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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

TIACS-subscribe@yahoo.com (The Indian American Chemical Society)

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Fiber and Cereal

A table spoon of psyllium fiber with your whole grain cereal breakfast with soy milk seems like a good recipe for health.

Bowel cancer, also known as colorectal cancer, is a common form of cancer in developed countries, but lesser instances are found in the developing world. Eating plenty of fibre is just one of many things you can do to lower your risk of developing the disease. Consuming high fibre cereals can reduce the risk of bowel cancer. A research at the Imperial College of [London](#) found that for every 10g of cereal taken the risk of [cancer](#) falls by 10%. Whole grains include foods such as whole grain breads, brown rice, cereals, oatmeal and porridge. <http://www.bbc.co.uk/news/health-15674998>

Teenagers who eat a lot of fiber-rich foods, such as vegetables and whole grains, are less likely to have risk factors for diabetes and heart disease, a new study shows. Overall, about six percent of the teens had metabolic syndrome. Of those who ate the least fiber (less than three grams per 1,000 calories), nine percent had the risk factors, compared to only three percent of those who ate the most (11 grams or more per 1,000 calories). Nearly 26 million Americans have diabetes, and more than 600,000 die of heart disease every year, according to the Centers for Disease Control and Prevention. Journal of the American Dietetic Association, November 2011. <http://www.reuters.com/article/2011/11/08/us-fiber-teens-idUSTRE7A77H620111108>

Psyllium is native the Indian Continent, and the seeds are most often used medicinally. The seed husks can also be used to relieve constipation. Psyllium is the most popular natural dietary fiber used today in the US. It is best known for helping keep the gastrointestinal tract clean, it has been shown to help relief from diarrhea to hemorrhoids to irritable bowel syndrome, with weight loss, detoxification, and general complaints of the digestive system to promote overall health and potentially aid in the prevention of disease. (<http://www.nutros.net/nsr-02010.html>)

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Many people lack optimal levels of fibers, eat too many refined sugars, and live with dangerously high levels of blood fats. Psyllium fiber helps reduce low density lipoproteins (LDL) and increase high density lipoproteins (HDL) levels. The LDL-lowering effect of the soluble fiber in psyllium husk has been evaluated in several studies and was found to lower serum LDL levels reproducibly. Although the exact mechanism of action of psyllium in lowering LDL is not fully understood, it has been suggested that the hypocholesterolemic effect may be mainly due to inhibition of bile acid reabsorption. It has been shown that Dietary psyllium supplementation is as effective in lowering cholesterol as 10 mg of simvastatin alone. Psyllium supplementation should be considered as a safe and well-tolerated dietary alternative to statin to enhance LDL-C lowering. In addition, Psyllium is also shown to be effective in increasing HDL levels. People of Indian Continental origin have low HDL levels, in general, and are prone to heart disease and diabetes. In a study, it has been shown that psyllium increased HDL by 6.24 % in three months.

<http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=6&ved=0CHoQFjAF&url=http%3A%2F%2Fwww.theprofessional.com%2Farticle%2FOCT-DEC-2010%2FPROF-1626.pdf&ei=Z2DRTtyYB8b62gWkloWvDw&usg=AFQjCNFuERbZJWcW3tKpusFzK-AEC6dyKA>

<http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&ved=0CFIQFjAA&url=http%3A%2F%2Farchinte.ama-assn.org%2Fcgi%2Freprint%2F165%2F10%2F1161.pdf&ei=Z2DRTtyYB8b62gWkloWvDw&usg=AFQjCNFv9YPIH3-Lsy5wn3Y-zYTeisVPag>

<http://www.ncbi.nlm.nih.gov/pubmed/15911730>

<http://www.ncbi.nlm.nih.gov/pubmed/8160720>

<http://www.nutros.net/nsr-02010.html>

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Cholesterol Screening for Children

About a third of U.S. children and teens are obese or overweight. Government studies estimate that about 10 to 13 percent of children and teens have high cholesterol-above 200 for Western populations. (See for people from Indian Continent: www.southasianheartcenter.org/docs/AAPImonograph.pdf; <http://circ.ahajournals.org/content/113/25/e924.full>; http://www.pravasiherald.com/index.php/pravasih/comments/why_asian_indians_are_more_proned_to_developing_coronary_artery_disease_than/)

Heart disease starts early in life, and the risk factors that are important for adults are also important for children and adolescents. A West Virginia study tested more than 20,000 fifth graders and found that many with high cholesterol would have been missed by the targeted screening approach used now-screening only children with a family history of early heart disease or high cholesterol and those who are obese or have diabetes or high blood pressure.

