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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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Coffee, the Good and the Badⁱ

Like chocolate and red wine, coffee makes headlines for its positive or negative health effects every few weeks. People who drank high amounts of coffee, defined as more than three cups, were less likely to develop dementia in a four-year follow-up, but the seeming protective effect of coffee diminished after this time. In fact, after the initial four-year follow-up period, the effect was "reversed," creating a harmful correlation between high coffee consumption and dementia incidence. Researchers say that the short-term benefits could be due to a reverse causal effect. They suggest that the short-term benefits could be caused by delayed onset of symptoms, meaning a delayed diagnosis. However, coffee can lead to problems such as higher blood pressure.

Alcoholⁱⁱ

Alcohol use is a major risk factor for head and neck cancer. Body has ways to repair this damage, but eventually some damage isn't fixed. That's why alcohol use is a factor in head and neck cancer. a genetic accelerator of cancer in Fanconi anemia is the same as the cancer-causing mechanism of alcohol. In both

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cases, the cause is partially metabolized alcohol. The body metabolizes alcohol by converting it first to acetyl aldehyde and then the body uses aldehyde dehydrogenase (ALDH) to further convert it to acetic acid, which is excreted. The partially processed state of alcohol, acetyl aldehyde, is a carcinogen and produces “cross links” in DNA.

Morning Breathⁱⁱⁱ

Up to 80 million Americans suffer from bad breath that is ever-present, while millions of Americans suffer from bad breath in limited situations such as in the morning or after eating pungent food. People who suffer from dry mouth often due to taking certain medications or mouth breathers are more prone to morning breath. Snoring or breathing through the mouth at night can increase the likelihood of bad breath. Most mouth breathers sleep with their mouth open, causing their mouth to get dryer and therefore letting breath-causing bacteria flourish. During the day, your mouth produces a significant amount of saliva, but while you sleep, saliva production goes down.

Those with poor oral hygiene will also suffer from bad breath more readily than those with good oral hygiene. Bad breath in the morning is mostly attributed to a lack of saliva. Oral health is strongly connected to other health conditions, also known as the mouth-body connection or the oral-systemic link.

A pink shiny tongue indicates fresh breath, but a thick white film indicates bad breath. Another method is to lick clean wrist, let it dry for a few seconds, and then smell the wrist. If there is an odor, it is an indicator of bad breath.

Brushing, flossing, and scraping your tongue before bed helps clean out the mouth and get rid of food particles so the bacteria have less “food” to munch on. A simple and commonly employed method is to use a soft bristle toothbrush, tongue scraper, or the edge of a spoon to gently clean your tongue. This is to prevent your tongue from being a hotbed of bacteria. It is less likely the bacteria will harbor in your mouth.

Early to Bed

“Early to bed and early to rise, makes a man healthy, wealthy, and wise,” Benjamin Franklin (1735).^{iv}

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Researchers found that people who sleep for shorter periods of time and go to bed later often experience more repetitive negative thoughts than others. This was also true for those students who described themselves as evening types^v.

According to a previous study,^{vi} larks or morning people often secured better exam results, but night owls are generally brighter and wealthier than those able to get up early in the morning.

Weight Training for Abdomen^{vii}

Healthy men who did twenty minutes of daily weight training had less of an increase in age-related abdominal fat compared with men who spent the same amount of time doing aerobic activities, and combining weight training and aerobic activity led to the most optimal results, according to a new study in Obesity.

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!)

ⁱ Coffee: <http://www.huffingtonpost.com/2014/11/26/coffee-alzheimers-disease-risk- n 6221436.html>

<http://www.redorbit.com/news/health/1113289349/coffee-may-help-lower-alzheimers-disease-risk-112914/>

ⁱⁱ Cancer-causing mechanism of alcohol. <http://www.biospace.com/News/how-red-wine-prevents-cancer-university-of/356907>

ⁱⁱⁱ Oral hygiene: <http://www.medicaldaily.com/your-morning-breath-explained-what-causes-it-and-how-you-can-treat-it-312046>

^{iv} Poor Richard's Almanack, Benjamin Franklin, 1735: <http://www.ushistory.org/franklin/quotable/quote10.htm>

^v Just Go To Bed Earlier: <http://www.biospace.com/News/dont-worry-be-happy-just-go-to-bed-earlier/357078>

^{vi} Read more: <http://www.dailymail.co.uk/sciencetech/article-2298354/Early-bed-rise-wont-make-wealthy-wise-research-shows-night-owls-linked-high-income-earners.html#ixzz3Nd07Jm6Y>

^{vii} Better Belly Fat Workout: <http://www.biospace.com/News/why-weight-training-is-a-better-belly-fat-workout/359152>

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