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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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

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Sleep, Exercise and Memory

Self-described exercisers report better sleep than self-described non-exercisers even though they say they sleep the same amount each night (6 hours and 51 minutes, average on weeknights). Vigorous, moderate and light exercisers are significantly more likely had a good night's sleep every night or almost every night on work nights than non-exercisers (67%-56% vs. 39%). Also, more than three-fourths of exercisers (76%-83%) say their sleep quality was very good or fairly good in the past two weeks, compared to slightly more than one-half of non-exercisers (56%). If you are inactive, adding a 10-minute walk every day could improve your likelihood of a good night's sleep. Making this small change and gradually working your way up to more intense activities like running or swimming could help you sleep better.

<http://www.sciencedaily.com/releases/2013/03/130304123551.htm>

Sleep researchers have confirmed the mechanism that enables the brain to consolidate memory and found that a commonly prescribed sleep aid enhances the process. Those discoveries could lead to new sleep therapies that will improve memory for aging adults and those with dementia, Alzheimer's and schizophrenia. Pharmacologically enhancing sleep spindles in healthy adults produces exceptional memory performance beyond that seen with sleep alone or sleep with the comparison drug (sodium oxybate). <http://www.sciencedaily.com/releases/2013/03/130311173347.htm>

Sleeping just five hours a night over a workweek and having unlimited access to food caused participants in a new study led to gain nearly two pounds of weight. The study suggests that sufficient sleep could help battle the obesity epidemic. <http://www.sciencedaily.com/releases/2013/03/130311151112.htm>

Ostracism

A new study shows that individuals who deliberately shun another person are equally distressed by the experience. In real life and in academic studies, when people bend to pressure to exclude others, they also pay a steep personal cost. Their distress is different from the person excluded, but no less intense.

<http://medicalxpress.com/news/2013-03-girls-ostracism-ways.html>

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Green Tea Extract

Researchers found a new potential benefit of a molecule in green tea in preventing the mis-folding of specific proteins in the brain. The aggregation of these proteins, called metal-associated amyloids, is associated with Alzheimer's disease and other neurodegenerative conditions, according to a paper published recently in the Proceedings of the National Academy of Sciences. Green tea extract controls the generation of metal-associated amyloid- β aggregates associated with Alzheimer's disease in the lab.

<http://www.sciencedaily.com/releases/2013/03/130305145137.htm>

Green tea and coffee may help lower your risk of having a stroke, especially when both are a regular part of your diet, according to research published in Stroke: Journal of the American Heart Association. You may make a small but positive lifestyle change to help lower the risk of stroke by adding daily green tea to your diet. <http://medicalxpress.com/news/2013-03-green-tea-coffee.html>

Caffeine

Expectant mothers who consume caffeine, usually by drinking coffee, are more likely to have babies with lower birth weight than anticipated, given their gestational age. Drinking just two cups of coffee a day is associated with the risk of low birth weight.

<http://www.sciencedaily.com/releases/2013/03/130311101649.htm>

Mindfulness

A new study shows that individuals who claim to be more mindful have more stable emotions and perceive themselves to have better control over their mood and behavior throughout the day. Higher mindful people also describe less cognitive and physiological activation before bedtime, suggesting that greater emotional stability during the day might even translate into better sleep.

<http://www.sciencedaily.com/releases/2013/03/130307124645.htm>

Processed Meat

A new study has found that people who regularly consume processed meats are more likely to die early

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than people who don't regularly eat those foods, published in the European journal BMC Medicine. A 2012 Harvard University study found people who ate just 1.5 ounces of red meat daily were more likely to die early deaths than people who ate less than that. The latest study, which chronicled more than 500,000 people from 10 European countries, found those who ate the most processed meats (including ham, bacon, sausages, and ready-to-eat packaged meats) were most likely to die prematurely.

