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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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Chief Editor: Sreenivasarao Vepachedu

Associate Editor: Venkateswara Rao Karuparthu

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Clinton's Healthy Vegan Diet

After undergoing two separate operations to unclog his coronary arteries, former president Bill Clinton realized that exercising and cutting calories might not be enough to avoid another heart problem. He is speaking out about his plant-based, [heart-healthy diet](#), saying that he believes the [vegan](#) regimen is helping to reverse the damage to his heart and blood vessels caused by [cardiovascular disease](#). He is following a vegan diet, after years of a high-fat diet and subsequent heart issues. The former president has sworn off all meat, fish and dairy products in an effort to avoid future cardiovascular problems. Clinton first eliminated red meat from his diet to lose weight for his daughter Chelsea's wedding. After seeing

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results, he decided to take his new eating habits to the next level and began following the advice of [Dr. Dean Ornish](#), the diet guru who helped spark the notion of turning to [vegetarianism](#) to reverse coronary heart disease with the publication of [this study](#) (subscription required) in the Lancet in 1990, and [Dr. Caldwell Esselstyn Jr.](#), who runs the cardiovascular prevention and reversal program at the [Cleveland Clinic](#) Wellness Institute, and went vegan -- cutting out meat, dairy, eggs and fats. This is a drastic change for the former burger and fast food loving 65-year-old. Since making the switch, the former president has dropped 20 pounds.

A vegan diet is the strictest of all vegetarian diets. Unlike other types of vegetarian diets that focus primarily on excluding meat, poultry, eggs, and fish; vegan diets not only prohibit animal derived products such as meat, poultry, fish, eggs, but also dairy products and honey. According to the Mayo Clinic, most vegetarians are leaner and healthier than nonvegetarians, due to the absence of saturated fats and cholesterol in their diets. Contrary to main-stream American beliefs, vegan diet is a healthy diet providing all essential amino acids and nutrients from completely plant based diet. However, it should be noted, as Los Angeles Times reporter Jeannine Stein reported last year, that there could be unhealthy vegan/vegetarian diet with nutrient-poor choices like potato chips, which are technically vegan. <http://www.latimes.com/health/boostershots/la-heb-bill-clinton-vegan-20110818,0,5976547.story>

High saturated fat diet causes beta cell dysfunction leading to Type 2 diabetes. Diets with high levels of fat shut down a key enzyme and cause a series of molecular events responsible for the onset and severity of Type 2 diabetes. In studies that included mice and humans, researchers discovered a pathway to disease that is activated in pancreatic beta cells, and then leads to metabolic defects in other organs and tissues, including the liver, muscle, and adipose (fat), that when linked together, add up to diabetes. <http://www.genengnews.com/gen-news-highlights/scientists-find-high-fat-diet-causes-beta-cell-dysfunction-leading-to-type-2-diabetes/81245550/>.

Eating certain foods can lower cholesterol even for people who already follow a heart-healthy diet, a new study finds. The new study included people with high LDL (low density lipoproteins). All of them were given a heart-healthy diet to follow. The diet was low in animal (saturated) fat. Healthy diet included lots of vegetables, fruits and whole grains. Some people also were taught how to fit foods that lower LDL into their diets. The foods included nuts, soy products, and vegetables and grains that contained viscous fiber. After 24 weeks, LDL cholesterol had dropped 3% in the group that simply followed the heart-healthy diet. The group that also added cholesterol-lowering foods had a larger drop in LDL -- about 13%. The Journal

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of the American Medical Association published the study. This study shows that you may be able to dramatically lower your LDL by adding four types of foods:

