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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal
Health and Nutrition

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

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Posture and Exercise

Keep the back straight, shoulders back, and distribute weight evenly on both hips to practice good posture. Slouching reduces height and makes abdomen rounder. Regular exercise keeps the body and mind healthy.

Push-ups work several muscles such as biceps, triceps, deltoids, pecs, abs, and gluteals. Deadlifts help tone the whole body, particularly the back, buttocks, and legs. Pilates strengthens the back and abs.

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Activities such as tai chi, Pilates and yoga emphasize physical and mental strength. The poses and postures strengthen the body and improve flexibility. Tai chi movements engage all of the major muscle groups and joints, improving balance and strength. Pilates' movements strengthen the body's core and build muscular endurance and flexibility. Mind/body practices help control weight, reduce blood pressure, ease stress, and improve sleep. In one study, people doing yoga lowered both their LDL cholesterol and their triglycerides more than 12 points during a three-month study¹.

Fibromyalgia

Fibromyalgia is a chronic condition that affects about 5 million Americans. Doctors diagnose fibromyalgia based on a patient's symptoms and physical exam. Patients experience pain and stiffness in the muscles, but there are no measurable findings on X-rays or most lab tests. While fibromyalgia does not damage the joints or organs, the constant aches and fatigue can have a significant impact on daily life. The hallmark of fibromyalgia is muscle pain throughout the body, typically accompanied by fatigue, sleep problems, anxiety or depression, specific tender points. One of the unique aspects of fibromyalgia is the presence of 18 tender points in specific locations on the body. When these points are pressed, people with fibromyalgia feel pain, while people without the condition only feel pressure. Women between the ages of 25 and 60 have the highest risk of developing fibromyalgia. Doctors aren't sure why, but women are 10 times more likely to have the condition than men. After pain, the most common and debilitating symptom of fibromyalgia is fatigue. This is not the normal tiredness that follows a busy day, but a lingering feeling of exhaustion. People with fibromyalgia may feel tired first thing in the morning, even after hours spent in bed. The fatigue may be worse on some days than others and can interfere with work, physical activity, and household chores. Physical activity can reduce pain and improve fitness. Exercise three times a week has been shown to relieve fatigue and depression. Walking, stretching, and water aerobics are good forms of exercise. Certain foods, including aspartame, MSG, caffeine, and tomatoes, seem to worsen symptoms

¹ http://www.webmd.com/fitness-exercise/features/pilates-yoga-good-exercise?ecd=wnl_fit_042914&ctr=wnl-fit-042914_ld-stry&mb=s10u26bW4bX4A6f2oTmCQ%40HnVev1imbCifxQ3xyXZ4k%3d

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in some people. Massage may help relieve fibromyalgia pain. An estimated 25 million Americans visit about 90,000 practitioners 60 million times a year.² Fibromyalgia is a chronic condition, but it does not damage the joints, muscles, or internal organs^{3, 4}.

Laughter

Laughter triggers brain waves similar to those associated with [meditation](#), according to a study. While watching the humorous videos, the volunteers' brains had high levels of gamma waves, which are the same ones produced during meditation, researchers found. During the spiritual videos, the participants' brains showed higher levels of alpha brain waves, similar to when a person is at rest. The distressing videos caused flat brain wave bands, similar to when a person feels detached, nonresponsive or doesn't want to be in a certain situation⁵.

Diet

Iron found only in red meat is associated with an increase in the risk of heart disease, a new review finds in the Journal of Nutrition, in contrast, consuming iron found in vegetables, other non-meat sources and iron supplements was not associated with the risk of heart disease⁶. Many studies have found that fiber lowers the risk of developing heart disease, as it lowers cholesterol and help regulate blood sugar. Experts

² <http://www.intelihealth.com/article/how-therapeutic-is-massage?level=0>

³ http://www.webmd.com/fibromyalgia/ss/slideshow-fibromyalgia-overview?ecd=wnl_day_042914&ctr=wnl-day-042914_id-stry&mb=sl0u26bW4bX4A6f2oTmCQ%40HnVev1imbCifxQ3xyXZ4k%3d

⁴ http://www.webmd.com/rheumatoid-arthritis/biologics-13/ra-and-exercise?spon=99990001_0

