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**VEPACHEDU EDUCATIONAL FOUNDATION**

## **The Telangana Science Journal**

**Health and Nutrition**

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### Quinoa

Quinoa (KEEN-wah) is an amino acid-rich (protein) seed that has a fluffy, creamy, slightly crunchy texture and a somewhat nutty flavor when cooked. Quinoa is available in your local health food stores throughout the year. It is an ancient "grain" once considered "the gold of the Incas." Not only is quinoa high in protein, but also a *complete protein*, including all **nine essential amino acids**, making it a good choice for vegans concerned about adequate protein intake. Quinoa also has a host of other health-building nutrients and minerals such as manganese, magnesium, iron, copper and phosphorus. (<http://www.whfoods.com/genpage.php?dbid=142&tname=foodspice> and <http://www.quinoa.net/>) See below for a quinoa recipe.

### Omega-3 Oil Reduces Anxiety

A new study, published in the journal Brain, Behavior and Immunity, gauging the impact of consuming more omega-3 oil showed a marked reduction both in inflammation and in anxiety among a cohort of healthy young people. The findings suggest that if young participants can get such improvements from specific dietary supplements, then the elderly and people at high risk for certain diseases might benefit even more. It is the latest from more than three decades of research into links between psychological stress and immunity. Omega-3 oil supplements such as flax oil are available. Good sources of omega-3s include flax, walnuts, almonds, urad (black gram), purslane (leaf) etc ([www.vepachedu.org/TSJ/tsj-February-2011.pdf](http://www.vepachedu.org/TSJ/tsj-February-2011.pdf) and [www.vepachedu.org/TSJ/TSJ-July-2010.pdf](http://www.vepachedu.org/TSJ/TSJ-July-2010.pdf)). <http://medicalxpress.com/news/2011-07-omega-anxiety-inflammation-healthy-students.html>

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### Salt

Salt is the main source of sodium for most people. Eating too much sodium increases risk for people who ate enough potassium also. People who ate 5 grams of sodium a day were twice as likely to have a heart attack as those who ate 2 grams. Five grams is equal to more than 2 teaspoons of salt, which is the U.S. average consumption. Two grams is near the recommended daily maximum. The journal Archives of Internal Medicine published the study.

### Soy

A new study offers some of the strongest evidence yet that replacing carbohydrates with protein from low-fat dairy and soy can help reduce blood pressure. The study is the first to directly compare the effects of vegetable protein, dairy protein, and carbohydrates on hypertension. Study participants who took low-fat protein supplements derived from either milk or soy had lower blood pressure readings than participants who took carbohydrate supplements. The researchers say it could mean a 6% drop in stroke deaths and a 4% drop in deaths from heart attack. [http://www.webmd.com/hypertension-high-blood-pressure/news/20110718/soy-low-fat-dairy-may-reduce-blood-pressure?src=RSS\\_PUBLIC](http://www.webmd.com/hypertension-high-blood-pressure/news/20110718/soy-low-fat-dairy-may-reduce-blood-pressure?src=RSS_PUBLIC)

In another study sponsored by dairy industry, it was found that milk protein inexplicably helped reduce weight by 2 pounds at the end of six month study period, while soy protein didn't do anything to weight. [http://www.webmd.com/diet/news/20110715/whey-protein-may-be-helpful-for-weight-loss?src=RSS\\_PUBLIC](http://www.webmd.com/diet/news/20110715/whey-protein-may-be-helpful-for-weight-loss?src=RSS_PUBLIC)

### Breast Feeding

It is well known that breastfeeding for at least six months has lot of benefits for the baby and mother. A link between breastfeeding and asthma risk has been reported before. A new Dutch research *in the*

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*European Respiratory Journal* this month suggests breastfeeding for at least six months appears to reduce the risk of a child developing asthma. Exclusive breastfeeding offered even more protection, the researchers found. However, the new study is believed to be the first to link the length of breastfeeding with the number of wheezing episodes a child has later on. Children who were never breastfed had almost 50% more risk of wheezing symptoms as compared to children who were breastfed for more than six months. Children who were breastfed and given other milk and solids early had 20% more wheezing risk than babies who were exclusively breastfed. <http://www.sciencedaily.com/releases/2011/07/110721212452.htm>