- Plant sterols, eating 2 grams of plant sterols a day can lower LDL cholesterol by about 10%, which may result in about 20% lower risk of having a heart attack or stroke. Some people see LDL drop as much as 20%. When eaten, plant sterols interfere with the ability of the intestine to absorb cholesterol from other foods. The liver needs cholesterol to make bile acids for digestion. Since less fat gets into the body, the liver grabs LDL from the bloodstream, leaving "good" lipoproteins (HDL) alone.
- Viscous fiber, also called soluble fiber, found in oats and oat bran, barley, beans, eggplant, okra etc. You may also add psyllium fiber to your diet - one or two table spoons in breakfast cereal. Viscous fiber absorbs water in the stomach and intestine to form a gel. This slows digestion. It causes you to feel full and may help with weight loss and lowering LDL.
- Nuts - eat a handful of nuts. This amount per day can lower LDL cholesterol up to 5%. But, be careful, nuts are full of oils and proteins, meaning a lot of calories. Nuts also protect the heart. They help lower LDL because they contain insoluble fiber. They also contain healthy fatty acids, but no cholesterol. Walnuts and flax are a rich source of omega-3 fatty acids and proteins.
- Soy protein, a very healthy protein source that is low in saturated fat and no cholesterol. Some people can reduce their LDL cholesterol by as much as 5% by eating 25 grams of soy protein per day. The average decrease is more like 2%. You get 25 grams of soy protein by having 10 ounces of tofu or 2½ cups of soy milk. People who eat more soy products tend to have less dairy and meat in their diet.

<http://www.intelihealth.com/IH/ih/IH/EMIHC267/24479/20779/1409853.html?d=dmtICNNews>

Exercise for Focus and Longevity

A new study, published in *Medicine & Science in Sports & Exercise*, involving schoolchildren ages 8 to 11 who were living in Rome, found that the children's test scores increased the most after a 50-minute gym class that concentrated on endurance exercise. In that session, the young students ran, walked, skipped and otherwise kept moving for the duration of the class. Afterward, according to their test scores, they were much better able to focus.

Regular exercise strengthens muscles, reduces the risk of some diseases and promotes mental well-being. The more exercise, the better. Fitness guidelines by the World Health Organization, the U.S. and other countries recommend that adults get at least a half-hour of moderate workout most days of the week. This

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can include brisk walking, bike riding and water aerobics. For lazy and/or busy people health groups have suggested breaking it down into smaller, more manageable chunks of time such as three 10-minute spurts a day on weekdays. However, these recommendations are based on studies involving Western populations in the US and Europe.

Researchers at the National Health Research Institutes in Taiwan noted that Asians, such as Chinese, Japanese and Taiwanese, are generally less physically active than their Western counterparts and their workouts tend to be less intense. For these populations, the study found those who exercised just 15 minutes a day -- or 90 minutes a week -- cut their risk of death by 14 percent and extended their life expectancy by three years compared with those who did no exercise. Both men and women benefited equally from the minimum activity. Each additional 15 minutes of exercise reduced the risk of death by another 4 percent compared with the inactive group. Researchers did not report how additional exercise affected life expectancy. <http://www.intelihealth.com/IH/ihtIH/EMIHC267/24479/24524/1409218.html?d=dmtICNNNews>

However, now, it seems, you can eat as much as you like without putting on extra pounds - every one likes this opportunity. And you can even receive all the benefits of exercise without leaving the sofa. An all-in-one tablet is being developed to treat obesity, diabetes, heart disease and cancer. The drug, which is being made by the biotech firm Sirtris, could be available within three years. The excitement surrounds a family of drugs based on resveratrol, the "miracle ingredient" in grapes credited with inhibiting the development of cancer and heart disease. http://articles.timesofindia.indiatimes.com/2011-08-19/health/29905010_1_red-wine-drugs-health-benefits

However, don't be fooled by such drugs. Resveratrol is not going to help, if you are inactive, because research has shown being inactive leads to heart disease. Not only that there is yet another study to add to this research. A new study shows consuming too much salt and being inactive, not only leads to heart disease, but also can be bad for brain health. Canadian researchers studied the salt intake and physical activity levels of healthy men and women ages 67 to 84 over three years and found those with the highest levels of sodium (3,091 milligrams a day and greater) and the lowest levels of exercise tended to show poorer cognitive performance than those with a low sodium intake and an active lifestyle. The findings were published in the journal *Neurobiology of Aging*. <http://www.intelihealth.com/IH/ihtIH/EMIHC267/24479/20774/1409862.html?d=dmtICNNNews>

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Garlic

The folk wisdom that eating garlic fights illness is ancient. Now, a team led by researchers from Washington State University, has found that a group of garlic-derived organosulfur compounds has antimicrobial activity. The research is published in the August 2011 issue of the journal *Applied and Environmental Microbiology*. <http://www.sciencedaily.com/releases/2011/08/110815172343.htm>