⁵ http://www.webmd.com/mental-health/news/20140427/laughter-may-work-like-meditation-in-the-brain?ecd=wnl_day_042914&ctr=wnl-day-042914_hdln_3&mb=sl0u26bW4bX4A6f2oTmCQ%40HnVev1imbCifxQ3xyXZ4k%3d

⁶ <http://www.intelihealth.com/news/ironclad-findings-about-red-meats-harms?level=0>

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recommend for women around 25 grams of fiber each day, while for men around 38 grams, and for a "high-quality" diet with plenty of whole grains, fruits and vegetables. The American Heart Association recommends eating six to eight servings of grains each day, preferably whole grains. A slice of whole-grain bread, a half-cup of oatmeal or brown rice, and three cups of popcorn are all examples of one whole-grain serving.

Drinking more coffee might lower your risk for type 2 diabetes, a new large U.S. study suggests. Caffeine keeps some people awake, and can also cause the heart to speed up. A study published online April 24 in *Diabetologia* shows an association between more coffee and lower diabetes risk⁷. Exercise to lose weight is more effective in reducing diabetes risk than drinking more coffee. For better sleep, cut all caffeine from your diet four to six hours before bedtime. Dairy foods, nuts and seeds, bananas, honey, and eggs contain tryptophan, which is a sleep-promoting substance. Research shows that people who often eat high-fat foods not only gain weight, they also experience a disruption of their sleep cycles.

American eating habits need help. Fast food, high-calorie desserts, sweet drinks, and more have fill up. Most adults and 1 in 3 children in the US are overweight or obese. Changing the way you eat can be easy. To start, learn about some of the worst food offenders and how to replace them with healthier choices. Then try some portion-control tricks. Most of our calories come from foods high in fat and sugar. Sweets like cookies and cakes, along with yeast breads, top the list. We also load up on calories in chicken dishes (often breaded and fried), sodas, and energy and sports drinks. Pizza, alcohol, pasta, tortilla dishes, and beef dishes pile on more calories. Unless you count fries and chips, fruits and vegetables don't even make a dent in our daily calorie count. Just two problem foods -- solid fats and added sugars -- count for about 800 of our daily calories. That's almost half the calories an average woman should have in a day. U.S. dietary guidelines say we should limit solid, trans, and saturated fats. Cutback on fast foods and refined grains, like white bread. While you're at it, cut down on sodium (salt), too. Most of us get too much, raising our chances of high blood pressure and heart and kidney disease. Add more nutritious foods to your diet. Instead of fatty meats, choose lean protein and seafood. Instead of solid fats like butter or margarine, use olive, canola, and other oils that are good for your waistline and heart. Instead of baked

⁷ <http://www.intelihealth.com/news/could-more-coffee-lower-your-odds-for-diabetes?level=0>

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goods and cereals with all white or refined grains, make at least half of your grains whole grains. Other healthy choices: nonfat or low-fat dairy foods, beans, and lots of fruits and vegetables⁸.

The vegetarian diet is a healthy lifestyle followed by more than seven million Americans. It tends to be low in cholesterol, total fat, and saturated fat, which helps reduce the risk of type 2 diabetes and heart disease. There are many types of vegetarian diets. By definition, vegetarians do not eat meat, poultry, or fish. Some vegetarians eat eggs and milk products. Others eat dairy, but skip the eggs. Finally, vegans eat only plant foods. They do not eat anything derived from animals, including milk, eggs, and honey. Whichever path you choose, you'll want to make protein, iron, calcium, zinc, and vitamin B-12 a priority. Protein needs can easily be met by plant-based foods. Beans are high in an amino acid called lysine, but low in sulfur-rich amino acids. The opposite is true of grains. So eating a meal of black beans or lentils with rice or bread is one way to get a balanced set of proteins. Soy products are a versatile source of protein. They work well as a meat substitute. Soy is the prime ingredient in most meatless hot dogs, chicken nuggets, and breakfast sausages⁹.