### Donkey Milk

Donkey milk has been used for centuries. It appears, even as far back just as 460BC, Hippocrates prescribed donkey milk for from snake bites to nosebleeds. It is said that Ancient Greeks used donkey milk, while Romans used for facials. Apparently, Cleopatra bathed in donkey milk. In England, donkey milk had been available as an alternative to breast milk. <http://www.peacewithcake.com/peace-with-cake/donkey-milk-could-help-children-with-milk-products-allergies>  
<http://sweetie1.hubpages.com/hub/Secrets-Of-Beauty-Of-Cleopatra-Donkeys-Milk>

### Cuddling and Caressing for Longterm Relationship

Cuddling and caressing help boost satisfaction in long-term relationships, according to a new study of middle-aged and older couples, published in the August issue of the *Archives of Sexual Behavior*. Tenderness is more important to men than to women, that men are more likely to report being happy in their relationship, and that women are more likely to be satisfied with their sexual relationship. Both women and men were happier the longer they had been together and if they had higher levels of sexual functioning, the investigators found. Sexual satisfaction for both women and men was associated with frequent kissing and cuddling, sexual caressing by a partner, high sexual functioning, and frequent sex.

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For men, having had more sex partners in their lifetime was a predictor of less sexual satisfaction, the report indicated. Sexual satisfaction for women increased over time. Those who had been with their partner for less than 15 years were less likely to be sexually satisfied, but satisfaction increased significantly after 15 years.

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### **Finger Size and Prostate Cancer**

Scientists from the United Kingdom did research comparing finger size and the likelihood of patients getting [cancer](#) of the prostate. Participants matched hand patterns with one of three drawings supplied by the researchers: index finger shorter than ring finger (low digit ratio); index finger equal to ring finger; or index finger longer than ring finger (high digit ratio). Participants with index finger longer than ring finger were significantly less likely to have prostate cancer and the authors concluded that high digit ratio may confer a protective effect against the disease.

A new finding by Asian scientists shows evidence of a link between the relative length of a man's index and ring fingers and the length of his penis. A non-erect penis usually measures between 8.5cm and 10.5cm (3-4 inches) from tip to base. Researchers measured the index and ring fingers of volunteer's right hand and compared the ratio to the length of his fully erect and flaccid penis. Scientists have found that the ratio between the second and fourth digits on a man's right hand seemed to correlate to the length of his flaccid and erect penis, with a lower index to ring finger length ratio indicating a longer penis; while UK study implicates a lower index to ring finger length ratio in higher incidence of prostate cancer. <http://www.medicalnewstoday.com/articles/230467.php>

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### **Secondhand Smoking**

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An increased risk of neurobehavioral disorders among children should be added to the list of the adverse effects of secondhand smoke, according to the results of a nationwide telephone survey. For U.S. children exposed to secondhand smoke at home, the weighted prevalence of learning disabilities was 8.2% (95% CI 7.5 to 8.8). In addition, the prevalence of attention deficit hyperactivity disorder/attention deficit disorder (ADHD/ADD) was 5.9% (95% CI 5.5 to 6.4) and the prevalence of conduct disorders was 3.6% (95% CI 3.1 to 4), the researchers reported online in the August Pediatrics. <http://www.medpagetoday.com/Pediatrics/ADHD-ADD/27483>

A large study suggested that adolescents exposed to secondhand smoke were 1.83 times more likely to experience low-frequency hearing loss than those who had no exposure. The list of potentially harmful outcomes associated with exposure to secondhand smoke continues to grow, from low birth weight to behavioral and cognitive problems and respiratory tract infections -- and more than half of U.S. children are exposed. <http://abcnews.go.com/Health/Wellness/hearing-loss-teens-linked-secondhand-smoke/story?id=14105768>

*Smoking presents not only serious health risks, but also causes an increased chance of experiencing erectile dysfunction, according to a study by Tulane University researchers published in the American Journal of Epidemiology (2007).*

### **Pets Immunize against Allergies**

Growing up with pets has been linked to a lower risk of other types of allergies. A 2010 study from the University of Cincinnati and a 2011 study from Henry Ford Hospital in Detroit showed that owning a pet may decrease the risk of childhood eczema, a skin condition, and cut kids' risk of developing pet allergies by half.

