



శ్రీ వేపచేదు విద్యా పీఠము

VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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

Home	The Foundation	Management	The Andhra Journal of Industrial News	The Telangana Science Journal	Mana Sanskriti (Our Culture)
Vegetarian Links	Disclaimer	Solicitation	Contact	VPC	Vedah-net

Chief Editor: Dr. Sreenivasarao Vepachedu⁽¹⁾

Issue 219 Contents

Intelligence and Happiness
How to Convince People
Tea for Heart, Coffee for Brain, and Alcohol for Heart Attack
Blueberries
Turmeric
Lentils and Pulses

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⁽²⁾.

In a study⁽³⁾ 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⁽⁴⁾.

Research has consistently shown that intelligence is positively correlated with socially liberal beliefs and negatively correlated with religious beliefs. Yet another study⁽⁵⁾ 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

Issue 219	5117 Kali Era, Swasti Sri MANMADHA Year, PHALGUNA Month 2073 Vikramarka Era, Swasti Sri MANMADHA Year, PHALGUNA Month 1937 Salivahana Era, Swasti Sri MANMADHA Year, PHALGUNA Month 2016 AD, MARCH (Published online APRIL 1, 2016)
-----------	---

Copyright ©1998-2016
Vepachedu Educational Foundation, Inc



శ్రీ వేపచేదు విద్యా పీఠము

VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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

Home	The Foundation	Management	The Andhra Journal of Industrial News	The Telangana Science Journal	Mana Sanskriti (Our Culture)
Vegetarian Links	Disclaimer	Solicitation	Contact	VPC	Vedah-net

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⁽⁶⁾.

A new study, “The Relationship between Mental and Somatic Practices and Wisdom,” published Feb. 18 in PLOS ONE⁽⁷⁾, 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⁽⁸⁾

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⁽⁸⁾.

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⁽⁹⁾. According to a 2014 study published in the journal Nature

Issue 219	5117 Kali Era, Swasti Sri MANMADHA Year, PHALGUNA Month 2073 Vikramarka Era, Swasti Sri MANMADHA Year, PHALGUNA Month 1937 Salivahana Era, Swasti Sri MANMADHA Year, PHALGUNA Month 2016 AD, MARCH (Published online APRIL 1, 2016)
-----------	---



శ్రీ వేపచేదు విద్యా పీఠము

VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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

Home	The Foundation	Management	The Andhra Journal of Industrial News	The Telangana Science Journal	Mana Sanskriti (Our Culture)
Vegetarian Links	Disclaimer	Solicitation	Contact	VPC	Vedah-net

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

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⁽¹¹⁾.

Blueberries⁽¹²⁾

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⁽¹³⁾.

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

Issue 219	5117 Kali Era, Swasti Sri MANMADHA Year, PHALGUNA Month 2073 Vikramarka Era, Swasti Sri MANMADHA Year, PHALGUNA Month 1937 Salivahana Era, Swasti Sri MANMADHA Year, PHALGUNA Month 2016 AD, MARCH (Published online APRIL 1, 2016)
-----------	---

Copyright ©1998-2016
Vepachedu Educational Foundation, Inc



శ్రీ వేపచేదు విద్యా పీఠము

VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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

Home	The Foundation	Management	The Andhra Journal of Industrial News	The Telangana Science Journal	Mana Sanskriti (Our Culture)
Vegetarian Links	Disclaimer	Solicitation	Contact	VPC	Vedah-net

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

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), a 501(c) (3) educational foundation. For more information visit: 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 or rao.vepachedu@cardinal-ip.com; www.linkedin.com/in/vepachedu and <http://www.crm-ip.com/vepachedu.html>;



<http://www.avvo.com/profile/dashboard>.

⁽²⁾ 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

Harvard researchers discovered the one thing everyone needs for happier, healthier lives: https://www.washingtonpost.com/news/inspired-life/wp/2016/03/02/harvard-researchers-discovered-the-one-thing-everyone-needs-for-happier-healthier-lives/?tid=a_inl

⁽³⁾ The Relationship between Intelligence and Anxiety: An Association with Subcortical White Matter Metabolism. *Frontiers in Evolutionary Neuroscience*, 2012; 3: <http://journal.frontiersin.org/article/10.3389/fnevo.2011.00008/abstract>

⁽⁴⁾ Country roads, take me home... to my friends: How intelligence, population density, and friendship affect modern happiness., *Br J Psychol*. 2016 Feb 4; <http://www.ncbi.nlm.nih.gov/pubmed/26847844>

⁽⁵⁾ Are Smart People Less Racist? Verbal Ability, Anti-Black Prejudice, and the Principle-Policy Paradox, *Social Problems*, published online: 8 January 2016: <http://socpro.oxfordjournals.org/content/early/2016/01/08/socpro.spx028.full>

⁽⁶⁾ Verbal intelligence is correlated with socially and economically liberal beliefs: <https://www.gwern.net/docs/iq/2014-carl.pdf>

⁽⁷⁾ Meditation And Ballet Associated With Wisdom: <http://www.biospace.com/News/meditation-and-ballet-associated-with-wisdom/412042>

How to change someone's mind, according to science: https://www.washingtonpost.com/news/wonk/wp/2016/02/10/how-to-change-someones-mind-according-to-science/?wpisrc=nl_az_most

⁽⁸⁾ Daily Cup of Tea May Lower Heart Attack Risk: <http://www.biospace.com/News/daily-cup-of-tea-may-lower-heart-attack-risk-johns/410747>

