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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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Chief Editor: Dr. Sreenivasarao Vepachedu<sup>(1)</sup>

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#### Exercises for Muscle Building<sup>(2)</sup>

Do not start any training without consulting your trainer and physician. If any move feels wrong, consult with a trainer. How fast you bulk up depends in part on your genes and age. Most people can improve muscle mass and strength with a good weight-training program.

To build stronger muscles in less time, do sets of two different exercises with little or no rest in between. At first do sets that work opposing muscle groups. After you've been lifting weights for a few months, you can change your routine to compound sets involving two different exercises for the same muscle group without resting in between.

If you stop getting the results you want after several weeks of working out, it's time to mix things up. You need to challenge or "confuse" your muscles often to keep them growing. You can do this by putting a twist on your basic moves. Do a biceps curl with a reverse grip, or find a bench for the step-up move. Change up your workout at least every 4 to 6 weeks for the best results.

When you train hard, you won't just zap calories during your workout. You'll burn them even after the session. Exactly how long and how many calories you'll burn afterward depends in part on how intense your workout was. But over time, the effect can really add up.

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Give your muscles the right fuel. Whole-grain complex carbohydrates like oatmeal with fruits for lasting energy. Good sources of protein are lentils, pulses, beans, nuts and whole grains. Eat a snack of protein and carbohydrates right before and after you work out to keep your energy level up, build muscle, and burn more fat. One quick option is a smoothie made with yogurt and frozen berries.

Muscles are about 75% water, so liquids keep them healthy. If you don't get enough, it could affect your workout, your focus, and your health. The best choice is just water, without any additives or juices.

**Hammer Curl:** Start with this move to build biceps, hold dumbbells so they face your outer thighs. Exhale and bend your elbows. Raise the dumbbells until their tips nearly reach your shoulders. Inhale and lower slowly.

**Preacher Curl:** This twist on the curl better isolates the biceps. Rest the back of your arm on a support pad while holding a dumbbell, palm facing up. Slowly raise the dumbbell and lower it to the starting position.

**Front Raise:** Hold the weights at your sides. Raise one straight arm to the front, up to shoulder level, while turning your palm toward the floor. Slowly lower it back down. Stand straight and keep your wrists in line with your arms. Work one arm at a time so it's easier to keep your back straight.

**Lateral Raise:** Start with the weights by your sides. Contract your abs to support your back. Sweep both arms up to shoulder level to form a "T." Keep your arms relaxed and elbows unlocked. Rotate your elbows slightly outward to focus on your shoulder muscles. Slowly lower the weights back to the starting spot.

**Kettlebell Twist:** Sit on the floor, knees bent and heels down. Lean back, keep your back straight, and tense your abs. Place the kettlebell on the floor, switching from one side to the other. For faster results, hold your feet off the floor, but only if you can still use good form.

**Triceps Pushdown:** Grasp the handle with your palms facing down and hands 6 inches apart. Keep your upper arms near the sides of your chest. Start with your forearms parallel to the floor. Push the cable down by making your arms straight. Do this until your elbows are all the way out, but not locked. Pause and slowly return to the starting position.

**Wide-Grip Pulldown:** This back exercise develops the latissimus dorsi muscle or "lats." It also makes your waist look narrower. Sit on the pulldown machine and grasp the bar wider than shoulder-width. Lean

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back slightly and contract your abs. Now bring the bar down to your upper chest. Pause and slowly return the bar to the starting position.

**Bench Press:** Grab the bar with a closed grip, and slowly lower it until it lightly touches your chest. Exhale and press back to the starting position. A trainer can suggest the best load for you. Start with just the bar. Add weight once you can control the bar slowly. Start with 3 sets of 10-15 reps for each exercise. The last few reps should be tough. A mid-level workout is 4 sets of 8-12 reps.

**Leg Press:** Place your feet on the plate with knees bent at 90 degrees. Grasp the handles and slowly push the plate out until your knees are straight but not locked. Pause and slowly return to the starting spot.

**Squat:** Use a barbell heavy enough to challenge your muscles but light enough that you can still control your form. Hold it behind your head with your feet shoulder-width apart. Tighten your core, then squat down as far as comfortable. There should be no knee or back pain. As you come back up, raise your hips and chest together.

**Dead Lift:** Start in a standing position, feet shoulder-width apart. Hold the bar in front of you. Lower it to just below your knees. You can lower it further if you can keep a flat back and stable spine. Slowly return to the starting position. Keep the bar close to your body to protect your lower back.

