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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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Pepper¹

Spicy capsaicin acts as an irritant in mammals, generating a burning sensation in contact with tissue. Capsaicin is already broadly used as an analgesic in topical ointments, where its properties as an irritant overwhelm nerves, rendering them unable to report pain for extended periods of time. It's also the active ingredient in pepper spray. Capsaicin treatment resulted in a reduced tumor burden and extended the lifespans of the mice by more than 30 percent. The treatment was even more effective when combined with celecoxib, a COX-2 non-steroidal anti-inflammatory drug already approved for treating some forms of arthritis and pain.

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Gardasilⁱⁱ

The Centers for Disease Control and Prevention (CDC) recommends the HPV vaccines, but does point out that between June 2006 and March 2014, approximately 67 million doses of HPV vaccines were distributed and VAERS (Vaccine Adverse Event Reporting System) received approximately 25,000 adverse event reports occurring in girls and women who received HPV vaccines; 92% were classified as non-serious. The Colombian town of El Carmen de Bolivar has about 95,000 residents and is located near the Caribbean coast. Over 200 girls in El Carmen de Bolivar have been hospitalized for a range of symptoms from fainting and headaches, to numbness in the hands. Some parents suspect the cause is the vaccine Gardasil®, which is used to prevent Human Papilloma Virus (HPV) infection, which can cause cervical cancer. None of the symptoms were life threatening and all the children have been released from the hospital. The girls were all between the ages of 9 and 16. Gardasil, manufactured and marketed by Merck & Co., Inc. (MRK), protects against four types of HPV infection, types 6, 11, 16, and 18. Types 16 and 18 are responsible for approximately 70% of cervical cancer and for most HPV-induced cancers of the anus, vulvar, vagina and penis.

Obesityⁱⁱⁱ

Once you're an obese adult, it is much harder to lose weight and keep it off, and the longer one is obese, the greater risk for health problems like heart disease, diabetes, and cancer. Lack of sleep not only puts teens at risk for poor grades, it also puts them at increased risk for obesity. Although lack of exercise and too much time spent watching television were also risk factors for obesity, these behaviors did not account for the link between lack of sleep and obesity, according to the study published online recently in the *Journal of Pediatrics*. Teens should get nine to 10 hours of sleep a night, according to the U.S. Centers for Disease Control and Prevention.

High-Dose Estrogen^{iv}

Women who recently used birth control pills containing high-dose estrogen and a few other formulations had an increased risk for breast cancer, whereas women using some other formulations did not. Birth control pills containing low-dose estrogen did not increase breast cancer risk.

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Diet and Kidney Disease^v

Choosing the right foods can control the buildup of waste products and fluid in the blood of those with kidney disease, which can help decrease the workload of the kidneys, according to the National Kidney Foundation. It may also help to slow down the loss of kidney function. While a healthy diet was associated with improved survival, it had no protective benefit when it came to progression to kidney failure. Those who ate primarily Southern-style cuisine consisting of processed meats, fried foods and sugar-sweetened beverages, had a 50 percent increase in risk of death over a 6.5-year. Consumption of a type of starch that acts like fiber may help reduce colorectal cancer risk associated with a high red meat diet, according to a study published in *Cancer Prevention Research*^{vi}. Unlike most starches, resistant starch escapes digestion in the stomach and small intestine, and passes through to the colon (large bowel) where it has similar properties to fiber. Resistant starch is readily fermented by gut microbes to produce beneficial molecules called short-chain fatty acids, such as butyrate.

Anger Expression

The anger expression employs seven distinct muscle groups that contract in a highly stereotyped manner. The researchers sought to understand why evolution chose those particular muscle contractions to signal the emotional state of anger. Bargaining-through-menace principle applies to humans as well. Greater upper body strength led to a greater ability to inflict harm; so the hypothesis was that the anger face should make a person appear stronger^{vii}.

