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## The Telangana Science Journal

Health and Nutrition

(An International Electronic Science Digest published from the United States of America)

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### Apple Juice

People who suffer from Alzheimer's disease have experienced better moods due to drinking apple juice. Mood decline is one of the symptoms of moderate-to-severe Alzheimer's disease and researchers looking for a way to starve off Alzheimer's discovered that apple juice has a positive effect on patients' mood states although not on the condition itself.

During the institutionalized study, two 4 oz glasses of apple juice were given to each Alzheimer's patient every day for one month. During that time, the care givers reported that there was no movement in the Dementia Rating Scale or the patient's day-to-day abilities. The psychotic and behavioral symptoms that are connected to dementia improved to the tune of 27%, particularly in terms of delusion, anxiety and agitation. The measurement was based on the Neuropsychiatric Inventory calculation.

The modest, but statistically significant, impact of apple juice on the behavioral and psychological symptoms of dementia in this study adds to the body of evidence supporting the usefulness of nutritional approaches, including fruit and vegetable juices, in delaying the onset and progression of Alzheimer's Disease, even in the face of known genetic risk factors. <http://www.healthypages.co.uk/newsitem.php?news=6295>

### Seaweed

Investigations reveal that seaweed, which is a variety of algae, contains more calcium than cheese, more fibre than you will find in prunes and more iron than a sirloin steak. All these comparisons are weight for weight. Other important vitamins and minerals contained in seaweed are potassium and iodine and it is the sole plant that is a source of vitamin B12. The most recent studies on seaweed revealed that its bioactive substances



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aid in reducing blood pressure and cholesterol, plus its ability to deal with free radicals that are the cause of cancer.

### Tea and Coffee

Drinking coffee or tea in moderation reduces the risk of developing heart disease, according to a new study. Researchers in The Netherlands found that drinking more than six cups of tea per day was associated with a 36 per cent lower risk of heart disease compared to those who drank less than one cup of tea per day. Drinking three to six cups of tea per day was associated with a 45 per cent reduced risk of death from heart disease, compared to consumption of less than one cup per day. And for coffee, the researchers found that drinkers with a modest intake, two to four cups per day, had a 20 per cent lower risk of heart disease compared to those drinking less than two cups or more than four cups. Although not considered significant, moderate coffee consumption slightly reduced the risk of heart disease death and deaths from all causes. The study has been published in Arteriosclerosis, Thrombosis, and Vascular Biology: Journal of the American Heart Association.

In what could lead to a major advance in the treatment of prostate cancer, scientists now know exactly why polyphenols in grapes, peanuts and green tea inhibit cancer growth. This new discovery, published online in The FASEB Journal, explains how antioxidants in grapes and green tea produce a combined effect to disrupt an important cell signaling pathway necessary for prostate cancer growth. This finding is important because it may lead to the development of drugs that could stop or slow cancer progression, or improve current treatments.



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An extract of green tea appears to have clinical activity with low toxicity in chronic lymphocytic leukemia (CLL) patients who used it in a phase II clinical trial, say researchers at Mayo Clinic. The findings, to be presented June 7, during the annual meeting of the [American Society of Clinical Oncology](#) (ASCO), are the latest in a series of Mayo studies to show promise for use of the chemical epigallocatechin gallate (EGCG) — the major component of green tea — in reducing the number of leukemia cells in patients with CLL. Mayo first tested EGCG in a variety of laboratory assays about eight years ago, and it was found to reduce the survival of CLL leukemic cells. This laboratory finding was followed by a successful phase I clinical trial — the first time green tea extract had been studied in CLL patients.

We have been hearing good news about tea. Now some bad news about tea. Women who drink tea have an increased risk of developing Rheumatoid Arthritis (RA) compared with those who drink none ( $p=0.04$ ), according to results presented today at EULAR 2010, the Annual Congress of the European League Against Rheumatism in Rome, Italy. Further results from the same study showed no correlation between the amount of coffee consumption and RA incidence ( $p=0.16$ ).

