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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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Asparagus

Researchers in India tested extracts from the plants on microbes taken from the mouths of oral cancer patients. Several extracts were effective against a wide range of organisms, including Escherichia coli and Staphylococcus aureus which can cause serious infections in humans. Among the most effective were asparagus, desert date, false daisy, castor oil and fenugreek.

The findings were reported in the online journal Annals of Clinical Microbiology and Antimicrobials.

<http://www.dailymail.co.uk/health/article-1388976/How-natural-antibiotics-asparagus-fight-infections.html#ixzz1MtpJHDg0>

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Cumin

Cumin, which is extensively used in Indian traditional medicine to treat a range of diseases from vitiligo to hyperglycemia, is also considered to be antiparasitic and antimicrobial and science has backed up claims of its use to reduce fever or as a painkiller. Cumin, the bitter spice used as a key ingredient in curries, contains powerful antioxidants that may fight heart disease and cancer, a study has found. Laboratory tests showed that extracts from cumin seeds protected DNA and cell membranes from damage by destructive molecules called free radicals. The research, conducted at the Central Food Technological Research Institute in Mysore, India, was published in the online journal Complementary and Alternative Medicine. <http://timesofindia.indiatimes.com/life-style/health-fitness/diet/Cumin-a-rich-source-of-phenolic-antioxidants/articleshow/8463605.cms>

Tangerines

Flavonoids are compounds found in plants, often as pigments, that are highly anti-oxidative and anti-inflammatory. Nobiletin, which is found in citrus fruits, occurs in its highest concentration in tangerines. Canadian scientists, in the medical journal Diabetes, found that nobiletin thwarted obesity and the onset of diabetes and protected the lab mice from atherosclerosis, arterial plaque build-up that can lead to heart attack or stroke.

Tomatoes

A paper published in the international journal *Maturitas* reveals [clinical evidence](#) that a bright red pigment called lycopene has antioxidant properties that are vital to good health. Lycopene is found in [tomatoes](#), watermelon, guava, papaya, pink grapefruit and rosehip. Tomatoes in particular have high levels of lycopene, with half a liter of tomato juice taken daily, or 50 grams of tomato paste, providing protection against heart disease. <http://medicalxpress.com/news/2011-05-tomatoes-ward-heart-disease.html>

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Mushroom

A mushroom used in Asia for its medicinal benefits has been found to be 100 per cent effective in suppressing prostate tumor development in mice during early trials, new Queensland University of Technology (QUT) research shows. <http://www.sciencedaily.com/releases/2011/05/110523091539.htm>

Parsley

Apigenin is most prevalent in parsley and celery, and also found in apples, oranges, nuts and other plant products. In a new study, a University of Missouri researcher has found that apigenin can stop certain breast cancer tumor cells from multiplying and growing. The study was published recently in *Cancer Prevention Research*.

Vitamin D

Vitamin D plays a role in protection against childhood asthma. Research published in the *International Journal of Biometeorology* shows that climatic conditions, above all solar radiation, can in many cases explain the high geographical variation in the prevalence of asthma in Spain. About 90% of our vitamin D is synthesized through exposure to the sun. Children who live in colder, wetter cities are at greater risk of suffering from this respiratory problem, since there are fewer hours of sunlight in such places.

Vitamin D supplements for pregnant women may help prevent a respiratory disease called RSV that can lead to pneumonia and other potentially life-threatening illnesses in newborns, Dutch researchers report in May 9, 2011, *Pediatrics*, online. <http://consumer.healthday.com/Article.asp?AID=652729>

Smoking

Altered genes can be passed along from parent to child. Researchers observed DNA methylation-related changes in the AXL gene in children exposed to maternal smoking in utero. This specific gene plays a

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major role in many human cancers and in immune response. Environmental exposures occurring in utero have the potential to affect DNA methylation patterns before birth. As a result, children whose mothers and grandmothers smoked during pregnancy are more likely to suffer from childhood asthma. *ATS 2011 International Conference, May 18, 2011.* http://www.redorbit.com/news/health/2050272/smoking_moms_may_affect_babys_dna/

Heavy smoking (smoking for a longer period of time and smoking more) was associated with advanced renal cell carcinoma, and kicking the habit reduced the risk of advanced disease by 9 percent for every 10 years that a former smoker was smoke-free, the investigators found. The preliminary findings were disclosed at the American Urological Association's annual meeting, in Washington, D.C. <http://consumer.healthday.com/Article.asp?AID=652877>

Yoga

Breast cancer patients who practice yoga experience lower stress and improved quality of life compared to counterparts who do stretching exercises, a US study indicated. The study was carried out at US sites, and the yoga practice techniques and instructors were provided by India's largest yoga research institution, Swami Vivekananda Yoga Anusandhana Samsthana in Bangalore. The researchers are working on a phase III clinical trial to further study how yoga may lead to better physical functioning in breast cancer patients. A separate study released last month suggested that regular yoga practice by cardiac patients was able to cut irregular heartbeat episodes in half. http://articles.timesofindia.indiatimes.com/2011-05-19/health/29560149_1_cancer-experience-yoga-practice-cancer-treatment

Coffee

Researchers at the Harvard School of Public Health said in the *Journal of the National Cancer Institute*, men who drink coffee on a daily basis are around 20 to 60 percent less likely to develop any form of the disease—with a higher intake linked to a lower risk. The men least likely to develop lethal prostate cancer

