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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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

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Exercise

Just six months of exercise can improve memory, language, thinking and judgment problems by almost 50 percent, says a study presented at the Canadian Stroke Congress. Researchers found that the proportion

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of stroke patients with at least mild cognitive impairment dropped from 66 per cent to 37 per cent during a research study on the impact of exercise on the brain. People, who have cognitive deficits after stroke have a risk of mortality and institutionalization, may benefit from improved cognition through exercise, which also has many physical benefits.

http://www.eurekalert.org/pub_releases/2012-10/hasf-eim092712.php

Sleep

A new study suggests that increasing the amount of sleep that teenagers get could improve their insulin resistance and prevent the future onset of diabetes. High levels of insulin resistance can lead to the development of diabetes. Researchers found that if teens that normally get six hours of sleep per night get one extra hour of sleep, they would reduce insulin resistance by 9 percent.

<http://www.sciencedaily.com/releases/2012/09/120929140234.htm>

Autism

Approximately 19 percent of children with a sibling diagnosed with Autism Spectrum Disorder (ASD) will develop Autism due to shared genetic and environmental vulnerabilities, according to previous studies. For that reason, University of Miami (UM) psychologists are developing ways to predict the occurrence of ASD in high-risk children, early in life, in hopes that early intervention will lead to better outcomes in the future. Their findings are published in the journal *Infancy*. The study is one of the first to show that measures of non-verbal communication in children, as young as eight months of age, predict autism symptoms that become evident by the third year of life. The results suggest that identifying children, who are having difficulties early enough, can enhance the effects of interventions

<http://www.sciencedaily.com/releases/2012/10/121001124802.htm>

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Obesity, aging and diet

For obese people trying to lose weight, it is a daily battle to resist high calorie foods. New research indicates that diets that lead to obesity, such as saturated fat (animal fat/oil) and sugar, cause changes to the brains of obese people resulting in addiction to the same unhealthy foods and make weight loss more challenging or even impossible. <http://www.sciencedaily.com/releases/2012/10/121001171115.htm>

People who eat the Western diet high in saturated fat, salt and sugar, are at significantly greater risk for stroke or premature death. Researchers found this type of "cafeteria diet" creates "a ticking time bomb of health problems." <http://www.doctorslounge.com/index.php/news/hd/32515>

A substantial percentage of North Americans are obese, which has had a direct impact on the American perception of weight. A growing body of research indicates that most people now have an inaccurate idea of what constitutes obesity. Studies have shown that children that register as overweight according to medical benchmarks, rarely consider themselves as such, and are rarely considered overweight by their parents. http://www.bizjournals.com/buffalo/blog/morning_roundup/2012/10/being-fat-has-become-the-new-normal.html?ana=otj

A diet high in saturated fat raises levels of endothelial lipase (EL), an enzyme associated with the development of atherosclerosis. A diet high in omega-3 polyunsaturated fat lowers levels of this enzyme. The findings suggest healthy diet may prevent cardiovascular heart disease. Omega-3 acids are found in flax seed, urad seed, spinach, Indian spinach, verdalogo (purselane) etc. and oils and products obtained from them. <http://www.sciencedaily.com/releases/2012/10/121009131511.htm>

Taking enough omega-3 fatty acid supplements to change the balance of oils in the diet could slow a key biological process linked to aging, new research suggests. The study showed that most overweight but healthy middle-aged and older adults who took omega-3 supplements for four months altered a ratio of their fatty acid consumption in a way that helped preserve tiny segments of DNA in their white blood cells. These segments, called telomeres, are known to shorten over time in many types of cells as a consequence of aging. In the study, lengthening of telomeres in immune system cells was more prevalent in people who substantially improved the ratio of omega-3s to other fatty acids in their diet. <http://www.sciencedaily.com/releases/2012/10/121001140957.htm>

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Your Brain, Language and Habits

The brain will occasionally change language in order to make communication as precise and concise as possible, new research shows. Linguistic purists are worried about the corruption of their mother tongue, but research shows that humans choose to reshape language when the structure is either overly redundant or confusing. This study suggests that humans prefer languages that on average convey information efficiently, striking a balance between effort and clarity, a nice way to say that people are lazy and that particular mother tongue is obsolete. <http://www.futurity.org/science-technology/to-be-clear-brain-tweaks-language/>

Neuroscientists found that a small region of the brain's prefrontal cortex, where most thought and planning occurs, is responsible for moment-by-moment control of which habits are switched on at a given time. Habits may be deeply ingrained, but the brain's planning centers can shut them off. It also raises the possibility of intervening in that brain region to treat people who suffer from disorders involving overly habitual behavior, such as obsessive-compulsive disorder.

