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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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Diet for Winter

Good nutrition plays an important role in keeping your immune system in good shape. There are no super foods to help you battle bacteria and viruses. However, a well-balanced diet including food sources of the mineral zinc and vitamins such as C, E and D as well as probiotics in yogurts, and the time-tested advice to eat your vegetables is the foundation for firming up immunity. According to the National Institutes of Health, vitamin C plays a key role in speeding recovery. Vitamin C-rich foods include orange juice, grapefruit, lemons, limes, tomatoes, strawberries and bell peppers. Vitamin E has been found to reduce the risk of upper respiratory infections such as the common cold. Vitamin E is an important anti-oxidant which stimulates the production of natural killer cells that seek and destroy invading germs. Vitamin E-rich foods include nuts, olives, olive oil and leafy greens. Enjoy vitamin D-containing foods such as fortified milk and soy products. Many studies show zinc's the thing to help shorten the duration of a cold. Zinc-rich foods include beans and nuts. Yogurt's live cultures increase beneficial bacteria in the digestive tract, which is the frontline defense of our immune system. Beta carotene, found in orange-colored foods such as carrots, butternut squash, sweet potatoes and mangoes, is an anti-oxidant that becomes immune-boosting vitamin A in the body.

While a common perception is that men carry more weight around their middle, official NHS English figures show 44% of women in England have a waist circumference of more than the 80cm (31.5in), that is recommended for health reasons. Some 32% of men have a waist measuring more than the suggested 94cm (37in). Asian and Indian men should keep their waist measurement under 35in (90cm) due to higher risks from too much fat. Experts from the World Cancer Research Fund (WCRF) called on both sexes to think about shedding a few pounds if they are overweight or have a big waist. Excess body fat increases the risk of all cancers, but is strongly linked to cancers of the bowel, pancreas, breast and womb lining. Nearly half of women in England are at increased risk of some cancers because of their large waistslines, says a cancer charity, The World Cancer Research Fund.

Weight and Life

Even a little excess weight can increase your risk of death, according to a new study that combined and analyzed other research, according to the New England Journal of Medicine. Researchers combined the results of 19 long-term studies on weight. They compared death rates to the person's body mass index.

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BMI is a measurement of weight related to height. The lowest death rates were among people of normal weight, with BMI from 22.5 to 24.9. The normal BMI is range is between 19-24.9. People with a BMI of 25 to 29.9 are considered overweight. The death rates were 13% higher in this group. Death rates were 44% to 88% higher for people who were obese, with a BMI of 30 to 39.9. For those who were morbidly obese, with a BMI of 40 or more, death rates were 2½ times as high as for normal-weight people.



A simple way to lose weight is to eat less. It is easier said than done. But, there is hope. Just imagine eating your favorite food and you will eat less! Believe it or not, it is true. Patients who imagined eating 30 M&M's subsequently munched significantly fewer of the candies than those who didn't think about downing them or thought about nibbling only a few, according to a study reported in *Science*. It is all in your mind.

When the weather turns cold it is easy to lose motivation to stay fit. The Military.com Fitness Guide can help. From TRX - Military Gear Issue tips to Workouts Without a Gym Membership, we've put together the best articles to help get you motivated or to jump start that 2011 New Year's Resolution. The 2011 Military Fitness Guide is the place to find information that you may have forgotten because of routine or didn't know in the first place. Prepare to keep your resolution today. <http://www.military.com/military-fitness-center/2011-fitness-guide/2011-fitness-guide-archive.html?ESRC=soldiertech.nl>

Whether you were called “scrawny” or “big boned”, “skinny” or “fat”, or you were blessed with the body of a Greek God, everyone has a body that has inherent “gifts” and “limitations” when it comes to bodybuilding and building muscle. Therefore, following the exact same diet and doing the exact same exercises can yield entirely different results for each person based upon their specific body type. But building up muscle mass and achieving an ideal body for bodybuilding is actually quite easy...as long as

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you understand these differences, what YOUR specific “body type” is...and how to diet and exercise accordingly. <http://www.naturalbodybuildingtips.com/natural-bodybuilding-programs.html>

Oats

EATING oats and wholemeal bread can lower dangerous high blood pressure as effectively as taking an anti-hypertension drug, according to a Scottish study published recently, The Scotsman. Aberdeen University researchers monitored more than 200 volunteers and found that eating three portions a day of wholegrain oats or wheat - in ordinary supermarket-bought products - cut blood pressure by as much as six points a day, reducing the risk of heart attacks by 15 per cent and strokes by 25 per cent. This study is among the first to use a well-designed clinical trial to test the theory that whole-grain food can cut the risk of cardiovascular disease.

Beets

Beetroot juice has been one of the biggest stories in sports science over the past year after researchers at the University of Exeter found it enables people to exercise for up to 16% longer. The startling results have led to a host of athletes – from Premiership footballers to professional cyclists – looking into its potential uses. A new piece of research by the university in conjunction with the Peninsula College of Medicine and Dentistry has revealed the physiological effects of drinking beetroot juice could help a much wider range of people.

In the latest study, published in the *Journal of Applied Physiology*, the researchers looked at low intensity exercise and found that test subjects used less oxygen while walking – effectively reducing the effort it took to walk by 12%. Beetroot juice contains high levels of nitrate. The latest study has proved that this is the key ingredient which causes the increase in performance, rather than any other component of the beetroot juice.

