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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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

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Grapes and Peanuts

Piceatannol, a compound found in grapes, peanuts and other fruits, and similar in structure to resveratrol, is able to block cellular processes that allow fat cells to develop, opening a door to a potential method to control obesity, reported in the *Journal of Biological Chemistry* that the compound piceatannol blocks an immature fat cell's ability to develop and grow.

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Turmeric

Turmeric, the ancient Indian Ayurvedic medicine and culinary additive, continues to attract scientists' attention across the world. Extracts from turmeric spice, known for their antioxidant and anti-inflammatory properties, may help ward off heart attacks in people who have had recent bypass surgery, according to a study from Thailand. Curcumin has been shown to reduce inflammation and to reduce oxygen toxicity or damage caused by free radicals in a number of experimental settings.

Kidney Stones

Most kidney stones form when the urine becomes too concentrated, allowing minerals like calcium to crystallize and stick together. Diet plays a role in the condition -- not drinking enough water or eating too much salt (which binds to calcium) also increases the risk of stones. But, we can blame it on the fate/genes. A common genetic variation in a gene called *claudin-14* recently has been linked to a substantial increase in risk -- roughly 65 percent -- of getting kidney stones. In the new study, the researchers have shown how alterations in the gene's activity influence the development of stones. Kidney stones strike an estimated 1 million Americans each year, and those who have experienced the excruciating pain say it is among the worst known.

Optimism

Researchers analyzed results from dozens of earlier studies that measured people's psychological traits such as optimism. The optimists had about half the risk of a first heart attack compared with pessimists. People with a better sense of well-being tended to have lower blood pressure, cholesterol and weight. They were more likely to get exercise and eat healthy foods. They were less likely to smoke or have sleep problems. Researchers said they didn't know whether optimism caused people to take care of themselves, or if being healthy made people feel optimistic. Previous research has shown that negative personality traits can cause stress. This can lead to artery and heart damage. The journal *Psychological Bulletin* published the study.

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Melanoma on the Rise

By quantifying the risk factors and demonstrating damage already done through the UV photos, the researchers hope to motivate youngsters to avoid tanning beds, stay out of the midday sun and use protective clothing and proper sunscreen. One new study suggests an alarming surge in melanoma among people in their 20s and 30s, particularly among women. They said it's likely that the sharp increase is due to increased sun exposure and sunburns among young people. The researchers published their findings in the April Mayo Clinic Proceedings.

The combined effects of exercise plus caffeine consumption may be able to ward off skin cancer and also prevent inflammation related to other obesity-linked cancers. The researchers also found that exercise and caffeine reduced weight and inflammation, according to findings presented at the AACR Annual Meeting 2012, held in Chicago March 31 - April 4.

Climate Change and Killer Summer

While extended heat waves are known to be dangerous for senior citizens, new research found that big changes in average temperatures from one day to the next can be harmful, too. For each increase of 1 degree Celsius in summer temperature variability, the death rate for infirm elderly residents rose between 2.8 percent and 4 percent, depending on the ailment, the study found. The researchers estimated that greater summer temperature variability, a predicted consequence of climate change, is causing 10,000 additional deaths per year in the United States, a figure that is likely to rise along with the mercury. With temperatures estimated to be rising at 0.4 degrees Fahrenheit per decade because of global warming, the risks of greater temperature swings are rising. The study was published in the Proceedings of the National Academy of Sciences.

Sleep

Nodding off behind the wheel isn't the only threat from a lack of shut-eye. There's growing evidence that people who regularly sleep too little and at the wrong time suffer long-lasting consequences that a nap

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won't cure: An increased risk of diabetes, heart disease and other health problems. Diet and physical activity are big factors in Type 2 diabetes. In addition, sleep may play a role in the nation's diabetes epidemic, according to a study in the journal Science Translational Medicine.

Up to 70 million Americans are estimated to suffer from chronic problems with sleep, from insomnia to sleep apnea. Impaired sleep has been linked to high blood pressure, heart disease, obesity, depression, memory impairment and a weakened immune system. Still another concern: The World Health Organization has classified night shift work as a probable carcinogen, because too much light at night may hamper a hormone involved both with sleep and suppressing tumor cells. The National Institutes of Health says adults need between seven and nine hours of sleep daily for good health.