Chocolate

Epicatechin is a flavonol, a class of molecules that are thought to have widespread effects on the body, is a cacao ingredient. Researchers have known for some time that chocolate has some health effects. Recent epidemiological studies have shown that people who regularly indulge in moderate amounts of dark chocolate are less likely to develop high blood pressure or heart disease or suffer strokes. Epicatechin, in mice, binds to the receptors and “induces an integrated response that includes structural and metabolic changes in skeletal and cardiac muscles resulting in greater endurance capacity,” a study concluded in *The Journal of Physiology*. Whether the fitness-boosting effects of epicatechin survive in chocolate as processing destroys epicatechin. If the epicatechin survives the process, the amount of it that is sufficient to show effect in humans is in micro doses. What happens if you ingest more? As always, more is not better. <http://well.blogs.nytimes.com/2011/08/03/how-chocolate-can-help-your-workout/>

WT.mc_id=NYT-E-I-NYT-E-AT-0810-L3

Coconut Water

Natural pure coconut water contains many electrolytes, like sodium, the critical one lost during sweating. But many commercial varieties have less sodium than is found in juice straight from a coconut or in traditional sports drinks. An 8.5 ounce serving of Vita Coco 100% Pure Coconut Water, for example, contains 30 milligrams of sodium and 15 grams of carbohydrates. An eight-ounce serving of Gatorade Pro 02 Perform is equal in carbs (14 grams) but has more sodium (200 milligrams). A recent study by [Consumerlab.com](http://www.consumerlab.com), an independent laboratory, found that two of the most popular varieties, Vita Coco and O.N.E. Coconut Water, contained even less sodium and magnesium than advertised. Only Zico Natural contained the amount of sodium listed on its label (160 milligrams). <http://well.blogs.nytimes.com/2011/08/08/really-the-claim-for-better-hydration-drink-coconut-water/?ref=health>

Serving Size

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A large package of Cool Ranch Doritos lists a single serving as one ounce, or roughly 12 chips. 160 calories and two grams of saturated fat are in a serving of three Oreo cookies. One cup of Campbell's soup — just under half a can — contains about 790 milligrams of sodium. Note that health officials have said that 1,500 milligrams of sodium is about half the US population should adhere to (those with hypertension, African-Americans and people over 50). <http://well.blogs.nytimes.com/2011/08/02/the-problem-with-serving-sizes/?ref=health>

Yoga to Relieve Pain

Dr. Fishman, a lifelong devotee of yoga who studied it for three years in India before going to medical school, uses various yoga positions to help prevent, treat, halt and often reverse conditions like shoulder injuries, osteoporosis, osteoarthritis and scoliosis. This year, Dr. Fishman received a prize at the International Conference on Yoga for Health and Social Transformation for a paper he presented on a surprising yoga remedy for rotator cuff syndrome, a common shoulder injury that causes extreme pain when trying to raise one's arm to shoulder height and higher. He described a modified form of a yoga headstand that does not require standing on the head and takes only 30 seconds to perform, and presented evidence that it could relieve shoulder pain in most patients, and that adding brief physical therapy could keep the problem from recurring. Yoga's benefits also decrease the risk of falls, which can result in osteoporotic fractures. Medical guidance is important, especially for older people who may have orthopedic issues that require adaptations of the yoga moves. http://www.nytimes.com/2011/08/02/health/02brody.html?_r=1&src=me&ref=health

Alcohol Addiction and Withdrawal

Alcohol withdrawal is one of the most fatal complications of all drugs. Alcohol causes depression. The body compensates for the depressive effect of alcohol by ramping up production of a number of hormones and brain chemicals, like serotonin, epinephrine and dopamine. When a person suddenly stops drinking alcohol, the body becomes flooded with abnormally high levels of those chemicals. Minor symptoms, which can begin 6 to 12 hours after the last drink, include insomnia, tremors, heart palpitations, nausea, sweating and upset stomach. Patients can experience hallucinations, in which they see, hear or feel things that aren't there, 12 to 24 hours after the last drink. Severe complications can include dehydration, vomiting, abnormal heart rhythms and a condition called delirium tremens, or D.T.'s, which have about a 15 percent fatality rate. Considered a medical emergency, delirium tremens is characterized by confusion,

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delirium and seizures and can occur 24 to 48 hours after the last drink. Unattended, patients can suffer head injuries, lethal dehydration, heart attack or stroke and can choke on their own vomit.