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were those drinking **six or more cups** of coffee a day, but even those drinking no more than **three cups** a day lowered the risk by 30 percent, the 12-year study found. Caffeine did not appear to be a factor in the research, as the participants drank both caffeinated and decaffeinated coffee. <http://www.foxnews.com/health/2011/05/18/men-drink-coffee-avoid-prostate-cancer-study-says/#ixzz1Mu1UPnoe>

In another study by Swedish researchers, it was found that women who drink lot of coffee may cut their risk of developing one type of breast cancer, but experts are urging caution. <http://www.bbc.co.uk/news/health-13352074>

However, drinking coffee may raise the risk of deadly strokes by 11 percent in millions of people with brain aneurysms, according to a study linking spikes in blood pressure to the rupture of the weakened blood vessels in the brain. Drinking alcohol also put people at increased risk for the rupture, which can cause bleeding at the base of the brain known as a subarachnoid hemorrhage. <http://www.bloomberg.com/news/2011-05-05/coffee-may-rupture-undiagnosed-brain-aneurysms-study-suggests.html>

Caffeine reduces muscle activity in the Fallopian tubes that carry eggs from a woman's ovaries to her womb, according to a study published in the British Journal of Pharmacology. http://www.eurekalert.org/pub_releases/2011-05/w-wcc052311.php

Vitamin E

For some time it has been believed that vitamin E, selenium and soy were natural ways to prevent prostate cancer. However, a new study published in the Journal of Clinical Oncology shows that these supplements do not provide any additional benefit when it comes to prostate cancer prevention. <http://medicalxpress.com/news/2011-05-supplements-fall-short-prostate-cancer.html>

Exercise

Even a little exercise may ward off polyps in the colon, which are sometimes precursors to cancer. In fact, just an hour a week of low-intensity exercise -- even such seemingly trivial activities as walking on the

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street or climbing stairs -- reduced risk, especially among individuals who are obese or overweight, according to new research slated to be presented Sunday at Digestive Disease Week in Chicago. <http://consumer.healthday.com/Article.asp?AID=652617>

Men with prostate cancer can improve their outcomes if they walk briskly for at least three hours a week following their diagnosis, according to a recent study in *Cancer Research*, a journal of the American Association for Cancer Research. Prostate cancer is the second leading cause of cancer death among men, and more than 2.2 million men in the United States currently live with the disease. In 2010, there were 217,000 new cases. http://www.biospace.com/news_story.aspx?NewsEntityId=221702

People who exercise regularly tend to feel good about their achievement. This boosts self-esteem. Regular exercise also improves the way the brain regulates mood. It promotes the release of the neurotransmitter norepinephrine. This may have a direct effect on improving mood. Exercise can indirectly improve mood by releasing endorphins, the body's natural painkillers. Continued exercise may also stimulate nerve cell growth in parts of the brain that adjust mood. Even moderate levels of regular physical activity, such as walking briskly or taking a bicycle ride, significantly improve mood in people with mild to moderate depression. In one study, people reduced symptoms of depression when they exercised a total of three hours a week.

Cultural Activity, Happiness and Health

A new Norwegian study in the *Journal of Epidemiology & Community Health* suggests that if you are happy and enjoy going to concerts, art galleries and the theater, and you will be more likely to be in better health than those who don't. Both men and women who engaged in sports, religious and cultural events reported better health and satisfaction with life than those who were less engaged. Men who attended cultural activities were 9 percent more likely to report being in good health than men who didn't attend, while women who attended cultural activities were 3 percent more likely to report good health. Men who attended cultural activities were also 14 percent more likely to say they were satisfied with life, 13 percent less likely to have anxiety and 12 percent less likely to be depressed. Women also saw benefits, though they were less pronounced. Although the research doesn't confirm that cultural and sports activities lead

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to better well-being, it does establish a link between the two, the researchers noted. <http://consumer.healthday.com/Article.asp?AID=653234>

Unfortunately, women find happy guys significantly less sexually attractive than brooding men, according to a new University of British Columbia study focused on sexual attraction between heterosexual men and women in North America. The study finds dramatic gender differences in how men and women rank the sexual attractiveness of non-verbal expressions of commonly displayed emotions, including happiness, pride, and shame. http://www.eurekalert.org/pub_releases/2011-05/uobc-hgf052011.php

HDL Levels

A drug that boosts people's good cholesterol didn't go on to prevent heart attacks or strokes, leading U.S. officials to abruptly halt a major study. The disappointing findings involve super-strength niacin, vitamin B3 that many doctors already prescribe as potential heart protection. The failed study marks the latest setback in the quest to harness HDL to fight the heart disease. As expected, the Niaspan users saw their HDL levels rise and their levels of triglycerides drop more than people who took a statin alone. But, the combination treatment didn't reduce heart attacks, strokes or the need for artery-clearing procedures such as angioplasty, the NIH said. Adding to the decision was a small increase in strokes in the high-dose niacin users. NIH said it wasn't clear if that small difference was merely a coincidence; previous studies have shown no stroke risk from niacin. In fact, some of the strokes occurred after the Niaspan users quit taking that drug. While two other drugs have failed as well. Much stronger HDL-boosters, including a Merck & Co. drug named anacetrapib, that are under development are being watched.

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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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