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**The Telangana Science Journal
Health and Nutrition**

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

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Heart

Researchers found that normal-weight heart patients who have belly fat have worse survival odds than obese people whose excess pounds are concentrated in their thighs and buttocks. The findings suggest that heart doctors should consider weight distribution rather than simply body mass index (BMI) -- a measurement based on height and weight -- when assessing a patient's risk.

<http://health.usnews.com/health-news/news/articles/2013/01/31/belly-fat-may-raise-odds-of-early-death-for-thin-heart-patients>

Senses and Emotions

A new study has identified the two areas of the brain responsible for our perception of orientation and shape. Using sophisticated imaging equipment at York Neuroimaging Centre (YNiC), the research found that the two neighboring areas of the cortex -- each about the size of a 5p coin and known as human visual field maps -- process the different types of visual information independently.

http://www.eurekalert.org/pub_releases/2013-02/uoy-prh020113.php

Scientists have identified the location and certain genetic characteristics of taste stem cells on the tongue. The findings will facilitate techniques to grow and manipulate new functional taste cells for both clinical and research purposes. "Cancer patients who have taste loss following radiation to the head and neck and elderly individuals with diminished taste function are just two populations who could benefit from the ability to activate adult taste stem cells," said Robert Margolskee, M.D., Ph.D., a molecular neurobiologist at Monell who is one of the study's authors. http://www.eurekalert.org/pub_releases/2013-02/mcsc-msi013013.php

Emotionally exhausted women are much more sensitive to sounds when they are stressed, according to a new study. For some of these women, even a normal conversation can be painful, Swedish researchers found. Doctors may need to consider patients' stress and exhaustion levels when treating hearing problems, the study suggests. <http://www.ivillage.com/stressed-out-women-may-be-more-sensitive-sounds/4-a-519813>

Individuals who have a high preference for sweets and a high aversion to bitter flavors may be at an

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increased risk of developing metabolic syndrome, according to a new study in the Journal of Food Science, published by the Institute of Food Technologists (IFT).

<http://www.sciencedaily.com/releases/2013/02/130213152120.htm>

The Food and Drug Administration approved the first treatment to give limited vision to people who are blind, involving a technology called the artificial retina. The device allows people with a certain type of blindness to detect crosswalks on the street, the presence of people or cars, and sometimes even large numbers or letters. The approval of the system marks a milestone in a new frontier in vision research, a field in which scientists are making strides with gene therapy, optogenetics, stem cells and other strategies. <http://www.nytimes.com/2013/02/15/health/fda-approves-technology-to-give-limited-vision-to-blind-people.html?ref=science>

Dairy

A study has found that dairy intake —specifically milk and yogurt —is associated with higher bone mineral density (BMD) in the hip, but not the spine. Cream, on the other hand, may be associated with lower BMD overall. Published in the journal Archives of Osteoporosis, these findings suggest that not all dairy products are equally beneficial in promoting bone strength.

<http://www.sciencedaily.com/releases/2013/02/130201132336.htm>

Social Networks

Unfriending someone on Facebook may be as easy as clicking a button, but a new study shows the repercussions often reach far beyond cyberspace. "People think social networks are just for fun," said study author Christopher Sibona. "But in fact what you do on those sites can have real world consequences." <http://www.sciencedaily.com/releases/2013/02/130204130042.htm>

Men and women socialize differently, and it turns out these gender differences hold true in online games that involve social interaction. A new quantitative study of data assembled from the online multiplayer game Pardus shows how females and males manage their social networks drastically differently.

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<http://www.sciencedaily.com/releases/2013/02/130207114703.htm>

Exercise & Sperm Count

Young men who work out frequently have as much as 73 percent more sperm than those who don't, and the more television one watches, the lower the count goes, according to a study by Harvard University researchers. College-aged men who exercised more than 14 hours a week had the highest sperm counts. Watching TV had the opposite effect, with sperm counts almost halved for those viewing 20 or more hours a week, according to the study published in the British Journal of Sports Medicine.

