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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

TIACS-subscribe@yahoo.com

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Walnuts

The risk of breast cancer dropped significantly in mice when their regular diet included a modest amount of walnut, Marshall University researchers report in the journal *Nutrition and Cancer*. Adding healthy vegetable fat meant that unhealthy animal fat was reduced to keep total dietary fat balanced in the mice. <http://www.sciencedaily.com/releases/2011/09/110901163921.htm>

The omega-3 fatty acids found in walnuts have been shown to have certain health benefits, including reduced risk of heart disease and some types of cancer. The US National Library of Medicine database

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contains many peer-reviewed published papers supporting a claim that ingesting walnuts improves vascular health and may reduce heart attack risk.

Walnuts are part of the tree nut family. This food family includes Brazil nuts, cashews, hazelnuts (filberts), macadamias, pecans, pine nuts, pistachios and walnuts. This food family not only provides you with healthy protein, but also provides with healthy oils and other nutrients.

Like the “zero” and the so-called “Arab numerals” that we use everyday, the English walnut also originated in India and reached Europe through Arab lands and Persia, hence it is also known as the Persian walnut. In the 4th century AD, the ancient Romans introduced the walnut into many European countries where it has been grown since. It is thought that the walnuts grown in North America gained the moniker "English walnuts," since they were introduced into America via English merchant ships. China is presently the largest commercial producer of walnuts in the world, with about 360,000 metric tons produced per year. The United States is second, with about 294,000 metric tons of production. <http://whfoods.org/genpage.php?tname=foodspice&dbid=99>

Food Choices

Our addiction to food (gluttony) causes disease. Food is an important medicine by itself. What we put into our bodies makes a big difference -- it determines how the body functions, our reaction to illness and health. To be healthy, eat right and exercise.

According to a new study, it is not so much the food that prevents one from controlling weight, but rather where it is placed in the kitchen. The study found that we are three times more likely to eat the first edible item we see at home than the fifth. It means if a healthy dish is first in the line of vision, we are much more likely to have it for dinner than if the ingredients for it are stored at the back of the fridge behind a pile of fattening ready-meals. <http://www.deccanchronicle.com/channels/lifestyle/dine-o-mite/arrangement-food-your-kitchen-influences-your-eating-habits-027>

The digestive system is home to a myriad of viruses, but how they are involved in health and disease is poorly understood. In a study published online August 30 in *Genome Research*, researchers have

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investigated the dynamics of virus populations in the human gut, shedding new light on the gut "virome" and how it differs between people and responds to changes in diet. The interactions between viruses, bacteria, and the human host likely have significant consequences for human health and disease, especially in the delicate ecosystem of the gut microbiome. <http://www.sciencedaily.com/releases/2011/08/110830193847.htm>

Fruits and vegetables whose edible sections are white may lower your risk of stroke more than other fruits and vegetables, Dutch researchers report. Every 25 grams per day of white fruits and vegetables consumed led to a 9 percent decrease in the risk of stroke, and apples and pears were the most commonly consumed "white fruit," according to the study, published in the November issue of Stroke. A typical apple is 120 grams. Fruits and vegetables included in the white category were apples, pears, apple juice, apple sauce, bananas, cauliflower, chicory, cucumber and mushrooms. White fruits and vegetables were the most commonly consumed produce, with 36 percent of fruit and vegetable intake coming from the white group. Within the white group, apples and pears were the most commonly consumed, representing 55 percent of what was consumed. <http://consumer.healthday.com/Article.asp?AID=656892>

Abstain from alcohol, if you want to be healthy. A US laboratory study has revealed how the breakdown of alcohol in human cells results in DNA damage that causes cell changes linked to cancer. The study shows how researchers are homing in on the way alcohol is linked to several cancers, particularly breast and liver cancers. Published in Alcoholism: Clinical & Experimental Research, the new research shows that when alcohol - specifically ethanol - is converted inside cells into a chemical called acetaldehyde, the resulting DNA damage triggers a collection of proteins known as the 'FA-BRCA network' to respond and coordinate DNA repair. <http://info.cancerresearchuk.org/news/archive/cancernews/2011-09-16-New-insight-into-how-alcohol-is-linked-to-breast-and-liver-cancers?rss=true>

