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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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Black Tea

In a study, researchers from the Czech Republic found that among non- smoking women, regular black tea consumption appeared to lower lung cancer risk by about 31 percent, and higher amounts of fruit in the diet was also linked to lowered lung cancer risk for both genders. The findings were presented at the annual meeting of the American College of Chest Physicians, Oct. 22-26, in Honolulu. <http://consumer.healthday.com/Article.asp?AID=658049>

Mustard

Scientists have found that when a specific plant steroid was given orally to rats, it triggered a response similar to anabolic steroids, with minimal side effects. In addition, the research found that the stimulatory effect of homobrassinolide (a type of brassinosteroid found in plants such as mustards) on protein synthesis in muscle cells led to increases in lean body mass, muscle mass and physical performance. <http://www.sciencedaily.com/releases/2011/09/110929103216.htm>

Hottest Peppers

The plump red and green chilis with wrinkly skin, which have grown naturally in northeast India for hundreds of years, are believed to be the result of a relatively rare natural mutation that strengthened their bite.

Chili peppers — native to Latin America and the Caribbean and believed to date back more than 8,000 years — were taken to Europe and then transported to Asia and India by traders hoping to build up Asian and Indian spice markets.

The ghost chili in northeast India emerged as the hottest after the Chile Pepper Institute, at New Mexico State University, grew dozens of plants, used liquid chromatography to assess the capsaicinoids, or heat,

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molecules and submitted its findings to Guinness World Records in 2006, which certified it as the world's hottest. The ghost chili clocks in at 1.1 million on the Scoville heat unit scale, a measure of spiciness, compared with the jalapeno's mere 5,000.

Being the hottest chili translates into big bucks. India's Frontal Agritech Ltd., the world's largest ghost chili pepper producer, expects its exports of powder, paste and flakes to the United States and Europe to increase this year by more than 30% to about \$600,000, helping produce tens of millions of dollars' worth of commercial salsas, marinades and sauces.

Practitioners of Ayurveda, or Indian traditional medicine, use them to stimulate blood circulation, reduce inflammation and shrink tumors. They are popular for weight loss and to fight summer heat.

In March, a new chili was rated by Guinness as the world's hottest, the Trinidad Scorpion "Butch T" out of Australia, at 1.4 million SHUs. That's about 40% hotter than ghost chiles. <http://www.chicagotribune.com/news/nationworld/la-fg-india-chili-20111013,0,4739411,full.story>

Dangers of Vitamin Supplements

Taking vitamin E pills, once thought to help prevent prostate cancer, appears to actually increase a man's risk of the disease, a new study finds. The study was halted after about 5 years because it was clear that the pills were providing no benefit. Early results also suggested a higher prostate cancer risk with vitamin E. But researchers still kept track of the men. The new follow-up study confirmed a 17% higher prostate cancer risk for the men who took vitamin E. In a 7-year period, there were 76 cases diagnosed per 1,000 men in this group. There were 65 cases per 1,000 in the placebo group. The Journal of the American Medical Association published the study.

Soy for Healthy Skin

The body can produce S-equol naturally, as a byproduct of digesting soy isoflavones, plant chemicals that are structurally similar to estrogen. S-equol itself is believed to attach to estrogen receptors on body cells, and may have weak estrogen-like effects. Skin cells are among those that have estrogen receptors, and it's

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thought that women's waning estrogen levels after menopause may contribute to skin aging. People vary in their ability to produce S-equol from eating soy, with at least half of all individuals lacking the necessary intestinal flora and therefore being "non-producers. Women who used the supplement showed, on average, a modest improvement in their crow's feet versus the placebo group. Researchers found no effects on women's breast or uterine tissue, which they gauged using mammograms and ultrasound, respectively.