<http://www.sciencedaily.com/releases/2012/10/121031111425.htm>

You've probably never given much thought to the fact that picking up your cup of morning coffee presents your brain with a set of complex decisions. You need to decide how to aim your hand, grasp the handle and raise the cup to your mouth, all without spilling the contents on your lap. A new Northwestern University study shows that, not only does your brain handle such complex decisions for you; it also hides information from you about how those decisions are made.

<http://www.sciencedaily.com/releases/2012/09/120928125258.htm>

UCLA researchers have for the first time measured the activity of a brain region known to be involved in learning, memory and Alzheimer's disease during sleep. They discovered that this part of the brain

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behaves as if it's remembering something, even under anesthesia, a finding that counters conventional theories about memory consolidation during sleep.

<http://www.sciencedaily.com/releases/2012/10/121007134729.htm>

Internet Addiction

There's been a lot of controversy about some of the maladies included in the freshly revised Diagnostic and Statistical Manual of Mental Health Disorders (DSM-V). Internet addiction, or formally, Internet Use Disorder (IUD), may soon be included as an actual mental health disorder, although the authors do say it still needs a lot of additional study. <http://www.forbes.com/sites/alicegwalton/2012/10/02/the-new-mental-health-disorder-internet-addiction/>

Milk

Milk consumption has been linked to improved health, with decreased risks of diabetes, metabolic syndrome, and colon cancer. Scientists found that lactoferricin4-14 (Lfcin4-14) protein in milk significantly reduces the growth rate of colon cancer cells over time by prolonging the period of the cell cycle before chromosomes are replicated. In a new study, investigators report that treatment with Lfcin4-14 reduced DNA damage in colon cancer cells exposed to ultraviolet (UV) light. Their results are published in the October issue of the Journal of Dairy Science.

<http://www.sciencedaily.com/releases/2012/10/121003163740.htm>

Apples

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An apple a day keeps the doctor away. Well, the cardiologist to be exact. In a study of healthy, middle-aged adults, consumption of one apple a day for four weeks lowered by 40 percent blood levels of a substance linked to hardening of the arteries. Taking capsules containing polyphenols, a type of antioxidant found in apples, had a similar, but not as large, effect.

<http://www.sciencedaily.com/releases/2012/10/121002143220.htm>

Blood Pressure

A mother's high blood pressure during pregnancy may affect her child's brainpower throughout its life, the American Academy of Neurology journal suggests. About 400 men had their cognitive ability tested at the age of 20 and then again at the average age of 69. Those whose mothers had hypertension when pregnant scored lower marks at each age and also showed greater score decline over the decades. Hypertension may alter conditions in the womb, which impairs fetal growth.

<http://www.bbc.co.uk/news/health-19814302>

A form of pterostilbene, a compound found naturally in blueberries, reduces blood pressure in adults, according to results of a clinical trial presented recently at the American Heart Association's 2012 Scientific Sessions on High Blood Pressure Research in Washington, D.C. The randomized, double blind, placebo-controlled study was conducted by University of Mississippi School of Pharmacy and School of Medicine researchers to determine whether pterostilbene (tero-STILL-bean), an ingredient being marketed as pTeroPure, improves cardiovascular health.

<http://www.clintonnews.com/apps/pbcs.dll/article?AID=/20121010/NEWS/310100001/UMC-researchers-study-blueberries>

Coffee

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Coffee consumption can lead to a greater risk of developing exfoliation glaucoma, the primary cause of secondary glaucoma, all over the world. A new study published in Investigative Ophthalmology & Visual Science, suggests coffee drinkers may need to reconsider their coffee intake to decrease their probability of developing vision loss or blindness. <http://www.sciencedaily.com/releases/2012/10/121003132012.htm>

Maternity

Maternal depression and a common class of antidepressants can alter a crucial period of language development in babies, according to a new study by researchers at the University of British Columbia, Harvard University and the Child & Family Research Institute (CFRI) at BC Children's Hospital. Published in the Proceedings of the National Academy of Sciences, the study finds that treatment of maternal depression with serotonin reuptake inhibitors (SRIs) can accelerate babies' ability to attune to the sounds and sights of their native language, while maternal depression untreated by SRIs may prolong the period of tuning. <http://www.sciencedaily.com/releases/2012/10/121008161846.htm>

A new study in animals shows that chronic stress during pregnancy prevents brain benefits of motherhood, a finding that researchers suggest could increase understanding of postpartum depression. Rat mothers showed an increase in brain cell connections in regions associated with learning, memory and mood. In contrast, the brains of mother rats that were stressed twice a day throughout pregnancy did not show this increase. <http://www.sciencedaily.com/releases/2012/10/121014130440.htm>