<http://well.blogs.nytimes.com/2011/08/03/amy-winehouse-and-the-perils-of-alcohol-withdrawal/?ref=health>

Unfortunately, in an attempt to preserve Western habits such as "the enjoyment of a good meal with friends and glass of wine," which Dr. Neafsey contends "is a traditional human pleasure that most people enjoy," drinking wine and bear is promoted as healthy. <http://www.reuters.com/article/2011/08/18/us-alzheimers-risk-drinking-idUSTRE77H6QB20110818>

Anthropocene Era

Now there is a movement afoot to change humanity's co-ordinates. In 2000 Paul Crutzen, an eminent atmospheric chemist, realised he no longer believed he was living in the Holocene. He was living in some other age, one shaped primarily by people. From their trawlers scraping the floors of the seas to their dams impounding sediment by the gigatonne, from their stripping of forests to their irrigation of farms, from their mile-deep mines to their melting of glaciers, humans were bringing about an age of planetary change. With a colleague, Eugene Stoermer, Dr Crutzen suggested this age be called the Anthropocene — "the recent age of man". <http://www.economist.com/node/18741749>

Sex Determination

In many cultures, government permitted, if not encouraged, the killing of handicapped or female infants or otherwise unwanted children. In the Greece of 200 B.C., for example, the murder of female infants was so common that among 6,000 families living in Delphi no more than 1 percent had two daughters. Rummel, *Death by Government*, pp. 65-66. (http://www.gendercide.org/case_infanticide.html)

In Chinese society, sons are the means of continuity, prosperity, and the only valid source of care and support. The happiness of the aging relatives is thought to be secure when there are many sons who can help, thus the village expression: "the more sons, the more happiness." If a couple has only one child, and she is a girl, there will be no one to care for the parents as they age. In 1979, China implemented a highly intrusive policy to limit the number of births per family. Government workers monitor families for birth control use and tell couples when they are authorized to conceive. Couples are pressured to terminate

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“unauthorized” pregnancies, and this has occurred even in the eighth or ninth month of pregnancy (U.S. Department of State, 1997). (<http://www.domesticviolenceservices.com/female-infanticide.html>)

The root of female infanticide is different in India than it is in China. In both cultures, there is a preference for male children. However, unlike China, there is no government organization limiting the number of children a family can have. In India the constraint is mostly economic—daughters will require a sizable financial dowry (illegal under the law) to marry. Because daughters leave their families of origin, they are often regarded as temporary members of their families and a drain on its wealth. (<http://www.domesticviolenceservices.com/female-infanticide.html>)

Now, blood tests can find out the sex of a fetus earlier than other tests, a review of current research says. The tests studied searched for a Y chromosome from the DNA of the fetus in a pregnant woman's blood. Only males have the Y chromosome. The tests were about 95% accurate in determining the baby's sex as long as the woman was at least 7 weeks pregnant. Other tests can find out the sex at 10 to 16 weeks of pregnancy. Medical groups have not endorsed these early blood tests, however. The Journal of the American Medical Association published the study.

Smoking and Bladder Cancer

Published in the Journal of the American Medical Association, new findings show that smoking cigarettes is just as risky for women as it is for men. Today in the United States, both sexes are lighting up in equal proportions and the risk factor has also evened out. One in five adults smokes, and approximately 69,250 people will be diagnosed with bladder cancer in the United States this year, and about 14,990 will die from the disease, the NCI reports. Smoking causes bladder cancer also. <http://www.pbs.org/newshour/rundown/2011/08/smoking-triggers-bladder-cancer-in-far-more-women-than-previously-believed.html>

As if there weren't already enough good reasons to avoid smoking and keep your weight, blood sugar levels and blood pressure all under control, a new study suggests these risk factors in middle age may cause your brain to shrink, leading to mental declines up to a decade later. The study is published Aug. 2 in the journal *Neurology*. <http://consumer.healthday.com/Article.asp?AID=655443>

Who Dwells in Us?

