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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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Coconut Oil

Digested coconut oil is able to attack the bacteria that cause tooth decay. It is a natural antibiotic that could be incorporated into commercial dental care products, say scientists presenting their work at the Society for General Microbiology's Autumn Conference at the University of Warwick. The team from the tested the antibacterial action of coconut oil in its natural state and coconut oil that had been treated with enzymes, in a process similar to digestion. The oils were tested against strains of Streptococcus bacteria, which are common inhabitants of the mouth. They found that enzyme-modified coconut oil strongly inhibited the growth of most strains of Streptococcus bacteria including Streptococcus mutants -- an acid-producing bacterium that is a major cause of tooth decay.

<http://www.sciencedaily.com/releases/2012/09/120902222459.htm>

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Green Tea and Memory

It has long been believed that drinking green tea is good for the memory. Now researchers have discovered how the chemical properties of China's favorite drink affect the generation of brain cells, providing benefits for memory and spatial learning. The research is published in *Molecular Nutrition & Food Research*. "Green tea is a popular beverage across the world," said Professor Yun Bai from the Third Military Medical University, Chongqing, China. "There has been plenty of scientific attention on its use in helping prevent cardiovascular diseases, but now there is emerging evidence that its chemical properties may impact cellular mechanisms in the brain." www.eurekalert.org/pub_releases/2012-09/w-bbs090512.php

Cranberry Juice

Cranberry juice rich in certain antibacterial substances may help prevent repeat urinary tract infections in kids, a small study suggests. Researchers found that cranberry juice made with high concentrations of proanthocyanidins (PACs) cut kids' risk of repeat urinary tract infections by two-thirds, versus a comparison juice. Since the juice on your supermarket's shelves may not have that PAC level, the researchers say their findings are not an endorsement of any product.

<http://www.reuters.com/article/2012/09/06/us-cranberry-juice-idUSBRE88513P20120906>

Alcoholism

Doctors have long recognized a link between alcoholism and anxiety disorders such as post-traumatic stress disorder (PTSD). Those who drink alcohol are at increased risk for traumatic events like car accidents and domestic violence, but that only partially explains the connection. New research using mice reveals alcohol use actually rewires brain circuitry, making it harder for alcoholics to recover psychologically following a traumatic experience.

<http://www.sciencedaily.com/releases/2012/09/120902143143.htm>

A new study shows that people who have three or more alcoholic drinks per day may be at higher risk for experiencing a stroke almost a decade and a half earlier in life than those who do not drink heavily. The research is published in the September 11, 2012, print issue of *Neurology*®. Drinking has been

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consistently identified as a risk factor for this type of stroke, which is caused by bleeding in the brain rather than a blood clot. <http://www.sciencedaily.com/releases/2012/09/120910161155.htm>

Yet another study proves the detrimental effects of alcohol. Men with high risk for heart disease had lower blood pressure after drinking non-alcoholic red wine every day for four weeks, according to a new study in the American Heart Association journal *Circulation Research*. Non-alcoholic red wine increased participants' levels of nitric oxide, which helped decrease both systolic and diastolic blood pressure, researchers said. Nitric oxide is a molecule in the body that helps blood vessels relax and allows more blood to reach your heart and organs. Red wine and nonalcoholic wine contain equal amounts of polyphenols, an antioxidant that decreases blood pressure. However, during the red wine phase of the study, the subjects had very little reduction in blood pressure. After drinking non-alcoholic red wine, however, blood pressure decreased by about 6mmHg in systolic and 2mmHg in diastolic blood pressure -- possibly reducing the risk of heart disease by 14 percent and stroke by as much as 20 percent. Researchers concluded that the alcohol in red wine weakens its ability to lower blood pressure. But polyphenols -- still present after alcohol is removed from wine -- are likely the beneficial element in wine.

<http://www.biospace.com/News/non-alcoholic-red-wine-may-help-reduce-high-blood/272296>

Effects of Noise Pollution

The World Health Organization recently recognized environmental noise as harmful pollution, with adverse psychosocial and physiological effects on public health. A new study of noise pollution in Fulton County, Georgia, suggests that many residents are exposed to high noise levels that put them at risk of annoyance or sleep disturbance, which can have serious health consequences. The research is published in the October issue of *American Journal of Preventive Medicine*.

http://www.sciencedaily.com/releases/2012/09/120911091353.htm?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+sciencedaily+%28ScienceDaily%3A+Latest+Science+News%29

Puberty

Slow-wave sleep, or 'deep sleep', is intimately involved in the complex control of the onset of puberty, according to a recent study accepted for publication in *The Endocrine Society's Journal of Clinical Endocrinology and Metabolism (JCEM)*. The many changes that occur in boys and girls during puberty are triggered by changes in the brain. Previous studies have shown that the parts of the brain that control

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puberty first become active during sleep, but the present study shows that it is deep sleep, rather than sleep in general, that is associated with this activity. http://www.eurekalert.org/pub_releases/2012-09/tes-pto091112.php

Obesity and Adolescent Brain Function

As childhood obesity has increased in the U.S., so has the prevalence of metabolic syndrome – a constellation of three or more of five defined health problems, including abdominal obesity, low HDL (good cholesterol), high triglycerides, high blood pressure and pre-diabetic insulin resistance. Researchers have shown previously that metabolic syndrome has been linked to neurocognitive impairments in adults, but this association was generally thought to be a long-term effect of poor metabolism. Now, the research team has revealed even worse brain impairments in adolescents with metabolic syndrome, a group absent of clinically manifest vascular disease and likely shorter duration of poor metabolism.

