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# VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

[TIACS-subscribe@yahoo.com](mailto:TIACS-subscribe@yahoo.com) (The Indian American Chemical Society)

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### Decision Making

Imagine you have a choice to make. In one scenario, you'd get \$8 and somebody else -- a stranger -- would get \$8 too. In the other, you'd get \$10; the stranger would get \$12. Economists typically assume you'd go for the \$10/\$12 option because of the belief that people try to maximize their own gains. Choosing the other scenario would just be irrational. But new research shows that if a person is feeling threatened, or concerned with their status, they are more likely to choose the option that gives them less.

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And although this choice might seem irrational from an economic perspective, this choice satisfies an important psychological need. <http://www.sciencedaily.com/releases/2013/04/130403112744.htm>

## Language

Non-musicians who speak tonal languages may have a better ear for learning musical notes, according to Canadian researchers. Tonal languages, found mainly in Asia, Africa and South America, have an abundance of high and low pitch patterns as part of speech. In these languages, differences in pitch can alter the meaning of a word. Vietnamese, for example, has eleven different vowel sounds and six different tones. Cantonese also has an intricate six-tone system, while English has no tones.

<http://www.sciencedaily.com/releases/2013/04/130402182640.htm>

Humans favor speech as the primary means of linguistic communication. Spoken languages are so common many think language and speech are one and the same. But the prevalence of sign languages suggests otherwise. Not only can Deaf communities generate language using manual gestures, but their languages share some of their design and neural mechanisms with spoken languages.

<http://www.sciencedaily.com/releases/2013/04/130403200208.htm>

## Testosterone

Men with low levels of the hormone testosterone may be at greater risk for rheumatoid arthritis, according to a new study. Both men and women with rheumatoid arthritis have lower levels of testosterone in their blood than people without the disease. But it has not been known whether low testosterone levels are a cause or effect of rheumatoid arthritis. <http://www.ivillage.com/low-testosterone-linked-later-arthritis-study/4-a-532204>

## Walking

Walking briskly can lower your risk of high blood pressure, high cholesterol and diabetes as much as running can, according to findings reported in the American Heart Association journal Arteriosclerosis, Thrombosis and Vascular Biology. <http://www.sciencedaily.com/releases/2013/04/130404170225.htm>

## Salt and Potassium

Cutting down on salt and, at the same time, increasing levels of potassium in our diet will have major health and cost benefits across the world, according to several new studies. Such a strategy will save

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millions of lives every year from heart disease and stroke, say experts.

<http://www.sciencedaily.com/releases/2013/04/130405064437.htm>

## Kidney Disease

Being overweight starting in young adulthood may significantly increase individuals' risks of developing kidney disease by the time they become seniors, according to a study appearing in an upcoming issue of the Journal of the American Society of Nephrology (JASN). The findings emphasize the importance of excess weight as a risk factor for chronic kidney disease (CKD).

<http://www.sciencedaily.com/releases/2013/04/130404184430.htm>

## Happy People Sleep Better

Published in the *Annals of Behavioral Medicine*, a study looked at the overall levels of positive emotion that the participants experienced in their lives, those associated with more stable personality traits, as well as daily fluctuations in positive emotions in reaction to daily events.

Researchers found that having a more positive general outlook on life was associated with improved sleep quality – duh! But, of course, they also found that the more reactive or fragile a participant's positive emotions were in relation to external events, the more their sleep was impaired, especially for individuals high in positivity to begin with. Previous research suggests that the experience of joy and happiness may slow down the effects of aging by fortifying health-enhancing behaviors such as restorative sleep.

<http://www.futurity.org/top-stories/happy-heads-may-get-better-sleep/>

## Obese Die Young

Young men who are obese in their early 20s are significantly more likely to develop serious ill health by the time they reach middle age, or not even make it that far, suggests research published in the online journal *BMJ Open*. Obese young men were three times as likely to get any of these serious conditions as

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their normal weight peers by middle age, conferring an absolute risk of almost 50% compared with only 20% among their normal weight peers. <http://medicalxpress.com/news/2013-04-obesity-early-20s-curbs-chances.html>

New research suggests that changes in sex hormones as seen in obesity may have possible effects on the heart. The study by researchers from Belgium, presented at the European Congress of Endocrinology in Copenhagen, Denmark, suggests effects on heart function in healthy men with artificially raised estrogen levels and artificially lowered testosterone levels to mimic an obese state. Testosterone is converted to estradiol by the enzyme aromatase, the activity of which might be increased in obesity leading to raised estradiol and reduced testosterone. The men with obesity-related changes in sex hormones exhibited altered heart function. <http://www.sciencedaily.com/releases/2013/04/130428144857.htm>

## Living Longer and Evolving

A study of people living in rural Gambia, published in the Cell Press journal *Current Biology* on April 25, shows that this modern-day "demographic transition" may lead women to be taller and slimmer. The analysis shows that the demographic transition influenced directional selection on women's height and body mass index (BMI). Selection initially favored short women with high BMI values but shifted over time to favor tall women with low BMI values.

