



శ్రీ వేపచెదు విద్యా పీఠము

# VEPACHEDU EDUCATIONAL FOUNDATION

## The Telangana Science Journal

Health and Nutrition

[TIACS-subscribe@yahoogroups.com](mailto:TIACS-subscribe@yahoogroups.com) (The Indian American Chemical Society)

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### High Fat Diet Reduces Quality of Sleep

Research presented at the Annual Meeting of the Society for the Study of Ingestive Behavior, July 10-July 14, 2012 in Zurich, finds that prolonged exposure to a high-fat diet reduces the quality of sleep in rats.

According to the study, rats on a high fat diet slept more, but their sleep was more fragmented. Many slept during the usual active phase of the day. This behavior also reflects excessive daytime sleepiness in obese humans.

<http://medicalxpress.com/news/2012-07-weight-gain-high-fat-diet-active-period.html#jCp>

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### DHA Help with Early Alzheimer's Symptoms

A clinical trial of an Alzheimer's disease treatment developed at MIT has found that a nutrient cocktail can improve memory in patients with early Alzheimer's. The results confirm and expand the findings of an earlier trial of the nutritional supplement, which is designed to promote new connections between brain cells. The mixture is made of three common nutrients: choline, uridine, and Omega-3 fatty acid DHA. Choline is present in nuts, and omega-3 fatty acids can be found in foods such as flaxseed, spinach, walnuts, purslane, Indian spinach, urad etc. As for uridine, the compound is naturally produced by the liver and kidney and is also found in some foods as an element of RNA. The nutrients are the forerunners to the lipid molecules that, in combination with certain proteins, comprise brain-cell membranes, which form synapses. This supplement stimulates the growth of new synapses. The loss of synapses is what causes many symptoms of Alzheimer's. <http://medicalxpress.com/news/2012-07-nutrient-mixture-memory-patients-early.html#jCp>

### Reduce Salt, Improve Health

Cutting back on salty foods such as bacon, bread and breakfast cereals may reduce people's risk of developing stomach cancer, according to the World Cancer Research Fund (WCRF). In the UK, one-in-seven stomach cancers would be prevented if people kept to daily guidelines.

<http://www.bbc.co.uk/news/health-18923994>

When sodium leaves a body, it takes calcium along with it, creating risk for kidney stones and osteoporosis. The scientific community has always wanted to know why people who eat high-salt diets are prone to developing medical problems such as kidney stones and osteoporosis. Medical researchers at the University of Alberta may have solved this puzzle through their work with animal lab models and cells. <http://www.biospace.com/News/diets-high-in-salt-could-deplete-calcium-in-the/267725>

### High Fruit and Vegetable Diet

Weight loss that occurs in conjunction with a low-fat, high fruit and vegetable diet may help to reduce or eliminate hot flashes and night sweats associated with menopause, according to a study that appears in the current issue of Menopause. This Women's Health Initiative study of women found that women on a diet low in fat and high in whole grains, fruit and vegetables, who had menopausal symptoms, who were not

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taking hormone replacement therapy, and who lost weight (10 or more pounds or 10 or more percent of their baseline body weight) were more likely to reduce or eliminate hot flashes and night sweats after one year, compared to those in a control group who maintained their weight.

<http://www.webmd.com/menopause/news/20120711/can-weight-loss-cool-hot-flashes>

### Improve Memory and Life by Walking

Simple exercise, such as walking and resistance training, improved thinking and memory in older adults in several new studies that suggest physical activity offers a key strategy in slowing mental decline. One trial found that walking may boost brain volume in the region for memory. Another showed that weight training helped the mental function of older women with mild cognitive impairment. The research was presented today at the Alzheimer's Association International Conference in Vancouver.

<http://www.bloomberg.com/news/2012-07-15/walking-resistance-training-may-improve-memory-in-study.html>

Americans may add as many as two years to the nation's life expectancy if they can stand up more often and watch fewer hours of television, a study found. While studies have shown that too much time sitting and watching TV are bad for a person's health, this research is the first to show how reducing sedentary behaviors may increase life expectancy in the U.S., now about 78 years.

<http://www.bloomberg.com/news/2012-07-09/sitting-less-may-add-two-years-to-u-s-life-expectancy.html>

### Yoga Improves Balance

Group yoga can improve balance in stroke survivors who no longer receive rehabilitative care, according to new research in the American Heart Association journal Stroke. In a small pilot study, researchers tested the potential benefits of yoga among chronic stroke survivors -- those whose stroke occurred more than six months earlier. <http://www.biospace.com/News/yoga-may-help-stroke-survivors-improve-balance/268053>

### Autism

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Using a mouse as a model of autism, researchers at the University of Cincinnati and Cincinnati Children's Hospital Medical Center have successfully treated an autism spectrum disorder characterized by severe cognitive impairment. The disorder, creatine transporter deficiency (CTD) is caused by a mutation in the creatine transporter protein that results in deficient energy metabolism in the brain. Linked to the X chromosome, CTD affects boys most severely; women are carriers and pass it on to their sons.

