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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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Issue 227

Chief Editor: Dr. Sreenivasarao Vepachedu¹

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POSTURE AND EXERCISE

To look trim and slim, improve your posture by straightening up the body and tuck the tummy in by drawing the navel to the spine. While standing, align ears, shoulders, hips, knees, and ankles in a line vertically and keep your shoulders open and keep your weight even on the balls of your feet and your heels.

While sitting, align ears, shoulders, and hips with the pelvis in a neutral position and buttocks resting against the back of the chair. While lying down, rest on your side with hips and knees bent, with a pillow between your knees, or lie on the back with a pillow under the knees.

A regular exercise for about half an hour daily should keep your body and mind well balanced. A few simple exercises every day should help.

Stand upright with feet apart, hold hand together on the right side, exhale and sweep the hands, arms, shoulders, and chest to the left side, while lifting the left knee up and to the right. Inhale and return to the starting position. Repeat the movement switching to the right. Do 20 reps.

Stand upright with feet together, stretch arms out to the shoulder level and straight. Exhale and lift the right leg forward and up, while sweeping the arms forward at shoulder level. Inhale to return to the original position. Repeat with the left leg. Do 20 reps.

Stand upright with heels together, toes slightly turned out. Bring your arms up, join hands below the chin. Exhale and press your arms down. Keep your hands and arms very close to the body, while lifting your heels off the ground onto your tiptoes and hold for two seconds at the top. Inhale and return to the starting position. Do 20 reps.

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FOOD

Fruits and vegetables are rich in nutrients. The more colorful they are, the more nutrients they contain. They help you reach and maintain a healthy body weight and protect from cancer. Calcium, magnesium, and potassium are needed for healthy bones. Bok choy, Chinese cabbage, collard greens, kale, and turnip greens have calcium and vitamin K. Sweet potato has magnesium and potassium. Citrus fruits have vitamin C. Fresh figs have calcium, potassium, and magnesium. Milk from soybeans, almonds, or coconuts is a good substitute for regular milk. Tofu is a nutritional powerhouse and good for healthy bones. Sources of folate are asparagus, beans, sunflower seeds, and leafy green vegetables like spinach, romaine lettuce. The best way to get folate is to eat enough fruits, vegetables, and enriched grain products. Grapes and grape juice, especially purple and red grapes, contain resveratrol, which helps prevent cancer.

ANGER

Anger is an emotional state resulting from a perception of a failed expectation – something that didn't happen as expected. Depending upon the value of the expectation, anger varies in intensity from mild irritation to intense fury and rage, accompanied by physiological and biological changes, such as an increase in heart rate and blood pressure, and the levels of adrenaline, and noradrenaline. Therefore, anger is a result of something which has already happened that cannot be changed. However, we show our anger to prevent the same failure from happening again or release the frustration. Anxiety is due to the fear of success or failure of expectations in the future, something that may or may not happen.

Expressing anger in a nonaggressive but assertive manner is the healthiest way to achieve goals, by learning how to channel the anger in a positive way, make clear what your expectations and needs are, and how to get them met, without hurting others. Being assertive doesn't mean being pushy or demanding, but being respectful of yourself and others. This means not just controlling outward behavior, but also controlling internal responses, taking steps to lower heart rate by calming down to let the feelings subside.

Unexpressed anger can lead to pathological expressions of anger, such as passive-aggressive behavior, i.e., getting back at people indirectly, without telling them why, rather than confronting them head-on or a personality that is perpetually cynical and hostile.

FIBROMYALGIA²

Fibromyalgia is a fairly common condition. Three to six percent of the world population likely lives with the condition. The condition affects between three and six million Americans³. According to the National Fibromyalgia Association, fibromyalgia is a long-term and debilitating condition characterized by widespread pain and fatigue, and affects nearly 10 million people in the United States⁴. It is about four times more likely to occur in women. For diagnosis of fibromyalgia, the American College of Rheumatology has put forward its