Play Outside

Children who spend significant time outdoors could have a stronger sense of self-fulfillment and purpose than those who don't, according to a study, published recently in the Journal of the Study of Religion, Nature and Culture. The study also measured children's aesthetic values, finding that those who engage in free play outside on a regular basis have a deep appreciation for beauty (i.e., balance, symmetry and color), order and wonder (i.e., curiosity, imagination and creativity). For example: lush green bushes, pattern-like blue spots in water and fascination with bees' nests. Nature offers a diverse display of colors,

⁸ http://www.webmd.com/food-recipes/ss/slideshow-serving-sizes?ecd=wnl_wmh_050214&ctr=wnl-wmh-050214_ld-stry&mb=sl0u26bW4bX4A6f2oTmCQ%40HnVev1imbCifxQ3xyXZ4k%3d

⁹ http://www.webmd.com/diet/ss/slideshow-vegetarian-diet?ecd=wnl_wmh_050214&ctr=wnl-wmh-050214_ld-stry_2&mb=sl0u26bW4bX4A6f2oTmCQ%40HnVev1imbCifxQ3xyXZ4k%3d

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sights and sounds; uncertainty; multisensory qualities; and above all, aliveness, Van Wieren said. Nature is usually in a state of flux, which fosters problem-solving opportunities that build self-confidence. But we could be in trouble if kids continue their technology habits¹⁰.

Happiness

Researchers found that when material buyers purchase life experiences, they are no happier because the purchase is likely out of line with their personality and values. But if they spend on material items, they are not better off either, because others may criticize or look down upon their choices. Reasons someone may buy a life experience that doesn't reflect his or her personality include a desire to fit in or spend time with others. And researchers did find that material buyers feel closer to friends¹¹.

Testosterone

Higher testosterone is generally thought to be associated with attracting sexual partners, but might not be compatible with long-term relationship. Low testosterone levels may be a good thing for both men and women, who reported more satisfaction and commitment to their relationships when they had lower levels. The couples were more satisfied and committed when they or their partner had low testosterone levels, per the findings in the April issue of *Hormones and Behavior*.

¹⁰ http://www.biospace.com/News/playing-outside-could-make-kids-more-spiritual/332026?type=email&source=GP_050214

¹¹ http://www.biospace.com/News/for-most-people-money-does-not-buy-happiness-san/332020?type=email&source=GP_050214

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RECIPES

Caribbean black bean and plantain soup

Ingredients: 1 small white onion; 2 cloves garlic, minced; 1 tbsp olive oil; 1 14-ounce can black beans, drained; 2 cups vegetable broth; 1½ cup shredded green plantain (1 medium plantain); 1 tsp cumin; 1 bay leaf; ¼ cup fresh cilantro, minced; salt and pepper, to taste

Preparation: Sauté garlic and onion in 1 tbsp of olive oil until translucent (about 5 minutes). Next, add the vegetable broth, bay leaf, cumin and the shredded plantain (save a little bit for the garnish) and simmer for 15 minutes (do not boil). Add the drained black beans and simmer for 5 more minutes, adding a bit more vegetable broth or water as needed for desired consistency. Season with salt and pepper to taste. Serve and garnish with fried shredded plantain and fresh cilantro¹².

Creamy vegetarian French onion soup recipe

Ingredients: 2 tbsp olive oil; 5 medium yellow onions (about 2 1/2 pounds), sliced thin; 3 large shallots, sliced thin; 3 tbsp vegan margarine; ½ tsp brown sugar; 1/2 tsp salt; 5 cups vegetable broth, hot; 3/4 cup dry white wine; 1 tablespoon of vegetarian Worcestershire sauce (read the label - some brands contain anchovies); 2 tsp Dijon mustard; 1-2 tbsp nutritional yeast (optional); Salt and pepper.

Preparation: Heat the onions and shallots in olive oil for about 5 minutes to give them a bit of a head start. Add butter or vegan margarine and brown sugar. Reduce heat to medium low, cover, and allow to cook until onions are well caramelized and cooked down, at least 30 minutes. If you're pressed for time, you can heat for about 20 minutes, stirring occasionally, but 30 minutes and up to an hour is better. Add

¹² <http://vegetarian.about.com/od/homemade-bean-soups/r/Black-Bean-And-Plantain-Soup.htm?nl=1>

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hot vegetable broth and wine, then stir in the Worcestershire sauce, and Dijon mustard. Bring to a low simmer. Heat for another 30 minutes. Stir in nutritional yeast. Puree until desired consistency. Season well with a bit of salt and pepper, to taste¹³.

