



శ్రీ వైపచెదు విద్యా పీఠము

VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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Issue 152 Contents:

Green Vegetables

Chocolate

Gluten

Overeating Pregnant Women Make Obese Babies

Diet and Cancer

Hypothyroidism and Nutrition

Become Younger

Tai Chi

Marriage

Positive People

Recipes

Stuffed Tomatoes

Green Vegetables

Increasing the daily intake of green leafy vegetables could significantly reduce the risk of type 2 diabetes, a British meta-analysis found. Consuming 1.35 servings of these vegetables per day was associated with a 14% reduction in risk compared with consuming only 0.2 servings (HR 0.86, 95% CI 0.77 to 0.96, $P=0.01$), according to Patrice Carter, a PhD student at the University of Leicester, and colleagues. A trend also was seen suggesting a benefit for consuming greater quantities of fruits and vegetables overall, the researchers reported online in *BMJ*. They listed possible reasons why fruit and vegetables might help prevent chronic disease, among them the antioxidant effects of beta-carotene, vitamin C, and polyphenols, as well as the magnesium and polyunsaturated fatty acid content. The editorialists noted that although it may be "reasonable" to draw attention to the potential benefits of green leafy vegetables, the more

1

Issue 152

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important message is for increasing fruit and vegetable intake overall. The incidence of type 2 diabetes has been rising dramatically during the past two decades, with diet being a major contributor.

Chocolate

Cocoa flavonoids are associated with decreased susceptibility to oxidation of LDL cholesterol and improved endothelial function. People can consume the antioxidant- and flavonoid-rich treat without guilt as long as they do so in moderation. Women who ate European chocolate once or twice a week had a 32% lower heart failure risk (95% CI 0.50 to 0.93) compared with those who didn't regularly eat the candy, Mittleman and co-authors reported online in *Circulation: Heart Failure*. European chocolate typically is higher in cocoa content, which reduced the risk of heart failure 26% (95% CI 0.58 to 0.95) over nine years. However, indulging in chocolate more than once or twice appeared potentially harmful.

Gluten

Vegetarians get their proteins not only from lentils, beans and nuts, but also from grains such as wheat. Gluten, a protein in wheat, barley and rye, is not only a key ingredient in baked goods, it is also used as a thickening agent in ketchup and ice cream. It helps ferment vinegar and alcoholic beverages. It's even in lip gloss and envelope adhesives.

For people with celiac disease, ingesting even tiny amounts of gluten can set off an autoimmune reaction that flattens the finger-like villi lining the small intestine. The most common symptoms are bloating, gas, diarrhea and constipation, as well as early osteoporosis. The autoimmune reaction can also cause skin rashes, chronic fatigue, bone and joint pain, neurological problems, liver problems, diabetes, infertility in both men and women and cancers, including lymphoma. An estimated three million Americans have celiac disease. The notion that a gluten-free diet can help people lose weight or avoid carbohydrates is a myth.

Overeating Pregnant Women Make Obese Babies

In the U.S., more than a third of women of normal weight and more than half of overweight and obese women gain more weight than their doctors recommend. Women who gain too much weight during pregnancy have big babies, putting their children at risk of becoming heavy later on, a new study says. American researchers followed all births in Michigan and New Jersey between 1989 and 2003. Among the more than 513,000 women and their 1.1 million infants studied, scientists found that women who gained more than 53 pounds (24 kilograms) during their pregnancy made babies who were about 150

2

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grams (0.3 pounds) heavier at birth than infants of women who gained only 22 pounds (10 kilograms). The study was published online in the medical journal *Lancet*. Heavier babies have a significantly higher risk of staying heavy throughout their lives.

Diet-induced obesity has become one of the most critical medical problems in the United States. In particular, the incidence of childhood obesity has reached unprecedented levels. Since genetics alone cannot explain the surge of obesity in society, investigators have been trying to determine the primary underpinnings of the vulnerability to develop obesity on a Western diet. Why is it that two people can consume the same high fat, high-calorie Western diet and one becomes obese and prone to diabetes while the other maintains a slim frame? This question has long baffled scientists, but a study by Yale School of Medicine researchers provides a simple explanation: weight is set before birth in the developing brain. The results are reported online the week of August 2 in the *Proceedings of the National Academy of Sciences*.

Big Waist Raises Death Risk Despite Normal Weight

Having a large waist can increase the risk of early death, even if you're not overweight, a study finds. Researchers published the study this week in the journal Archives of Internal Medicine. The study used data on more than 100,000 people. Researchers kept track of them for 9 years. In that time, nearly 15,000 died. Researchers divided people into three groups -- normal weight, overweight and obese. The normal waist size is no more than 35 inches for women or 40 inches for men. People in all three groups had higher death rates if they had larger waists. Four extra inches around the waist was linked to a 15% to 25% higher death rate. The 25% increase was seen in women of normal weight.

Mayo Clinic researchers found that healthy young people who put on as little as 9 pounds of fat, specifically in the abdomen, are at risk for developing endothelial cell dysfunction. Endothelial cells line the blood vessels and control the ability of the vessels to expand and contract.

<http://www.businesswire.com/news/biospace/20100818005883/en/Modest-Weight-Gain-Harm-Blood-Vessels-Mayo>

Diet and Cancer

Researchers from Brown University and the University of California San Francisco have found that epigenetic changes to DNA in breast cancers are related to environmental risk factors and tumor size, providing a window into the severity of the disease. The study is published in the June 30 edition of *PLoS*

3

Issue 152

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Genetics. The researchers found that epigenetic profiles of tumors had a direct association with diet, alcohol, and tumor size.

