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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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#### Intelligence and Happiness

One person's happiness is another's headache, but the one thing everyone needs for happier, healthier lives is relationships, the key to a happy life<sup>(2)</sup>.

In a study<sup>(3)</sup> of anxiety and intelligence, patients with generalized anxiety disorder (GAD) were compared with healthy volunteers to assess the relationship among intelligence quotient (IQ), worry, and subcortical white matter metabolism of choline. In a control group of normal volunteers, high IQ was associated with a lower degree of worry, but in those diagnosed with GAD, high IQ was associated with a greater degree of worry. The correlation between IQ and worry was significant in both the GAD group and the healthy control group. However, in the former, the correlation was positive and, in the latter, the correlation was negative. A recent study of happiness and intelligence found intelligent individuals experience lower life satisfaction with more frequent socialization with friends<sup>(4)</sup>.

Research has consistently shown that intelligence is positively correlated with socially liberal beliefs and negatively correlated with religious beliefs. Yet another study<sup>(5)</sup> indicates that people with better scores on tests of intelligence are more likely to describe themselves as liberal, researchers have found. For example, they're more likely to support intrusive governmental policies intended to protect the

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environment, e.g., higher intelligence among classically liberal Republicans and lower intelligence among socially conservative Republicans, consistent with the fact that Republicans are less likely to accept the truth in widely accepted climate change and the theory of evolution, both supported by scientific data<sup>(6)</sup>.

A new study, “The Relationship between Mental and Somatic Practices and Wisdom,” published Feb. 18 in PLOS ONE<sup>(7)</sup>, confirms an age-old conception that meditation and somatic or physical practices such as classical ballet might lead to increased wisdom.

### How to Convince People<sup>(8)</sup>

In a debate, the factor most linked with successfully persuading someone is using different words from the original argument, researchers found, and longer replies and calmer language tend to be more effective in convincing. The research suggests that using specific examples is a big help. Definite articles (“the” rather than “a”) are more present in persuasive arguments, suggesting that it helps to speak in specifics. Successful arguments use the phrases “for example,” “for instance,” and “e.g.” more often. Quotations and question marks don’t appear to help the argument, but including links to supporting material does.

### Tea for Heart, Coffee for Brain, and Alcohol for Heart Attack

A study found that people who drank a cup of tea each day were 35 percent less likely to have a heart attack or other major cardiovascular event, compared to nondrinkers. The study also found that tea drinkers were less likely to have calcium buildup in the heart's coronary arteries. Calcium deposits have been linked to serious conditions, such as heart disease and stroke, the researchers said<sup>(8)</sup>.

When caffeine was first introduced to Europe in the late 17th century, it was seen by business owners as a miracle drug that turned formerly dozy workers into productive cogs in the industrial machine. Drinking coffee every day about 900 ml (30 fluid ounces) or around six cups is linked to a reduced risk of multiple sclerosis (MS). Caffeine, a central nervous system stimulant, has neuroprotective properties and can suppress the production of chemicals involved in the inflammatory response, which may explain the association found, suggest the researchers<sup>(9)</sup>. According to a 2014 study published in the journal Nature

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Neuroscience, caffeine consumption could significantly improve long-term memory, allowing users to remember information better, and for longer stretches<sup>(10)</sup>.

Even moderate alcohol consumption, one drink a day for women and up to two drinks a day for men, may raise a person's risk of a heart attack or stroke approximately two-fold within the hour following consumption compared to other times. Heavy drinkers were found to have both a short- and long-term risk of heart attack and stroke; those who consumed six to nine drinks in a day were at almost double the risk, while those who consumed 19-30 drinks in a week were at six times higher risk for heart attack and stroke<sup>(11)</sup>.

### Blueberries<sup>(12)</sup>

The blueberry, labeled a 'super fruit' for its power to potentially lower the risk of heart disease and cancer, also could be another weapon in the war against Alzheimer's disease. The fruit is loaded with healthful antioxidants, and these substances could help prevent the devastating effects of this increasingly common form of dementia, scientists report AT the 251st National Meeting & Exposition of the American Chemical Society (ACS).

### Turmeric

Turmeric is best known as one of the main components of curry powder. Curcumin in turmeric may help fight drug-resistant tuberculosis. In India and the rest of the Indian Continent, turmeric is used to treat many health conditions and it has anti-inflammatory, antioxidant, and anticancer properties. The ability of curcumin to modulate the immune response to Mycobacterium tuberculosis points to a potential new tuberculosis treatment that would be less prone to the development of drug resistance<sup>(13)</sup>.

