

O Sun God, Savitar!
 Thou dazzling fount of life-persuasive light!
 Sublimest mystery speeding from afar!
 Swift became that burst too potent on the sight!
 This radiant type of strength and youth!
 Glowing eternally!



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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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 Praised by singers, my God Savitar!
 Stepped forth and never missed his place!
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 Seeing, far-shining, the shining wanderer!
 - Rig Veda, vii, 65

He alone shines!
 All luminaries get illuminated by His Illumination!
 The whole Universe is enlightened by His light!
 - Kathapanisad

ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात्॥

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Issue 238

Chief Editor: డాక్టర్ శ్రీనివాసరావు వేపచేదు | डॉक्टर श्रीनिवासरावु वेपचेदु | Dr. Sreenivasarao Vepachedu¹

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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: Avoid 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 weakens 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 Smoking⁴: 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.

Issue 238	5118 కలి కాలము/Kali Era 2074 విక్రమార్క కాలము/Vikramarka Era 1938 శాలివాహన కాలము/Salivahana Era స్వస్తి శ్రీ హేవిలంబి నామ సంవత్సరము/स्वस्ति श्री हेविलम्बी नाम संवत्सर/Swasti Sri Hevilambi Year కార్తిక మాసము/KARTIKA Month Published online 1 NOVEMBER 2017
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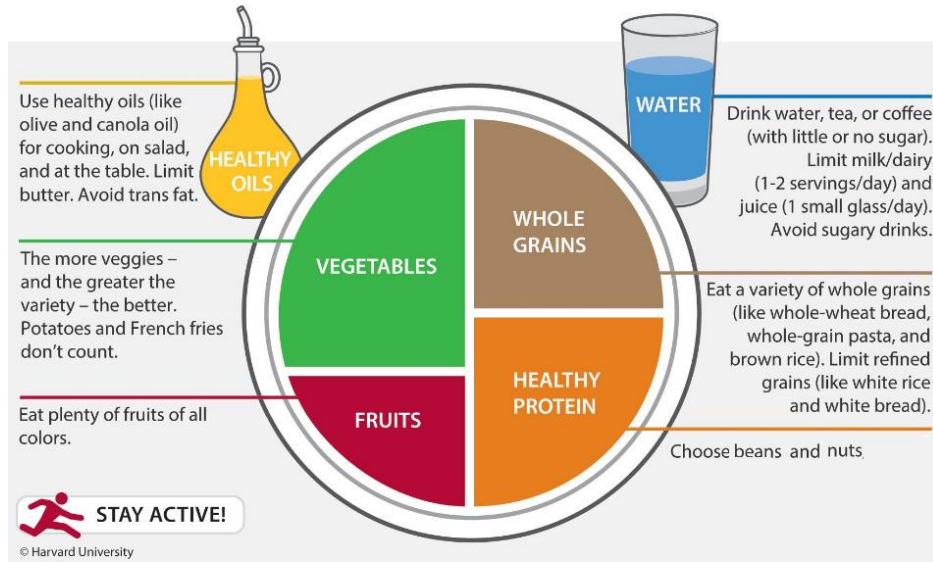
THE BEST DIET: QUALITY COUNTS⁵

DIETARY GUIDELINES⁶ 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.

HEALTHY EATING PLATE



Harvard T.H. Chan School of Public Health
 The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
 Harvard Health Publications
www.health.harvard.edu

Issue 238

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

స్వస్తి శ్రీ హేవిలంబి నామ సంవత్సరము/स्वस्ति श्री हेविलम्बी नाम संवत्सर/Swasti Sri Hevilambi Year

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LAYPEOPLE AND EXPERTS⁷

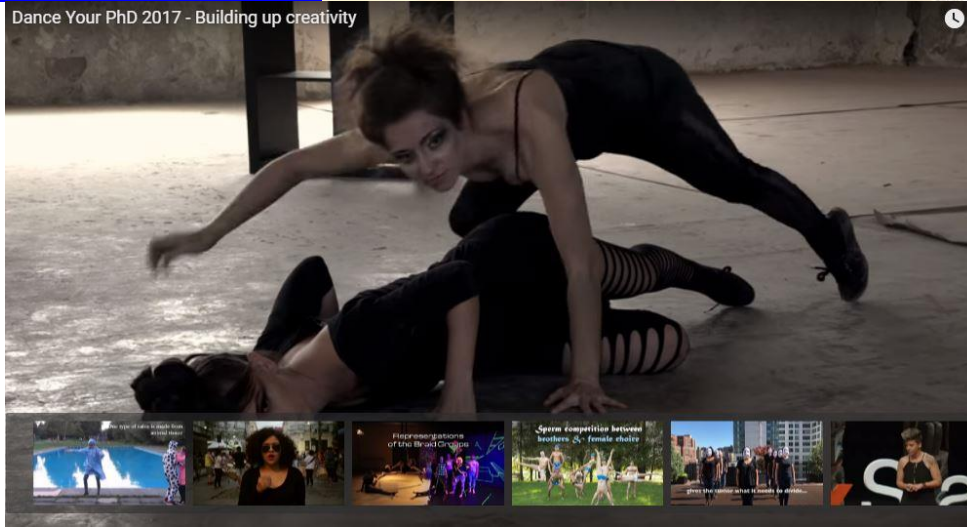
Laypeople and experts are compared to see what characteristics of information processing are influencing their judgment of creativity. Experts and non-experts disagree in all aspects of assessment, except how useful an idea is.

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 intentions⁸.

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 decisionmaking support after reading easy compared to difficult arguments⁹.

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 relevant¹⁰.

DANCE YOUR PHD CONTEST¹¹



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- Dr. Rao Vepachedu is the founder and president of [Vepachedu Educational Foundation Inc., a 501\(c\) \(3\) educational foundation](#), and [the Law Offices of Dr. Vepachedu](#) and co-founder of [Exciva](#). For more information visit: www.linkedin.com/in/vepachedu; <http://www.avvo.com/attorneys/60201-il-sreenivasarao-vepachedu-764535.html>, and <http://www.crm-ip.com/vepachedu.html>. Contact: svepachedu@yahoo.com.
- 13 Ways for How to Get Rid of Bags Under the Eyes <https://draxe.com/how-to-get-rid-of-bags-under-eyes/>; Slideshow: 11 Ways to Banish the Bags Under Your Eyes <https://www.webmd.com/beauty/ss/slideshow-banish-the-bags-under-your-eyes>; How To Remove* Bags Under The Eyes? <https://www.consumerhealthdigest.com/eye-skin-care/bags-under-eyes.html> ; <https://www.mayoclinic.org/diseases-conditions/bags-under-eyes/basics/definition/con-20034185>; The 9 Best Treatments for Under-Eye Bags <http://www.elle.com/beauty/makeup-skin-care/g26403/best-products-treatments-for-under-eye-bags-tested/> ; 19 Ways To Deal With Dark Circles And Under-Eye Bags https://www.buzzfeed.com/augustafalletta/ways-to-deal-with-dark-circles-and-under-eye-bags?utm_term=.g1bA38IRK#.vqkqdYK56
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