Tomatoes

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A diet rich in tomatoes may reduce the risk of having a stroke, according to researchers in Finland. They were investigating the impact of lycopene - a bright red chemical found in tomatoes, peppers and watermelons. A study published in the journal Neurology showed that those with the most lycopene in their bloodstream were the least likely to have a stroke. http://www.cbsnews.com/8301-204_162-57528204/lycopene-from-tomatoes-may-protect-against-stroke/

Sound

The screechy sound of chalk on a blackboard is unpleasant because of the heightened activity between the emotional and auditory parts of our brain, research shows. A new study explains the interaction between the auditory cortex, the region of the brain that processes sound, and the amygdala, which is active in the processing of negative emotions when we hear those unpleasant sounds. Brain imaging has shown that when we hear an unpleasant noise the amygdala modulates the response of the auditory cortex, heightening activity and provoking our negative reaction. <http://www.futurity.org/top-stories/why-nasty-noises-make-us-squirm/>

Biological Clock

Researchers working with fruit flies say they have discovered one way that the body's biological clock controls brain-cell activity that influences daily rhythms. They believe their findings might improve understanding about sleep-wake cycles and lead to new treatments for sleep disorders and jet lag. <http://health.usnews.com/health-news/news/articles/2012/10/10/what-drives-your-daily-biological-clock>

Chocolate

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The higher a country's chocolate consumption, the more Nobel laureates it spawns per capita, according to findings released in the New England Journal of Medicine. The Swiss closely followed by the Swedes and the Danes lead pack of chocolate consumers that produce laureates. The U.S. is somewhere in the middle of chocolate consumption and Nobel Prize winners per capita. To produce just one more laureate, the nation would have to up its cocoa intake by a whopping 275 million pounds a year.

http://www.wivb.com/dpps/news/offbeat/eat-more-chocolate-win-more-nobels-nd12-jgr_4757130

Sitting

Sitting for long periods increases the risk of diabetes, heart disease and death, researchers suggest. The scientists say harm is done even if people also exercise. The study, published in Diabetologia, analyzed 18 existing studies involving almost 800,000 people. <http://www.bbc.co.uk/news/health-19910888>

Alcohol

We hear many different things about how alcohol affects the brain and body; most notably that it is a depressant. Alcohol is not only a depressant, but it's also an indirect stimulant, and plays a few other roles. By jacking up dopamine levels in your brain, alcohol tricks you into thinking that it's actually making you feel great. The effect is that you keep drinking to get more dopamine release, but at the same time you're altering other brain chemicals that are enhancing feelings of depression. Over time, with more drinking, the dopamine effect diminishes until it's almost nonexistent. But at this stage, a drinker is often "hooked" on the feeling of dopamine release in the reward center, even though they're no longer getting it. Once a compulsive need to go back again and again for that release is established, addiction takes hold. <http://www.forbes.com/sites/daviddisalvo/2012/10/16/what-alcohol-really-does-to-your-brain/>

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Breakfast

Brain scans show that skipping breakfast makes fatty, high calorie foods appear far more attractive later in the day, according to researchers. Scans of 21 people showed the brain was more attracted to food if breakfast was missed so people had more food at lunch. Scientists said it made losing weight challenging as missing meals made calorific food even more appealing. In other words: if you're looking to lose weight, don't skip out on meals. <http://www.bbc.co.uk/news/health-19962588>

Beast in the Beauty

An old saying warns not to "judge a book by its cover," but inevitably we do it anyway. It's difficult to resist the temptation of assuming that a person's outward appearance reflects something meaningful about his or her inner personality. Indeed, research shows that people tend to perceive attractive adults as more social, successful, and well adjusted than less attractive adults, a phenomenon that's been termed the "what is beautiful is good" stereotype. But when the researchers looked at the targets' actual traits and values, they found the opposite relationships. So, the scientists proved the old warning that must be heeded. But, we can't change people's perceptions. You can only warn "beware of the beast in the beauty." <http://www.sciencedaily.com/releases/2012/10/121015162442.htm>

Baby Formula

Results of one study indicate that the risk for developing pediatric acute lymphoblastic leukemia increased the longer a baby was fed formula and the longer solid foods were delayed. For every month that a child was fed formula, taking into account other feeding practices, it was found that the risk for this type of cancer was higher. If a baby is fed only formula, it will not be getting any immune factors from the mother, which could be leading to this greater risk.

<http://www.sciencedaily.com/releases/2012/10/121017122808.htm>

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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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