Alcohol use can result in significant damage to the brain, a new study shows. Researchers report that the extent of injury to the brain can be determined by measuring cortical thickness. The more people drink, they noted, the worse the damage. "We now know that alcohol has wide ranging effects across the entire cortex and in structures of the brain that contribute to a wide range of psychological abilities and intellectual functions," study corresponding author Catherine Brawn Fortier, a neuropsychologist and

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researcher at the VA Boston Healthcare System and Harvard Medical School, said in a Harvard news release. <http://consumer.healthday.com/Article.asp?AID=656891>

Food Timing

When it comes to shedding pounds, it may be smarter to push your morning meal to after your workout, according to a new study in The Journal of Physiology.

The once common misconception that veganism comes packaged with a loss of strength and poor health is becoming embarrassingly outdated. Yet, there continue to be studies that focus only meat containing diets. There are numerous high-protein sources available for vegans, including tofu, tempeh, seitan, lentils, chickpeas, black beans, nuts, peanuts, peanut butter, veggie burgers, and other vegan meats, not to mention that vegetables and grains also contain proteins. Consuming about 20 grams of protein post-workout may increase muscle building regardless of age, suggests a recent study in the American Journal of Clinical Nutrition. The [U.S. Department of Agriculture](#) recommends consumers eat a [balanced diet](#) based on five food groups: grains, vegetables, fruit, dairy and proteins. In general, women should consume five 1-ounce equivalents of protein and men should have six. One-quarter cup of cooked beans, one tablespoon of peanut butter or one-half ounce of nuts or seeds.

World Heart Day

World Heart Day is an occasion to spread the message that the leading cause of death in the world is heart disease and stroke and that most of the deaths — 17.1 million lives are lost each year — could be prevented. The day was started in 2000 and falls on the last Sunday in September. Starting in 2011, it will be celebrated on September 29 each year. The theme this year is **One World, One Home, One Heart**. <http://www.thehindu.com/arts/magazine/article2475744.ece>

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Of the 17.1 million lives claimed by the global burden of cardiovascular disease (CVD) every year, 82 per cent of the deaths occur in low and middle-income countries. This excessive number is particularly saddening, for, by eating a healthy diet, regular physical activity and avoiding tobacco, the majority of the deaths could be prevented.

As the hub of family activities and focal point in everyone's life, the household is the perfect place to start taking action to improve heart health. That is why this year, the World Heart Federation and its members are focussing their efforts on the home.

The WHO reports that NCDs are responsible for about 70 per cent of all worldwide deaths. In India, mortality data from the Registrar-General of India prior to 1998 were obtained from predominantly rural populations, where vital registration varied from five to 15 per cent. Stroke is increasing in India with greater incidence in rural regions. Indians are succumbing to heart disease and stroke in their most productive years. And, workplace interventions in developing countries can reduce the CVD risk.

In India, over 85 per cent of the working population is in the informal sector — street vendors, self-employed farmers and those who work in their own or other people's homes. Most are underprivileged and very poorly served by systems of healthcare and social security. And there is an urgent need to find out how to reach them.

Once people have cardiovascular disease or diabetes, it's too late and far more expensive given the complications that ensue. The dysfunction in the fat of people with metabolic syndrome is more than can be explained by obesity. It tells us that metabolic syndrome is a high-risk condition for people who are obese. <http://www.futurity.org/health-medicine/why-some-body-fat-is-more-dangerous/>

New research from the Mayo Clinic shows that the symptoms of erectile dysfunction (ED) can be improved with some lifestyle changes: lowering cholesterol, controlling blood pressure, losing excess weight and exercising more. The researchers team found that men who were taking medications such as Viagra (sildenafil), Levitra (vardenafil) and Cialis (Tadalafil) to treat ED reaped even more benefits to

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sexual function if they also addressed their heart disease risk factors. <http://healthland.time.com/2011/09/13/to-help-erectile-dysfunction-focus-on-the-heart/#ixzz1Z0RXLBmu>