Getting a baseline cholesterol test on kids seems like a good idea. If screening is done, it should happen before puberty, when cholesterol levels dip before rising again, doctors explain.

<http://www.intelihealth.com/IH/ihtIH/EMIHC267/24479/8895/1417569.html?d=dmtICNNNews>

Soy Benefits

According to the American Cancer Society, about eight percent of men will develop lung cancer at some point, while six percent of women will get the disease. Because researchers studying the link between diet and lung cancer have come to mixed conclusions on soy, Chinese and U.S. scientists decided to get an overview of the medical literature. They found 11 observational studies, a few of which followed people for a decade or longer. Pooling all of the results, people who got the most soy in their diet had a 23 percent lower risk of lung cancer than those who got the least. The new findings are published in the American Journal of Clinical Nutrition. <http://www.reuters.com/article/2011/11/17/us-soy-eaters-idUSTRE7AG2KW20111117>

Kiwis

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Kiwis may be small, but they pack a lot of nutrition in their green flesh. They are rich in lutein, a potent antioxidant. Men and women with mildly high blood pressure who ate three kiwi fruits a day for eight weeks had systolic blood pressure levels that were 3.6 millimeters of mercury lower than those of volunteers who ate an apple a day. Systolic blood pressure is the upper number in a blood pressure measurement, according to researchers at the American Heart Association's annual meeting in Orlando, Fla. <http://consumer.healthday.com/Article.asp?AID=658925>

Nuts

A new article provides the first results outlining the health benefits of nut consumption through the reduction of substances associated with inflammatory processes and other cardiovascular risk factors in patients with metabolic syndrome. The article published in the *Journal of Proteome Research* revealed the relationship between nut consumption and a high level of serotonin metabolites (an important neurotransmitter) in patients with metabolic syndrome, who are at high risk of cardiovascular disease. <http://www.sciencedaily.com/releases/2011/11/111111095222.htm>

Grapes

Results of a small study show that obese men who take a small daily dose of the supplement resveratrol -- found as a natural compound in grapes-- appear to improve their metabolism as much as if they were on a strict low-calorie diet. Animal studies have previously found that resveratrol reduces insulin resistance and protects against the bad effects of a high-fat diet. This is similar to what happens when people restrict the number of calories they take in, which has been shown to delay the onset of age-related diseases, the Dutch researchers say. <http://consumer.healthday.com/Article.asp?AID=658413>

Green Tea

Green tea may shave a few points off "bad" cholesterol readings, according to a U.S. study involving more than a thousand people. The findings, published in the *Journal of the American Dietetic Association*, showed that green tea trimmed 5 to 6 points more from people's total cholesterol and LDL levels than dummy capsules or other treatments. Green tea in a cup was more consistently effective than tea capsules, though the benefits overall were fairly small. But adding green tea to your diet could be one way to further improve LDL numbers. As for side effects, green tea is considered safe in moderate

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amounts, though the drink and the extracts contain caffeine, which some people may need to avoid.
<http://www.reuters.com/article/2011/11/17/us-tea-idUSTRE7AG0BD20111117>

Coffee

Coffee is emerging as a protective agent in cancers that are linked to obesity, estrogen and insulin. Long-term coffee consumption may be associated with a reduced risk for endometrial cancer, according to a recent study in *Cancer Epidemiology, Biomarkers & Prevention*. Drinking more than four cups of coffee per day was linked with a 25 percent reduced risk for endometrial cancer. Drinking between two and three cups per day was linked with a 7 percent reduced risk. A similar link was seen in decaffeinated coffee, where drinking more than two cups per day was linked with a 22 percent reduced risk for endometrial cancer. <http://www.reuters.com/article/2011/11/22/us-coffee-cancer-idUSTRE7AL22120111122>