Givers, Matchers and Takers^{viii}

There are three kinds of humans: Givers, Matchers and Takers. Givers share more important knowledge than takers, according to a recent study in the journal *Personality and Individual Differences*^{ix}. Givers are always helpful and give more than they receive, without expecting anything in return. Matchers apply a *quid-pro-quo* strategy. Takers try to get as much as possible without giving anything in return. Givers not only share more resources and more information, but they also share mainly the important information. Takers keep everything for themselves. Givers are less self-oriented than the selfish, narcissistic Takers.

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In the study, givers shared not only more money with the group, but they also shared mainly the important information. Takers on the other hand kept both money as well as different types of information.

Recipes

Cocoa-Berry Yogurt Tarts^x

Ingredients: 1 1/2 cups, low-fat vanilla yogurt; 1 1/2 cups, reduced fat ricotta cheese; 2 tablespoons, sugar; 2 tablespoons, unsweetened cocoa powder; 6 graham cracker tart shells; 3/4 cup, sliced strawberries, raspberries or blueberries.

Instructions: Mix yogurt, ricotta, sugar, and cocoa powder thoroughly with whisk until creamy. Spoon 1/6 mixture into each tart shell and top with sliced strawberries.

Peach-Raspberry Crisp^{xi}

Ingredients: 2 pounds, peaches, peeled (if desired, see Tip), pitted and sliced (5 cups), or frozen slices; 1 cup raspberries, fresh or frozen; 2 tablespoons, granulated sugar; 1 tablespoon, lemon juice; 2/3 cup whole-wheat flour; 1/2 cup, old-fashioned rolled oats, (not instant); 1/2 cup packed light brown sugar; 1 teaspoon ground cinnamon; Pinch of salt; 1 tablespoon butter, cut into small pieces; 1 tablespoon canola oil; 3 tablespoons frozen orange juice concentrate; 1 tablespoon chopped almonds or walnuts

Instructions: Preheat oven to 375°F. Coat an 8-inch-square baking dish (or similar 1 1/2- to 2-quart dish) with cooking spray. To prepare filling, combine peaches, raspberries, granulated sugar and lemon juice in a large bowl; toss to coat. Place the filling in the prepared baking dish. Cover with foil. Bake for 20 minutes. Meanwhile, make topping. Mix flour, oats, brown sugar, cinnamon and salt in a medium bowl with a fork. Add butter and blend with a pastry blender or your fingertips. Add oil and stir to coat. Add orange juice concentrate and blend with your fingertips until the dry ingredients are moistened. After 20 minutes, stir the fruit filling and sprinkle the topping evenly over it. Sprinkle with almonds (or walnuts). Bake, uncovered, until the fruit is bubbly and tender and the topping is lightly browned, 20 to 25 minutes more. Let cool for at least 10 minutes before serving. Serve warm or at room temperature.

Zesty Dill Potato Salad

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Ingredients: 1 pound medium red potatoes, scrubbed; 2 tablespoons balsamic vinegar; 1 tablespoon white-wine vinegar; 1 tablespoon extra-virgin olive oil 1/4 cup red bell pepper, diced; 1/4 cup green bell pepper, diced; 1/4 cup scallions, chopped; 1 tablespoon fresh dill, chopped freshly ground white or black pepper, to taste salt

Instructions: Boil potatoes in salted water in a saucepan until tender, about 20 minutes. Drain and let stand until cool enough to handle. Cut potatoes in half lengthwise, then cut into approximately 1/2-inch slices. Place in a serving bowl. Sprinkle the potatoes with balsamic vinegar, white-wine vinegar and oil, tossing gently to coat. Add red and green bell peppers, scallions, dill and pepper and toss gently to mix. Taste and adjust seasonings. Serve at room temperature.

