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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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Whole Grapes

Researchers have known that resveratrol, a compound in grape skin, and compounds in grape seed extract may prevent colon cancer cells from growing. A Colorado State University study published in the elite edition of *Frontiers in Bioscience* shows that the compounds work together making the whole, seeded red or purple grape a perfect colon-cancer fighting food.

<http://westernfarmpress.com/grapes/whole-grape-may-be-perfect-colon-cancer-fighting-food>

Apples

The findings reported in the June issue of *Cell Metabolism* identify a component of apple peels as a promising new drug candidate for the widespread and debilitating condition that affects nearly everyone at one time or another- muscle wasting, a frequent companion of illness and aging. Animals given ursolic acid, a component of apple peel, were protected against muscle weakening. They also became leaner and had lower blood levels of glucose, cholesterol and triglycerides. The findings therefore suggest that ursolic acid may be responsible for some of the overall benefits of healthy eating. <http://www.sciencedaily.com/releases/2011/06/110607131718.htm>

However, apple -America's second-most popular fruit - climbed to the top of the "Dirty Dozen" list of fruits; in a yearly survey by the USDA (US Department of Agriculture), 98% of them were found to have pesticide residues, according to the Environmental Working Group, which released its seventh edition of *EWG's Shopper's Guide to Pesticides in Produce*. <http://www.medicalnewstoday.com/articles/228313.php>

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Strawberries

A study, carried out by Italian and Spanish researchers, showed that strawberries boost red blood cells' response to oxidative stress, which occurs in cardiovascular disease, cancer, diabetes, birth, aging, physical exercise, and the body's antioxidant defenses. Strawberries contain a large amount of phenolic compounds, such as flavonoids, which have antioxidant properties and reduce oxidative stress. <http://www.sciencedaily.com/releases/2011/06/110621074314.htm>

Olive Oil

Making liberal use of olive oil in your diet may reduce your risk of having a stroke, new research finds in the journal *Neurology*. Past research has found other potential health benefits of olive oil. For example, it may be good for high blood pressure, high cholesterol, diabetes, and obesity. Switching from animal fats such as butter to vegetable oils such as olive or canola may reduce the risk of diseases. <http://www.bbc.co.uk/news/health-13782797>

Potatoes

Potatoes, especially chips, are the biggest cause of gradual middle-age weight gain, researchers said in a study, which included more than 120,000 people from 3 long-running studies of health professionals. In 20 years, the average person gained nearly 17 pounds. Researchers said food choices contributed most of that. Potato chips did the most damage. People gained about 1.7 pounds every 4 years for each ounce of potato chips they consumed daily. Non-chip potatoes added 1.3 pounds in 4 years for someone who ate a daily serving. French fries were the biggest culprit within this group. The weight gain was about 1 pound for someone who drank a soda daily and 0.4 pounds for sweets or alcohol. The *New England Journal of Medicine* published the study. <http://online.wsj.com/article/SB10001424052702304791204576401951936407230.html>

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Cranberry Juice

Cranberry juice is well known as a remedy for bladder and urinary tract infections. Recently, scientists found that it might also work against [Helicobacter pylori](#), the bacterium responsible for most [ulcers](#). Scientists have known for some time that [the juice effectively prevents some species of bacteria from adhering to the cell receptors along the urinary tract](#), which in theory should reduce the risk of bladder infections. The same mechanism is believed to work against ulcer formation: [Compounds in cranberry juice called proanthocyanidins are thought to keep H. pylori from adhering to the lining of the stomach](#). Most studies have found that consuming cranberry juice does seem to produce improvement in people prone to ulcers. http://www.nytimes.com/2011/06/07/health/07really.html?_r=1

Lupin Beans

A team of researchers from the University of Western Australia said that lupin bean was packed with protein and fibre, and was low in carbohydrates. About 130 overweight but healthy western Australians were recruited for the research and half of participants ate lupin flour products, while the rest consumed wholemeal goods for 12-months. At the end of the 12-month study, it was observed that the risk for heart disease was substantially lower in the group that consumed the lupin products. <http://producemagazine.com/2011/06/little-lupin-makes-heart-happy/>

“My Plate” Icon Spotlights Veggies, Fruits

A simple plate has replaced a complicated pyramid as the U.S. symbol of good nutrition. The new emblem, called "My Plate," made its debut in June. It's a circle divided into different colored sections. Each section stands for a major type of food. Together, fruits and vegetables make up half of the plate. The "grains" section is a bit larger than one-quarter. The smallest section is "proteins," formerly called "meat and beans." A little circle off to the side of the plate is labeled "dairy." Nutritionists have praised the new symbol for its simplicity. Many have said for years that people should fill half of their plates with

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fruits and vegetables. The new guide, MyPlate, encourages Americans to make half of their meals fruit and vegetables as part of a balanced diet, as did My Pyramid. The well-known pyramid was first introduced in 1992 and stacked foods by suggested number of servings. The 2005 MyPyramid replaced the hierarchy with vertical stripes correlating to recommended servings and an online program that let users develop a food plan, but was confusing to many. Shaped like a triangle, it featured a rainbow of vertical stripes. A figure was shown climbing the side, to symbolize exercise.