**Calf Raise:** Stand on one foot with the arch and heel hanging off of the edge of a step or platform. Hold onto something if you need help balancing. Drop your heel all the way down below the step, and then rise all the way up on your toes. Hold dumbbells to make it harder. If you can balance without holding on to something, you'll work your core muscles, too. You'll also build more stable joints in the other leg.

**Seven Minute Workout:** A 7-minute workout is a short, rapid-fire series of exercises that use the body weight. This workout includes 12 exercises, each should take 30 seconds, with a 10-second break: 1) Jumping Jacks, by standing up with legs spread and hands touching overhead, then jump, and bringing legs back together and arms to sides. 2) Wall Sit with back to a wall, feet hip-width apart and in the front. 3) Push-ups from a plank position on the floor or mat, repeat. 4) Ab-crunches by lying flat with knees bent and feet on floor, tighten core, press lower back into the mat and reach toward top of knees, and return to starting position, repeat. (5) Step-up onto a sturdy chair or bench, standing facing the chair or bench, step backdown, and repeat. (6) Squat with feet shoulder-width, bend knees hinging at the hips, shifting them back and down like sitting in a chair, lower keeping most of the weight on heels, and stand back up. (7) Triceps Dip on Chair by sitting on the front edge of a stable and sturdy chair or bench, placing palms on the edge, fingers pointing forward, ease off the chair, supporting weight with heels and palms, slowly bend elbows, lowering toward the floor, then pushing back up, and repeat. (8) Plank posture on the

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stomach on an exercise mat, with elbows close to sides, palms down and fingers facing forward, lift torso and thighs off the floor, keeping body straight, rest weight on elbows and feet, with toes tucked toward shins, using core muscles. (9) High Knees by running in place for 30 seconds, bringing knees up as high as can be with each step. (10) Lunges by standing with feet together, stepping forward on the right foot, dropping pelvis down toward the floor (not forward), lowering until both front and back knees are bent as close to a 90-degree angle as possible, and then pushing back with the front leg and return to your starting position. Switch legs. Repeat. (11) Push-Up and Rotation by starting in a traditional push-up, coming back up, shifting weight onto the left side, rotating upper body and extending right arm straight up toward the ceiling. Return to starting position, then repeat with right side. Repeat. And (12) Side Plank By lying on right side on a mat, with legs straight and left leg stacked directly on top of the right, keeping ankles, knees, hips, and trunk in a straight line, pushing your weight up on your bent right elbow, which should be directly under the shoulder, lifting hips, knees, and trunk off the mat. Hold the position for 15 seconds. Then switch sides.

### Phantom Vibration Syndrome<sup>(3)</sup>

Phantom Vibration Syndrome is a modern-day phenomenon, where people think their mobile phone is ringing or vibrating when it's not. Some of people are so concerned about missing a call or text that they have become extra sensitive and feel phantom vibrations.

### Bad Breath<sup>(4)</sup>

A chronic problem with bad breath is called halitosis. Bad breath can be a symptom of a medical condition, including a respiratory infection, diabetes, or liver or kidney disease.

Saliva is nature's way of keeping the breath fresh. More than 99% of saliva is water. The rest of it is minerals, proteins, and other things that help your mouth fight off infections and stay healthy. Glands in the mouth are busy producing 2 to 4 pints of saliva all day long. They're on the inside of each cheek, on the bottom of the mouth, and under the jaw. Saliva is responsible for the sweetness of strawberries or the tartness of lemonade. A dry tongue can't taste food. It needs saliva. Normally, saliva rinses teeth and cleans the mouth by washing particles of food out of the mouth. Chewing gum makes more saliva that

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helps wash away acids that can cause decay and other problems with your teeth. Saliva makes food easier to swallow and helps you digest it. People with dry mouth may have bad breath because they still have food particles stuck in there. The medical name for dry mouth is xerostomia. Adult saliva may have bacteria that cause cavities and can be passed to toddlers if a pacifier is wetted/contaminated with adult saliva. Therefore, it is not advisable to lick your wounds due to bacteria from saliva get into a cut or wound.

Symptoms of gum disease, also called periodontal disease, include bleeding gums, constant bad breath, and gums that are pulling away from your teeth. The scientific name for gums is gingival, and hence an early stage gum disease is gingivitis. One of the symptoms of gingivitis is bad breath. At this stage, it's easy to fix this condition with a cleaning at your dentist and better daily care at home.