However, over 1,000 chemicals have been reported in roasted coffee, and 19 are known carcinogens. Coffee can damage the lining of the gastrointestinal organs, causing gastritis and ulcers. Many coffee drinkers are familiar with "coffee jitters", a nervous condition that occurs when one has had too much caffeine. It can also cause [anxiety](#) and [irritability](#), in some with excessive coffee consumption, and some as a withdrawal symptom. Coffee can also cause [insomnia](#) in some. In others it can cause [narcolepsy](#). http://en.wikipedia.org/wiki/Health_effects_of_coffee

Cutting down on coffee and alcohol can boost a man's fertility scientists say. Read more: <http://www.dailymail.co.uk/health/article-2064240/Men-eat-plenty-fruit-cut-red-meat-boost-fertility-finds-sperm-study.html#ixzz1exVyRxWP>

Antibiotics in the US

Antibiotic-resistant infections are on the rise in the U.S., particularly affecting children and the elderly. Also vulnerable are troops returning from Iraq and Afghanistan, as many of them have been exposed to new, highly-resistant, and contagious strains of bacteria, such as *Acinetobacter*. Eighty-nine percent of infections caused by mutant strains of *Acinetobacter* are resistant to at least three classes of antibiotics,

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and 15% are resistant to all forms of treatment. Even common strains are reaching critical levels of resistance. For example, nearly 50% of Staph infections are resistant to most antibiotics.

Economically, antibiotic resistance leads to \$26 billion in extra costs annually to the U.S. health care system. However, despite the clear need, only two of the top six drugmakers are currently developing antibiotics. Antibiotics do not present attractive targets for drug development, for even if reaching the market, they are not large revenue sources. Antibiotics are only used for a limited time, thus presenting only a discrete sales opportunity. The top five antibiotics earned a relatively modest combined \$6 billion in 2010 in the U.S. Furthermore, doctors are often advised to limit antibiotic treatment because of concerns that overuse can spur resistance.

On October 19, Senators Richard Blumenthal (D-CT) and Bob Corker (R-TN) introduced the Generating Antibiotic Incentives Now Act of 2011 ([S. 1734](#)), a bipartisan bill designed to spur development of new drugs effective against antibiotic resistant bacteria. http://www.patentdocs.org/2011/11/senators-introduce-bill-to-encourage-development-of-new-antibiotics.html?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+PatentDocs+%28Patent+Docs%29&utm_content=Yahoo!+Mail

Even Light Drinking May Increase Breast Cancer

Even light drinking of alcohol slightly increases a woman's risk of breast cancer, new research finds. The study found a 15% higher risk for light drinking women, compared with non-drinkers. The study began in 1980 and continued through 2008. Breast cancer risk increased by 10% for every 10 grams of alcohol consumed daily. That's about one standard drink of alcohol. It could be a 12-ounce bottle of beer, a 4-ounce glass of wine or a shot of whiskey. The type of alcohol did not matter. The Journal of the American Medical Association published the study. <http://www.intelihealth.com/IH/ihtIH/EMIHC267/24479/20776/1417060.html?d=dmtICNNNews>

After only four years of drinking, a significant decrease in the function of the serotonin system in women's brains can be seen. This is the system that regulates such functions as impulse control and mood. It takes 12 years before a corresponding decrease is seen in men. This is the conclusion of multidisciplinary research carried out at the Department of Psychology and the Sahlgrenska Academy at the University of Gothenburg, Sweden. Both men and women suffer adverse effects, but the effects arise

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much more rapidly in women. The results show that the function of women's serotonin system has fallen by 50% after as little as four years with problematic alcohol consumption, while it takes 12 years before the function of men's systems is halved. The results will be published in January 2012 in the journal *Alcoholism: Clinical & Experimental Research*. <http://www.sciencedaily.com/releases/2011/11/111115175354.htm>

Drinking alcohol may be especially risky for young women who have a strong family history of breast cancer, including having mothers, grandmothers or aunts with the disease, a new study suggests. Researchers from Washington University School of Medicine in St. Louis examined data on more than 9,000 girls, all daughters of nurses, from 1996 (when they were aged 9 to 15) through 2007. The study is published in the Nov. 14 online issue of the journal *Cancer*. <http://consumer.healthday.com/Article.asp?AID=658920>

Vegetarian Diet Helps Fertility

Cutting down on red meat, coffee and alcohol can boost a man's fertility scientists say. A study has discovered that a poor diet and obesity can lower sperm concentration and affect their ability to swim towards an egg. Specialists are now encouraging a diet high in fruit and grains to increase the chances of successful IVF treatment.