<http://www.bbc.co.uk/news/health-21682779>

Seasons

Autumn is the time of year most associated with bumper crops of new babies, and according to an Israeli study there may be a scientific reason for it: human sperm are generally at their healthiest in winter and early spring. Based on samples from more than 6,000 men treated for infertility, researchers writing in American Journal of Obstetrics & Gynecology found sperm in greater numbers, with faster swimming speeds and fewer abnormalities in semen made during the winter, with a steady decline in quality from spring onward. <http://www.reuters.com/article/2013/03/10/us-sperm-idUSBRE9290IW20130310>

Frustration

A new study suggests that people get frustrated when they are offered the opportunity to cheat or steal and that chance is then taken away from them. Other studies have shown that blocking people from achieving their positive goals increases frustration, which is not surprising. But this is the first to show that even denying people the chance to commit forbidden behaviors can increase frustration.

<http://www.medicaldaily.com/articles/14227/20130311/video-game-violence-more-appealing-frustrated-thieves.htm>

Gum

Chewing gum can help you stay focused for longer on tasks that require continuous monitoring, according to a new research published in the British Journal of Psychology. Previous research has shown that chewing gum can improve concentration in visual memory tasks. This study focused on the potential benefits of chewing gum during an audio memory task.

<http://www.sciencedaily.com/releases/2013/03/130308093933.htm>

Babies

Babies have a dark side under their cute exteriors, according to a study that finds infants as young as nine

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months embrace those who pick on individuals who are different from them. While previous research has shown that babies generally prefer kind actors, the new study – published by the Association for Psychological Science – is the first to suggest that infants condone antisocial behavior when it is directed at individuals who are dissimilar. Babies are wired to discriminate! <http://medicalxpress.com/news/2013-03-babies-individuals-arent-video.html>

Stress in America

Americans work longer hours, take fewer vacation days, and retire later than employees in other industrialized countries around the globe. With such demanding careers, it's no surprise that many experience job burnout — physical, cognitive, and emotional exhaustion that results from stress at work. Researchers have found that burnout is also associated with obesity, insomnia, and anxiety. <http://www.redorbit.com/news/health/1112802143/work-burnout-is-very-bad-for-your-heart-031313/>

Facebook

Facebook users are inadvertently revealing many of their most personal secrets and personality traits through their “likes,” according to a study that will likely raise fresh concerns about privacy and online personalization. This study demonstrates the degree to which relatively basic digital records of human behavior can be used to automatically and accurately estimate a wide range of personal attributes that people would typically assume to be private, published in the journal Proceedings of the National Academy of Sciences (PNAS). <http://www.redorbit.com/news/technology/1112801167/digital-records-reveal-intimate-details-031213/>

Mortality

Life expectancy is lower in the United States than most of the world's most developed nations. Higher mortality rates among Americans younger than 50 are responsible for much of it, as per a new research that found that excess mortality among Americans younger than 50 accounted for two-thirds of the gap in life expectancy at birth between American males and their counterparts and two-fifths between females and their counterparts in the comparison countries. <http://www.sciencedaily.com/releases/2013/03/130313182259.htm>

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People who gain fame and fortune may garner extra status, but it may not help them live longer, new research says. Researchers tracked the life spans of actors who won or lost out on television's Emmy awards, athletes who did or did not gain entry into the Baseball Hall of Fame, and former Presidents and Vice Presidents of the United States and their vanquished opponents.

<http://www.newsmaxhealth.com/Health-News/Lifes-Winners-Lifespan-Race/2013/03/13/id/494565>

Facial Cues to Aging

The contrasting nature of facial features is one of the signals that people unconsciously use to decipher how old someone looks. Unlike with wrinkles, none of us are consciously aware that we're using this cue. The discovery of this cue to facial age perception may partly explain why cosmetics are worn the way they are, and it lends more evidence to the idea that makeup use reflects our biological as well as our cultural heritage. <http://www.sciencedaily.com/releases/2013/03/130314110331.htm>

Action Video Games

Researchers have shown that playing shooting or driving videogames, even for a relatively short time, improves the ability to search for a target hidden among irrelevant distractions in complex scenes.

<http://www.sciencedaily.com/releases/2013/03/130314141337.htm>

Inflammation and Stress

Dwelling on negative events can increase levels of inflammation in the body, a new study finds. Researchers discovered that when study participants were asked to ruminate on a stressful incident, their levels of C-reactive protein, a marker of tissue inflammation.

