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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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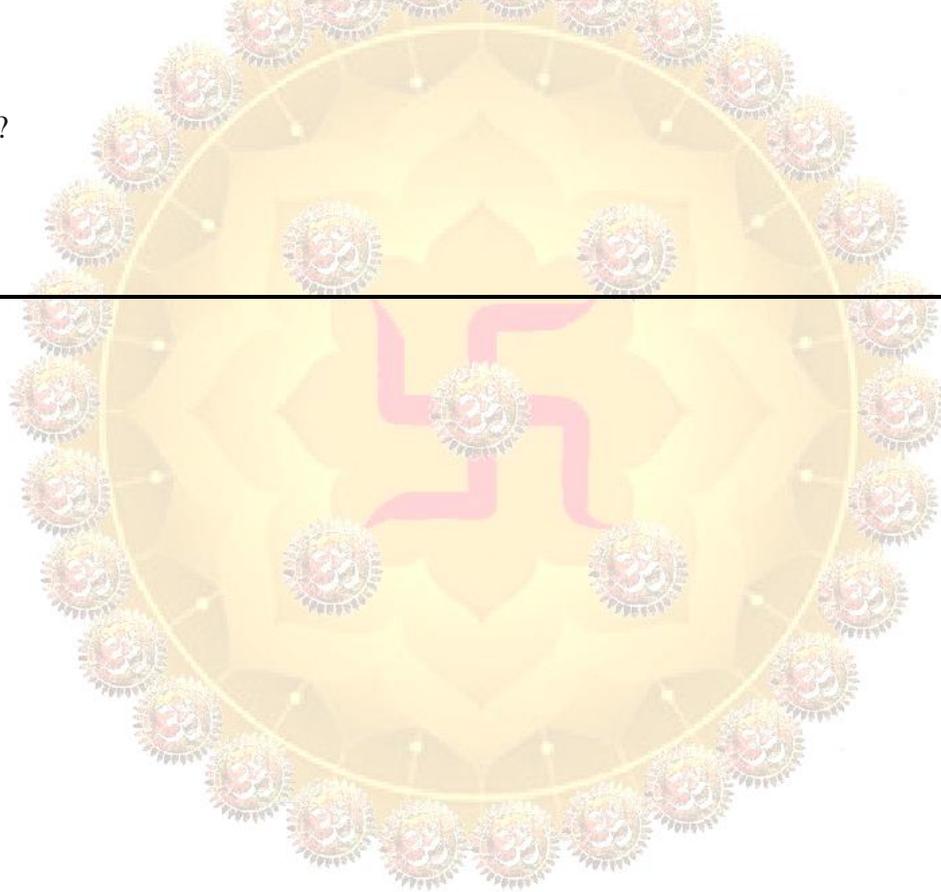
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Vegetarian Links	Disclaimer	Solicitation	Contact	VPC	Vedah-net

Issue 222

Chief Editor: Dr. Sreenivasarao Vepachedu¹

Contents

SALT
I CAN DO BETTER
KIDS TARGETED
CRISIS OR FRAUD?
SEAWEED



Issue 222	5118 Kali Era, Swasti Sri DURMUKHI (సమృధి) Year, JYESHTA Month 2074 Vikramarka Era, Swasti Sri DURMUKHI (సమృధి) Year, JYESHTA Month 1938Salivahana Era, Swasti Sri DURMUKHI (సమృధి) Year, JYESHTA Month JUNE, 2016 AD (Published online JULY 1, 2016)
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Vegetarian Links	Disclaimer	Solicitation	Contact	VPC	Vedah-net

SALT

Americans eat about 1.5 teaspoons (3,400 milligrams) of salt daily, a third more than the government recommends for good health². In June 2016, in an effort to initiate a very serious national dialogue and prevent thousands of deaths each year from heart disease and stroke, the Food and Drug Administration released Sodium Guidelines that suggest limits for about 150 categories of foods, from cereals to pizzas and sandwiches. Salt hidden in processed foods and restaurant meals make it easier for consumers to eat too much of it.