MyPlate keeps the online tools for personal eating plans, now located at <http://www.choosemyplate.gov>, replacing the pyramid with a visual similar to those used by the American Diabetes Association and the Physicians Committee for Responsible Medicine.

Dietary guidelines released in January told Americans to eat more produce and cut salt and fat, and the first lady has led a push to tackle obesity with her "Let's Move" initiative.

Parents have the biggest influence over whether healthy eating and being active become a child's norm. One in five preschoolers -- 2- to 5-year-olds -- is overweight or obese. Food guidelines just for children from the Institute of Medicine:

-Day care and preschool operators should be trained in proper physical activity for young children, provide at least 15 minutes of it per hour, and avoid withholding physical activity as a punishment.

-Child care regulations should limit how long toddlers and preschoolers sit or stand still to no more than 30 minutes at a time -- and limit holding babies in swings, bouncy seats or other equipment while they're awake.

-Day care and preschools should practice what's called responsive feeding: providing age-appropriate portion sizes, teaching children to serve themselves properly, requiring adults to sit with and eat the same foods as the children and following babies' cues as to when they've had enough.

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-Breastfed infants are less likely to become obese later in childhood, so doctors and hospitals should encourage breastfeeding and limit formula samples aimed at new moms.

-At checkups, doctors should consider the parents' weight in assessing which children are at risk of later obesity, and then alert parents early that preventive steps are needed. About 10 percent of infants and toddlers already weigh too much for their length.

-To increase healthful eating among the poorest children, the government should take steps to get more families who are eligible for federal nutrition-assistance programs to sign up.

The low-fat, low-glycemic diet often promoted for general health and well-being may lower the risk of developing Alzheimer's disease if adopted early in life, researchers say. But starting such an eating plan after symptoms surface doesn't seem to help prevent deterioration of brain function, according to new research published online June 13 in Archives of Neurology. <http://consumer.healthday.com/Article.asp?AID=653881>

Exercise

Older people who regularly exercise at moderate to intense levels may have a 40% lower risk of developing brain damage linked to ischemic strokes, certain kinds of dementia and mobility problems. New research published in the journal Neurology says the MRIs of people who exercised at higher levels were significantly less likely to show silent brain infarcts -- caused by blocked arteries that interrupt blood flow and are markers for strokes -- than people who exercised lightly. <http://www.webmd.com/stroke/news/20110608/moderate-exercise-may-cut-risk-of-silent-stroke>

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Studies have shown exercise helps lower blood pressure, bad cholesterol and insulin levels, all risk factors for strokes causing brain damage. Often brain damage from multiple infarctions is not reversible. An ounce of prevention (exercise) is worth a pound of cure.

Heart disease is the nation's No. 1 killer. But research shows that if you can reach the age of 50 without any of the biggest risks -- high blood pressure, high cholesterol, smoking, diabetes or obesity -- you have less than a 1 in 10 chance of ever developing heart disease, said Dr. Barry Franklin of the American Heart Association, which supports the government's effort. But too many people live in communities without sidewalks, where getting physical activity may mean driving to a gym. Under the new prevention plan, communities should consider strategies as simple as building more sidewalks so people can get a start on fitness by merely walking around their neighborhood, Franklin said.

Called the National Prevention and Health Promotion Strategy, the plan is required by President Barack Obama's health care law. The Obama administration is releasing a plan that calls for preventing disease and injury, with a greater emphasis on creating healthier homes, communities, foods, roads and workplaces. Surgeon General Regina Benjamin said the goal is to make "prevention a part of our daily lives."