<http://www.sciencedaily.com/releases/2012/07/120702192512.htm>

### Fetal Genome

Researchers at the Stanford University School of Medicine have, for the first time, sequenced the genome of an unborn baby using only a blood sample from the mother. The findings from the new approach are related to research from the University of Washington. That research used a technique previously developed at Stanford to sequence a fetal genome using a blood sample from the mother, plus DNA samples from both the mother and father.

<http://www.sciencedaily.com/releases/2012/07/120704182127.htm>

### Social Brain

A new study has found that one small region of our brain carries information only for decisions during social interactions. Specifically, when we encounter a worthy opponent and decide whether or not we should deceive them. The brain imaging study by researchers at the Duke Center for Interdisciplinary Decision Science (D-CIDES), put human subjects through a functional MRI brain scan; playing a simplified game of poker with human and computer opponents. Computer algorithms were used to sort out what amount of information each area of the brain was processing. The results: the team found only one brain region -- the temporal-parietal junction, or TPJ --- carried information that was unique to decisions against the human opponent. <http://medicalxpress.com/news/2012-07-brain-center-social-choices.html#jCp>

### Smoking Slows Development in Embryos

According to recent research, smoking slows down the development of embryos. Apparently, the embryos of smoking women developed a couple of hours slower than those of non-smokers. French academics in

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an IVF clinic took regular pictures of an egg from the moment it was fertilized until it was ready to be implanted into the mother. At all stages of development, embryos from smokers were consistently a couple of hours behind. <http://www.bbc.co.uk/news/health-18689728>

### Alcohol Causes Dementia

The findings, presented at an international conference, challenge the notion that some alcohol could be good for ageing brains. People who stick to recommended alcohol limits are still at risk, as well as bingers and heavy drinkers, according to the work. The study tracked the health over 20 years of in their mid-60s. The risk, ranging from mild cognitive impairment to full blown dementia, was higher among those who reported drinking more alcohol. <http://www.bbc.co.uk/news/health-18856658>

Besides possible liver damage, stomach bleeding, dementia and other side effects, scientists are reporting another reason to avoid drinking alcohol. A report in the journal *Molecular Pharmaceutics* describes laboratory experiments in which alcohol made several medications up to three times more available to the body, effectively tripling the original dose.

<http://www.sciencedaily.com/releases/2012/07/120726153953.htm>

### Recipe

#### Barley and Sietan Pilaf

Ingredients: Approx. 1 cup seitan, chopped into 1" pieces; 2 tbsp olive oil; 2 tbsp soy sauce + 1 tbsp; 1 cup pearled barley; 3 1/2 cups vegetable broth; 3/4 cup mushrooms, sliced; 1 tsp onion powder; 1 tsp garlic powder; 1/4 tsp salt; 2 cloves garlic, minced; 1/4 tsp marjoram (optional); 1/4 tsp sage (optional); 1 tsp fresh cilantro, chopped, OR 1/2 tsp dried; 1 tsp fresh parsley, chopped, OR 1/2 tsp dried; dash pepper, to taste; 1/2 cup walnuts, chopped

Preparation: In a medium sized skillet, sautee the seitan in 2 tbsp soy sauce and olive oil until slightly browned, about 3-5 minutes, stirring frequently so the seitan doesn't burn. Set aside. In a large soup pot, add the barley to the vegetable broth and bring to a simmer. Add all of the

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dry herbs and spices, and 1 tbsp soy sauce, cover and simmer for 20 minutes, stirring occasionally. Add mushrooms, fresh herbs and seitan. Cover again, and allow to simmer another 25 minutes, stirring occasionally. Once the liquid has been absorbed or cooked off, remove from heat, add walnuts and combine well. If there is too much liquid still, cook 5 more minutes, uncovered and stirring occasionally. Garnish with extra fresh herbs if desired, and enjoy!

<http://vegetarian.about.com/od/maindishentreerecipes/r/barleypilaf.htm?nl=1>

Notice: This material contains only general descriptions and is not a solicitation to sell any insurance product or security, nor is it intended as any financial, tax, medical or health care advice. For information about specific needs or situations, contact your financial, tax agent or physician.

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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