I CAN DO BETTER

According to a study published in Frontiers in Psychology³, people using self-talk, for example telling oneself “I can do better next time,” performed better than the control group in every portion of the task. The greatest improvements were seen in self-talk-outcome (telling yourself, “I can beat my best score”), self-talk-process (telling yourself, “I can react quicker this time”), imagery-outcome (imagining yourself playing the game and beating your best score), and imagery-process (imagining yourself playing and reacting quicker than last time).

KIDS TARGETED

Kids are a demographic that can bring them hefty profits now, and could grow up to be loyal, even more lucrative, adult customers. Drug and device companies have been trying to reach kids for decades, and now these efforts are taking new forms -bankrolling classroom lesson plans and comic books, hosting events with costumed characters, and promoting Smartphone apps, in addition to teaching children and teens about certain health conditions for which the treatments are marketed by the companies sponsoring the outreach.

These efforts by companies are definitely a service to kids, but they also bring benefits to the companies by influencing kids, who are valuable present and future customers. However, it seems, the percentage of American children and teens taking prescription drugs has stayed steady over the past two decades. Some

Issue 222	5118 Kali Era, Swasti Sri DURMUKHI (సువ్యతి) Year, JYESHTA Month
	2074 Vikramarka Era, Swasti Sri DURMUKHI (సువ్యతి) Year, JYESHTA Month
	1938Salivahana Era, Swasti Sri DURMUKHI (సువ్యతి) Year, JYESHTA Month
	JUNE, 2016 AD (Published online JULY 1, 2016)

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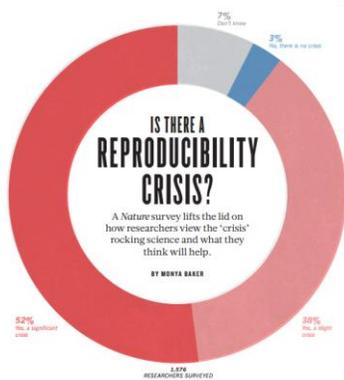
Health and Nutrition

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

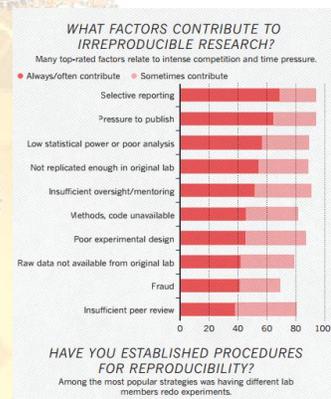
of the efforts include: Your Pfizer-sponsored homework is due on Monday; This comic book brought to you by Shire; A Saturday on the DePuy Synthes campus; Siri, launch the Sanofi app etc⁴.

CRISIS OR FRAUD?



More than 70 percent of researchers have tried and failed to reproduce another scientist's experiments, according to Nature⁵.

Fifteen years ago, a leading drug maker published a study showing that the antidepressant Paxil was safe and effective for teenagers, but an analysis, in journal BMJ, September 2015, of the same data concluding that the opposite is true⁶.



SEAWEED

Gracilaria lemaneiformis Bory showed a total sugar content of 14.65%. The protein content was 21%, of which approximately 41% was determined to be essential amino acids (EAA). The major amino acid components were glutamic acid, leucine, arginine, and alanine. Of the EAA assayed, methionine and cysteine appeared to be the most limiting amino acids compared with the EAA pattern provided by Food and Agricultural Organization of the United Nations. The total lipids content was 0.87% and comprised a high composition of unsaturated fatty acids (61%), mainly as linoleic acid and oleic acid, and a little amount of polyunsaturated fatty acid; palmitic acid was the main component (39%) of saturated acids. Relatively high levels of vitamin C, iodine, phosphorus, and zinc were also present in G. lemaneiformis.

Issue 222	5118 Kali Era, Swasti Sri DURMUKHI (శుక్ల) Year, JYESHTA Month
	2074 Vikramarka Era, Swasti Sri DURMUKHI (శుక్ల) Year, JYESHTA Month
	1938Salivahana Era, Swasti Sri DURMUKHI (శుక్ల) Year, JYESHTA Month
	JUNE, 2016 AD (Published online JULY 1, 2016)

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Vegetarian Links	Disclaimer	Solicitation	Contact	VPC	Vedah-net

[G. lemaneiformis](#) and [Nostoc flagelliforme](#), a rare alga that is widely eaten in Chinese society, have [similar nutritional composition](#)⁷.

