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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal Health and Nutrition

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

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Fashion Causes Cancer

Lifestyle cancers increased by 40% due to 'bad habits' and changes in fashion, as the skirts went up above knees into groin, per the Office for National Statistics (ONS). The surge is in part due to people's 'choice of clothing' and failure to cover up in the sun, leaving them exposed to harmful UV rays.

Experts at the ONS blamed changes in fashion, which has seen people wear more revealing clothing in recent decades. More than 11,000 were found to be suffering from malignant melanoma. As skin cancer can develop decades after damage caused by ultraviolet radiation, growing numbers of people are expected to be diagnosed with the disease. Younger people wanting to look good in skimpy clothes

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are a significant portion of with skin cancer victims, while smoking increases the risk of at least 14 forms of cancer including lung, bowel, pancreatic and mouth. Cancers caused by drinking and smoking have risen by two-thirds. <http://www.dailymail.co.uk/health/article-2349223/Sunbathing-alcohol-cause-cancer-rates-soar-Unhealthy-lifestyles-blamed-huge-rises-past-decade.html>

Befriend and Tend

Scientists have shown that reaching out to other people during a stressful event is an effective way to improve your mood. Instead of the traditional 'fight or flight' response to social conflict where people get revved up to respond to a challenge or run away from it, oxytocin may promote the 'tend and befriend' response where people reach out to others for support after a stressful event. That can, in turn, strengthen social bonds and may be a healthier way to cope. It's known for promoting positive feelings, but research has also found that oxytocin can promote negative emotions, too.

<http://www.sciencedaily.com/releases/2013/06/130625092003.htm>

Mad Honey

Honey from Turkey, particularly the Black Sea area, where bees feed on nectar from rhododendrons, needs to be first tested by consuming a small amount and do not experience strange side effects. Mad honey poisoning occurs after people consume honey contaminated with grayanotoxin, a chemical contained in nectar from the species *Rhododendron ponticum* and *luteum*. Although very rare, experts say people should be aware of this possible risk. <http://www.bbc.co.uk/news/health-23046821>

Breastfeeding

The evidence suggests that breastfeeding confers a range of long-term health, developmental, and behavioral advantages to children, has a positive impact on the physical and mental development of infants, which persist into adulthood. Breastfeeding not only boosts children's chances of climbing the social ladder, but it also reduces the chances of downwards mobility, suggests a large study published online in the *Archives of Disease in Childhood*. Children who had been breastfed were consistently more likely to have climbed the social ladder than those who had not been breastfed. Breastfeeding increased the odds of upwards mobility by 24% and reduced the odds of downward mobility by around 20% for both groups. Breastfeeding enhances brain development, which boosts intellect, which in turn increases upwards social mobility. Breastfed children also showed fewer signs of stress.

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Optimum Age to be a Mother

Babies born to older moms were also more likely to have birth defects and to be admitted to the neonatal intensive care unit. If you're having your first baby at 40 (years old) you're going to be less tolerant to any complication and any issues and you're going to be more prone to move toward Caesarean delivery, while teenage mothers are at increased risk of delivering their babies prematurely, in comparison to those of new moms between the ages of 20 and 34 years old. International Journal of Obstetrics and Gynecology, online June 12, 2013. <http://onlinelibrary.wiley.com/doi/10.1111/1471-0528.12311/abstract;jsessionid=941EDE0A8A8FDA2BC3CC31E1FA2D36B8.d04t01>

Get off Your Butt

The American doctors call for work breaks, standing work stations, use of isometric balls instead of chairs and other ways of making time spent at a work desk less harmful to long-term health. More than two-thirds of U.S. adults are overweight or obese, according to the Centers for Disease Control and Prevention. Obesity-related health costs are more than \$168 billion annually, according to a Feb. 20 study in JAMA-Surgery. A 2006 study found sitting for more than four hours a day, often at work, caused 6.9 percent of deaths. Other research has determined that sitting or being sedentary most of the day can raise the risk of heart disease, obesity, diabetes, cancer and low sperm count in men. Carrying too much fat, a low level of fitness and low physical activity levels are key factors influencing insulin resistance, blood sugar levels and diabetes risk.

