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BAGS UNDER EYES²

To avoid bags under your eyes, consider the following:

**Reduce Salt Intake:** The area around the eyes is high in sodium and this may cause puffiness as the water from other parts accumulates near the eyes. An ideal limit for salt is 1,500 milligrams per day for most adults. One-third of American adults have high blood pressure, and 90% of American adults are expected to develop high blood pressure over their lifetimes.

Avoid restaurants, as the restaurant meals contain an excessive amount of salt³. Don’t sprinkle table salt on your food.

Do your research. A lot of restaurants post the nutrition content of their foods online.

Don’t arrive hungry and load up on appetizers like bread and chips.

Fruits, vegetables, and lean protein tend to be better choices.

Avoid sauces and fried foods because they tend to be high in salt.

**Use Salt Water:** Using a neti pot to circulate salt water through the nostrils to remove moisture from sinuses.

**Change Sleeping Position:** Avooid side or stomach sleeping positions and try sleeping on your back.

**Remove Makeup:** Take off eye makeup before you go to bed.

**Avoid Alcoholic Beverages:** Alcohol causes puffiness around the eyes by taking out water and then causing puffiness as the skin weekens around the eyes.

**Avoid Sun:** Sun light can make the skin around the eyes sag and wrinkle. Use sunglasses, avoid direct sun, wear a hat or carry an umbrella to protect from the sun.

**Avoid Smoking**⁴: Smoking can dry and weaken the skin on the face causing wrinkled, droopy eyes.

**Cooling:** Cool eyes with chilled spoons, cucumber slices, tea bags etc. to ease the puffiness by lowering the temperature.
The BEST DIET: QUALITY COUNTS

DIETARY GUIDELINES have changed over the years as research becomes more accurate in determining what we should eat to attain optimal health and weight. The strongest evidence to date shows that calories matter, but focusing on food quality is an equally important part of preventing weight gain and promoting weight loss.

HIGH-QUALITY FOODS include unrefined, minimally processed foods such as vegetables and fruits, whole grains, healthy fats and healthy sources of protein — the foods recommended in the Healthy Eating Plate.

LOWER-QUALITY FOODS include highly processed snack foods, sugar-sweetened beverages, refined (white) grains, refined sugar, fried foods, foods high in saturated and trans fats, and high-glycemic foods such as potatoes.
LAYPEOPLE AND EXPERTS

Laypeople and experts are compared to see what characteristics of information processing are influencing their judgment of creativity. Experts and non-experts disagree in all aspects of assessment, except how useful an idea is.

Given their lack of background knowledge, laypeople require expert help when dealing with scientific information. To decide whose help is dependable, laypeople must judge an expert’s epistemic trustworthiness in terms of competence, adherence to scientific standards, and good intentions.

Laypeople frequently encounter situations where they must make decisions about science-related issues, but they are more strongly persuaded by apparently easy arguments than by difficult ones. Furthermore, they were more confident in their own evaluation of the information and less inclined to turn to an expert for decision-making support after reading easy compared to difficult arguments.

There are discrepancies between expert and lay perceptions of foods and the definition of the term “nutritious”. Expert and lay definitions differed considerably, with experts using terms such as nutrient-density, macro- and micronutrients, kilojoules/Calories, while lay consumers used descriptions such as fuel, fresh, natural, body needs, and functioning. Experts and lay consumers often disagree about what nutrition information is relevant.

DANCE YOUR PHD CONTEST

DANCE YOUR PHD 2017 - Building up Creativity

5118 కలి కాలము/Kali Era| 2074 వికరమార్క కాలము/Vikramarka Era| 1938 శాలివాహన కాలము/Salivahana Era

Swasti Sri Hevilambi Year/KARTIKA Month

Published online 1 NOVEMBER 2017
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