<http://www.sciencedaily.com/releases/2013/04/130425132614.htm>

A report in the Wall Street Journal at <http://www.chicagotribune.com/news/plus/forbes/chi-nsc-forbes-freedom-fertility,0,3546396.story?dssReturn>, discusses this demographic change with solutions, some sound and some flawed. Each individual beings biological destiny is to procreate. However, not every individual survives and procreates and that is why nature produces over abundance of creatures only fraction of which survive to procreate. Humans are no different in that aspect. However, due to our technological advances our mortality is reduced and, at the same time to balance the effects of reduced mortality, the fertility also went down due to modernity and sexual freedom brought by contraception..Human population is 7 billion and growing.

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## Sexercise

According to a study *published in the [European Journal of Applied Physiology](#)*, moderate exercise appeared to be linked to superior hormone levels and healthier sperm characteristics. The physically active men also had higher levels of FSH, which is important for the creation of sperm, LH, which promotes testosterone secretion, and of testosterone itself. Their average T/C ratio was higher as well, and their cortisol levels tended to be lower, if not significantly so.

*Pushups.* If you're going to pick just one exercise to do, this is the one to go for, for all the obvious reasons. If you can't do basic training-quality pushups at first, start with wall presses (essentially pushups done against the wall), aiming for 3 sets of 12 to 15 repetitions. When you're ready, progress to knee pushups on the floor, making sure to keep your back straight (squeeze your butt and suck in your gut) while you slowly touch your nose to the ground. Once you're ready to kick it up a notch, progress to traditional hand-and-toe pushups.

*Abdominals.* Your abs are a critical sex-boosting body area to work on. You have to use your abdominal muscles during sex. Starting your ab workout with good old-fashioned crunches. Lie on your back, hands supporting your neck, knees bent, and your feet on the floor. Then bring your body up just enough to get your shoulders off the ground. Do 3 to 5 sets of 15 to 20 repetitions. For additional ab oomph, Weil suggests men and women also do bridges. Lying on your back, knees bent, feet on the floor, lift your hips up and down for 3 sets of 15 reps. Men can also try pelvic tilts. Standing up or lying down, straighten your lower back and pull your belly button in until your lower back touches the wall or floor. Women can try Kegels. Contract your pelvic muscles -- the ones you'd use to stop the flow of urine; squeeze the muscles tight for 3 seconds, then relax for 3 seconds. Do 10 to 15 repetitions three times a day.

*Deadlifts.* This exercise will keep your back as strong as it can be, and give your legs and torso a workout too. Deadlifts, in which you start in a neutral bent-over position and raise a weighted barbell or dumbbells from the ground, are easy to do -- and easy to do wrong. So technique is important to prevent injury. Get

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some pro tips online or at your gym to be sure you're getting the most out of doing deadlifts.

*Torso side bends and twists.* To get the most from this exercise, as well as the next one, head to the gym. The effort is worth it because torso side bends and twists will keep your upper body strong, and give you stamina. Do them on the cable crossover machine for maximum effect.

*Pushing or pulling exercise in the gym.* Rows, flyes, and lateral raises on the cable crossover machine will do a great job of enhancing your performance in the bedroom. Remember to get a few quick tips from a pro on how to do these exercises most effectively. If you want even more sizzle, exercise for 20 minutes right before sex and, you'll never do better!

If pushups, crunches, and deadlifts aren't your idea of a sweaty good time, you've still got plenty of exercise options to help keep things steamy. Pick your pleasure. Rather walk, swim, or jog? How about Pilates or yoga? Maybe you prefer biking or skiing? Great, because Paul Frediani, fitness coach and co-author of *Sex Flex: The Way to Enhanced Intimacy and Pleasure*, says barring any health problems, cardiovascular exercise of any kind is a great way to stimulate your sex life.

But you'll want to avoid the weekend warrior syndrome to get the most bang for your exercise buck. Aim for a 30-minute workout five times a week. Get your blood pumping regularly and the payoff is simple: endurance, more strength to hold positions, and the flexibility to hold them in comfort. Now that's sexy.

You may already be sold on the benefits of exercise, but here's a bonus at no extra charge. Exercise may help beat erectile dysfunction. One study showed that, for men over 50, being physically active means a 30% lower risk of erectile dysfunction as compared to men who are sedentary. Studies also show a strong link between obesity and ED.

In addition, people who exercise often have a better body image than people who don't. This can help them feel more sexually appealing. One study found that 80% of men and 60% of females who exercised two to three times a week felt their sexual desirability was above average.

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A study that showed swimmers in their 60s have sex lives comparable to people in their 40s. Other research found that, for men and women over 55, high levels of sexual activity were associated with higher degrees of fitness when compared to younger inactive people.

Although there can be many factors to exercise and sexual activity, what some studies suggest is that people who are fit and active have more sex than sedentary people. The bottom line is being strong and flexible with lots of endurance will put the spunk into sex for you and your partner.

And don't forget to develop the most important muscle of all. Sex begins with the muscle between the ears, not the muscles in your abs, arms, or thighs. If you feel healthy and have a positive body image, you will have a better sex life.

**Notice: This material contains only general descriptions and is not a solicitation to sell any insurance product or security, nor is it intended as any financial, tax, medical or health care advice. For information about specific needs or situations, contact your financial, tax agent or physician.**

**Source: The primary sources cited above, New York Times (NYT), Washington Post (WP), Mercury News, Bayarea.com, Chicago Tribune, USA Today, Intellihealthnews, Deccan Chronicle (DC), the Hindu, Hindustan Times, Times of India, AP, Reuters, AFP, womenfitness.net, about.com etc.**

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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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