Coffee

Researchers say that daily caffeine jolt might also reduce your risk of developing a type of skin cancer. Basal cell carcinoma is the most common form of skin cancer, with nearly one million new cases diagnosed each year in the United States. A diet that contains even a small protective factor may have great public health impact, the researchers said. Decaffeinated coffee was not associated with a decreased risk of basal cell carcinoma, and the researchers said any protective effect would likely be because of caffeine, a stimulant. The study authors also expressed surprise that coffee did not reduce the risk of two other types of skin cancer, squamous cell carcinoma and the less common but potentially deadly melanoma. The risk for women who drank the most coffee was lowered 18 percent; for men who downed the most coffee, the risk was reduced 13 percent. <http://consumer.healthday.com/Article.asp?AID=658168>

PSA Test

PSA blood tests to screen for prostate cancer do more harm than good, according to a report released by the U.S. Preventive Services Task Force, which advises the government and doctors on preventive care. In the past, the task force had said there was not enough evidence to advise men to get PSA tests or not. The new statement specifically advises against the tests for routine cancer screening. A high PSA level sometimes indicates that a man has prostate cancer. But other things can cause a high level. One study estimated that 2 out of 5 cancers found after a PSA test were too slow-growing to ever cause harm. The task force concluded that PSA testing does not reduce death rates, and instead causes harm. Men may get

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biopsies they don't need. This can lead to infections and other problems. Treatments for prostate cancer can cause problems with sexual function and urine control.

Bill & Melinda Gates Foundation Saved 100,000 People in India

An estimated 100,000 people in India may have escaped HIV infection over five years thanks to one of the world's biggest prevention programs, an encouraging sign that targeting high-risk groups remains vital even as more donors focus on treatment, a new study suggests. While the initial findings regarding the \$258 million Avahan project, funded by the Bill & Melinda Gates Foundation, come with large uncertainty due to data limitations and methodology, the study's authors say the overall message is clear: that investing in prevention can make a dent in one of the world's largest epidemics, with an estimated 2.4 million Indians infected.

The assessment published in The Lancet medical journal suggests that higher Avahan grants per infected person correlated with fewer HIV cases in the general population in the southern states of Andhra Pradesh, Karnataka and Maharashtra. However, that was not the case in southern Tamil Nadu and the small northeastern states of Manipur and Nagaland. Part of the difference may be linked to the epidemics, with sex the main mode of transmission in the crowded south and injecting drug use the top driver in the remote northeast. In Tamil Nadu, HIV levels were already lower there because other prevention programs were already running when Avahan began. <http://www.intelihealth.com/IH/ihtIH/EMIHC267/24479/22002/1414542.html?d=dmtICNNNews>

Cell Phones

In the journal BMJ, the biggest study ever to examine the possible connection between cellphones and cancer found no evidence of any link, suggesting that billions of people who are rarely more than a few inches from their phones have no special health concerns. The Danish study of more than 350,000 people concluded there was no difference in cancer rates between people who had used a cellphone for about a decade and those who did not. Last year, a separate large study found no clear connection between cellphones and cancer. But it showed a hint of a possible association between very heavy phone use and

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glioma, a rare but often deadly form of brain tumor. However, the numbers of heavy users was not sufficient to make the case. The International Agency for Research on Cancer to classify electromagnetic energy from cellphones as "possibly carcinogenic," adding it to a list that also includes things such as coffee and gasoline engine exhaust. Cellphones send signals to nearby towers via radio waves, a form of energy similar to microwaves, and is different from stronger types of radiation like X-rays or ultraviolet light. There is no evidence suggesting the radiation produced by cellphones directly damage DNA. At very high levels, radio frequency waves from cellphones can heat up body tissue, but that is not believed to damage human cells.