About [1.5 billion](#) adults worldwide ages 20 and older are overweight and, of those, more than 200 million men and 300 million women are considered obese, according to the [World Health Organization](#). Men with the lowest [body mass index](#) at age 18 were 35 percent less likely to die from cancer than those with the highest BMIs, according to the study by British and American researchers. The findings, published in the [Annals of Oncology](#). Early adulthood obesity was associated with dying from cancers of the lung, skin, esophagus and kidneys, the study showed. <http://www.bloomberg.com/news/2011-06-15/men-lean-at-18-more-likely-to-live-longer-researchers-suggest.html>

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Television Can Kill You

The average American watches five hours daily, which could be deadly, according to recent research reported in the *Journal of the American Medical Association*. Too much TV time was associated with increases in the risk of developing type 2 diabetes and heart problems and the risk of death from any cause. For every two hours of TV watching, the researchers found, the risk of type 2 diabetes increased by 20% over 8.5 years of follow-up, the risk of heart disease rose by 15% over a decade, and the odds of dying from any cause increased 13% during a seven year follow-up. <http://www.reuters.com/article/2011/06/15/uk-health-tv-diabetes-idUSLNE75E02E20110615>

Bullies Abuse Partners Later

Boys who bully others may be more likely to grow up and abuse their wives and girlfriends, a study finds. Men who frequently bullied others as children were 4 times as likely to abuse a partner as those who had not been bullies. The journal Archives of Pediatric and Adolescent Medicine published the study.

The Bilingual Advantage

If you have two different languages and you use them regularly, the executive control system has to sort through two languages and respond in the relevant language in the moment. Therefore the bilinguals use that system more, and it's that regular use that makes that system more efficient. Researchers indicate that bilingual older adults perform better than monolingual older adults on executive control tasks.

There is strong epidemiologic evidence to suggest that older adults who maintain an active lifestyle in terms of social, mental, and physical engagement are protected to some degree against the onset of dementia. Such factors are said to contribute to cognitive reserve, which acts to compensate for the

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accumulation of amyloid and other brain pathologies. Lifelong bilingualism is a further factor contributing to cognitive reserve. <http://www.neurology.org/content/75/19/1726.abstract>

You have to use both languages all the time (of course, not the mixed languages of modern Indian elite - one sentence in English and the next in half English and half Indian language). You won't get the bilingual benefit from occasional use in a restaurant to order food or use of an English mixed language.

Typically, bilinguals have smaller vocabularies than monolinguals do, and the usual finding is that bilinguals generate fewer words on the semantic-fluency task than do monolinguals but that they sometimes perform as well as monolinguals on the letter fluency task.

Circumcision

Jews and Muslims joined forces this week in a lawsuit to block a vote on a circumcision ban in San Francisco. The measure is scheduled to be on the ballot November 8. It would prohibit the procedure on males under age 18. Supporters of the ban say male circumcision is a form of genital mutilation similar to female circumcision. They say parents should not be able to force the procedure on their child. But parties to the lawsuit say a ban would infringe on their religious freedom. Jews and Muslims have circumcised baby boys and Muslims in certain countries their baby girls as well for centuries as a religious rite. The lawsuit was filed by five Jews, three Muslims and two doctors who perform the operation. The parties also include the Anti-Defamation League and the Jewish Community Relations Council. In the past several decades, there have been many efforts by the World Health Organization (WHO) to end the practice of female circumcision.

Pill for Men

Researchers at Columbia University Medical Center are honing in on the development of what may be the first non-steroidal, oral contraceptive for men. Tests of low doses of a compound that interferes with

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retinoic acid receptors (RARs), whose ligands are metabolites of dietary vitamin A, showed that it caused sterility in male mice. The researchers found that low doses of the drug stopped sperm production with no apparent side effects and normal fertility was restored soon after drug administration was terminated.

<http://www.sciencedaily.com/releases/2011/06/110604181844.htm>

Good Posture for Your Back Health

Maintaining a good posture is one of the best ways to prevent back and [neck pain](#). It not only helps you look better, but also improves muscle tone and makes breathing easier. Sitting for long periods puts pressure on discs and fatigues muscles. In addition, as we age, spinal vertebrae naturally degenerate and spinal facets become inflamed, causing inevitable stress and discomfort, which can be helped by proper posture and exercises such as Pilates.

Stand up, lift your chin slightly, align your ears over your shoulders and your shoulders over your hips, place your hands on your hips, and pitch forward about two inches, and sit down maintaining the posture. To maintain a good posture abdominal and back strength is required, which can be achieved by strengthening the core muscles. http://www.nytimes.com/2011/06/25/health/25consumer.html?WT.mc_id=NYT-E-I-NYT-E-AT-0629-L23

Persistent musculoskeletal tension can restrict blood circulation and nutrient supply to the organs and tissues. The connective tissue enveloping the muscles may get dense and less mobile resulting in posture and breathing problems. Tension and anxiety can contribute to the problem. Massage may help nudge the body back to normalcy. There are many theories that explain how massage helps back pain or any other pain. A piece of advice from the fitness gurus is that supplementing massage with core strengthening exercises would work wonders for long-term back pain relief. "Magic Touch," *Experience Life*, July/August 2011.

