



శ్రీ వేపచేదు 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)

---

Chief Editor: Dr. Sreenivasarao Vepachedu

Editor: Miss Krishna Claudia Vepachedu

Associate Editor: Dr. Venkateswara Rao Karuparthu

---

### Issue 179

#### Contents

Plant Based Diet

Toxins at Home

College Students Wiser than Parents

Vitamin D

Herbs

The Dirtiest

Spending Cuts

Exercise

---

***Issue 179***

5114 Kali Era, NandanaYear, Karthika Month  
2070 Vikramarka Era, NandanaYear, Karthika Month  
1934 Salivahana Era, Nandana Year, Karthika Month  
2012 AD, November

Copyright ©1998-2012

Vepachedu Educational Foundation, Inc



శ్రీ వేపచేదు 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)

### Plant Based Diet

A flavonoid-rich diet based on plant-based foods (such as) fruits, vegetables, whole grain cereals, nuts, legumes, and their derived products (tea, chocolate, grapes) can be a good way to reduce the risk of developing stomach cancer. Green tea contains a large amount of flavonoids, with more than 12,511 milligrams (mg) per 100 grams (g) of leaves. Pinto beans also contain a lot, with about 769 mg per 100 g of beans. Women who got more than 580 mg of flavonoids per day had a 51-percent-lower risk of developing stomach cancer than women who consumed no more than 200 mg a day.

### Toxins at Home

A study published Nov. 28 in the journal *Environmental Science & Technology* found that flame retardants found in the sofas are associated with hormone disruption, neurological and reproductive damage, and cancer in hundreds of animal studies and a number of human studies. The chemicals continuously move out of furniture foam into house dust, which can then be consumed by pets and people, especially small children who are near floors and put their hands in their mouths, the researchers explained. Another study found that most homes have levels of flame retardants that are above federal health guidelines. <http://health.usnews.com/health-news/news/articles/2012/11/28/toxic-chemicals-in-many-couches-sold-in-us-report>

### College Students Wiser than Parents

A national study found that college students think 25 years old is the "right age" to get married, while a majority of parents feel 25 is still a little too soon, reported in The Journal of Social and Personal Relationships.

**Issue 179**

5114 Kali Era, NandanaYear, Karthika Month  
2070 Vikramarka Era, NandanaYear, Karthika Month  
1934 Salivahana Era, Nandana Year, Karthika Month  
2012 AD, November

Copyright ©1998-2012

Vepachedu Educational Foundation, Inc



శ్రీ వేపచేదు 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)

Women in 20s are more likely to be at optimal fitness, making delivery and postpartum weight loss easier. In terms of long-term health, if you begin conceiving in your 20s, you may be at decreased risk for breast cancer and ovarian cancer, according to some studies. Doctors think that hormonal changes that occur during ovulation (increased estrogen and progesterone), which stimulate the ovaries and breasts every month, may raise the risk of these cancers; the more often you're pregnant, the less often you ovulate. At age 25, your chances of delivering a baby with Down syndrome are 1 in 1,250, and there's a 1 in 476 chance of having a baby with any chromosomal abnormality. Women over 35 are at higher risk for developing high blood pressure and gestational diabetes. Having a baby when you're over 35 can mean more health concerns and extra tests.

[http://www.steadyhealth.com/articles/Fertility\\_Best\\_age\\_for\\_man\\_woman\\_a210.html](http://www.steadyhealth.com/articles/Fertility_Best_age_for_man_woman_a210.html)

### Vitamin D

Vitamin D appears to slow down the production of a protein that drives cell division and that is active at elevated levels in more than half of all cancers. The active form of vitamin D acts by several mechanisms to inhibit both the production and function of the protein cMYC, according to a study published in the latest edition of the Proceedings of the National Academy of Sciences. <http://www.futurity.org/health-medicine/vitamin-d-helps-body-put-brakes-on-cancer/>

A new review of existing studies points toward a potential role for vitamin D in helping to prevent dental caries, or tooth decay, published in the December issue of Nutrition Reviews. Vitamin D was associated with an approximately 50 percent reduction in the incidence of tooth decay.