⁽⁹⁾ High Daily Coffee Consumption May Lower MS Risk: <http://www.biospace.com/News/binging-on-coffee-may-cut-your-ms-risk-study/411294>

⁽¹⁰⁾ How to Transform Your Coffee Into a Wonder Drug: <http://www.bloomberg.com/news/articles/2016-03-17/how-to-transform-your-coffee-into-a-wonder-drug>

⁽¹¹⁾ Moderate drinking raises heart attack, stroke risk: <http://www.biospace.com/News/a-single-drink-can-temporarily-up-your-heart/411162>; Is Moderate Drinking Really Good For You: <http://www.biospace.com/News/is-moderate-drinking-really-good-for-you/412991>

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

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

⁽¹⁴⁾ 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.

Issue 219	5117 Kali Era, <i>Swasti Sri</i> MANMADHA Year, PHALGUNA Month 2073 Vikramarka Era, <i>Swasti Sri</i> MANMADHA Year, PHALGUNA Month 1937 Salivahana Era, <i>Swasti Sri</i> MANMADHA Year, PHALGUNA Month 2016 AD, MARCH (Published online APRIL 1, 2016)
-----------	--

Copyright ©1998-2016
Vepachedu Educational Foundation, Inc



శ్రీ వేపచేదు విద్యా పీఠము

VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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

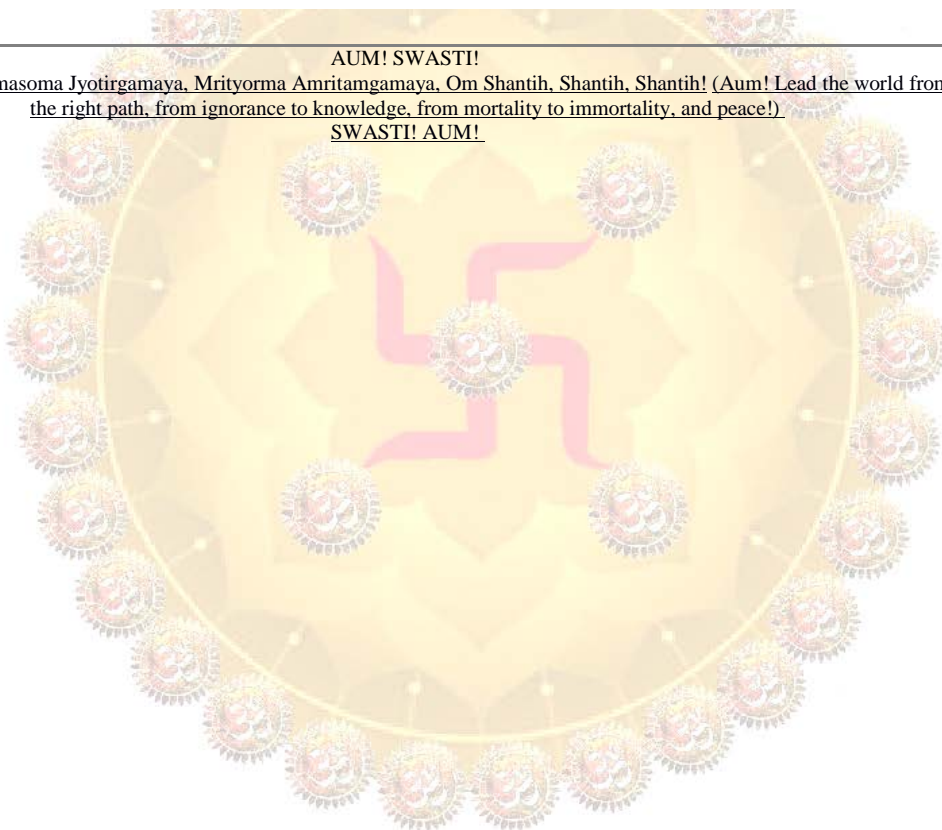
Home	The Foundation	Management	The Andhra Journal of Industrial News	The Telangana Science Journal	Mana Sanskriti (Our Culture)
Vegetarian Links	Disclaimer	Solicitation	Contact	VPC	Vedah-net

Disclaimer: These materials are not a solicitation to sell any legal service, insurance product or security, nor is it intended as any financial, legal, tax, medical or health care advice. For information about specific needs or situations, contact your attorney, financial/tax agent or physician. These materials are prepared solely as public service to contribute to the understanding of IP laws and strategies practiced in the US, and should not be construed as legal advice and do not establish any form of attorney-client relationship with the author or his current/past employers. Information presented on these pages includes not only facts available in the public domain, but also author's interpretations, opinions and personal views that do not represent any of the views, opinions or policies of any companies the author is (was) associated with. While every attempt was made to insure that these materials are accurate, errors or omissions may be contained therein, for which NEITHER the author NOR his employers and associates are LIABLE. The reader is advised to seek proper counsel, before using any of the strategies presented here.

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 219	5117 Kali Era, Swasti Sri MANMADHA Year, PHALGUNA Month 2073 Vikramarka Era, Swasti Sri MANMADHA Year, PHALGUNA Month 1937 Salivahana Era, Swasti Sri MANMADHA Year, PHALGUNA Month 2016 AD, MARCH (Published online APRIL 1, 2016)
-----------	---

Copyright ©1998-2016
Vepachedu Educational Foundation, Inc