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Smoking

Researchers at the [Harvard Medical School](#) have found that smoking women develop [peripheral artery disease](#), a debilitating condition where narrowing of the arteries restricts blood flow to the extremities. According to the National Heart Lung and Blood Institute, the disease affects millions of people in the United States. Symptoms include pain and numbness in the limbs (usually the legs), and in severe cases reduced blood flow can lead to infections and even [amputation](#). The disease increases the risk of coronary [heart disease](#), [heart attack](#), stroke and mini-stroke. This study, which was published in the [Annals of Internal Medicine](#), was one of the first to examine the relationship between smoking and peripheral artery disease in women, its authors said. Compared with lifelong non-smokers, former smokers had three times the risk of developing PAD over 13 years, while heavy smokers had 9 to 17 times the risk. <http://www.latimes.com/health/boostershots/la-heb-women-smoking-peripheral-artery-disease-20110607,0,570976.story?track=rss>

John Lennon may have said it best: “Curse [Sir Walter Raleigh](#), he was such a stupid get.” <http://blogs.forbes.com/matthewherper/2011/06/21/nicotine-addiction-and-the-birth-of-modern-medicine/>

Sleep and Quality of Life

People who get six to nine hours of sleep each night rate their quality of life higher and are less likely to feel depressed than those who sleep less, according to a news release by American Academy of Sleep Medicine, June 14, 2011. But, sleeping more than nine hours each night is ill-advised, the researchers found. http://www.eurekalert.org/pub_releases/2011-06/aaos-tgl060911.php

Short sleep duration may contribute to the development or worsening of hyperactivity and inattention during early childhood, suggests a research abstract that will be presented Tuesday, June 14, in Minneapolis, Minn., at SLEEP 2011, the 25th Anniversary Meeting of the Associated Professional Sleep Societies LLC (APSS). Results show that less sleep in preschool-age children significantly predicted

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worse parent-reported hyperactivity and inattention at kindergarten. In contrast, hyperactivity and inattention at preschool did not predict sleep duration at kindergarten. The sample consisted of approximately 6,860 children, and analyses controlled for gender, ethnicity and family income. http://www.eurekalert.org/pub_releases/2011-06/aaos-sli060911.php

A new study of married couples suggests that when wives have trouble falling asleep, the quality of their relationship with their husband suffers. The longer it took women to drift off, the study found, the more likely both partners were to report negative interactions with their spouse -- such as feeling ignored or criticized -- the following day. The same wasn't true for the men, however. The researchers found no relationship between the amount of time it took a husband to fall asleep and the couple's interactions the following day. <http://abcnews.go.com/Health/SleepDisorders/sleepless-nights-linked-marital-strife/story?id=13814584>

Men and women who get just six hours of sleep each night during the workweek will need more than the weekend to recover from the cumulative effects of this mild sleep deprivation, a new study revealed. Researchers also found that women are better able to cope with and recover from this kind of sleep loss than men. <http://consumer.healthday.com/Article.asp?AID=653804>

Recipes

Mushrooms with garlic and pasilla chilies

Ingredients: 2 to 3 pasilla chilies; 3 tablespoons olive oil, more as needed; 1/2 pound each, sliced: button mushrooms, oyster mushrooms, shiitake mushrooms; 12 leaves epazote; 1/4 cup white wine

Place the chilies in a bowl. Pour boiling water over chilies to cover. Cover with a plate to submerge them; allow to soften, 10 minutes. Drain, stem and seed. Slice crosswise into thin rounds. Heat a skillet over

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medium-high heat. Add the oil; add onion, garlic and chilies. Cook, stirring frequently, until onions are softened, 5 minutes. Stir in mushrooms; cook, stirring frequently, until tender, about 6 minutes. Off-heat, stir in epazote and wine; return to heat. Cook, scraping the flavoring from the base of the pan, until wine has mostly evaporated, about 2 minutes.

<http://www.chicagotribune.com/features/food/sc-food-0527-mexican-vegetarian-20110601,0,7262986,full.story>

Mexican lasagna

Ingredients:

8 poblano chilies; 3 tablespoons olive oil; 1/2 onion, sliced; 1 cup corn kernels; 1 chopped clove garlic; 1 cup each: tomato sauce, vegetable broth; 1 container (8 ounces) sour cream; 15 ounces cotija cheese; 9 pieces oven-ready lasagna; 6 ounces quesadilla cheese, shredded.