In the past female fertility problems have been linked to obesity as well as smoking and drinking. From the speed of their sperm to their partner's chance of pregnancy, men who drank and had a poor diet were less fertile. The latest study of men with partners who were undergoing a type of fertility treatment, has revealed that those who regularly drank alcohol and ate poorly were slowed down on the fertility front.

Read more: <http://www.dailymail.co.uk/health/article-2064240/Men-eat-plenty-fruit-cut-red-meat-boost-fertility-finds-sperm-study.html#ixzz1exVyRxWP>

Too Much Vitamin D is not Good

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Too much vitamin D can more than double a person's chance of developing a dangerous heart condition, a large-scale US study has shown. Utah scientists studied 132,000 medical center patients and found that those with high vitamin D levels from taking supplements were two and a half times more likely to develop atrial fibrillation (AF), which causes the heart to beat too fast and out of rhythm. <http://medicalxpress.com/news/2011-11-links-excessive-amounts-vitamin-d.html>

Gratitude

Cultivating an “attitude of gratitude” has been linked to better health, sounder sleep, [less anxiety and depression](#), higher long-term satisfaction with life and [kinder behavior](#) toward others, including [romantic partners](#). A new study shows that feeling grateful makes people less likely to turn aggressive when provoked.

Indebtedness is more of a negative feeling and doesn't yield the same benefits as gratitude, which inclines you to be nice to anyone, not just a benefactor. http://www.nytimes.com/2011/11/22/science/a-serving-of-gratitude-brings-healthy-dividends.html?WT.mc_id=NYT-E-I-NYT-E-AT-1123-L11&nl=e1

Sex Education in American High Schools

Sex education in America was invented by Progressive Era reformers like Sears, Roebuck's president, Julius Rosenwald, and Charles Eliot, the president of Harvard University. Eliot was one of the so-called social hygienists who thought that teaching people about the “proper uses of sexuality” would help stamp out venereal disease and the sexual double-standard that kept women from achieving full equality. Proper sex meant sex between husband and wife (prostitution was then seen as regrettable but necessary because of men and their “needs”), so educators preached about both the rewards of carnal contact within marriage and the hazards outside of it.

It wasn't until the 1960s and 1970s that the pill, feminism and generational rebellion smashed the cultural consensus that sex should be confined to marriage. And for a “brief, fragile period” in the 1970s and early 1980s, writes Luker, a professor of sociology and of law at U.C. Berkeley, “opinion leaders of almost every stripe believed sex education was the best response to the twin problems of teenage pregnancy and H.I.V. AIDS.” It was around this time that the Unitarian Universalist Association started its famously sex-positive curriculum, About Your Sexuality, with details about masturbation and orgasms and slide shows

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of couples touching one another's genitals. (The classes are still going strong, though in the late 1990s, the program was replaced with another one without explicit images called [Our Whole Lives](#), a joint project of the U.U.A. and the United Church of Christ.)

Back then, even public schools taught what came to be called “comprehensive sex education,” nonjudgmental instruction on bodies, birth control, disease prevention and “healthy relationships” — all geared to helping teenagers make responsible choices, one of which might be choosing to become sexually intimate with someone. But by the end of the 1980s, sex ed had taken its place in the basket of wedge issues dividing the right and left. This created the opening for abstinence instruction (the word “abstinence” wasn't part of the sex-ed vernacular until the 1980s) to bulldoze any curriculum that didn't treat sex as forbidden for teenagers.

http://www.nytimes.com/2011/11/20/magazine/teaching-good-sex.html?_r=1&nl=el&pagewanted=all

About 43 percent of unmarried teenage girls and 42 percent of unmarried teenage boys have had sexual intercourse at least once, according to [new research from the Centers for Disease Control and Prevention](#). In 2002, the last year such a report was published, 45.5 percent of girls and 45.7 percent of boys had had sex by 19.

Data for 2006 to 2010, published last month, also show that the birth rate for teenagers 15 to 19 was 39 per 1,000, the lowest ever recorded in the United States. (The rate in Canada was 14 per 1,000; in Germany, 10 per 1,000; and in Italy, 7 per 1,000.)