<http://www.bloomberg.com/news/2013-02-04/highest-sperm-count-favors-athletes-over-couch-potatoes.html>

Maintaining physical fitness through middle age could go a long way in keeping dementia at bay, a new study suggests. The study found that middle-aged adults who were in shape were significantly less likely to develop dementia or Alzheimer's disease by the time they reached 65 compared to their unfit counterparts, CBS News reported. <http://www.ivillage.com/exercising-midlife-may-stave-dementia-down-road/4-a-520148>

Standing and walking for longer stretches improves insulin sensitivity and blood lipid levels more than an hour of intense exercise each day does, but only if the calories spent in both forms of exercise are similar. The findings are published in the open access journal PLOS ONE.

<http://www.sciencedaily.com/releases/2013/02/130213173127.htm>

Sunshine

Living in a sunnier climate may reduce the risk of developing rheumatoid arthritis, according to US researchers. Their study of more than 200,000 women, published in the journal Annals of the Rheumatic Diseases, suggested a link between sunlight and the risk of developing the disease.

<http://www.bbc.co.uk/news/health-21320858>

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Motherly Love

Researchers long have evaluated the roles parents play in children's development. Now, researchers at the University of Missouri have found that mothers' directiveness, the extent to which they try to control the content and pace of young children's play, varies based on the children's ages and the mothers' ethnicities. In addition, the study found that the more directive the mothers were during play, the less engaged children were with them and the more negative emotion the children displayed toward their mothers.

<http://www.sciencedaily.com/releases/2013/02/130204184718.htm>

Sugar

Sugars are needed to provide us with energy and in moderate amounts contribute to our well-being. Sustained high levels of sugars, as is found in diabetics, damages our cells and now is shown that can also increase our chance to get cancer: The dose makes the poison as Paracelsus said.

<http://www.sciencedaily.com/releases/2013/02/130201100149.htm>

Pollution

Pregnant women who live in areas with significant air pollution risk having babies of low birth weight, the largest study to date suggests. The study, in Environmental Health Perspectives, looked at more than three million births in nine nations. The effect was small and individuals should not be alarmed, but there was a notable impact on the population as a whole, the researchers said.

<http://www.bbc.co.uk/news/health-21344273>

A study conducted at the University of Granada has revealed that there is a direct relationship between exposure to pesticides (Persistent Organic Pollutants, CPOs) in food, air and water and prevalence of type 2 diabetes in adults, regardless of age, gender and body mass index. These substances tend to concentrate in body fat, and they might be one of the reasons why obese people are more likely to develop diabetes, since the more fat the higher the COP concentrations in the body.

<http://www.sciencedaily.com/releases/2013/02/130205101415.htm>

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Breakfast

It is no brainer to know that well-nourished children have better IQ than the malnourished children have. In the US, however, with plenty of food available for cheap, we have a different malnutrition compared to Africa and India. To reinforce the importance of commonsensical eating timely proper well-balanced diet, new research has found that children who regularly have breakfast on a daily basis had significantly higher full scale, verbal, and performance IQ test scores. In one of the first studies to examine IQ and breakfast consumption, researchers examined data points lower performance, and 4.6 points lower total IQ scores than children who often or always ate breakfast.

<http://www.sciencedaily.com/releases/2013/02/130205143334.htm>

Obesity and Parental Influence

A parental influence on our food habits and health is well-known, and new research reiterates the same. Father's obesity is one factor that may influence his children's health and potentially raise their risk for diseases like cancer, according to new research from Duke Medicine. The study, which appears Feb. 6 in the journal BMC Medicine, is the first in humans to show that paternal obesity may alter a genetic mechanism in the next generation, suggesting that a father's lifestyle factors may be transmitted to his children. <http://www.sciencedaily.com/releases/2013/02/130205200243.htm>

Also, in yet another study, researchers have found that fetuses of obese women had differences in gene expression as early as the second trimester, compared to fetuses of women who were a healthy weight. Of particular note were patterns of gene expression suggestive of abnormal brain development in fetuses of obese women. <http://www.sciencedaily.com/releases/2013/02/130211102256.htm>