Roast chilies under the broiler or over a stove-top burner until the skin is charred on all sides. Peel and seed; cut lengthwise into strips. Heat oven to 375 degrees. Heat 2 tablespoons oil in a skillet, over medium-high heat. Add onion; cook, stirring frequently, until softened, about 5 minutes. Stir in corn and chili strips; reduce heat to low. Cook until warmed through; remove from heat. Heat remaining 1 tablespoon oil in a saucepan over medium-high heat. Add garlic; cook until aromatic, 1 minute. Add tomato sauce and vegetable broth; heat until hot. Remove from heat. Combine sour cream with two-thirds of the cotija cheese in a food processor; blend until creamy but lumpy (or blend in a large bowl with the back of a spoon). Line a 13-by-9-inch baking dish with 3 lasagna noodles. Add half the corn-chili mixture, spreading evenly over the noodles. Dollop with half the sour cream-cotija mixture. Repeat with 3 more noodles and remaining corn-chili mixture and sour cream-cotija mix. Place the 3 remaining noodles in the pan. Sprinkle with the shredded quesadilla cheese and remaining cotija cheese. Drizzle the thinned tomato sauce evenly over the noodles. Cover the dish with foil; bake 30 minutes. Remove foil; bake until

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cheese is melted and golden, 10 to 15 minutes. http://www.chicagotribune.com/features/food/sc-food-0527-mexican-vegetarian-20110601,0,7262986,full_story

Vegan Chocolate Cookies

Ingredients: 2 cups flour, 2/3 cup unsweetened cocoa powder, 1 teaspoon baking soda, 1/2 teaspoon salt, 2/3 cup vegetable oil, 1-1/4 cup sugar, 4 teaspoons ground flaxseeds, 1/2 cup nondairy milk, like soy or almond, 2 teaspoons vanilla extract, 1/2 cup nondairy chocolate chips or chunks.

When you're choosing your chocolate, make sure the package either says "vegan or "dairy-free," or read the ingredient list carefully, as some semi-sweet and all milk chocolate chips do contain dairy products.

Begin by preheating the oven to 350 degrees Fahrenheit. Mix the ground flax seeds with the non-dairy milk, and whisk them together well. Set this aside for a few moments to thicken. In a medium bowl, combine the flour, cocoa powder, baking soda, and salt. Stir them together with a whisk until well-blended and there are no lumps of cocoa powder remaining. Combine the sugar and the vegetable oil in a large bowl, and whisk them together until the sugar is nice and moist. Now add the flax seed mixture, and the vanilla extract, and mix them into sugar until it thickens into a smooth, shiny batter.

Add all the dry ingredients at once and stir carefully, mixing until everything is incorporated and you have just a few spots of flour remaining. Finally, add the chocolate chips or chunks and mix them into the cookie dough along with the last of the flour. The dough will be stiff. Use a cookie scoop to form 1-inch balls of dough and use your palm to gently flatten them slightly into discs, then place them on a parchment-lined cookie sheet.

Bake the cookies at 350 degrees F for 9-10 minutes, until they're puffed and have lost the raw shine in the middle. Remove them from the oven and let them cool for 2-3 minutes on the cookie sheet, then move them to a wire rack to cool completely. These double chocolate cookies have a soft, rich brownie-like

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texture, with little pockets of melted chocolate throughout. They're so decadent, no one will believe they're vegan.

Watch video: <http://video.about.com/vegetarian/Vegan-Chocolate-Cookies.htm?nl=1>

Common Egg Substitutions: <http://video.about.com/vegetarian/Common-Egg-Substitutes.htm?nl=1>

Black Bean Burgers

1/2 onion, diced; 1 can black beans, well drained; 1/2 cup flour; 2 slices bread, crumbled; 1 tsp garlic powder; 1 tsp onion powder; 1/2 tsp seasoned salt; salt and pepper to taste; oil for frying

Your preparation, first, saute' the onions till soft, about 3-5 minutes. In a large bowl, mash the beans until almost smooth. Add sauteed onions and the rest of the ingredients, except the oil, ADD the flour a few tablespoons at a time to combine well. The mixture will be thick. Form bean mixture into patties, approximately 1/2 inch thick and fry patties in a small amount of oil until slightly firm. Serves 6 tasty veggie burgers for all to enjoy!

<http://video.about.com/vegetarian/Easy-Black-Bean-Burgers.htm?nl=1>

Issue 162

5113 *Kali Era*, *Khara Year*, *Jyesta month*
2069 *Vikramarka Era*, *Khara Year*, *Jyesta month*
1933 *Salivahana Era*, *Khara Year*, *Jyesta month*
2011 AD, June

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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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