<http://www.nytimes.com/2011/11/15/health/teenagers-having-sex-are-now-a-minority.html?ref=health>

Parent and Teacher

Parents are the first teachers. That is why an ancient Sanskrit mantra equates the mother, the father and the teacher to God in that sequence.

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To be sure, there is no substitute for a good teacher. There is nothing more valuable than great classroom instruction. But let's stop putting the whole burden on teachers. We also need better parents. Better parents can make every teacher more effective.

“Monitoring homework; making sure children get to school; rewarding their efforts and talking up the idea of going to college. These parent actions are linked to better attendance, grades, test scores, and preparation for college,” Barth wrote. “The study found that getting parents involved with their children’s learning at home is a more powerful driver of achievement than parents attending P.T.A. and school board meetings, volunteering in classrooms, participating in fund-raising, and showing up at back-to-school nights.”

http://www.nytimes.com/2011/11/20/opinion/sunday/friedman-how-about-better-parents.html?WT.mc_id=NYT-E-I-NYT-E-AT-1123-L15&nl=e

Bright Light Therapy

For the millions of Americans who suffer from mild to severe winter blues — a condition called [seasonal affective disorder](#), or S.A.D. — bright-light therapy is the treatment of choice, with response rates comparable with those of [antidepressants](#). “Your natural clock is usually longer than 24 hours, and you need light in the morning to set it and keep it on track,” said Dr. Alfred Lewy, a professor of [psychiatry](#) at Oregon Health and Science University and an expert on seasonal [depression](#) and light therapy.

Yet many experts think light therapy is underused, given its affordability and relative lack of side effects, in large part because there is little profit to be made from it and no commercial incentive to promote the treatment.

<http://www.nytimes.com/2011/11/15/health/policy/light-boxes-may-help-melt-those-winter-blues.html?ref=health>

Exercise for Migraines

Migraine triggers vary widely from one person to the next. A few case reports have identified people for whom [periods of physical activity could precipitate severe headaches](#). But by and large, the research has

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shown that for people predisposed to migraines, regular exercise, at least a few times a week, [either does no harm or may have modest benefits](#).

<http://well.blogs.nytimes.com/2011/11/14/really-the-claim-exercise-can-ward-off-migraines/?ref=health>

Exercise for Sleep

A nationally representative sample of more than 2,600 men and women, ages 18-85, found that 150 minutes of moderate to vigorous activity a week, which is the national guideline, provided a 65 percent improvement in sleep quality. People also said they felt less sleepy during the day, compared to those with less physical activity.

The study, out in the December issue of the journal *Mental Health and Physical Activity*, lends more evidence to mounting research showing the importance of exercise to a number of health factors. Among adults in the United States, about 35 to 40 percent of the population has problems with falling asleep or with daytime sleepiness. <http://www.sciencedaily.com/releases/2011/11/111122143354.htm>

Exercise for Memory

Fibromyalgia patients who stopped taking medication and then exercised regularly for six weeks reported improved memory function and less pain, according to a small, new study. While the finding is encouraging, it does not suggest a potential change in clinical care for fibromyalgia patients, the study authors stressed. <http://consumer.healthday.com/Article.asp?AID=658872>

Staying physically fit is the most important element to keeping the brain young later in life, they say. Remaining socially engaged and mentally active in new and challenging ways are the two other components to long-term brain health. <http://www.cnn.com/2011/11/09/health/keeping-brain-young-memory/>

Exercise for Depression

Older women who got more exercise and less television time were the least likely to be diagnosed with depression, according to a U.S. study published in the American Journal of Epidemiology -- with physical

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activity having the biggest impact. More time spent being active might boost self-esteem and women's sense of control, as well as the endorphins in their blood, although the study could not prove directly that watching too much television and avoiding exercise caused depression. <http://www.reuters.com/article/2011/11/14/us-depression-exercise-idUSTRE7AD04I20111114>

Exercise and Obesity Gene

Obesity may be in your genes, but that is no excuse not to exercise. In fact, physical activity can reduce the effects of the 'fat mass and obesity-associated' (FTO) or obesity gene in adults. Previous research has shown that about 74% of all people in the U.S. with European ancestry have a genetic variation associated with the FTO gene that can lead to weight gain that raises the risk for becoming obese. <http://www.webmd.com/diet/news/20111102/exercise-can-overpower-the-obesity-gene>

Prostate Cancer

Prostate cancer is extremely common. The disease can be found in up to 30 percent of men over age 50. Most men who develop it do not die of it; rather, they die with it, often without knowing that it was present.