New research suggests that high cholesterol levels could boost the risk of Alzheimer's disease by creating more brain-clogging bits known as plaque. The findings add to previous research that has linked insulin resistance to Alzheimer's disease. An estimated 5.4 million Americans have Alzheimer's disease, according to the Alzheimer's Association. <http://consumer.healthday.com/Article.asp?AID=656767>

Men and women who develop visible deposits of cholesterol in the skin around their eyelids appear to face a higher risk of heart disease in general and suffering a heart attack in particular, new Danish research suggests. The link between the skin condition and heart disease, however, is characterized as an association, rather than a cause. http://articles.timesofindia.indiatimes.com/2011-09-16/health/30165040_1_heart-disease-heart-attack-arcus

Women's Health

Officials estimate that about 343,000 women every year die in childbirth, most in the developing world. In comparison, breast cancer kills 425,000 women a year while cervical cancer kills about 200,000. The increase in breast cancer is partly explained by aging populations that survived mortality in child birth due to modern medicine - for years, young women in poor countries had a higher risk of dying in childbirth than from cancer. In addition, the globalization of bad food habits such as gluttonous eating of animal foods which became cheap and available to even poor people due to industrialization and of course exercising less are driving the cancer growth, even in Asia and Latin America.

Researchers at the Institute for Health Metrics and Evaluation at the University of Washington analyzed cancer registries and other data from 187 countries, but also used modeling techniques to calculate their cancer rates, and published the study in the medical journal, Lancet. In the first global review of breast and cervical cancer, researchers estimated the number of new breast cancer cases rose from about 641,000 cases in 1980 to 1.6 million cases last year. In contrast, the World Health Organization says there were about 900,000 breast cancer cases in 2008. Another reason for the increase reported/estimated cancer

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cases may be better diagnostic opportunities available today, thanks to the research and development costing millions of dollars spent by companies like Myriad, Bill & Melinda Gates Foundation, etc. <http://www.intelihealth.com/IH/ihtIH/EMIH267/24479/20776/1412030.html?d=dmtICNNews>

Different minority populations and subgroups within those populations face distinct challenges and risk factors when it comes to breast health. At the one end of the spectrum, Asian and Pacific Islander women have the lowest rates of breast cancer and morbidity of all the ethnic groups in the U.S. Although, the subpopulations tell a very different story, e.g., women of Japanese descent have as high a breast cancer rate as white women, perhaps because they've been in the U.S. the longest and are exposed to the same environmental and lifestyle risks. American-born Asians and immigrants living in the U.S. for a while get breast cancer up to 50 percent more frequently than their counterparts living in Asian countries, likely because of the American culture, especially childbearing practices and more sedentary lifestyle. Caucasians have the highest incidence of breast cancer overall, while African-American women have the highest rates of pre-menopausal breast cancer and are more likely to die from the disease at any age. African-American women are more than twice as likely as white women to be diagnosed with early-onset, virulent tumors called triple-negatives, so named because they are not fueled by estrogen, progesterone or the HER2neu protein and therefore do not respond to current therapies that block or eliminate those hormones. Women in West Africa are similarly afflicted. Triple-negatives can be removed through surgery if caught early. Young women and African-American women tend to have particularly dense breast tissue, making it hard for a mammogram to catch some tumors. Hispanic women are more likely to have genetic mutations of the BRCA1 gene, which increases a woman's chance of getting breast cancer in her lifetime, than whites, blacks or Asians, studies have shown. Lesbians are another subgroup with higher-than-average risk factors.

Women should know their family history, calculate their risk and determine with their doctor a screening schedule. They also should become familiar with their breasts so that they'll notice an unusual lump, hard knot, swelling or skin change. Healthy lifestyle choices also are crucial. They include no alcohol consumption and hormone use, watching what you eat, exercising and breast-feeding. <http://www.intelihealth.com/IH/ihtIH/EMIH267/24479/24524/1412528.html?d=dmtICNNews>

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Women with diets rich in vegetables, fruit and legumes may have a somewhat decreased risk of developing one type of [breast cancer](#), a new study suggests. The study emphasizes vegetables, fruit, fiber-rich grains, legumes and nuts, and low-fat dairy. The results, reported in the American Journal of Epidemiology. <http://www.chicagotribune.com/health/sns-rt-us-plant-rich-diets-tied-lower-breast-cancer-risk-20110907,0,4011112.story>

Healthier lifestyles and better diets could prevent up to 2.8 million cases of [cancer](#) each year, the World Cancer Research Fund (WCRF) said on Wednesday, calling on governments to "avoid a public health disaster."