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In the new study, published in the Journal of Allergy and Clinical Immunology, more than one in four respondents said they had nasal allergies. In most cases, people said their allergies started when they were adolescents. A number of factors were linked to a higher risk of nasal allergies in the study, such as family history of allergies and the mother smoking while pregnant, which are well documented risk factors. These results were consistent in the 13 countries surveyed. <http://www.intelihealth.com/IH/ihtIH/EMIHC267/24479/21291/1404708.html?d=dmICNNNews>

### Alcohol Impairs Your Heart

Researchers in Italy examined volunteers after they drank red wine (touted for its health benefits due to the presence of a grape ingredient called resveratrol, see below Grape Juice) and an equal amount of fruit juice. After drinking the wine, participants' left ventricular function decreased, according to the findings. The left ventricle receives oxygen-rich blood from the left atrium of the heart and pumps it into the aorta, or the main artery of the body, which supplies tissues with oxygen. The possible toxic effects of low doses of alcohol on the heart are important given that light drinking is so common nowadays. The study will be published in the October 2011 issue of *Alcoholism: Clinical & Experimental Research*. <http://consumer.healthday.com/Article.asp?AID=654749>

Although many people falsely think that having a cocktail will help them relax, the relationship between stress and alcohol is a two-way street, researchers say. Alcohol can change the way the body manages stress. Meanwhile, stress can also reduce the intoxicating effects of alcohol, causing individuals to drink more to produce the same effect. As a result, turning to alcohol to alleviate anxiety or tension may make some people feel worse and prolong their stress, the findings indicate. <http://consumer.healthday.com/Article.asp?AID=654747>

### Grape Juice

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Amyloid- $\beta$  ( $A\beta$ ) oligomers, found in the brains of Alzheimer's disease (AD) patients and transgenic mouse models of AD, cause synaptotoxicity and memory impairment. Grape seed polyphenolic extract (GSPE) inhibits  $A\beta$  oligomerization in vitro and attenuates cognitive impairment and AD-related neuropathology in the brains of transgenic mice. In the current study, GSPE was administered to Tg2576 mice for five months. Treatment significantly decreased brain levels of  $A\beta^{*56}$ , a 56-kDa  $A\beta$  oligomer previously shown to induce memory dysfunction in rodents. Previous studies suggest that increased consumption of grape-derived polyphenols, whose content, for example, is very high in red wine, may protect against cognitive decline in Alzheimer's. This new finding, showing a selective decrease in the neurotoxin  $A\beta^{*56}$  following grape-derived polyphenols treatment, corroborates those theories. <http://www.ncbi.nlm.nih.gov/pubmed/21743132>

A growing body of evidence suggests that antioxidants may have significant value in addressing infertility issues in both women and men, including erectile dysfunction, and researchers say that large, specific clinical studies are merited to determine how much they could help. A new analysis, published online in the journal *Pharmacological Research*, noted that previous studies on the potential for antioxidants to help address this serious and growing problem have been inconclusive, but that other data indicates nutritional therapies may have significant potential. <http://www.sciencedaily.com/releases/2011/07/110728133413.htm>

### Abdominal Fat, Liver Fat and Triglycerides (Obesity)

A study published in the journal *Arteriosclerosis, Thrombosis, and Vascular Biology* suggests that abdominal fat combined with triglyceride levels in blood indicates liver fat content and thereby heart disease. Two groups of obese men with 37 inches or more waist with high and low triglyceride levels in blood, and normal men were studied. Obese men with high triglyceride levels in the blood also had high levels of fat in their liver (13%), while obese men with normal triglycerides levels had lower levels of fat

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in the liver (6.9%). However, both obese groups have higher percentage of fat in liver compared to normal men (2.9%). Fat in the liver maybe responsible for heart disease.