The edible algae that fall in the category of seaweed are packed with low-calorie nutrients. A type of commercial red algae could help counteract food allergies, reported in the Journal of Agricultural and Food Chemistry.

[Food allergy](#) is a major global health issue that can be life threatening in some cases; the condition affects about 8 percent of children and 5 percent of adults worldwide. Certain compounds in food trigger a cascade of immune system reactions that lead to symptoms such as hives, wheezing and dizziness, and in the worst cases, [anaphylactic shock](#). Previous research has suggested that certain seaweed varieties contain polysaccharides with anti-asthmatic and anti-allergy effects. Similar molecules are in [Gracilaria lemaneiformis](#), a commercial variety of red algae, might have similar properties.

REFERENCES AND NOTES⁸

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² Voluntary limits for food biz is a bid to cut some deaths, disease: http://digitaledition.chicagotribune.com/tribune/article_popover.aspx?guid=a2a54d9f-8740-4cb7-a979-62777523357d#sthash.WSfhkdoF.dpuf

Profiling Food Consumption in America: <http://www.usda.gov/factbook/chapter2.pdf>

What Do the 2015–2020 Guidelines Say About Sodium? https://www.cdc.gov/salt/pdfs/Sodium_Dietary_Guidelines.pdf

<http://health.gov/dietaryguidelines/2015/guidelines/>

Issue 222	5118 Kali Era, Swasti Sri DURMUKHI (సువ్యతి) Year, JYESHTA Month 2074 Vikramarka Era, Swasti Sri DURMUKHI (సువ్యతి) Year, JYESHTA Month 1938Salivahana Era, Swasti Sri DURMUKHI (సువ్యతి) Year, JYESHTA Month JUNE, 2016 AD (Published online JULY 1, 2016)
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Vegetarian Links	Disclaimer	Solicitation	Contact	VPC	Vedah-net

³ Brief Online Training Enhances Competitive Performance: <http://www.biospace.com/News/thinking-i-can-do-better-really-can-improve/425085>
<http://journal.frontiersin.org/article/10.3389/fpsyg.2016.00413/full>

⁴ Your Pfizer-sponsored homework is due on Monday; This comic book brought to you by Shire; A Saturday on the DePuy Synthes campus; 'Siri, launch the Sanofi app; : <https://www.statnews.com/2016/06/02/drug-marketing-kids/>

⁵ 1,500 scientists lift the lid on reproducibility: <http://www.nature.com/news/1-500-scientists-lift-the-lid-on-reproducibility-1.19970>
http://www.nature.com/polopoly_fs/1.19970!/menu/main/topColumns/topLeftColumn/pdf/533452a.pdf

⁶ Review says antidepressant Paxil is unsafe for teens: <https://www.bostonglobe.com/news/nation/2015/09/16/antidepressant-paxil-unsafe-for-teenagers-new-analysis-says/UHVT28lrggX072eYvlqAVI/story.html>

⁷ Similar Nutritional Composition: <http://onlinelibrary.wiley.com/doi/10.1111/j.1744-7909.2006.00333.x/abstract>

⁸ In addition to the primary sources cited above, additional references include:

[New York Times](#), [Washington Post](#), [Mercury News](#), [Bayarea.com](#), [Deccan Chronicle](#), [the Hindu](#), [Hindustan Times](#), [Times of India](#), [AP](#), [Reuters](#), [AFP](#), [The Guardian](#), [Pravda](#), [Spiegel](#), [Connexion](#), etc.

Disclaimer All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for special medical conditions or any specific health issues or starting a new fitness regimen.

“Where the mind is without fear and the head is held high, Where knowledge is free Where the world has not been broken up into fragments, By narrow domestic walls.” [Rabindranath Tagore \(1861-1941\)](#), [Gitanjali, 1912](#).

[One World One Family](#)

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 222	5118 Kali Era, Swasti Sri DURMUKHI (సువృతి) Year, JYESHTA Month 2074 Vikramarka Era, Swasti Sri DURMUKHI (సువృతి) Year, JYESHTA Month 1938Salivahana Era, Swasti Sri DURMUKHI (సువృతి) Year, JYESHTA Month JUNE, 2016 AD (Published online JULY 1, 2016)
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