Stress

A new study involving the common cold may help explain why stress, which dampens the immune system, seems to trigger inflammation in many people. The research suggests that high and long-term levels of stress contribute to inflammation. In turn, the inflammation can lead to conditions such as heart disease, asthma and autoimmune disorders, in which the immune system turns against the body. One possibility is that stressed people are simply unhealthier -- smoking and drinking more and sleeping less. In that area, the challenge is figuring out which came first, stress or unhealthy decisions. The other possibility is that the body's hormones that respond to stress play a role. The people with more stress were also at higher risk of developing a cold, according to the report published online April 2 in the *Proceedings of the National Academy of Sciences*. Read More <http://www.ivillage.com/why-stress-might-make-you-sick/4-a-440899#ixzz1tU6Z9tyq>

Longer Labor in the US

Compared with the 1960s, American women have in recent years spent two to three hours longer in labor, according to researchers at the National Institutes of Health, who said the findings suggest doctors may need to rethink the definition of "normal" labor. The extra time is spent in the first stage of labor - the longest part of the process, before the "pushing" stage, according to findings published in the American

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Journal of Obstetrics & Gynecology. Mothers are different as well. On average, they're older and weigh more, and their newborns are bigger too. Contemporary women were far more likely to have an epidural - 55 percent, compared to just four percent of counterparts 50 years ago. Twelve percent had a C-section compared with three percent in the 1960s, while 31 percent were given oxytocin, which stimulates contractions, against 12 percent 50 years ago.

Dementia

The World Health Organization says the number of dementia cases globally is set to triple by 2050 and 35.6 million people worldwide currently live with dementia. It says that figure will double to 65.7 million by 2030 and reach 115.4 million in 2050. The WHO says the share of dementia cases in low- and middle-income nations will rise to over 70 percent by 2050 as those countries see surges in their older populations.

Bilingualism and Multitasking

Children who grow up learning to speak two languages are better at switching between tasks than are children who learn to speak only one language, according to a study. However, the study also found that bilinguals are slower to acquire vocabulary than are monolinguals, because bilinguals must divide their time between two languages while monolinguals focus on only one. Researchers often use this switching task to gauge a set of mental processes known as executive functioning -- generally defined as the ability to pay attention, plan, organize, and strategize. The task engages three mental processes: the ability to keep a rule or principle in mind (working memory), inhibition (the ability to refrain from carrying out one rule), and shifting (the ability to make the change and act on another rule). The study was published online in *Child Development*.

Anxiety and Intelligence

In a study 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

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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. Eighteen healthy volunteers (eight males and 10 females) and 26 patients with GAD (12 males and 14 females) served as subjects. Previous studies have indicated that excessive worry tends to exist both in people with higher intelligence and lower intelligence, and less so in people of moderate intelligence. It has been hypothesized that people with lower intelligence suffer more anxiety because they achieve less success in life.

Recipes:

Fried Tempeh

Ingredients: 2 packages (8 oz each) [tempeh](#), water or vegetable broth for simmering, 1/2 cup cornmeal, 1 tablespoon salt, 1/4 cup vegetable oil, 1/4 cup vegan mayonnaise, 2 tablespoons curry powder.

Preparation: Slice tempeh lengthwise to make 1/4-inch thick sticks. In a large skillet, bring about an inch of water or vegetable broth to a boil. Working in batches if needed simmer tempeh, covered, for 10 minutes, then drain well. Combine cornmeal and salt. While tempeh is still moist, roll it in cornmeal mixture. In a large skillet, heat oil over medium-high heat. Working in batches as needed, sauté tempeh for 2 minutes on each side or until golden brown. Drain on paper towels. Whisk together the vegan mayonnaise (<http://www.cooksrecipes.com/sauce/vegan-mayonnaise-substitute-recipe.html>) and curry powder in a small bowl, and dip your tempeh fries in this curried mayonnaise dip.

<http://vegetarian.about.com/od/kidfriendlyrecipes/r/tempeh-fries.htm?nl=1>

Fried Seitan

Ingredients: 1 tsp salt or seasoned salt, 1 tsp onion powder, 1 tsp garlic powder, 1 tsp black pepper, dash cayenne (optional), 1 1/2 cups flour, 1/4 cup [nutritional yeast](#) (optional), 1/4 cup prepared mustard, 2 tbsp baking powder, 1/2 cup water, 1 lb [seitan](#) or other chicken substitute, cut into 1-2" square pieces, oil for frying

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Preparation: In a medium to large bowl, mix together the salt, onion powder, garlic powder, flour, black pepper, cayenne and [nutritional yeast](#). In a separate small bowl, whisk together the mustard and water. Add 1/3 cup of the flour mixture to the mustard mixture and combine well. Add baking powder to the flour mixture and combine well. Coat pieces of [seitan](#) or mock chicken with the mustard batter, then coat each piece with the dry flour mixture. Fry chunks of "chicken" in the oil on medium-high heat in a large skillet for 3-5 minutes, turning once until golden brown. Drain on a paper towel, serve with ketchup or barbeque sauce. <http://vegetarian.about.com/od/maindishentreerecipes/r/Friedchickun.htm?nl=1>

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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!)

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