Fruits and vegetables contain a lot of water, which can help keep mouth moist. Therefore, eating more fruits and vegetables may decrease bad breath. There's growing evidence that the polyphenols in green tea can protect drinkers against cavities and bad breath.

A log of what you eat can help the dentist figure out what's triggering the bad breath. A smelly substance in garlic is absorbed into the bloodstream and then transferred to your lungs, where it is expelled as a gas, making the breath smell. Brushing teeth and rinsing with mouthwash only temporarily hide the odor. Eating red meat can worsen your breath; eating less meat may improve your breath. The decay of the leftover bits of proteins in meats and cheese can create odors in your breath. About 400 prescription drugs and some over-the-counter meds cause dry mouth. The lower amount of saliva contributes to an overgrowth of bacteria, which can produce an unpleasant breath smell. Dentures that are not cleaned properly can harbor bacteria and food particles, which cause bad breath. Removable dentures should be brushed and soaked in a disinfecting solution overnight.

Bad breath, a sore throat, trouble swallowing, and fever are all symptoms of tonsillitis, an infection of the tonsils (the oval-shaped nubs of pink tissue on each side of the back of your throat). Debris caught in tonsils also can be a factor in bad breath. So can those smelly gray or yellowish deposits, called tonsilloliths or tonsil stones. Gargling may help ease the problem.

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Children are not more likely to have bad breath if their mothers had bad breath, according to a study in the American Academy of Pediatric Dentistry journal. On the other hand, there was a clear connection between frequent tooth-brushing and reduced breath levels of smelly gases called volatile sulfur compounds. A cavity can develop in even the smallest and newest teeth. Infant gums can be cleaned with a soft cloth. When the first teeth appear, clean them with an infant toothbrush and children's toothpaste. The American Dental Association recommends using 18 inches of floss, wound around one middle finger, with the rest wound around the other middle finger, to best floss teeth. Rinsing after flossing helps remove the debris loosened by the floss. Rinse with an antiseptic mouthwash to help kill bacteria that cause bad breath.

### Foods That Can Save Your Heart<sup>(5)</sup>

A statement was published in the online edition of the American Heart Association journal Circulation, which provides a comprehensive review of current knowledge and key directions needed to further reduce death and disability.

Plaque buildup in the arteries is a frequent cause of heart attack and differs between the sexes. Women are less likely to need stenting to open a blocked artery, but they still suffer blood vessel damage that reduces blood flow to the heart, causing a heart attack. High blood pressure is a stronger risk factor for women than for men. And diabetes raises a young woman's heart disease risk up to five times higher compared to young men. Guideline-recommended medications are underused in women, compared to men, and women are referred less often for cardiac rehabilitation.

For men and women, chest pain or discomfort is the most common heart attack symptom, but women are more likely to report shortness of breath, back or jaw pain, and nausea and vomiting. Black women of any age have a higher incidence of heart attacks than white women. And black and Hispanic women have more risk factors such as obesity, diabetes and high blood pressure at the time of heart attack compared to white women. Worldwide, cardiovascular disease is the leading cause of death for women.

Fresh herbs like thyme, rosemary, sage, oregano etc., are a heart-healthy choice. They add flavor without the bad stuff. Spices and other foods are delicious ways to eat heart-smart. Mild, tender black beans are

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packed with heart-healthy nutrients. Folate, antioxidants, and magnesium can help lower blood pressure. Their fiber helps control both cholesterol and blood sugar levels. Add beans to boost soups and salads.

Resveratrol and catechins<sup>(6)</sup>, two antioxidants in grapes, may protect artery walls. A top food for heart health is omega-3s found in flax, urad, walnuts, almonds, Indian spinach, spinach, purselane, canola oil, olive oil, flax oil, walnut oil, almond oil, etc. Omega-3s are healthy oils that may lessen the risk of heart rhythm disorders and lower blood pressure. They may also lower triglycerides and curb inflammation. Shiny, honey-colored Flaxseed has three things that are good for heart: fiber, phytochemicals called lignans, and omega-3 fatty acids.