According to a study conducted through the Kentucky Women's Health Registry, a database created by UK's Center for the Advancement of Women's Health and run by Crofford, women who smoke, or who were former smokers, had a greater chance of reporting at least one chronic pain syndrome in comparison to nonsmokers. Former smokers showed a 20 percent increase, occasional smokers showed a 68 percent increase, and in daily smokers the odds more than doubled (104 percent). In addition, daily smoking was associated more strongly with chronic pain than older age, lower educational attainment, obesity, or living in an Appalachian county. <http://www.sciencedaily.com/releases/2011/09/110928125401.htm>

Prostate Cancer

More than 240,000 men in the United States are diagnosed annually with prostate cancer and about 33,720 die from the disease, according to the National Cancer Institute. Only lung cancer kills more American men. According to the Prostate Cancer Foundation, there are no proven strategies for preventing the disease, but changes in diet and lifestyle have shown to reduce the risk of disease progression.

There are some things you can do to possibly reduce your risk of prostate cancer:

- Eat a diet rich in fruits and vegetables. Broccoli and Brussels sprouts may have some special advantages.

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- Avoid animal fats and meat.
- Maintain a healthy weight.
- Exercise regularly.

Even if none of these turn out to decrease prostate cancer risk, they decrease your risk of heart attack, stroke and potentially other types of cancer.

African-American men and men with a family history of early age prostate cancer have a higher risk of prostate cancer and prostate cancer death. High calcium intake causes prostate cancer among African-American men who are genetically good absorbers of the mineral, according to new research. For a study published online in Journal of Bone and Mineral Research. Men with a genotype associated with poor calcium absorption were 59 percent less likely to have been diagnosed with advanced prostate cancer than men who genetically were the best absorbers of calcium. And, among men with calcium intake below the median, genetically poor absorbers had a 50 percent decreased risk of having advanced prostate cancer than the best absorbers. <http://www.futurity.org/health-medicine/calcium-raises-cancer-risk-for-some-men/>

The odds of sexual function after cancer treatment vary widely, for example, between 8 and 47% of men who had standard radiation lost their sexual function, according to a study published in the Journal of the American Medical Association.

Ring Finger and Index Finger Ratio

Biologists at the University of Florida have found a reason why men's ring fingers are generally longer than their index fingers -- and why the reverse usually holds true for women. Male and female digit proportions are determined by the balance of sex hormones during early embryonic development. Differences in how these hormones activate receptors in males and females affect the growth of specific digits. The discovery provides a genetic explanation for a raft of studies that link finger proportions with traits ranging from sperm counts, aggression, musical ability, sexual orientation and sports prowess, to health problems such as autism, depression, heart attack and breast cancer. <http://www.sciencedaily.com/releases/2011/09/110905160922.htm>

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In dozens of papers and two books, including the seminal "Digit Ratio" in 2002, scientists explored the relative lengths of second and fourth digits in humans, known to scientists as the 2D:4D ratio. Since Roman times, people have associated the hand's fourth digit with the wearing of rings. In many cultures, a proportionally longer ring finger in men has been taken as a sign of fertility. In July 2011 issue 163 of the Telangana Science Journal, it was reported that the ring and fingers' size ratio provides an indication of a man's predisposition to prostate cancer and the size of his penis.

Bilingual Brain

Learning a second language is second nature to babies, but new research finds the ability may begin to fade as early as the first birthday. Brains of babies raised in bilingual households show a longer period of being flexible to different languages, especially if they hear a lot of language at home. Also, the relative amount of each language babies are exposed to affects their vocabulary as toddlers. Previous studies show that between 8 and 10 months of age, monolingual babies become increasingly able to distinguish speech sounds of their native language, while at the same time their ability to distinguish sounds from a foreign language declines. <http://www.futurity.org/science-technology/bilingual-brain-may-start-to-fade-by-age-1/>

Early to Bed and Early to Rise

Children who went to bed late and got up late were 1.5 times more likely to become obese than those who went to bed early and got up early. Furthermore, late-nighters were almost twice as likely to be physically inactive and 2.9 times more likely to sit in front of the TV and computer or play video games for more hours than guidelines recommend.