A study shows that moderately-paced walks after meals work as well at regulating overall blood sugar in adults with pre-diabetes as a 45-minute walk once a day. There is an added benefit of walking after every meal: It helps lower post-meal blood sugar for three hours or more, the research found. It is advised to eat a meal, wait a half-hour and then go for a 15-minute walk, and it has proven effective in controlling blood sugar levels, if done every day after every meal. This amount of walking is not a prescription for weight loss or cardiovascular fitness, it's a prescription for controlling blood sugar. <http://www.usatoday.com/story/news/nation/2013/06/12/diabetes-walk-after-meals/2408753/>

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A study published in *Diabetologia* suggests that physical activity guidelines may need to be changed to take ethnicity into account. It is already known that people of Indian ethnicity (from the Indian Continent) living in the United Kingdom have a 3–5 fold increased prevalence of type 2 diabetes, and develop the disease around a decade earlier and at a lower body mass index (BMI), compared with white Europeans. Even non-diabetic Indians have higher blood sugar levels than Europeans, and while the cause of this is not fully understood, an increased resistance of body cells to the effects of insulin is strongly implicated. The study also indicated that while fitness improves with increasing physical activity, Indians' lower fitness values could not be explained simply by their lower activity levels. Indians had lower fitness levels than Europeans at all levels of physical activity, suggesting inherent differences in body make-up. Indians may need to engage in greater levels of physical activity than Europeans to achieve the same levels of fitness and minimize their diabetes risk. A number of leading doctors and scientists have already recommended that the BMI threshold for obesity in Indian populations should be lowered from 30 kg/m² to 25 kg/m², in recognition of the fact that substantially lower BMIs are needed in Indians to confer equivalent diabetes risk to those observed in populations of white European origin. http://www.eurekalert.org/pub_releases/2013-06/d-san062513.php

Also, there is a direct association between maternal overweight and obesity during pregnancy and the risk of preterm birth. As a woman's weight at her first prenatal visit increased beyond a normal BMI, the researchers found her risk of delivering prematurely increased as well.

<http://health.usnews.com/health-news/news/articles/2013/06/11/heavier-pregnant-women-tend-to-deliver-prematurely>

While researchers have linked obesity-related chronic inflammation to several diseases, including type-2 diabetes and fatty liver disease, the reason for the inflammation response is not completely known. According to one theory, excess fat may activate a distress signal that causes immune cells to become activated and cause inflammation. The cocoa may reduce the precursors that act as a distress signal to initiate this inflammatory response. Another theory is that excess fat in the diet interferes with the body's ability to keep a bacterial component called endotoxin from entering the bloodstream through gaps between cells in the digestive system, gut barrier function, and alerting an immune response.

A few cups of hot cocoa may help obese people better control inflammation-related diseases, such as diabetes. Cocoa may help improve gut barrier function. Cocoa, although commonly consumed in

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chocolate, actually has low-calorie content, low-fat content and high-fiber content. But, the problem is chocolate contains lot of calories. <http://www.sciencedaily.com/releases/2013/06/130612133134.htm>

In addition, exercise has been shown to have numerous benefits, even at the level of brain cells. For example, regular, vigorous exercise has been shown to cause special cells in the brain to increase their production of repair chemicals called neurotrophins. Exercise improves blood flow to the brain and increases protective antioxidant enzymes. People with minimal cognitive impairment, thought by some to be an early stage of dementia, can reverse memory problems with regular exercise combined with a proper diet. http://www.newsmaxhealth.com/Dr-Blaylock/exercise-benefits-brain-repair-neurotrophins-Alzheimers/2013/06/26/id/511942?s=al&promo_code=13FC2-1

American Hygiene

No one blames you if you don't want to shake hands any more. Despite warnings of the flu, other potentially deadly disease and a gross-out factor, just 1 in 20 Americans properly washes hands after using a restroom, according to a new study. It is horrible, American men were particularly bad about washing their hands correctly. Fifteen percent didn't wash their hands at all, compared with 7% of women, per the study published in the Journal of Environmental Health. The study found that people are only washing their hands, on average, for about 6 seconds, but it takes 15 to 20 seconds of vigorous washing with soap to remove germs, according to the U.S. Centers for Disease Control and Prevention (CDC). Proper washing is the most effective strategy to stop the spread of infectious diseases, public health officials say. Falling short of this task contributes to nearly 50% of all food borne illness outbreaks, according to the CDC.