Cucumber & Black-Eyed Pea Salad^{xii}

Ingredients: 3 tablespoons extra-virgin olive oil 2 tablespoons; lemon juice 2 teaspoons fresh oregano, chopped, or 1 teaspoon dried; 4 cups cucumbers, peeled and diced; 1 14-ounce can black-eyed peas; rinsed 2/3 cup red bell pepper; diced 1/2 cup feta cheese, crumbled; 1/4 cup red onion, slivered; 2 tablespoons black olives, chopped freshly ground pepper to taste

Instructions: Whisk oil, lemon juice, oregano and pepper in a large bowl until combined. Add cucumber, black-eyed peas, bell pepper, feta, onion and olives; toss to coat. Serve at room temperature or chilled.

Provençal-Style Edamame Saute^{xiii}

Ingredients: 2 tablespoons extra-virgin olive oil; 1 large bulb fennel, trimmed, cored and thinly sliced; 2 tablespoons minced garlic; 1/2 teaspoon herbes de Provence; 3/4 cup dry white wine; 1 10-ounce package frozen shelled edamame (about 2 cups), thawed; 1 9-ounce package frozen artichoke hearts, thawed; 1/4 cup vegetable broth, or reduced-sodium chicken broth; 1 teaspoon freshly grated lemon zest; 1/4 cup lemon juice; 1/2 teaspoon salt; 1/2 cup crumbled feta cheese; 2 tablespoons chopped cured olives

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Instructions: Heat oil in a large skillet over medium heat. Add fennel and cook, stirring, until starting to soften and brown, 3 to 5 minutes. Add garlic and herbes de Provence; cook, stirring, until fragrant, about 30 seconds. Add wine; increase heat to high and bring to a boil. Boil until the wine is almost evaporated, about 3 minutes. Stir in edamame, artichoke hearts and broth; cover and cook, stirring occasionally, until hot, about 5 minutes. Remove from the heat; stir in lemon zest, lemon juice and salt. Serve sprinkled with feta and olives.

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.

Om! Asatoma Sadgamaya, Tamasoma Jyotirgamaya, Mritvorma 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!)

- ⁱ Read more at <http://www.biospace.com/News/spicy-chemical-in-chili-peppers-may-stop-you-from/341911>
- ⁱⁱ Read more at <http://www.biospace.com/News/hundreds-of-girls-struck-with-mystery-illness/344594/source=TopBreaking>
- ⁱⁱⁱ Read more at <http://www.NewsmaxHealth.com/Health-News/sleep-obesity-children-weight/2014/08/29/id/591585/#ixzz3C0dBwzY6>
- ^{iv} Read more at <http://www.biospace.com/News/birth-control-pills-may-double-breast-cancer-risk/341787>
- ^v Read more at <http://scienceblog.com/73704/southern-style-eating-ups-risk-death-kidney-disease/#h5eCU27OgUC22SPY.99>
- ^{vi} Read more at <http://www.sciencedaily.com/releases/2014/08/140804100346.htm>
- ^{vii} Read more at <http://www.biospace.com/News/angry-face-may-make-you-appear-stronger-university/344720/source=Featured>
- ^{viii} Read more at <http://www.biospace.com/News/better-to-give-than-to-receive-personality-affects/342522>
- ^{ix} Read more at <http://www.biospace.com/News/better-to-give-than-to-receive-personality-affects/342522>
- ^x Read more at http://www.webmd.com/food-recipes/cocoa-berry-yogurt-tarts?ecd=wnl_dab_083114&ctr=wnl-dab-083114_ld-stry&mb=sl0u26bW4bX4A6f2oTmCQ%40HnVev1imbCifxQ3xyXZ4k%3d
- ^{xi} Read more at http://www.webmd.com/food-recipes/peach-raspberry-crisp?ecd=wnl_dab_083114&ctr=wnl-dab-083114_hdln_2&mb=sl0u26bW4bX4A6f2oTmCQ%40HnVev1imbCifxQ3xyXZ4k%3d
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- ^{xiii} http://www.webmd.com/food-recipes/provencal-style-edamame-saute?ecd=wnl_dab_082714&ctr=wnl-dab-082714_ld-stry&mb=sl0u26bW4bX4A6f2oTmCQ%40HnVev1imbCifxQ3xyXZ4k%3d

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