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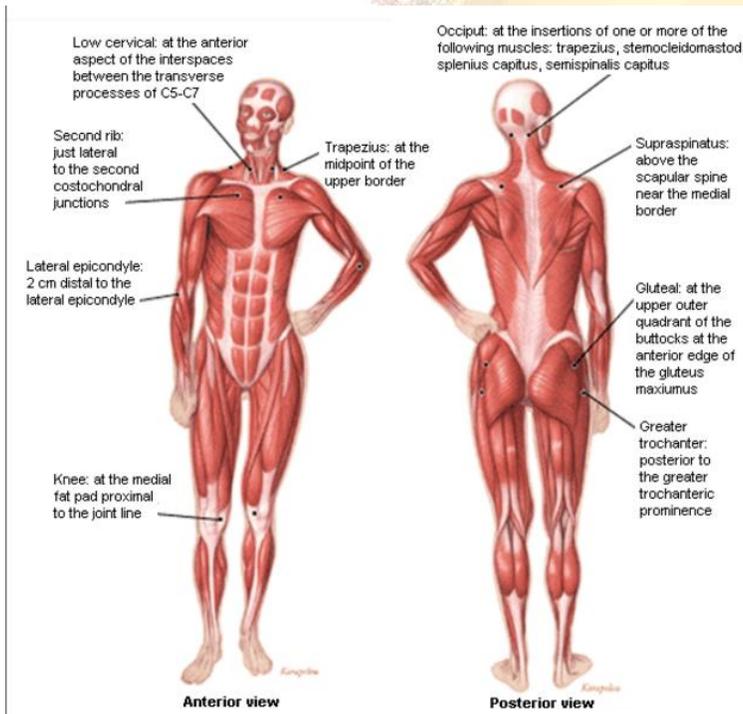
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criteria comprising widespread musculoskeletal pain, in combination with tenderness at I1 or more of the 18 specific tender sites on a person's body⁵. These criteria have been accepted by medical researchers in this field, but there has been no satisfactory scientific explanation either a viral or other pathologic cause to account for the pain and disability experienced by patients with fibromyalgia. When diagnosing fibromyalgia, healthcare providers often use laboratory tests to rule out co-existing conditions. Some health care providers may be less than sympathetic, skeptical or simply frustrated if they cannot determine the cause of the pain. Fibromyalgia symptoms may result in a disability that requires obtaining disability insurance. Some patients will find insurance companies use diagnostic difficulties or the non-specificity of symptoms to deny claims⁶. Since 1988, a number of judgments have recognized that fibromyalgia can occur following car-crash trauma in British Columbia⁷. The TSJ Social Chamber of Catalonia held that fibromyalgia and chronic fatigue syndrome (CFS) are grounds for declaring a "permanent disability"⁸.



The condition of fibromyalgia has received increasing attention in recent Social Security disability court decisions⁹. However, in the US, Social Security disability claims, many Administrative Law Judges (ALJs) look skeptically on complaints of this disease, particularly since there is often little objective medical evidence to support the claim¹⁰. About 85% of fibromyalgia applications were denied¹¹. Nevertheless, courts have been resisting the efforts to deny disability insurance coverage to sufferer¹². In July 2012, Social Security issued a ruling explaining when fibromyalgia should be found as a medically determinable impairment (MDI). The ruling directs claims examiners and judges to rely on criteria issued by the American College of Rheumatology (ACR) to determine whether an applicant has fibromyalgia, and thus has an MDI. There are two alternatives in ACR criteria that can be used in determining whether you have fibromyalgia; either one will suffice¹³.

Symptoms of Fibromyalgia¹⁴: Fibromyalgia appears to be linked to changes in how the brain and spinal cord process pain signals. In the American College of Rheumatology guidelines for diagnosing fibromyalgia, one of the criteria is a widespread pain throughout the body for at least three months. "Widespread" is defined as pain on both sides of the body, as well as above and below the waist. Fibromyalgia shows symptoms that mimic

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those caused by some other underlying problem such as rheumatoid arthritis, Sjogren's syndrome, lupus, depression, and anxiety that often feature generalized aches and pain and multiple sclerosis and myasthenia gravis that show numbness and tingling. While there is no lab test to confirm a diagnosis of fibromyalgia, ruling out other conditions that may have similar symptoms is often the way diagnose it. Blood tests may include blood count, erythrocyte sedimentation rate, thyroid function tests, Vitamin D levels, etc. and a careful physical exam of muscles and joints, as well as a neurological exam to look for other causes of symptoms. People who have fibromyalgia also often wake up tired, even after they've slept continuously for more than eight hours. Brief periods of physical or mental exertion may leave them exhausted. They may also have problems with short-term memory and the ability to concentrate. In some cases, fibromyalgia symptoms begin shortly after a person has experienced a mentally or physically traumatic event, such as a car wreck. People who have post-traumatic stress disorder are likely to develop fibromyalgia. In addition, there may be a genetic component to fibromyalgia¹⁵.

Numerous research studies support the use of exercise to help manage fibromyalgia symptoms. Around 42 percent found relaxation practices, such as meditation, yoga, tai chi and others, "somewhat" helpful in relieving symptoms. Lyrica, Cymbalta, and Savella¹⁶ are approved by the US Food and Drug Administration to treat fibromyalgia. It was found that these drugs were not helpful or have side effects. Opioids are the most helpful treatment for fibromyalgia, according to findings from National Pain Report's annual fibromyalgia survey. In a study, nearly 22% said opioids improve their symptoms "a lot," and another 35% said opioids help their symptoms somewhat¹⁷. Researchers and doctors recommend a multifaceted approach to fibromyalgia treatment¹⁸.

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“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!](#)

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