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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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Fruits and Vegetables

Previous studies have found that middle-aged adults whose diet consists of a high proportion of fruits and vegetables are less likely to have a heart attack or stroke. According to research presented at the American College of Cardiology's 63rd Annual Scientific Session in Washington, DC, researchers evaluated the association between dietary intake of fruits and vegetables in young adults and the presence of coronary artery calcification (CAC) 20 years later. CAC scores, which were obtained using a CT scan, provide a direct estimate of the amount of plaque in the coronary arteries. Consuming the most fruits and vegetables (eight to nine servings a day for a 2,000-calorie diet) in your 20s, reduces 40 percent calcified plaque in your arteries in your 40s compared with those who ate the least amount (three to four servings a day) during the same time period. Fruits and vegetables are packed with vitamins, minerals, fiber, antioxidants

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and other things that are known to promote good health. Plant-based diets in general have also been linked to greater longevity, less cancer, lower cholesterol, lower blood pressure and healthier body weight.
<http://www.biospace.com/News/early-start-to-heart-disease-fruit-veggies-may-be/328386>

Affection and Parenting

<http://www.vepachedu.org/manasanskriti/AFFECTION AND PARENTING.pdf>

Marriage and Heart

Long-term unions tend to stay happy if the husband has an agreeable personality and is in good health, according to a new study published recently in the *Journal of Marriage and Family*. Whether a wife is agreeable and in good health, however, doesn't play as big a role in predicting marital harmony, the researchers found. It's the husband's health more than the wife's that is associated with conflict in marriage. While previous studies have looked at the quality of a marriage or long-term partnership and its effect on health. http://www.webmd.com/sex-relationships/news/20140321/for-happy-marriage-his-personality-may-be-key?ecd=wnl_men_032814&ctr=wnl-men-2814_promo_1&mb=s10u26bW4bX4A6f2oTmCQ%40HnVev1imbCifxQ3xyXZ4k%3d

People who are married have lower rates of several cardiovascular diseases compared with those who are single, divorced or widowed, according to research presented at the American College of Cardiology's 63rd Annual Scientific Session. The relationship between marriage and lower odds of vascular diseases is especially pronounced before age 50. married people were 5 percent less likely to have any vascular disease compared with singles. They also had 8 percent, 9 percent and 19 percent lower odds of abdominal aortic aneurysm, cerebrovascular disease and peripheral arterial disease, respectively. The odds of coronary disease were lower in married subjects compared with those who were widowed and divorced, but this was not statistically significant when compared to single subjects, which were used as the reference group for comparison. On the other hand, being divorced or widowed was associated with a greater likelihood of vascular disease compared with being single or married. After multivariable adjustment, widowers had 3 percent higher odds of any vascular disease and 7 percent higher odds of

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coronary artery disease. Divorce was linked with a higher likelihood of any vascular disease, abdominal aortic aneurysm, coronary artery disease and cerebrovascular disease.

<http://www.biospace.com/News/marriage-linked-to-lower-heart-risks-in-study-of-3/328395>

Vitamin D deficiency is an independent risk factor for heart disease with lower levels of vitamin D being associated with a higher presence and severity of coronary artery disease, according to research presented at the American College of Cardiology's 63rd Annual Scientific Session. Vitamin D deficiency to be the cause rather than the consequence of atherosclerosis. Vitamin D acts as a regulator on the function of the immune system as well as inflammatory processes that contribute to risk factors for heart disease. A diet rich in vitamin D and moderate exercise outdoors should be advised in both patients with and without cardiovascular disease. Marathon training is associated with improved risk factors related to cardiovascular disease among middle-aged recreational male runners, suggesting that race preparation may be an effective strategy for reducing heart disease risk,

Anger Management

Researchers say angry outbursts may raise your odds for a heart attack or stroke in the hours after the incident. The review of multiple studies found that the risk did rise considerably compared to periods of calm. This unhealthy reaction includes increases in heart rate and blood pressure, both of which can have immediate adverse consequences. However, the absolute risk to any one person of a having heart trouble after an outburst remains very low.

