



శ్రీ వేపచేదు విద్యా పీఠము

VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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Chief Editor: Dr. Sreenivasarao Vepachedu

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#### **Cardio-respiratory Fitness and Brain<sup>(1)</sup>**

Higher cardiorespiratory fitness (CRF) is associated with more conserved brain volume in older age which may play a role in preserving middle and medial temporal volumes in late adulthood. Slower atrophy in middle frontal and angular gyri may predict late-life CRF, according to a new study. Therefore, people who have better aerobic fitness in middle age may ward off decreases in brain volume later in life, potentially preserving memory and other functions.

Aging is associated with a significant decline in so-called fluid cognitive abilities, for example, the ability to store information in memory or to quickly solve cognitive problems<sup>(1a)</sup>.

#### **Sleep Deprivation and Diet<sup>(2)</sup>**

Food intake is driven by biological, emotional, cognitive and environmental factors. Diet is implicated in many chronic health issues including obesity, diabetes and heart disease, and diet is often a target of treatment to prevent the onset of these conditions.

A bad night's sleep affects millions of people worldwide which can not only affect ability to perform daily duties, but also can influence eating habits and behaviors, according to a report published in the Journal of Health Psychology. After a bad night's sleep, the hormone controlling appetite is affected, emotional

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stress is greater, more food is desired to compensate for lack of energy and impulsivity is increased, all of which affect the amount of food that you would consume in a day.

A new study<sup>(2a)</sup> suggests that one night of partial sleep deprivation activates gene expression patterns in peripheral blood mononuclear cells (PBMCs) consistent with increasing accumulation of damage that initiates cell cycle arrest and increases susceptibility to senescence.

### Adultery<sup>(3)</sup>

In general, an average of about 16% of the total population in the US are criminals, of which about 10-14% are male offenders and about 2-6% are female offenders<sup>(4)</sup>. A new study<sup>(3)</sup> absurdly concludes that both men and women are more likely to cheat on their spouses the more economically dependent they are on them, by manipulating the statistics. According to the study there is about a 95 percent chance that women who are completely economically dependent on their husbands will NOT cheat, whereas there is about a 85 percent chance that men who are entirely economically dependent on their wives will NOT have an affair. However, the study indicates that 5% women and 15% men cheat, and accordingly, men and women cheat when they are dependent on their spouses; as there are criminals in both sexes and cheating is consistent with the average criminal behavior and nothing to do with dependency, as purported by the report<sup>(3)</sup>.

### Emotional Intelligence<sup>(5)</sup>

People with average IQs outperform those with the highest IQs 70% of the time. This anomaly is explained away by introducing Emotional Intelligence (EI). Decades of research now points to emotional intelligence as being the critical factor that sets star performers apart from the rest of the pack. The connection is so strong that 90% of top performers have high EI, which is the ability to understand, interpret, and respond to the emotions of others, and control personal emotions to express appropriately, which is essential for success. Although some researchers suggest that EI can be learned and strengthened, and despite the significance of EI, its intangible nature makes it very difficult to know how much is there and what to do to improve if it is low or lacking.

*"Anyone can become angry - that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way - that is not easy," Aristotle.*

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The first step in understanding emotions is to perceive them accurately, which involves understanding nonverbal signals such as body language and facial expressions. The next step involves using emotions to promote thinking and cognitive activity, and prioritize what to pay attention and react to, while responding to signals. The emotions can carry a wide variety of meanings. For example, if a colleague is acting angry, it might be due to dissatisfaction with your work or behavior, got a speeding ticket, or had a fight with the spouse that morning. The ability to manage emotions effectively by regulating personal emotions and responding appropriately, and responding to the emotions of others is an important aspect of EI<sup>(6)</sup>.

Emotionally intelligent people engage in a number of habits and behaviors that contribute to their ability to manage their own emotions and understand the feelings of others, such as paying attention to own feelings (self-awareness) and regulating their own emotions to express them appropriately, understanding how other people feel (empathy) and correctly identifying the underlying causes of their emotions, willing and able to discuss feelings with others, and of course, having great social skills and intrinsic motivation<sup>(7)</sup>. Empathy may be innate, according to a new study<sup>(7a)</sup>. People with high scores for affective empathy had greater grey matter density in the insula, a region found right in the ‘middle’ of the brain. Those who scored higher for cognitive empathy had greater density in the midcingulate cortex – an area above the corpus callosum, which connects the two hemispheres of the brain. People who are high on affective empathy are often those who get quite fearful when watching a scary movie, or start crying during a sad scene. Those who have high cognitive empathy are those who are more rational.

Emotionally intelligent people won’t set perfection as their target because they know that it doesn’t exist<sup>(8)</sup>. Human beings are fallible. When perfection is the goal, a nagging sense of failure makes the experience miserable, instead of moving forward, excited about what has been achieved and what will be accomplished in the future. Emotionally intelligent people avoid letting the toxic persons and/or situations bring them down, even when things completely derail.

In a study<sup>(9)</sup> measuring adults' reactions to stress and how it affects their bodies, researchers found that adults who fail to maintain positive moods such as cheerfulness or calm when faced with the minor stressors of everyday life appear to have elevated levels of inflammation.

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Marriage is difficult at times for everyone, but most marital problems can be solved by understanding emotions and using them effectively through open communication, and conversely many whose marriages dissolved blamed lack of communication. According to a study<sup>(9a)</sup>.

### Peanuts<sup>(10)</sup>

Peanuts and tree nuts both contain unsaturated fatty acids, vitamins, fiber, antioxidants, and other bioactive compounds, and their intake contributes to the lower death rates, a new study reports. In contrast to peanuts, no association was found between peanut butter intake and mortality risk. However, peanut butter contains added components like salt and vegetable oils and therefore the composition of peanut butter is different from peanuts. The adverse health effects of salt and trans fatty acids could inhibit the protective effects of peanuts.

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Perfectionism is the belief that if we live perfect, look perfect, and act perfect, we can minimize or avoid the pain of blame, judgment, and shame.

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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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