<http://medicalxpress.com/news/2012-09-obesity-metabolic-syndrome-impaired-brain.html#jCp>

Gender vs. Visual Differences

The way that the visual centers of men and women's brains work is different, finds new research published in BioMed Central's open access journal Biology of Sex Differences. Men have greater sensitivity to fine detail and rapidly moving stimuli, but women are better at discriminating between colors. http://www.eurekalert.org/pub_releases/2012-09/bc-teh083112.php

Recipes

Lentil-spud burger

Ingredients: 4 teaspoons olive oil; 2 cloves garlic, minced; 1 cup cooked or canned lentils; 1 cup mashed potatoes; 1/4 cup vegetable broth; 1 cup whole wheat panko breadcrumbs; 2 teaspoons minced chives; 1 teaspoon each: chopped basil, oregano, parsley; 1/4 teaspoon sea salt
1/8 teaspoon freshly ground pepper

Preparation: Heat 1 teaspoon of oil in a large skillet over medium heat. Add the garlic; cook until softened, about 2 minutes. Combine the garlic, lentils, mashed potato, broth, breadcrumbs, herbs, salt and pepper to taste in a large bowl. Mash with a potato masher until smooth. Heat the remaining 1 tablespoon

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of oil in the same skillet over medium-high heat. Form the lentil mixture into 4 patties. Cook until browned, turning carefully, about 5 minutes per side.

<http://www.chicagotribune.com/features/food/sc-food-0907-veggie-lentil-burger-20120912,0,2074155.story>

Vegan Brownie

Ingredients: 1 cup plus 2 tablespoons nonhydrogenated margarine, room temperature; 1 cup plus 1 teaspoon maple syrup; 3/4 cup firm tofu, silken or refrigerated; 1 teaspoon vanilla; 1 cup whole-wheat pastry flour; 3/4 cup cocoa powder; 3/4 cup plus 2 tablespoons vegan chocolate chips; 1 1/2 teaspoons nondairy milk

Preparation: Heat the oven to 350 degrees. Blend 1 cup margarine with 1 cup maple syrup in a large bowl. Blend tofu in food processor until smooth; add margarine mixture and vanilla. Blend; pour back into bowl. Mix the flour, cocoa and 1/2 cup chocolate chips in a separate bowl. Pour, all at once, into margarine mixture. Stir as little as possible until all ingredients are moistened. Pour into an oiled or parchment-lined 8-inch-square baking pan. Bake 30 minutes. Let cool in the pan. Heat the nondairy milk and remaining 2 tablespoons margarine in a saucepan over low heat until the margarine melts. Whisk in remaining 1-teaspoon maple syrup and remaining 1/4 cup plus 2 tablespoons chocolate chips until smooth. Spread over the cooled brownies. Let set; cut into 2-inch squares.

<http://www.chicagotribune.com/features/food/sc-food-0504-veggie-brownies-20120509,0,2316753.story>

Linguine with Leeks

Ingredients: 8 ounces whole wheat linguine; 1/4 cup plus 2 tablespoons pine nuts
1 tablespoon olive oil; 3 large leeks, white and light green parts, halved lengthwise, thinly sliced
1/4 teaspoon sea salt; 1 bunch broccoli, trimmed to small florets, about 4 cups
3 cloves garlic, minced plus 1 small whole clove garlic; Zest of 1 lemon; Freshly ground pepper
1/4 cup each: low-sodium veggie broth, white wine; 1 tablespoon soy sauce; 1/2 cup fresh basil, slivered

Preparation: Cook the pasta in plenty of well-salted boiling water, about 10 minutes. Drain, saving 1 cup pasta cooking water. Meanwhile, toast 2 tablespoons pine nuts over medium heat in a large skillet until they just begin to brown, about 5 minutes. Remove from pan. Pour oil into the skillet; heat over medium-

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high heat. Add the leeks; season with half of the salt. Cook until they soften, about 5 minutes. Add the broccoli and garlic, both minced and whole clove; season with remaining salt. Lower heat to medium; cover and cook until tender-crisp, about 7 minutes. Remove the whole garlic clove; set aside with the raw pine nuts. Add the drained pasta to the skillet; stir in the lemon zest, and pepper to taste. Mix raw pine nuts, garlic clove, broth, wine, soy sauce and 1/2 cup pasta cooking water in a blender until liquefied and smooth. Add more water if needed. Stir into pan; cook, about 2 minutes. Stir in basil last. Garnish with the roasted pine nuts.

<http://www.chicagotribune.com/features/food/sc-food-1028-veggie-linguine-20111102,0,1403827..story>

Radish Soup

Ingredients: 1 tablespoon olive oil; 1 medium onion, halved, thinly sliced; 1 pound thin-skinned potatoes (such as redskin or Yukon Gold), skins left on, halved, thinly sliced; 2 bunches radish greens, coarsely chopped, plus more for garnish; 5 to 6 cups vegetable broth; 1/2 teaspoon red pepper flakes; Freshly ground pepper; 1/2 teaspoon sea salt; 4 radishes, thinly sliced

Preparation: Heat 1 teaspoon olive oil in a large saucepan over medium-high heat. Add the onions; cook just until they begin to become translucent, about 4 minutes. Remove from saucepan. Add 1 teaspoon olive oil. Add potatoes; cook, turning occasionally, 5 minutes. Remove from the saucepan. Add remaining 1 teaspoon oil. Add the greens; cook, stirring, until wilted. Return onions and potatoes to the saucepan. Add 5 cups broth and the red pepper flakes. Simmer, covered, over low heat until potatoes are soft, about 25 minutes. Add salt and pepper to taste. Let the soup cool 15 minutes. Puree in a blender or with an immersion blender to desired consistency. Add remaining broth, if needed. Garnish with thin slices of radish and thinly sliced radish tops.

<http://www.chicagotribune.com/features/food/sc-food-0916-veggie-radish-20110921,0,4120668..story>

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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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