equally between those who started lessons before and after the age of 7, but who had done a similar amount of training and practice. Younger-trained musicians may have an advantage because their training coincides with a [key period of brain development](#). At age 7 or 8, the corpus callosum is more receptive than ever to the alterations in connectivity necessary to meet the demands of learning an instrument. <http://www.newscientist.com/article/dn23078-why-musical-genius-comes-easier-to-early-starters.html>

Trees and Us

Evidence is increasing from multiple scientific fields that exposure to the natural environment can improve human health. In a new study by the U.S. Forest Service, the presence of trees was associated with human health. <http://www.sciencedaily.com/releases/2013/01/130116163823.htm>

Extraversion

Extraversion does not just explain differences between how people act at social events. How extraverted you are may influence how the brain makes choices, specifically whether you choose an immediate or delayed reward, according to a new study. Personality affects academic and job performance, social and political attitudes, the quality and stability of social relationships, physical health and mortality, and risk for mental disorder. Extraversion predicts neural activity in a region of the brain called the medial orbitofrontal cortex, which is involved in evaluating rewards. <http://www.sciencedaily.com/releases/2013/01/130117183358.htm>

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Vegetarians are Optimistic and Healthy

Researchers have found that people who eat more fruits and vegetables tend to be more optimistic - and other studies have found that optimistic people, aside from just having a sunnier outlook on life, tend to live longer and suffer from fewer heart-related diseases. Carotenoids are compounds commonly found in plants. They are a type of antioxidant, which have been found to promote good health because they can keep molecules in the body from producing free radicals, which can lead to disease and other health concerns. The study was [published in the journal Psychosomatic Medicine](#).

<http://www.medicaldaily.com/articles/13920/20130116/eating-fruits-vegetables-make-more-optimistic.htm#p027DcsUD5gR0HOv.99>

Eating more fruit and vegetables may make young people calmer, happier and more energetic in their daily life, according to a study published in the *British Journal of Health Psychology* on January 24. Eating fruits and vegetables improved the mood the next day. These findings held regardless of the BMI of individuals. Young people need to consume approximately seven to eight total servings (4 to 5 cups) of fruits and vegetables per day to notice a meaningful positive change.

<http://www.sciencedaily.com/releases/2013/01/130123195351.htm>

However, it should be noted that the produce should be properly washed and cleaned before consuming. A big government study has fingered leafy greens like lettuce and spinach as the leading source of food poisoning, a perhaps uncomfortable conclusion for health officials who want us to eat our vegetables. While people may have gotten sick from plants, more died from contaminated poultry, the study also found. The results were released by the Centers for Disease Control and Prevention. Each year roughly 1 in 6 Americans -- or 48 million people -- get sick from food poisoning. That includes 128,000 hospitalization and 3,000 deaths, according to previous CDC estimates.

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Emerging Adults

A new study finds that nearly half of older teenagers and young adults break up and get back together with previous dating partners and over half of this group have sex as part of the reconciliation process. This study was recently published in the *Journal of Adolescent Research*. Americans of age 17 to 24, also known as "emerging adults." <http://www.sciencedaily.com/releases/2013/01/130122122440.htm>

Soy, Whey and Milk Protein

A new study published in *The Journal of Nutrition* demonstrates the benefits of consuming a protein blend for muscle protein synthesis after exercise. This study utilizes the proteins from soy, whey and casein consumed after an acute bout of resistance exercise. These proteins have complementary amino acid profiles and different [digestion](#) rates (amino acid release profiles). The blend is a high-quality protein containing all the essential amino acids and have individual characteristics thought to offer a unique advantage for muscle growth, with prolonged delivery of amino acids to muscles and extended muscle protein synthesis when subjects consumed the blend, compared to a single source of protein alone. <http://www.news-medical.net/news/20130125/Consuming-protein-blend-after-exercise-can-promote-muscle-protein-synthesis.aspx>

Yoga for Heart

People with a common heart rhythm problem may be able to decrease their symptoms by adding gentle yoga to their treatment regimen, a small study suggests, reported online Jan. 30 in the *Journal of the American College of Cardiology*. Study patients took classes in the Iyengar style, which moves at a slow pace and emphasizes proper alignment in the poses, breathing and relaxation.

Rudeness at Work

Rudeness at work is rampant in the US, and it's on the rise. In 2011, half of the workers surveyed said they were treated rudely at least once a week, up from a quarter in 1998. New research shows the tangible cost of this bad behavior. <http://www.sciencedaily.com/releases/2013/01/130130184048.htm>

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Om! Asatoma Sadgamaya, Tamasoma Jyotirgamaya, Mrityorma Amritamgamaya, Om Shantih, Shantih, Shantih!

(Aum! Lead the world from wrong path to the right path, from ignorance to knowledge, from mortality to immortality, and peace!)

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