Brain

Differences in the physical connections of the brain are at the root of what make people think and behave differently from one another. Researchers reporting in the Cell Press journal Neuron shed new light on the details of this phenomenon, mapping the exact brain regions where individual differences occur. Their findings reveal that individuals' brain connectivity varies more in areas that relate to integrating information than in areas for initial perception of the world. <http://www.sciencedaily.com/releases/2013/02/130206131048.htm>

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Green Tea and Red Wine

Natural chemicals found in green tea and red wine may disrupt a key step of the Alzheimer's disease pathway, according to new research. In early-stage laboratory experiments, the researchers identified the process that allows harmful clumps of protein to latch on to brain cells, causing them to die. They were able to interrupt this pathway using the purified extracts of EGCG from green tea and resveratrol from red wine. <http://www.sciencedaily.com/releases/2013/02/130205200241.htm>

Vitamin D and Omega-3

A team of academic researchers has pinpointed how vitamin D3 and omega-3 fatty acids may enhance the immune system's ability to clear the brain of amyloid plaques, one of the hallmarks of Alzheimer's disease. In a small pilot study published in the Journal of Alzheimer's Disease, the scientists identified key genes and signaling networks regulated by vitamin D3 and the omega-3 fatty acid DHA (docosahexaenoic acid) that may help control inflammation and improve plaque clearance.

<http://www.sciencedaily.com/releases/2013/02/130205131629.htm>

Yet another study shows that omega-3 is a useful preventing skin cancer, in addition to other methods of preventing skin cancer such as using sunscreen and other physical protective behaviors such as wearing long-sleeved tops and trousers, sticking to the shade, wearing a hat and not bearing the skin in the sun as soon as the winter is over.

Having adequate levels of vitamin D during young adulthood may reduce the risk of adult-onset type 1 diabetes by as much as 50%, according to researchers at Harvard School of Public Health (HSPH). The findings, if confirmed in future studies, could lead to a role for vitamin D supplementation in preventing this serious autoimmune disease in adults.

<http://www.sciencedaily.com/releases/2013/02/130204184629.htm>

Fruits for Kidneys

Adding fruits and vegetables to the diet may help protect the kidneys of patients with chronic kidney disease (CKD) with too much acid build-up, according to a study. Western diets that are based in animal

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and grain products are highly acidic and can lead to metabolic acidosis, when too much acid builds up in the body. http://www.eurekalert.org/pub_releases/2013-02/ason-fav020113.php

Diabetes

Artificially-sweetened sodas have been linked to a higher risk of Type 2 diabetes for women than sodas sweetened with ordinary sugar, according to French research unveiled on Thursday. "Contrary to conventional thinking, the risk of diabetes is higher with 'light' beverages compared with 'regular' sweetened drinks," the National Institute of Health and Medical Research (Inserm) said.

<http://medicalxpress.com/news/2013-02-sodas-hike-diabetes.html>

Sleep

A study published in the journal *Appetite* reports that what you eat can affect the amount and quality of your sleep. "In general, we know that those who report between [seven to eight] hours of sleep each night are most likely to experience better overall health and well-being, so we simply asked the question, 'Are there differences in the diet of those who report shorter sleep, longer sleep, or standard sleep patterns?'" study researcher Michael A. Grandner, Ph.D., of the Center for Sleep and Circadian Neurobiology at the university, said in a statement. <http://www.medicaldaily.com/articles/14068/20130212/diet-sleep-rest-nutrition-sleep-pattern-healthy.htm>

Music

A study published last month in the *Journal of Neuroscience* suggests that musical training before the age of seven has a significant effect on the development of the brain, showing that those who began early had stronger connections between motor regions – the parts of the brain that help you plan and carry out movements. <http://medicalxpress.com/news/2013-02-early-music-lessons-boost-brain.html#jCp>

Our love of music and appreciation of musical harmony is learnt and not based on natural ability, a new study has found. Associate Professor Neil McLachlan from the Melbourne School of Psychological Sciences said previous theories about how we appreciate music were based on the physical properties of

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sound, the ear itself and an innate ability to hear harmony.