Fat that's stored around the internal organs, which is called visceral fat, has been thought to play a role in heart disease. Waist size is a rough measure for the amount of visceral fat a person has. Experts advise people who are carrying extra pounds to exercise and lose weight. [http://men.webmd.com/news/20110721/not-all-belly-fat-is-bad-for-the-heart?src=RSS\\_PUBLIC](http://men.webmd.com/news/20110721/not-all-belly-fat-is-bad-for-the-heart?src=RSS_PUBLIC)

In a randomized trial reported online in the *American Journal of Cardiology*, it was found that walking, jogging, and cycling maybe key in the battle against metabolic syndrome. Weight lifting alone didn't help - 8 months of resistance training had little impact on metabolic syndrome in overweight adults with poor lipid profiles. Whereas aerobic exercise yielded greater benefits for weight, waist circumference, triglycerides, and overall metabolic syndrome score. [http://www.xydo.com/toolbar/24711971-walking\\_tops\\_weights\\_for\\_metabolic\\_syndrome\\_cme\\_ce](http://www.xydo.com/toolbar/24711971-walking_tops_weights_for_metabolic_syndrome_cme_ce)

Like the old saying, "birds of a feather flock together," a study recently published in the *American Journal of Public Health* titled "Shared Norms and Their Explanation for the Social Clustering of Obesity," showed that people do cluster according to size, but few clues explain why. Obese families and friends usually have two things in common: food choices and lack of activity. Obese parents tend to raise obese children. Obese family and friends hang out and eat the same kinds of detrimental foods and participate in the same kinds of detrimental habits. Obesity seems to be contagious and America is becoming increasingly such an obese family with similar food habits. At least 30 percent of people in 12 states were obese in 2010, an increase of three states from a year earlier, according to the U.S. Centers for Disease Control and Prevention. No state reported that less than 20 percent of adults were obese. That means no state met the national Healthy People 2010 goal to lower the prevalence to 15 percent.

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### **Headache with Smartphones**

Several reports indicate that prolonged viewing of mobile devices and other stereo 3D devices leads to visual discomfort, fatigue and headaches. According to a new Journal of Vision study, the root cause may be the demand on our eyes to focus on the screen and simultaneously adjust to the distance of the content. Scientifically referred to as vergence-accommodation, this conflict and its effect on viewers of stereo 3D displays are detailed in a recent Journal of Vision article, The Zone of Comfort: Predicting Visual Discomfort with Stereo Displays. <http://consumer.healthday.com/Article.asp?AID=654860>

### **Coffee & Tea**

People who drink hot tea or coffee are less likely to carry methicillin-resistant Staphylococcus aureus (MRSA) in their noses, researchers found. Drinking either was associated with about a 50% relative reduction in the odds of nasal MRSA carriage, and drinking both was associated with a 67% reduction, according to findings reported in the July/August issue of Annals of Family Medicine. Even if coffee and tea drinkers do have a lower risk of carrying MRSA, whether that makes them less likely to actually fall ill is unknown. It should be noted that coffee and tea may be addictive.

<http://www.vancouversun.com/health/coffee+drinkers+have+lower+risk+MRSA+superbug/5101393/story.html>

### **Recipes**

#### **Vegan Strawberry Pineapple Lime Raw Food Popsicles**

Ingredients: 1 heaping cup of fresh strawberries, or frozen; 1 cup fresh pineapple juice (sometimes I blend fresh pineapple with a little water for pineapple juice, rather than juicing); 2 tablespoons lime juice; 2 tablespoons [raw agave nectar](#), optional when needed.

Preparation: Simply blend your ingredients together in a blender and pour the mixture into popsicle trays. Freeze for 3 to 4 hours or until the pop is frozen solid. Defrost for about 5 minutes before trying to

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remove the popsicle from the tray or you run the risk of pulling the stick out. You can also try running the tray (upside-down) under warm water to melt the outsides and loosen them up, making them easy to remove.

<http://vegetarian.about.com/od/rawfooddessertrecipes/r/Strawberry-Raw-Food-Popsicles.htm?nl=1>

### Curried Quinoa Pilaf Salad

Curried vegetarian [quinoa](#) salad is a healthy and low-fat side dish that is delicious hot as a pilaf or cold as a quinoa salad. This recipe is both vegetarian and vegan.

Ingredients: 1 cup uncooked [quinoa](#), 2 cups [vegetable broth](#), 1 tsp curry powder, 1 tsp ginger, dash salt, 1/3 cup raisins, 1/3 cup cashew pieces

Preparation: Bring the vegetable broth to a boil and add the [quinoa](#) and spices. Cover and cook for 12 to 15 minutes, until quinoa is soft and fluffy. Stir in raisins and cashews.

<http://vegetarian.about.com/od/sidevegetabledishes/r/quinoapilaf.htm>

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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.*

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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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