Atheists are not Criminal

A sociologists' study, published in the journal *Criminology*, showed that those who are neither spiritual nor religious, i.e., atheists and agnostics, are less likely to commit crimes than the "spiritual but not religious" individuals. Until the 20th century, the terms "religious" and "spiritual" were treated as interchangeable. Significantly, people who claim to be spiritual but not religious also claim to have lower self-control than those who are religious. They also claim more likely to experience such strains

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as criminal victimization and such negative emotions as depression and anxiety. They also are more likely to have peers who use and abuse alcohol. Those factors are predictors of criminal behavior. In their research, sociologists included four categories based on how the young adults reported themselves. Those categories and percentages were:

- Spiritual but not religious, 11.5 percent
- Religious but not spiritual, 6.8 percent
- Both spiritual and religious, 37.9 percent
- Neither spiritual nor religious, 43.8 percent

The good news is that only 11.5% of the surveyed people claimed that they were criminal and having friends who abuse alcohol. The rest claimed to be good people. Only the sociologists can tell, whether this self reported criminal behavior is true or not.

<http://www.sciencedaily.com/releases/2013/06/130612144732.htm>

Yoga and Brain

Researchers found that people did better, both speed-wise and accuracy-wise, on brain functioning tests after just 20 minutes of Hatha yoga, compared with aerobic exercise, according to a study published in [the Journal of Physical Activity and Health](#). The breathing and meditative exercises aim at calming the mind and body and keeping distracting thoughts away while you focus on your body, posture or breath. Maybe these processes translate beyond yoga practice when you try to perform mental tasks or day-to-day activities. Enhanced self-awareness that comes with meditational exercises is just one of the possible mechanisms. Another mind-body practice that could help to boost memory is the ancient Chinese [exercise of Tai Chi](#) also was shown in a Journal of Alzheimer's Disease study to improve memory scores among practitioners. http://www.huffingtonpost.com/2013/06/10/20-minutes-yoga-brain_n_3404766.html

PUFA for Breast and Hip Health

Breast cancer is one of the most common cancers, accounting for 23% of total cancer cases and 14% of cancer deaths in 2008. Broken hips are the most common osteoporosis-related fractures, with an

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estimated 350,000 occurring annually in the United States. About 20 percent of people die in the year following a hip fracture.

Omega-3 and omega-6 fatty acids are both polyunsaturated fatty acids and essential fatty acids, meaning they contribute to biological processes but must be consumed because the body does not produce them on its own. Previous research has suggested that while both types of fatty acids are linked to health benefits, omega-3 fatty acids have anti-inflammatory properties and omega-6 fatty acids seem to have both anti- and pro-inflammatory effects. Studies suggest that a healthy diet and lifestyle is crucial for the prevention of breast cancer, and dietary fat is one of the most intensively studied dietary factors closely related with risk. The n-3 PUFAs are the most promising types of fat to reduce cancer risk. The n-3 PUFAs include ALA, EPA, DPA and DHA. They are involved in chemical messaging in the brain, helping to regulate blood vessel activity and areas of the immune system. The main dietary sources of EPA, DPA and DHA come from flax, walnuts, urad, Indian spinach, spinach, purselane etc., while ALA is found mainly in nuts, seeds, and leafy green vegetables.

In addition, higher levels of omega-3 fatty acids in the blood may reduce the risk for hip fractures in postmenopausal women, recent research suggests, published in a recent issue of the *Journal of Bone and Mineral Research*. Inflammation is associated with an increased risk of bone loss and fractures, and omega-3 fatty acids are believed to reduce inflammation. The specific omega-3 source associated with lower risk for broken hips was ALA (alpha-linolenic acid), which comes from plant sources such as flaxseed oil and some nuts. <http://www.sciencedaily.com/releases/2013/06/130627151640.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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