<http://www.sciencedaily.com/releases/2013/03/130313182255.htm>

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Depression

Teens who were depressed as children are far more likely than their peers to be obese, smoke cigarettes and lead sedentary lives, even if they no longer suffer from depression. The research suggests that depression, even in children, can increase the risk of heart problems later in life.

<http://www.sciencedaily.com/releases/2013/03/130315202640.htm>

Vitamin D

New research appearing online in Clinical Chemistry, the journal of AACC, shows that decreased levels of vitamin D may predispose smokers to developing tobacco-related cancer. This study illustrates that simple vitamin D blood tests and supplements have the potential to improve smokers' health.

<http://www.sciencedaily.com/releases/2013/03/130315150816.htm>

New research shows a link between vitamin D levels and muscle efficiency. Vitamin D supplementation may also be effective in improving skeletal muscle function. This study is presented at the Society for Endocrinology annual conference in Harrogate, UK. The findings may explain the physical fatigue commonly experienced by patients with vitamin D deficiency, with broad implications for a large section of society. <http://www.sciencedaily.com/releases/2013/03/130317221446.htm>

Research shows that improving vitamin D status by increasing its level in the blood could have a number of non-skeletal health benefits. The study, published online in PLOS ONE, reveals for the first time that improvement in the vitamin D status of healthy adults significantly impacts genes involved with a number of biologic pathways associated with cancer, cardiovascular disease (CVD), infectious diseases and autoimmune diseases. While previous studies have shown that vitamin D deficiency is associated with an increased risk for the aforementioned diseases, these results go a step further and provide direct evidence that improvement in vitamin D status plays a large role in improving immunity and lowering the risk for many diseases.

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<http://www.sciencedaily.com/releases/2013/03/130320212824.htm>

There is a link between vitamin D insufficiency and adverse health outcomes such as gestational diabetes and preeclampsia in mothers-to-be and low birth weight in newborns, suggests a paper published on [bmj.com](http://www.bmj.com). Vitamin D insufficiency has been associated with a number of adverse health outcomes and has been recognised as a public health concern. Plus, observational data has suggested a link between low vitamin D and increased risk of adverse pregnancy outcomes (such as gestational diabetes, preeclampsia, risk of infections, caesarean section and foetal growth restriction). Knowledge of these associations is however limited. http://www.eurekalert.org/pub_releases/2013-03/bmj-efl032613.php

Reading

Researchers in the UK have taken an important step towards understanding how the human brain 'decodes' letters on a page to read a word. The work, funded by the Economic and Social Research Council (ESRC), will help psychologists unravel the subtle thinking mechanisms involved in reading, and could provide solutions for helping people who find it difficult to read, for example in conditions such as dyslexia. <http://www.sciencedaily.com/releases/2013/03/130315074613.htm>

Olive Oil

Reduced-fat food products are gaining in popularity. More and more people are choosing "light" products in an attempt to lose weight, or at least in the hope that they will not gain any pounds. But whether these products are effective or not is a matter of dispute: While it is true that they contain fewer calories, people tend to overcompensate by eating more if they do not feel full. Now a study has shown how "natural" oils and fats regulate the sensation of feeling full after eating, with olive oil leading the way. So what makes this oil so effective? <http://www.sciencedaily.com/releases/2013/03/130314124616.htm>

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Food

Research led by a psychologist at the University of Liverpool has found that using memories of recent meals reduces the amount of food eaten later on. It also found that being distracted when eating leads to increased consumption. <http://scienceblog.com/61343/remembering-food-can-help-you-lose-weight/-IoJeoJMjxlxYtPgK.99>

Taking part in unhealthy eating behaviors may cause women who are concerned about their diet and self-image to experience a worsening of their moods, according to Penn State researchers. In a study, college-age women who were concerned about their eating behaviors reported that moods worsened after bouts of disordered eating, said Kristin Heron, research associate at the Survey Research Center. <http://www.sciencedaily.com/releases/2013/03/130315202726.htm>

Research published in the March 2013 issue of The FASEB Journal, suggests that pregnant mothers who consume junk food actually cause changes in the development of the opioid signaling pathway in the brains of their unborn children, indicating addiction to junk food is a true addiction. This change results in the babies being less sensitive to opioids, which are released upon consumption of foods that are high in fat and sugar. In turn, children born with a higher "tolerance" to junk food need to eat more of it to achieve a "feel good" response. Of course, a healthy diet during pregnancy is critical to the future health of your children. <http://scienceblog.com/60705/eating-junk-food-while-pregnant-may-make-your-child-a-junk-food-addict/>