http://www.philly.com/philly/health/hearthealth/HealthDay685429_20140304_Heart_Attack_Risk_Rises_in_Hours_After_Angry_Outburst_Study.html#gJjBsgYVUiLt1Blc.99

Secondhand Smoke

Exposure to second-hand smoke in childhood causes irreversible damage to children's arteries, increasing the risk of heart attacks or strokes when they grow up, according to a large international study, which lends weight to campaigns for smoking to be banned in private cars and homes, found passive smoking leads to a thickening of children's artery walls, adding some 3.3 years to the age of blood vessels by

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adulthood. Pregnant women who have been exposed to high levels of secondhand smoke have a higher rate of miscarriages, stillbirths and fetal deaths, a new study suggests.

<http://www.foxnews.com/health/2014/03/05/childhood-secondhand-smoke-exposure-damages-arteries/>

Bergamot, A Fragrant Citrus Fruit

Bergamot, a fragrant Mediterranean citrus fruit can significantly lower cholesterol, according to a report in the Journal of Functional Foods. Bergamot has long been used in traditional 'folk' medicines in the Mediterranean not only as a protection for the heart but also to treat wounds, inflammation and as an antiseptic. It contains flavonones known as HMGF (hydroxy methyl glutaryl flavonones) which can attack proteins in the body known to cause heart disease. The bergamot tree is small to medium at maturity, thornless, and somewhat spreading in habit. The fruit is medium in size and variable in shape with obovoid most commonly occurring form. The yellow rind has a slightly rough texture and a distinctive rind oil. This oil is used commercially to flavor Earl Grey tea and as a component in perfumes, with Italy producing the majority of the world's supply. The fruits contain few seeds and are monoembryonic in nature. The flesh is pale yellow, acidic, and has a moderate juice content.

Previous studies showed that bergamot lowered the total cholesterol levels in participants as well as the low-density lipoprotein (LDL) levels, which is a major factor for heart disease. It also raised the high-density lipoprotein (HDL) which is good and has protective benefits. It is considered that bergamot works by blocking the production of cholesterol in the liver. Without cholesterol, the liver may be forced to find cholesterol that is stored in the bloodstream. Bergamot has compounds that are similar to commercial chemicals that are given to lower cholesterol. <http://www.herbwisdom.com/herb-bergamot-orange.html>

Bergamot contains very large amounts of polyphenols. Brutelidin and Metilidin are two that directly inhibit the biosynthesis of cholesterol. Triglyceride levels were also lowered in the participants of these studies. <http://www.telegraph.co.uk/health/healthnews/10732973/A-cup-of-Earl-Grey-as-good-as-statins-at-fighting-heart-disease-study-finds.html>

[http://www.webmd.com/vitamins-supplements/ingredientmono-142-](http://www.webmd.com/vitamins-supplements/ingredientmono-142-BERGAMOT%20OIL.aspx?activeIngredientId=142&activeIngredientName=BERGAMOT%20OIL)

[BERGAMOT%20OIL.aspx?activeIngredientId=142&activeIngredientName=BERGAMOT%20OIL](http://www.webmd.com/vitamins-supplements/ingredientmono-142-BERGAMOT%20OIL.aspx?activeIngredientId=142&activeIngredientName=BERGAMOT%20OIL)

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ED Can be Reversed

Men suffering from sexual dysfunction can be successful at reversing their problem, by focusing on lifestyle factors and not just relying on medication, according to a report the Journal of Sexual Medicine, Sexual relations are not only an important part of people's wellbeing. From a clinical point of view, the inability of some men to perform sexually can also be linked to a range of other health problems, many of which can be debilitating or potentially fatal.

Mentally Demanding Jobs

People who had worked in jobs with greater mental demands were more likely to have better memories before they retired and more likely to have slower declines in memory after retiring than people who had worked in jobs with fewer mental demands, according to yet another study published in the Journal of Occupational Health Psychology. <http://www.biospace.com/News/hidden-perk-of-mentally-demanding-jobs-discovered/328257>

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!

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(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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