The results of the US based longitudinal cohort study involving 76,643 women showed a positive association of incident RA in tea drinkers with an increasing Hazard Ratio (HR) observed alongside tea consumption ( $p=0.03$ ). Consuming any amount of tea carried a significant risk of developing RA (HR 1.40 (95%CI 1.01-1.93)  $p=0.04$ ) and women who drank  $\geq 4$  cups of tea per day had an increased risk of developing RA compared to those who drank none (HR 1.78 (95%CI 0.83-3.82)). An analysis of the method of preparation of coffee (filtered vs unfiltered) and presence or lack of caffeine in the beverage did not show any significant associations with RA or Systemic Lupus Erythematosus (SLE, an autoimmune disease in which the immune system harms the body's own healthy cells and



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tissues) (RA: filtered p=0.08, unfiltered p=0.38, SLE: filtered p=0.74, unfiltered p=0.97). No increase was shown in the risk of developing RA in participants who drank coffee compared to those that did not (RA: HR 1.09 (95%CI 0.77-1.54 p=0.63).

### Nuts

Studies in men and women from different countries have shown that "nuts do lower cholesterol. Eating plenty of nuts can lead to healthier cholesterol levels, but the benefits seem to be greatest for thinner people, those eating less healthy diets, and people with higher levels of "bad" LDL cholesterol and triglycerides, according to a new analysis of published studies of nut consumption and blood fats. Of course, if you are already lean, healthy and your lipid and cholesterol amounts are healthy, there won't be any change by adding more nuts your already healthy diet.

### Sweet Potatoes

Sweet potatoes provide double the amount of beta carotene than carrots, papaya provides 15 times more beta-cryptoxanthin compared to oranges and kale possesses three times more lutein/zeaxanthin compared to spinach. Also raspberries contain three times more ellagic acid compared to strawberries. The study was presented at the Experimental Biology conference in Anaheim, California.

### Resveratrol

The anti-obesity properties of resveratrol have been demonstrated for the first time in a primate, according to researchers writing in the open access journal BMC Physiology studied the compound, which has received much interest as a dietary supplement for its supposed life-extending effects. The researchers demonstrated that a four-week



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resveratrol supplementation was associated with a decrease in food intake and a reduction in seasonal body-mass gain. It is present in grapes, peanuts etc.

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### Thyroid Health Food

Hypothyroidism, or inadequate production of thyroid hormones, is more common than hyperthyroidism, or excessive hormones. Detection of a thyroid condition is done mainly through thyroid function tests. These tests check the level of hormones (T4, T3 and TSH) in the blood. While T4 and T3 are secreted by the thyroid, TSH is the thyroid-stimulating hormone secreted by the pituitary gland, which stimulates thyroid function.

There are two common problems with diagnosing thyroid function. First, it is possible that you may or may not be able to recognize symptoms of [thyroid problems](#), while you may see abnormal levels of thyroid hormones. Secondly, blood tests may show normal levels of thyroid hormones, while you may have debilitating symptoms of [thyroid problems](#). While detailed investigation may produce a definite diagnosis in such complicated cases, you can try to improve overall [thyroid health](#) by modifying your diet. The primary function of the thyroid gland is to maintain metabolism. Essential fatty acids are involved in biologic functions of metabolizing nutrients. These Omega-3 and Omega-6 fats also act as anti-inflammatory agents, affect moods, and perform many other cellular functions. The body cannot synthesize these essential fatty oils, and therefore these must be supplied to the body through the diet. The main food sources of essential fatty acids are soya oil, canola (rapeseed) oil, chia (Salvia hispanica) seeds, pumpkin seeds, sunflower seeds, flaxseed (linseed), leafy vegetables, and walnuts. Regular consumption of these foods can extend a helping hand to the thyroid.