As they look beyond the genome, researchers are also learning

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that some 90 percent of the protein-encoding cells in our body are microbes and 99 percent of the functional genes in the body are microbial. We evolved with them in a symbiotic relationship, which raises the question of just who is occupying whom.

Cancer appears to be more willful and calculating than previously imagined. The enemy inside us is every bit as formidable as imagined invaders from beyond. Learning to outwit it is leading science deep into the universe of the living cell. http://www.nytimes.com/2011/08/16/health/16cancer.html?_r=1&pagewanted=all

Decisions Drain You

Decision fatigue is the newest discovery involving a phenomenon called ego depletion, a term coined by the [social psychologist Roy F. Baumeister](#) in homage to a Freudian hypothesis.

Shopping can be especially tiring for the poor, who have to struggle continually with trade-offs. Most of us in America won't spend a lot of time agonizing over whether we can afford to buy soap, but it can be a depleting choice in rural India. Dean Spears, an economist at Princeton, offered people in 20 villages in Rajasthan in northwestern India the chance to buy a couple of bars of brand-name soap for the equivalent of less than 20 cents. It was a steep discount off the regular price, yet even that sum was a strain for the people in the 10 poorest villages. Whether or not they bought the soap, the act of making the decision left them with less willpower, as measured afterward in a test of how long they could squeeze a hand grip. In the slightly more affluent villages, people's willpower wasn't affected significantly. Because they had more money, they didn't have to spend as much effort weighing the merits of the soap versus, say, food or medicine. http://www.nytimes.com/2011/08/21/magazine/do-you-suffer-from-decision-fatigue.html?WT.mc_id=NYT-E-I-NYT-E-AT-0824-L19

Recipes

Slow Cooker Vegetarian Chili

Ingredients: 2 cups of stewed tomatoes with diced chile peppers (you can always find a variety of flavored can stewed tomatoes at your market); 1 cup of yellow onions, diced; 3 cloves garlic, minced; 1 bell pepper, diced; 1 cup of chopped carrots; 2 tablespoons of olive oil; 1/2 cup of fresh jalapeno peppers

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chopped finely (optional); 3 cups of Portabello mushrooms wiped clean and cubed; 1/2 cup vegetable stock; 3 cups of canned low sodium vegetarian trio beans, which consist of black beans, pinto bean, red beans, drained.(You may also use fresh beans. Simply follow the instructions on the package and make the bean ahead of time, as the fresh beans will take about 2-3 hours to cook.); Chili season mixture
For the Chili Seasoning Mix: 1 Teaspoon of salt; 1 Teaspoon of ground pepper; 2 1/2 tablespoons paprika; 2 tablespoons chili powder; 1 tablespoon ground cumin; 1 tablespoon dried oregano; 1 tablespoon dried thyme

In the slow cooker add all the ingredients. Set the slow cooker on High and cook for 4 hours stirring occasionally. Or 6-8 hours on low. For a touch more flavor and spice you can add a pinch of red pepper flakes and 2 tablespoons of fresh cilantro before serving. This recipe Makes 6 servings. Watch video here: <http://video.about.com/vegetarian/Slow-Cooker-Vegetarian-Chili.htm?nl=1>

Slow Cooker Vegetarian Lentil Soup

Ingredients: 2 cups dry lentils (beans); 4 cups water; 8 cups of vegetarian broth; 1 onion, diced; 3 stalks of celery, sliced; 1 cup of fennel, chopped; 2 carrots, chopped; 2 cloves of garlic, minced; 1 tablespoon of salt; 1 tablespoon of black pepper; 1 teaspoon of oregano; 1 teaspoon of cumin; 1 14 oz can of diced tomatoes; 2 tablespoon white wine vinegar; 1 tablespoon of red pepper flakes (optional)

Preparation: Stir together all the ingredients in a slow cooker. Cook on high for (4) four hours or on low for (6-8) six to eight hours. This recipe makes 6 servings. <http://video.about.com/vegetarian/Slow-Cooker-Vegetarian-Lentil-Soup.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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