Overweight Children

If your children are overweight or obese, their risk of having high blood pressure is almost three times higher than children at normal weight, according to new research in Hypertension: Journal of the American Heart Association. A study of 1,111 healthy Indiana school children over a period of 4.5 years revealed that when the children's body mass index (BMI) reached or passed the 85th percentile — the beginning of the overweight category — the adiposity effect on blood pressure was more than four times that of normal weight children. Adiposity is fat under the skin and surrounding major organs. <http://www.newsroom.heart.org/pr/aha/increased-fat-in-children-raises-216354.aspx>

The fat we typically think of as body fat is called white fat. But there's another type -- known as brown fat -- that does more than just store fat. It burns fat. Scientists used to think that brown fat disappeared after infancy, but recent advances in imaging technology led to its rediscovery in adult humans. Because brown fat is so full of blood vessels and mitochondria -- that's what makes it brown -- it's very good at converting calories into energy, a process that malfunctions in obesity. <http://www.sciencedaily.com/releases/2011/10/111004123554.htm>

Obese America

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With 61.6% of the country's population needing to shed pounds, there is still a huge market for the fat-busting industry, Just over one-third of people in the USA are of normal weight, while 35.8% are overweight and 27.6% are obese, according to a Gallup Poll. Bodyweight has become a leading health and social issue in America. First Lady Michelle Obama has been vigorously promoting a healthier diet to combat childhood **obesity**. Gallup pointed to New Jersey Gov. Chris Christie whose weight became the target of TV comedians, overshadowing his presidential plans. The Danish government has introduced a tax on saturated fats and foods with saturated fats, while other European nations are looking into imposing similar measures in their fight against obesity - the ultimate aim being to bring down healthcare costs.

Exercise

Three hours of vigorous exercise a week can reduce a man's heart attack risk by 22 percent, a new study suggests. The Harvard School of Public Health researchers also found that about 38 percent of that decreased risk was due to the beneficial effects of exercise on a man's levels of "good" high-density lipoprotein (HDL) cholesterol. The findings were published Oct. 4 the journal *Medicine & Science in Sports & Exercise*. <http://consumer.healthday.com/Article.asp?AID=657546>

IPhone to Transmit Vital Data

An iPhone app that measures the user's heart rate is not only a popular feature with consumers, but it sparked an idea for a Worcester Polytechnic Institute (WPI) researcher who is now turning smart phones, and eventually tablet devices, into sophisticated medical monitors able to capture and transmit vital physiological data. <http://www.wpi.edu/news/20112/kichonapp.html>

Polio in China, Pakistan, India, Afghanistan and Nigeria

China has vaccinated more than 9 million people to combat a polio outbreak. The health agency in Xinjiang, where the outbreak occurred, described the campaign this week on its website. In the last few months, the disease has paralyzed 17 people in Xinjiang. One person died. These were the first cases of polio in China in 11 years. The World Health Organization said the disease had spread from Pakistan, which borders on Xinjiang. Pakistan is one of 4 countries in the world where polio is regularly found. The

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others are India, Afghanistan and Nigeria. The Xinjiang Health Bureau website said children and adults up to age 39 were vaccinated last month. This totals more than 9.3 million people, the bureau said.

Smoking

Smoking causes a build-up of debris on the inside of blood vessels, a condition called atherosclerosis, and it contributes to a higher likelihood of clots forming. Not only are smokers twice as likely to have strokes, they are almost a decade younger than non-smokers when they have them, according to a study presented October 3 at the Canadian Stroke Congress. Between January 2009 and March 2011, researchers studied 982 stroke patients (264 smokers and 718 non-smokers) at an Ottawa prevention clinic. They found the average age of stroke patients who smoked was 58, compared to age 67 for non-smokers. In addition, smokers have a greater chance of having more complications and recurrent strokes. According to the Heart and Stroke Foundation, more than 37,000 Canadians will die prematurely each year due to tobacco use. <http://www.sciencedaily.com/releases/2011/10/111003080411.htm>

Alcohol Causes Cancer

More Americans die from lung cancer than any other form, according to the U.S. Centers for Disease Control and Prevention (CDC). In 2007, the most recent year for which statistics are available, more than 203,000 people in the United States were diagnosed with lung cancer, and nearly 159,000 died. While smoking has long been linked to cancer, its frequent companion, drinking, may be as well, a new study suggests, at a medical meeting this month. The study found a link between boozing and a rise in risk for the number one cancer killer. Studies also suggest that black tea might help ward off the disease. The findings were presented at the annual meeting of the American College of Chest Physicians, Oct. 22-26, in Honolulu. <http://consumer.healthday.com/Article.asp?AID=658049>

Alcohol Affects Resistance to Infection

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Alcohol dulls more than your wits. It also weakens your immune system and could make you much more vulnerable to viruses, including HIV. Monocytes exposed to a bacterial chemical suffered a double blow when inebriated. Not only did they make half as much type-1 interferon as their abstemious equivalents, they also overproduced an inflammatory chemical called tumour necrosis factor-alpha. Although important for initiating inflammatory responses to bacteria, continued production of this chemical can damage tissue. *BMC Immunology*.