### Lentils and Pulses

Eating about 3/4 cup (130 grams) each day of these foods known as pulses led to a weight loss of 0.34 kilograms (just over half a pound), in a systematic review and meta-analysis of all available clinical trials on the effects of eating pulses. The research builds on previous work by the hospital's Clinical Nutrition

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and Risk Factor Modification Centre, that a daily serving of pulses makes people feel fuller and significantly reduce cholesterol and LDL.

## REFERENCES AND NOTES

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<sup>(2)</sup> Your relationships are just as important to your health as diet and exercise: [https://www.washingtonpost.com/news/to-your-health/wp/2016/01/05/your-relationships-are-just-as-important-to-your-health-as-exercising-and-eating-well/?tid=a\\_inl](https://www.washingtonpost.com/news/to-your-health/wp/2016/01/05/your-relationships-are-just-as-important-to-your-health-as-exercising-and-eating-well/?tid=a_inl)

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<sup>(12)</sup> Blueberries, the well-known 'super fruit,' could help fight Alzheimer's: <https://www.sciencedaily.com/releases/2016/03/160314084821.htm>

<sup>(13)</sup> Curcumin may help overcome drug-resistant tuberculosis: <http://medicalxpress.com/news/2016-03-curcumin-drug-resistant-tuberculosis.html>

<sup>(14)</sup> Eating beans, peas, chickpeas or lentils may help lose weight and keep it off: <https://www.sciencedaily.com/releases/2016/03/160330135255.htm>

**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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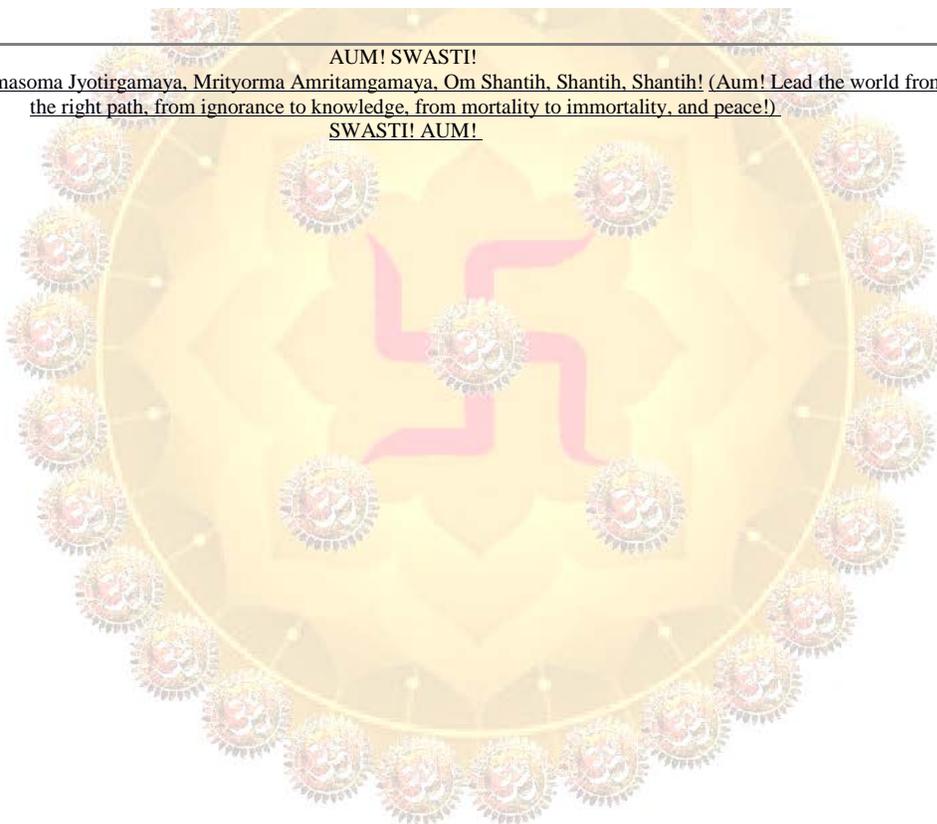
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AUM! SWASTI!

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!



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