Active surveillance can be applied to men with a PSA under 10 and Gleason score under 7 who have early-stage disease and no evidence of cancer beyond the prostate:

- ¶ Making dietary changes that include reducing or eliminating red meat and dairy and eating lots of vegetables.
- ¶ Taking supplements of omega-3 fatty acids, [vitamin D](#) and herbal anti-inflammatory agents.
- ¶ Adopting an [exercise](#) program that includes aerobic exercise three times a week.
- ¶ Practicing a method of stress reduction like [yoga](#) or meditation.
- ¶ Getting a PSA test every three to four months and digital rectal exam every six months.

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¶ Repeating a biopsy of the prostate every 12 to 24 months.

The best sources of omega-3 fatty acids are flaxseed, walnuts, verdalago, and urad dal, etc. Among other protective foods that can stabilize or reduce PSA levels and cancer progression are deeply colored fruits like pomegranates, red grapes, green tea, flaxseed and walnuts, and consumption of vegetables, especially the cruciferous vegetables like broccoli, cabbage, brussels sprouts, cauliflower and kale, and other dark green leafy vegetables like spinach and Swiss chard.

This dietary approach can foster weight loss, important because obese men are more likely to develop aggressive prostate cancers, and also protect against heart disease, the leading killer of American men.

<http://www.nytimes.com/2011/11/15/health/a-watch-and-wait-treatment-for-prostate-cancer.html>

Americans and Neurological Disorders

About 1 out of 5 U.S. adults took at least one drug that affects behavior or mood in 2010, a new study estimates. Medco Health Solutions Inc., a pharmacy benefits company, released the study. It was based on Medco's records. The study looked at drugs for mental health conditions such as depression, anxiety and schizophrenia. It also included drugs for attention-deficit hyperactivity disorder (ADHD). The data covered the years 2001 through 2010. Prescriptions for all of these conditions combined rose 22%.

Antipsychotic and ADHD prescriptions for adults under 45 more than tripled. Use of anti-anxiety drugs rose 30%. Meanwhile, mental health and ADHD prescriptions for children fell.

Yoga for Back Pain

Another study finds that yoga classes can improve back function among people with chronic or recurrent lower back pain, *Nov. 1 issue of the Annals of Internal Medicine*. While the British researchers found that yoga could help people move about and perform tasks, the ancient practice did not appear to reduce back pain itself. The finding comes on the heels of similar results from a U.S. investigation published by University of Washington researchers in the *Archives of Internal Medicine*. That study found that sufferers of chronic lower back pain could get pain relief by participating in either instructor-led yoga classes or

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stretching classes. Both of the new studies found yoga classes worked better compared to people simply trying to help themselves with a self-help book on easing back pain. <http://consumer.healthday.com/Article.asp?AID=658373>

Recipes

Mediterranean Pasta

Ingredients: 2 tbsp olive oil, 3 tbsp garlic, minced, 1 15.5 ounce can Great Northern or Cannellini beans, drained, 3 cups bell peppers, any colors, diced, 1 pound penne pasta, cooked according to package directions, 1/2 cup water, reserved from cooking the pasta, 4 tbsp pepperoncinis, sliced thin, 5 tbsp black olives, sliced, 4 tbsp chopped fresh parsley, 4 tbsp lemon juice, 4 tbsp Parmesan cheese, grated; salt and pepper to taste

Preparation: Heat olive oil in a medium pan over low heat. Add garlic, and cook for 3 minutes. Increase heat to high and add [beans](#) and peppers. Sauté for 5 minutes and season with salt and pepper. Cook pasta according to package instructions. Drain pasta and reserve 1/2 cup cooking water. Add pepperoncinis, olives, lemon juice and parsley to the large pasta pot. Add pasta, water, beans and peppers and toss well. Add salt and pepper to taste. Pour into a large serving bowl and sprinkle Parmesan cheese on top. Serve hot or cold. <http://vegetarian.about.com/od/pastaandnoodlerecipes/r/rainbowpasta.htm?nl=1>

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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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