Soy protein can help lower cholesterol levels. A cup of edamame also has 8 grams of heart-healthy fiber. Tofu is a great form of vegetarian soy protein with heart-healthy minerals, fiber, and polyunsaturated fats. It can take on the taste of the spices or sauces used to cook it. Margarines, soy milks, almond milk, and orange juices have cholesterol-fighting sterols and stanols added. These plant extracts block your gut from soaking up cholesterol. They can lower LDL levels by 10% without messing with good cholesterol. Yogurt is high in calcium and potassium. Low-fat yoghurt boost the calcium and minimize the fat. Sweet and juicy, oranges have the cholesterol-fighting fiber pectin. They also have potassium, which helps control blood pressure. In one study, 2 cups of OJ a day boosted blood vessel health. It also lowered blood pressure in men.

Swiss Chard is a dark green, leafy vegetable is rich in potassium and magnesium. These minerals help control blood pressure. Swiss chard also has heart-healthy fiber, vitamin A, and the antioxidants lutein and zeaxanthin.

With a low glycemic index, sweet potatoes won't cause a quick spike in blood sugar. They also have fiber, vitamin A, and lycopene. The fiber in barley can help lower cholesterol levels and lower blood sugar levels. A bowl of oatmeal fills you up for hours, fights snack attacks, and helps keep blood sugar levels stable over time making it useful for people with diabetes, too. Oats' fiber can help your heart by lowering LDL.

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Sweet cherries, sour cherries, dried cherries, and cherry juice are packed with antioxidants called anthocyanins that help protect blood vessels. Blueberries are simply brilliant when it comes to nutrition. They've got anthocyanins, those blood vessel-helping antioxidants. Those antioxidants give the berries their dark blue color. Blueberries also have fiber and more than a handful of other great nutrients. Add fresh or dried blueberries to cereal, pancakes, or yogurt.

## REFERENCES AND NOTES

(1) Dr. Rao Vepachedu is the Managing Director at Cardinal Risk Management and registered patent attorney with extensive experience in the management of intellectual property and extensive experience in research and teaching. He currently works for Cardinal Intellectual Property (CIP), Cardinal Risk Management (CRM), and Cardinal Law Group (CLG). In addition, he is the president of Vepachedu Educational Foundation Inc. ([www.vepachedu.org](http://www.vepachedu.org)), a 501(c) (3) educational foundation. For more information visit: [www.linkedin.com/in/vepachedu](http://www.linkedin.com/in/vepachedu); <http://www.avvo.com/attorneys/60201-il-sreenivasarao-vepachedu-764535.html>, and <http://www.crm-ip.com/vepachedu.html>. Contact: [svepachedu@yahoo.com](mailto:svepachedu@yahoo.com) or [rao.vepachedu@cardinal-ip.com](mailto:rao.vepachedu@cardinal-ip.com); [www.linkedin.com/in/vepachedu](http://www.linkedin.com/in/vepachedu) and <http://www.crm-ip.com/vepachedu.html>;



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The 12 Best Foods for Your Heart (and How to Save on Them): <http://www.rd.com/health/wellness/the-12-best-foods-for-your-heart-and-how-to-save-on-them/>

(6) Catechin, epicatechin, quercetin, rutin and resveratrol in red grape: Content, in vitro antioxidant activity and interactions:

<http://www.sciencedirect.com/science/article/pii/S0889157508000653>

Antioxidant protection of resveratrol and catechin in *Saccharomyces cerevisiae*: <http://www.ncbi.nlm.nih.gov/pubmed/18489120>

Resveratrol is "Nature's Medicine" for Cancer, Heart Disease and Much More:

[http://www.naturalnews.com/025977\\_resveratrol\\_Amazon\\_natural.html#ixzz3ysH00X1t](http://www.naturalnews.com/025977_resveratrol_Amazon_natural.html#ixzz3ysH00X1t)

Catechins and resveratrol as protective polyphenols against beta-amyloid-induced

toxicity: Possible significance to Alzheimer's disease: [http://trnres.com/ebook/uploads/ramassamyn/T\\_1297147475Ramassamy-9.pdf](http://trnres.com/ebook/uploads/ramassamyn/T_1297147475Ramassamy-9.pdf)

**Additional Sources:** The information published here is available from the primary sources cited above, and also from secondary sources such as: 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, mondaq.com, etc.

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AUM! SWASTI!

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!)

SWASTI! AUM!

Issue 217	5117 Kali Era, Swasti Sri MANMADHA Year, PUSHYA Month 2073 Vikramarka Era, Swasti Sri MANMADHA Year, PUSHYA Month 1937 Salivahana Era, Swasti Sri MANMADHA Year, PUSHYA Month 2016 AD, JANUARY (Published online FEBRUARY 1, 2016)
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