<http://www.sciencedaily.com/releases/2013/02/130214103816.htm>

Salt

A study published today in the American Heart Association's journal Hypertension showed that up to 500,000 Americans wouldn't die prematurely if they consumed slightly less salt every day. The study explored the effect of reducing salt intake over a decade to close to 40% less than what the participants originally had in their diet on a typical day. By extrapolating numbers they showed that close to half a million Americans could cut their risk of dying from heart disease and hypertension significantly by reducing salt intake. <http://www.medicaldaily.com/articles/14070/20130212/reduction-salt-heart-disease-hypertension-blood-pressure.htm>

Language

Published in the journal Nature Communications, a new study shows that infants in bilingual environments use pitch and duration cues to discriminate between languages -- such as English and Japanese -- with opposite word orders. Babies as young as seven months can distinguish between, and begin to learn, two languages with vastly different grammatical structures.

<http://www.sciencedaily.com/releases/2013/02/130214111606.htm>

Swimming

Many people find that recreational swimming helps ease back pain, and there is research to back that up. But some strokes may be better than others. An advantage to exercising in a pool is that the buoyancy of the water takes stress off the joints. At the same time, swimming and other aquatic exercises can strengthen back and core muscles. That said, it does not mean that everyone with a case of back pain should jump in a pool. <http://well.blogs.nytimes.com/2013/02/15/ask-well-swimming-to-ease-back->

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[pain/?ref=health](#)

Recipes:

Curried Cauliflower Soup

Ingredients: 1 tablespoon canola oil; 1 onion, chopped; 2 garlic cloves, chopped; 2 teaspoons finely chopped ginger; 2 teaspoons curry powder; 2 teaspoons cumin seeds, ground; 2 pounds cauliflower (1 medium head), roughly chopped; 1 russet potato, peeled and diced, or 1/2 cup rice
2 quarts water, vegetable stock or chicken stock; Salt to taste; Freshly ground pepper; Chopped cilantro for garnish

Procedure: Heat the oil over medium heat in a large, heavy soup pot and add the onion. Cook, stirring often, until onion is tender, about 5 minutes. Add the garlic, ginger, curry powder and ground cumin and cook, stirring, until fragrant, 30 seconds to a minute. Add the cauliflower, potato or rice, water or stock, and salt to taste and bring to a boil. Reduce the heat, cover and simmer 30 minutes. Using an immersion blender, purée the soup (or you can use a regular blender, working in batches and placing a kitchen towel over the top to avoid splashing) until it is very smooth. Return to the pot, heat through, add freshly ground pepper and adjust salt. Serve, garnishing each bowl with chopped cilantro. You can make this a day ahead, but you may have to thin it out with a little water or stock when you reheat.

Pear and Red Wine Sorbet

Ingredients: 2 1/2 pounds ripe pears (4 medium to large pears, like Bartlett pears); 1/2 cup sugar, preferably organic fair-trade; 1 1/2 cups red wine; 1 1/2 cups water; 1 2- or 3-inch cinnamon stick
1/2 teaspoon vanilla extract; Pinch of freshly ground black pepper; 2 tablespoons fresh lemon juice

Procedure: Peel, core and quarter the pears. Place them in a medium saucepan with the sugar, red wine, water, cinnamon stick and vanilla extract. Bring to a boil, reduce the heat and simmer, uncovered, until the pears are soft and translucent. This will take 15 to 20 minutes if the pears are ripe and soft to begin with, or about 30 minutes if they're somewhat hard. Add the pepper. Using tongs, remove the pears to a bowl. Remove the cinnamon stick from the poaching liquid, and discard. Turn up the heat, and reduce until the mixture has the consistency of a thin syrup. (This step may be unnecessary, depending on how long you cooked the pears and how juicy they were.) Place the pears, in batches, in a blender, or place all

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of them in a food processor fitted with the steel blade. Purée until smooth. Slowly add the poaching liquid and the lemon juice, and blend together. Transfer to a bowl, and chill. Meanwhile, place a 1-quart container in the freezer. Freeze in an ice cream maker following the manufacturer's instructions. Transfer to the chilled container, and freeze for at least two hours before serving. If frozen solid, allow to soften in the refrigerator for 15 to 30 minutes.

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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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