Anxiety and Depression

Heart disease patients who have anxiety have twice the risk of dying from any cause compared to those without anxiety, according to new research in the Journal of the American Heart Association. Patients with both anxiety and depression have triple the risk of dying, researchers said. <http://www.sciencedaily.com/releases/2013/03/130319202148.htm>

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Pathogens

Countries with lower mortality from infectious disease exhibit higher rates of type 1 diabetes, according to a new study by Dr. A. Abela and Professor S. Fava of the University of Malta. The findings, collating data from three major international studies and presented at the Society for Endocrinology annual conference in Harrogate UK, suggest that the as yet unexplained global rise in type 1 diabetes may be linked to reduced exposure to pathogens in early life.

<http://www.sciencedaily.com/releases/2013/03/130318203334.htm>

GPA and Personality

Conscientious people are more likely to have higher grade point averages, according to new research. The paper examines previous studies that research the link between the "Big Five" personality traits - agreeableness, conscientiousness, extraversion, neuroticism and openness to experience -- and college grade point average. It finds that across studies, higher levels of conscientiousness lead to higher college grade point averages. It also shows that five common personality tests are consistent in their evaluation of the "Big Five" personality traits; all five measures found a positive correlation between conscientiousness and grade point average. <http://www.sciencedaily.com/releases/2013/03/130319124310.htm>

Alcohol

Connections among brain regions involved in emotion processing and cognitive control may change with increased exposure to alcohol and alcohol-related cues during the first year of college. Anecdotal evidence abounds attesting to the many negative social and physical effects of the dramatic increase in alcohol use that often comes with many students' first year of college. The behavioral changes that accompany those effects indicate underlying changes in the brain.

<http://www.sciencedaily.com/releases/2013/03/130319124308.htm>

Obesity

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The debate over the healthy benefits of skim milk versus whole milk has taken another turn after a study published in "Archives of Disease in Childhood" determined that youngsters who drink whole milk opposed to skim milk have a better chance of preventing obesity.

<http://www.medicaldaily.com/articles/14312/20130319/skim-milk-obesity-weight-loss-children-cholesterol.htm>

Chocolate

Researchers announced that eating just one chocolate bar has a singular effect on the brain and may reduce the risk of stroke. Though previous research showed positive health benefits from the consumption of dark chocolate, investigators reported in the journal Neurology how chocolate affects blood vessels in the brain. Glasgow University scientists measured the speed of blood moving through the brain's largest artery while subjects ate chocolate while lying down. The chocolate affected carbon dioxide, which increased blood flow and impacted individual cells in the brain.

<http://www.medicaldaily.com/articles/14378/20130324/easter-bunny-chocolate-cut-risk-stroke.htm>

Violent Movies

Human beings are attracted to bloodshed, gore and violence. A recent study found that people are more likely to watch movies with gory scenes of violence if they felt there was meaning in confronting violent aspects of real life. <http://www.sciencedaily.com/releases/2013/03/130328091750.htm>

Happiness

Encouraging young people at high-risk of criminal offending and delinquency to see happiness rather than anger in facial expressions results in a decrease in their levels of anger and aggression, according to a new study published in Psychological Science.

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<http://www.sciencedaily.com/releases/2013/03/130328080559.htm>

Music

Before surgery, listening to music is more effective at reducing anxiety than prescription drugs, report researchers. In a large-scale review of 400 research papers about the neurochemistry of music, researchers have shown that playing and listening to music has clear benefits for both mental and physical health.

<http://www.futurity.org/top-stories/music-amps-immunity-and-cuts-stress/>

Marital Conflict

Marital conflict is a significant source of environmental stress for children, and witnessing such conflict may harm children's stress response systems that, in turn, may affect their mental and intellectual development. These conclusions come from a new study by researchers at Auburn University and the Catholic University of America. The study appears in the journal Child Development.

<http://www.sciencedaily.com/releases/2013/03/130328080225.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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