Hypothyroidism and Nutrition

<http://www.drkaslow.com/html/thyroid.html>

http://www.drpodell.org/alternative_thyroid_treatments.shtml

<http://healingdeva.com/thyroid.htm>

<http://standing1.home.mindspring.com/thyroid/badfood.html>

Eat Right or Die Young by Dr. Cass Ingram:

"Certain foods contain chemicals which block the production of thyroid hormone, particularly cabbage, broccoli, rutabaga, cauliflower, kale, Brussels sprouts, watercress, and peanuts. Cooking partially inactivates the interfering chemical, known medically as a **goitrogen**. Thus, in most cases it is wise to eat these foods cooked. Raw peanuts or soybeans should never be eaten. Fortunately, peanut butter is heated to a high enough degree that the goitrogens are destroyed."

Become Younger

"Among the elements or ingredients which the Thyroid uses to make thyroxine is a protein known as **casein**. The body manufactures its own casein out of the atoms present in our food, in the same manner that the cow generates the casein in her milk from her feed. Casein is one of the important components of milk, but when cow's milk is used by humans of any age, it is not digested properly or completely under any circumstances. That is the reason why the use of milk not only creates a great amount of mucus in the system, but also has the tendency to disrupt the function of the Thyroid gland. The casein in cow's milk is 300% more concentrated than that in mother's milk. When cow's milk is pasteurized or cooked by boiling, the casein is changed still worse than in its raw state," says Dr. Norman Walker, M.D.

<http://thyroid.about.com/b/2008/09/03/coffee-thyroid-drugs.htm>

Tai Chi

Fibromyalgia symptoms include fatigue, body pain and tenderness in joints and muscles. They also vary from person to person. The cause is unknown. Tai chi may improve pain and other symptoms of fibromyalgia, a small study suggests. The study included 66 fibromyalgia patients. They were randomly assigned to one of two programs. One group did tai chi, a program of slow movements, meditation, deep breathing and relaxation. The other group received wellness education and did stretching exercises.

Sessions occurred twice a week for 12 weeks. By the end, symptoms had improved for people who did tai

4

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1932 Salivahana Era, Vikruthi Year, Shravana month

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chi. In questionnaires, they reported less pain. They also said they had better mood, sleep, exercise capacity and quality of life. There was little change for the other group. Improvements remained 12 weeks after the program ended. The New England Journal of Medicine published the study.

Several conditions can mimic the features of fibromyalgia. They include:

- Underactive thyroid (hypothyroidism)
- Vitamin D deficiency, causing the bone disease osteomalacia
- Rheumatoid arthritis
- Sleep apnea

Treating fibromyalgia is just as challenging as diagnosing it.

<http://www.intelihealth.com/IH/ihtIH/EMIHC267/24479/36146/1373811.html?d=dmtContent>

Marriage

Being married has often been associated with improving people's health. A new study suggests that having that long-term bond alters hormones in a way that reduces stress. Unmarried people in a committed, romantic relationship show the same reduced responses to stress as do married people, according to research in the current issue of the journal *Stress*.

Positive People

How positively you see others is linked to how happy, kind-hearted and emotionally stable you are, according to new research. Your perceptions of others reveal so much about your own personality. By asking study participants to each rate positive and negative characteristics of just three people, the researchers were able to find out important information about the rater's well-being, mental health, social attitudes and how they were judged by others. The study appears in the *Journal of Personality and Social Psychology*. The researchers found a person's tendency to describe others in positive terms is an important indicator of the positivity of the person's own personality traits. They discovered particularly strong associations between positively judging others and how enthusiastic, happy, kind-hearted, courteous, emotionally stable and capable the person describes oneself and is described by others. In contrast, negative perceptions of others are linked to higher levels of narcissism and antisocial behavior. A huge suite of negative personality traits are associated with viewing others negatively. The simple tendency to see people negatively indicates a greater likelihood of depression and various personality disorders.

This research suggests that when you ask someone to rate the personality of a particular coworker or acquaintance, you may learn as much about the rater providing the personality description as the person

5

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they are describing. The level of negativity the rater uses in describing the other person may indeed indicate that the other person has negative characteristics, but may also be a tip off that the rater is unhappy, disagreeable, neurotic - or has other negative personality traits.

Raters in the study consisted of friends rating one another, college freshmen rating others they knew in their dormitories, and fraternity and sorority members rating others in their organization. In all samples, participants rated real people and the positivity of their ratings were found to be associated with the participant's own characteristics.

<http://www.medicalnewstoday.com/articles/196673.php>

Recipes

Stuffed Tomatoes

Ingredients: 6 medium firm ripe tomatoes, about 7 to 8 ounces each; 2 tsp olive oil; 1/2 cup chopped red onion; 1/2 cup chopped yellow pepper; 1 clove garlic, minced; 1/4 cup softened, chopped sun-dried tomatoes, not packed in oil; 1 can (16 ounces) vegetarian baked beans; 1 Tbsp balsamic vinegar ; 1 slice white bread; 1 clove garlic, chopped; 2 Tbsps chopped herbs, such as basil, parsley, rosemary, thyme; 1 tsp olive oil.

Preparation: Pre-heat oven to 350 degrees. Cut 1/2 inch off tops of tomatoes. Remove pulp from tomato with small knife, leaving a thick shell for filling and being careful not to cut through bottoms. Chop pulp and reserve 1/2 cup. Sautee onion, pepper and garlic in olive oil until almost tender, 2 to 3 minutes. Stir in sun-dried tomatoes, reserved tomato pulp, baked beans and vinegar. Cook until hot. Fill reserved tomato shells with bean mixture. Place tomatoes on a baking sheet and bake for 20 - 25 minutes, or until tomatoes are cooked.

For this and more: <http://vegetarian.about.com/od/maindishrecipes/r/stuffedtomatoes.htm?nl=1>

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Source: The primary sources cited above, 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 etc.

6

Issue 152

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