Selenium deficiency, iodine deficiency, and estrogen-like compound pollution are considered responsible for thyroid hormone deficiency. The following methods for improving your thyroid health may be recommended. Because selenium deficiency is a



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major factor in low thyroid function, you should regularly include selenium-rich foods in your diet. Good sources of selenium in your diet, include: wheat germ, sunflower and sesame seeds, brazil nuts, mushrooms, garlic, onions, and kelp. Iodine is essential for the

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thyroid gland's production of the hormone thyroxin, which the thyroid uses to regulate numerous functions. Iodine food supplements are widely available. Certain raw foods have a tendency to lower thyroid function and need to be avoided by people with under active thyroid: raw forms of turnips, mustard greens, broccoli, cabbage, rutabaga, brussels sprouts, bok choy, cress, cauliflower, kale, and kohlrabi. Cooking these vegetables deactivates the iodine-blocking agent. soy (including tofu and soymilk) may also lower thyroid function. A common mineral that improves thyroid health in middle-aged and elderly men and women is zinc. Adequate levels are required for proper thyroid hormone metabolism. As we age, both thyroid problems and zinc deficiencies become more common. Recommended dosages generally range from 30 — 50 mg of zinc (elemental) per day. Keep in mind that it may take months for oral zinc supplementation to affect a chronic thyroid problem.

Xenoestrogens make their way into the body through respiration, ingestion of contaminated food, and skin contact. Once in the body, they block thyroid hormone production and contribute to low thyroid function. If you have hypothyroidism, take thyroid hormone replacement as directed by your doctor — typically on an empty stomach. Generally, it's best to wait four hours after taking thyroid medication to consume any products that contain soy. The same guidelines apply to other products that may impair the body's ability to absorb thyroid medication, including high-fiber foods, iron and calcium supplements, and antacids that contain aluminum or magnesium.  
<http://www.nativeremedies.com/articles/foods-to-eat-for-a-healthy-thyroid.html>  
[http://www.drdauidwilliams.com/legacy/c/thyroid\\_health\\_recs.aspx](http://www.drdauidwilliams.com/legacy/c/thyroid_health_recs.aspx)  
<http://thyroid-conditions.com/>



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### Recipes

#### Veggie Burger Recipes

<http://www.divinedinnerparty.com/veggie-burger-recipe.html>

#### Cooked Beans

**Ingredients:** Dried beans, spices and salt.

Soak the beans and drain the water after finished soaking. Fill up the pot with plenty of fresh cold water. Put the pot on the stove, and let it boil over high heat for about ten minutes.

After 10 minutes add whatever kind of flavoring you want to the beans: garlic, salt, pepper, herbs, spices, whatever you would like. Lower the heat to a simmer, and let the beans cook like that for about one hour. After the beans are done, they are ready to serve and enjoy. <http://video.about.com/vegetarian/Dried-Beans.htm?nl=1>

#### Black Beans and Rice

**Ingredients:** Pound dried black beans; 2 green bell peppers, halved and seeded; 8 cups water; 1 medium onion, quartered; 2 cloves garlic; 1 tsp dried oregano; 1 tsp ground cumin; 1 bay leaf; salt to taste; 1/4 cup dry white wine; 1 tbsp red wine vinegar; 1 tbsp sugar; 1/4 cup olive oil

**Preparation:** Soak the beans with one of the green peppers in the water for 8 hours or overnight. After soaking, bring the beans, pepper and water to a boil, then immediately turn the heat to a simmer and cook, covered for 1 1/2 hours, or until the beans are almost tender. Prepare a sauce, called *sofrito*, by combining the other green bell pepper, the onion, garlic, oregano, cumin, bay leaf and a little of the cooking water in a blender. Blend on low until the mixture is smooth. Add the *sofrito* to the beans. Bring to a boil again, then immediately reduce the heat to a simmer. Add salt and the wine, vinegar, and



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sugar. Continue to simmer, uncovered, until the bean mixture becomes thick, about 2 more hours. Add olive oil immediately before serving. Serve over steamed rice.

<http://vegetarian.about.com/od/sidevegetabledishes/r/frijolesnegros.htm?nl=1>

### Mango and Peach Salsa

**Ingredients:** 2 mangos, peeled and chopped; 2 fresh peaches, peeled and chopped; 1 sweet onion, diced; 1 medium tomato, diced (optional); 2 cloves garlic; 2 tbsp chopped fresh cilantro; juice of one lime; dash salt and pepper.

**Preparation:** Combine all ingredients and chill. If you have a [food processor](#), you can process all the ingredients in chunks, rather than dicing and chopping. Chill before serving. <http://vegetarian.about.com/od/saucesdipsspreads/r/MangoSalsa.htm>



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