<http://www.sciencedaily.com/releases/2012/11/121127130321.htm>

Pregnant women who have higher levels of vitamin D in their blood may have a lower risk of developing multiple sclerosis (MS) than women with lower levels, while their babies may not see the same protective

**Issue 179**

5114 Kali Era, NandanaYear, Karthika Month  
2070 Vikramarka Era, NandanaYear, Karthika Month  
1934 Salivahana Era, Nandana Year, Karthika Month  
2012 AD, November

Copyright ©1998-2012

Vepachedu Educational Foundation, Inc



శ్రీ వేపచేదు 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)

effect, according to a study published in the November 20, 2012, online issue of Neurology®.  
<http://www.sciencedaily.com/releases/2012/11/121119163331.htm>

In a study published Nov. 9 in the Journal of Biological Chemistry, the researchers report that blood vessels are less like to clog in people with diabetes who get adequate vitamin D. But in patients with insufficient vitamin D, immune cells bind to blood vessels near the heart, then trap cholesterol to block those blood vessels. <http://medicalxpress.com/news/2012-11-vitamin-d-clogged-arteries-diabetics.html>

### Herbs

Herbs widely used throughout history in Asian, ancient European and Indian cultures have received renewed attention by Western medicine in recent years. A study published in the journal *Investigative Ophthalmology & Visual Science*, reports that carnosic acid, a component of the herb rosemary, promotes eye health, and protects retinas from degeneration, including age-related macular degeneration, the most common eye disease in the U.S. <http://www.sciencedaily.com/releases/2012/11/121127154205.htm>

### The Dirtiest

A kitchen sponge is 200,000 times dirtier than a toilet seat, and a dishcloth is 20,000 times dirtier. Its latest study examines samples from homes in nine different countries, and finds that 21% of "visibly clean" kitchen cloths actually have high levels of contamination. The cloths also fail the bacterial test which looks for E.coli.

Saudi Arabia has the dirtiest fridges, with 95% of the fridges in the study failing the bacteriology test for E.coli. And in South Africa, the dirtiest item is the seal in the bath, with almost two-thirds with unsatisfactory levels of E.coli and 40% for mold.

**Issue 179**

5114 Kali Era, NandanaYear, Karthika Month  
2070 Vikramarka Era, NandanaYear, Karthika Month  
1934 Salivahana Era, Nandana Year, Karthika Month  
2012 AD, November

Copyright ©1998-2012

Vepachedu Educational Foundation, Inc



శ్రీ వేపచేదు 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)

---

Australia and particularly Canada are high up on the hygiene list. Countries near the bottom are fairly routinely, unfortunately, India and Malaysia. <http://www.bbc.co.uk/news/magazine-20324304>

---

### Spending Cuts

Some 34 million people worldwide are living with HIV, and despite a decline in new infections over the last decade, 2.5 million people were infected last year. Only about 8 million HIV patients in developing countries are getting treatment. The United Nations aims to have 15 million treated by 2015. The world spent \$16.8 billion fighting AIDS in poor countries last year. The U.S. government is the leading donor, spending about \$5.6 billion. amFAR, the Foundation for AIDS Research, has estimated that more than 276,000 people would miss out on HIV treatment if U.S. dollars for the global AIDS fight are cut, as part of across-the-board spending cuts set to begin in January. But, in an ambitious road map for slashing the global spread of AIDS, the Obama administration says treating people sooner and more rapid expansion of other proven tools could help even the hardest-hit countries begin turning the tide of the epidemic over the next three to five years.

---

### Exercise

According to a study *published in the [European Journal of Applied Physiology](#)*, moderate exercise appeared to be linked to superior hormone levels and healthier sperm characteristics. The physically active men also had higher levels of FSH, which is important for the creation of sperm, LH, which promotes testosterone secretion, and of testosterone itself. Their average T/C ratio was higher as well, and their cortisol levels tended to be lower, if not significantly so.

---

**Issue 179**

5114 Kali Era, NandanaYear, Karthika Month  
2070 Vikramarka Era, NandanaYear, Karthika Month  
1934 Salivahana Era, Nandana Year, Karthika Month  
2012 AD, November

Copyright ©1998-2012

Vepachedu Educational Foundation, Inc



శ్రీ వేపచేదు 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)

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.

Copyright ©1998-2012

Vepachedu Educational Foundation, Inc

Copyright Vepachedu Educational Foundation Inc., 1998-2012. All rights reserved.

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!)

**Issue 179**

5114 Kali Era, NandanaYear, Karthika Month  
2070 Vikramarka Era, NandanaYear, Karthika Month  
1934 Salivahana Era, Nandana Year, Karthika Month  
2012 AD, November

Copyright ©1998-2012

Vepachedu Educational Foundation, Inc