Other findings from the University of South Australia study:

- Early-bed/early-risers went to bed 70 to 90 minutes earlier, woke up 60 to 80 minutes earlier and accumulated 27 minutes more moderate to vigorous physical activity each day than late-risers.
- Late-bed/late-risers watched TV, played video games or were online 48 minutes longer each day than early-bed/early risers, primarily between 7 p.m. and midnight.

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- Only 12 percent of late-bed/late-risers had an average of two hours or less screen time per day, which is recommended for children and teens by the Australian Department of Health and Aging. In comparison, 28 percent of early-bed/early risers met the recommendation for screen time.
- On a broad scale, late-bed/late-risers replaced about 30 minutes of moderate to vigorous physical activity with 30 minutes of sedentary behavior each day, relative to the early-bed/early-rise group.
- Body-mass index (BMI) scores were higher in late-risers than early-risers, and late-risers were more likely to be overweight or obese.
- Late-bed/late-risers tended to have few siblings, live in major cities, come from lower household incomes and have a part-time job.

<http://www.sciencedaily.com/releases/2011/09/110930052216.htm>

Recipes

Baked Purple Potatoes

A single potato provides almost half the daily recommended intake of vitamin B6 and vitamin C. Potatoes are also a good source of potassium and fiber. Potatoes are naturally low in sodium and fat free.

According to a new study by researchers at the University of Scranton potatoes may also lower blood pressure. The effect of potatoes in the diets of overweight/obese patients who had hypertension was studied. The potatoes were baked in a microwave without toppings or oil. Blood pressure dropped by about 4%. <http://yourlife.usatoday.com/fitness-food/diet-nutrition/story/2011-09-01/Potatoes-especially-purple-may-help-lower-blood-pressure/50218024/1?csp=ip>

<http://consumer.healthday.com/Article.asp?AID=656389>

Sugar-Free Vegan Carrot Cake

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Ingredients: 2 cups whole wheat flour; 1 tsp baking powder; 1 tsp baking soda; 1/4 tsp salt; 1 1/4 cups water; 1 1/4 cups dates, chopped; 1 cup raisins; 1 tsp cinnamon; 1 tsp ground ginger; 1/2 tsp ground cloves; 1/2 tsp ground nutmeg; 1/2 cup carrot, grated; 1/2 cup chopped walnuts; 1/3 cup frozen orange juice concentrate, thawed

Preparation: In a small bowl, mix together the flour, baking powder, baking soda, and salt and set aside. Combine the water, dates, raisins, cinnamon, ginger, cloves, and nutmeg in a small saucepan. Bring to a boil, reduce heat, and gently simmer for 5 minutes. Place the shredded carrots in a bowl and pour the hot water mixture over them, and allow to cool completely. Add the walnuts and orange juice concentrate to the carrot mixture and mix well. Add the dry ingredients to the wet ingredients and stir well to combine. Pour the batter into a lightly greased cake pan. Bake at 375 degrees for 45 minutes, or until a toothpick inserted in the center comes out clean. VeganChef.com and <http://vegetarian.about.com/od/vegancakerecipes/r/sugarfreecarrot.htm?nl=1>

Black Bean Guacamole

Ingredients: 5 avocados, diced; 3 scallions, chopped; 2 limes, juiced; 1/2 cup chopped tomatoes; 1 tbsp chopped fresh cilantro; 1 15 ounce can black beans, drained and rinsed; salt and pepper to taste

Preparation: Place avocados, scallions and lime juice into a large bowl. Mash avocados to a coarse puree. Stir in tomatoes, cilantro and beans. Season with salt and pepper. Serve immediately with assorted dippers such as toasted whole wheat pita bread triangles or multi-grain tortilla chips. <http://vegetarian.about.com/od/vegetarianmexicanrecipes/r/blackbeanguac.htm?nl=1> <http://vegetarian.about.com/?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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