Eggplant Rollatini with Capellini

Ingredients: 1 yellow onion, peeled and diced; 3 cloves garlic, peeled and minced; 2 28 ounce cans whole Italian tomatoes, crushed with your hand; 6 ounces capellini or angel hair pasta; 2 tablespoons olive oil 1 cup provolone or mozzarella cheese, shredded; 3 tablespoons Parmesan cheese, freshly grated; 3 tablespoons fresh basil, finely chopped; 3 pounds fresh eggplant, freshly ground; black pepper; kosher salt

Instructions, for the sauce: 1 yellow onion, peeled and diced; 3 garlic cloves, peeled and minced; 2 28 oz. cans whole Italian tomatoes, crushed with your hand; Kosher salt; Freshly ground black pepper
For the rollatini: 6oz. capellini or angel hair pasta; 2 tbsp. olive oil; 1 cup shredded provolone or mozzarella cheese; 3 tbsp. freshly grated Parmesan cheese; 3 tbsp. finely chopped fresh basil; 3 lb. fresh eggplant

For the sauce: Heat a medium saucepan over medium heat. Add enough olive oil to coat the bottom of the pan. Add the onion and a healthy pinch of kosher salt and sauté until softened, about 6 minutes. Add the garlic and sauté, stirring often, for 3 more minutes. Add the tomatoes and the juice left over in the can and cook over medium-low heat, stirring occasionally, until thickened, 30-40 minutes. (Can be made two days ahead. Cool completely, cover and refrigerate.)

For the eggplant: Preheat the oven to 375 degrees. Cut the top (stem end) off each eggplant. Cut into thin slices – somewhere between 1/3 and 1/2 inch. Don't make them too thin or they will burn. Place the slices on baking sheets and drizzle each side with olive oil.

¹³ <http://vegetarian.about.com/od/soupsstewsandchili/r/Vegetarian-French-Onion-Soup.htm?nl=1>

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Bake in the oven for about 10 minutes per side. The eggplant should be starting to turn brown and beginning to soften when you decide to turn it over. Once done, remove slices to a rack to cool completely. (Can be made one day ahead. Stack the slices in a large container, cover, and refrigerate overnight.)

For the pasta: Bring a large pot of salted water to boil. Add the capellini and cook, stirring frequently, until al dente – 2-3 minutes. Drain and immediately add the olive oil and cheeses. Stir well, until pasta is well coated with cheese. Set aside.

To assemble: Preheat oven to 375 degrees. Using a 13 x 9 baking dish, spread 1 1/2 cups sauce over the bottom of the pan. Have the eggplant slices, the noodles, and the basil right in front of you. Place an eggplant slice on a work surface. Using your fingers, place a healthy pinch of noodles on the rounded end and sprinkle with a little bit of basil. Roll the eggplant up and over the noodles and place in the baking sheet, seam side down. Repeat with the remaining eggplant, noodles, and basil. Meanwhile, reheat the remaining sauce over low heat. Cover the baking pan and cover with aluminum foil. (At this point the dish can be assembled one day ahead and refrigerated.) Place in the oven and bake until heated through – 20-25 minutes. Spoon warmed sauce over each portion¹⁴.

Source: The primary sources cited above, New York Times (NYT), Washington Post (WP), Mercury News, Bayarea.com, Chicago Tribune, USA Today, Intellihealthnews, Deccan Chronicle (DC), the Hindu, Hindustan Times, Times of India, AP, Reuters, AFP, womenfitness.net, about.com etc.

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Om! Asatoma Sadgamaya, Tamasoma Jyotirgamaya, Mrityorma Amritamgamaya, Om Shantih, Shantih, Shantih!

¹⁴ http://www.webmd.com/food-recipes/eggplant-rollatini-with-capellini?ecd=wnl_dab_042814&ctr=wnl-dab-042814_ld-stry&mb=sl0u26bW4bX4A6f2oTmCQ%40HnVev1imbCifxQ3xyXZ4k%3d

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(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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