Bilingualism and Multilingualism

People who speak more than one language do not exhibit symptoms of Alzheimer's disease until they have twice as much brain damage as unilingual people, a new study shows. Bilingual people are constantly using their brain and keeping it active, says Schweizer, which may contribute to overall brain health. That's why many physicians encourage older people to do crossword puzzles or Sudoku. Because bilingual people constantly switch from one language to another or suppress one language to speak in the other, their brains may be better prepared to compensate through enhanced brain networks or pathways when Alzheimer's sets in, notes Schweizer.

Previous observational studies have found that bilingualism delays the onset of Alzheimer's symptoms by up to five years, but this is the first to find physical proof through CT scans. The findings have been published online in the journal *Cortex*. <http://www.futurity.org/health-medicine/bilingualism-delays-onset-of-alzheimer%E2%80%99s/>

The danger is that bilinguals, multilinguals and highly educated people probably reach an irreversible state by the time the symptoms are shown. However, there is no cure for Alzheimer's and probably will never be, as the innovative big pharma in the US is dying (Andhra Journal of Industrial News, Issue 91, <http://www.vepachedu.org/AJIN/AJIN-October-2011.pdf>). So, bilingualism and higher education may help live extra 5 years without Alzheimer's symptoms.

Raising Healthy Children

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Most children would eat what they see parents eat that is why it is important to be aware of the ingredients that poison us, and avoid them. Some of the most common are; MSG or Monosodium Glutamate, aspartame, high fructose corn syrup, Artificial Flavors, Artificial Colors, etc. We must have an understanding of these poisons so that we can fight the temptation to consume them. Children like fruit far more than Vegetables. Try to cook your own meals. It is a good idea to grow your own fruits and Veggies. <http://vegetarian.about.com/u/sty/vegetarianfamilies/raisingvegkids/Raising-Vegetarian-Children.htm?nl=1>

<http://vegetarian.about.com/u/sty/vegetarianfamilies/raisingvegkids/?nl=1> <http://video.about.com/vegetarian/Tips-for-Eating-Out-as-a-Vegan.htm>

Recipes

Barbecued Stuffed Acorn Squash

Ingredients: 3 acorn squash, 1 28 ounce can vegetarian baked beans, 4 tbsp barbecue sauce, 2 tbsp maple syrup, 4 tbsp dark brown sugar, 2 tbsp butter or margarine, 1 cup hickory or other wood chips, soaked in water for 1 hour then drained.

Preparation: Cut each squash in half widthwise. Slice 1/4 inch off the rounded end of each half so the squash sits upright without wobbling. Scrape out the seeds with a spoon and discard. Mix baked beans, barbecue sauce, maple syrup and brown sugar in small mixing bowl. Divide mixture evenly among squash halves and top each half with 1/2 tablespoon butter. (The squash can be prepared several hours ahead to this stage and refrigerated.) nSet up charcoal or gas grill for indirect grilling and preheat to medium. Arrange the squash halves on the grill away from the heat. Cook until squash is tender (the sides will feel soft when squeezed) and the filling is browned and bubbling for about 1 hour. Remove squash from grill and serve immediately. If using a gas grill place wood chips in smoker box or smoker pouch

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under the grill grate directly over the burner. Run grill on high until smoking then reduce heat to medium. If using a charcoal grill preheat to medium. Toss wood chips on coals prior to grilling. <http://vegetarian.about.com/od/vegetarianbarbecuerecipes/r/bbqacornsquash.htm?nl=1>

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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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