You are What Your Grandfather Ate

The notion that what our fathers and grandfathers ate can influence our metabolism isn't new. Perhaps the best evidence in humans comes from epidemiological studies showing that if your paternal grandfather went hungry, then you will be at greater risk of developing obesity and cardiovascular disease. Earlier this year, a study in rats by another team found that fathers on a high-fat diet can pass health problems on to

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their daughters. A new study showed that mice sired by fathers fed on a low-protein diet show distinct and reproducible changes in the activity of key metabolic genes in their livers. Those changes occurred despite the fact that the fathers never saw their offspring and spent minimal time with their mothers, the researchers say, suggesting that the nutritional information is passed on to the next generation via the sperm not through some sort of social influence. The new findings reported in the Dec. 23 issue of *Cell* add to evidence that epigenetic reprogramming of genes may be an important mechanism for passing information about the environment, and in this case the nutritional environment, from one generation to the next. Epigenetics refers to heritable chemical modifications to DNA that can alter the way genes are expressed without changing the underlying sequence of their As, Gs, Ts and Cs.

As health professionals search for ways to combat the rise in obesity and promote healthy eating, new research reveals a mother's own eating habits -- and whether she views her child as a 'picky eater' -- has a huge impact on whether her child consumes enough fruits and vegetables. The research was published recently in the journal *Public Health Nursing*. Special attention must be given to family-based approaches to incorporating fruits and vegetables into daily eating habits. Efforts to increase mothers' fruit and vegetable intake would result in more positive role modeling.

Tomatoes



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Tomatoes are rich in cell-protecting antioxidants. Antioxidants are known cancer-fighters, such as prostate and breast cancer. And now lycopene - one of the antioxidants found in tomatoes - is being linked to reduce risk of osteoporosis, a degenerative bone disease, usually developing in old age, especially in post-menopausal women. According to the World Health Organization (WHO), in 2002, [75 million people](#) in the United States, Europe, and Japan, including one in three post-menopausal women, were affected by osteoporosis; most notably, bone fractures.

A new study says drinking tomato juice may help stave off osteoporosis, published in the journal [Osteoporosis International](#), scientists claim consuming 30mg of lycopene from tomato juice (about two glasses) is enough to help [prevent osteoporosis](#). Antioxidants are found in all plant foods, especially colorful fruits and vegetables, like citrus fruits. The WHO links low fruit and vegetable intake as one of the [top ten risk factors](#) for global mortality, such as death due to cancer and stroke.

Vegetarian Diet for Kidneys

Kidney disease patients have to limit their intake of phosphorous -- which is found in dietary [proteins](#) and is a common food additive -- because their bodies have difficulty ridding themselves of the mineral. In these patients, high levels of phosphorus can lead to [heart disease](#) and death. Eating a vegetarian diet lowers kidney disease patients' levels of potentially toxic phosphorus in the blood and urine, says a new study. These results provide rationale for recommending a predominance of grain-based vegetarian sources of protein to patients with CKD. This diet would allow increased protein intake without adversely affecting phosphorus levels. *The study appears online Dec. 23 in the Clinical Journal of the American Society of Nephrology.*

Tobacco

Tobacco smoke begins poisoning immediately -- as more than 7,000 chemicals in each puff rapidly spread through the body to cause cellular damage in nearly every organ. About 443,000 Americans die from tobacco-caused illnesses every year. While the smoking rate has dropped dramatically since 1964, when the first surgeon general's report declared tobacco deadly, progress has stalled in the past decade. About 46 million adults -- one in five -- still smoke, and tens of millions more are regularly exposed to secondhand smoke. The government had hoped to drop the smoking rate to 12 percent by this year, a goal not only missed but that's now been put off to 2020.

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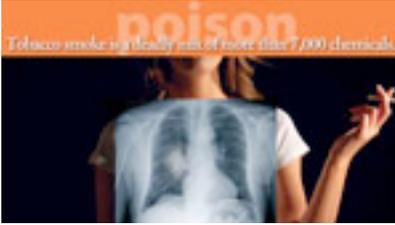
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There is no safe level of exposure to cigarette smoke, whether you deliberately inhale it or are a nonsmoker who breathes in other people's fumes, the report concludes. Nor is there evidence yet to tell if efforts to develop so-called safer cigarettes really will pan out. But more recently it's become clear that some of the harms -- especially those involving the heart -- kick in right away. That means social smoking, the occasional cigarette at a party, can be enough to trigger a heart attack in someone whose arteries already are silently clogged. So is breathing secondhand smoke. Cigarette smoke immediately seeps into the bloodstream and changes its chemistry so that it becomes more sticky, allowing clots to form that can squeeze shut already narrowed arteries, a new report explains. That's in addition to the more subtle long-term damage to blood vessels themselves, making them more narrow. And no one knows how little it takes to trigger that clotting.



Cancer patients who smoke suffer worse pain than nonsmokers, researchers have found. Patients who were current smokers reported more severe pain than those who never smoked and also reported more interference from pain than never smokers or former smokers. Among former smokers, the longer it had been since they quit, the less pain they had. The results of the study are published in the January 2011 issue of the journal Pain.

Vitamin D and Calcium

A report from the Institute of Medicine, part of the National Academy of Sciences, said the recommended daily allowance for vitamin D should be tripled for people ages 1 to 50. This would be an increase from 200 international units to 600. The institute recommended 600 units for people up age 70 and 800 for people over 70. The daily calcium allowance was raised to 700 milligrams for children 1 to 3 years old and 1,000 for 4- to 8-year-olds. The calcium amount for most adults did not change. Many Americans are getting enough of these nutrients, except for adolescent girls who may not consume enough calcium

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and some elderly folks who don't get enough of either, says the report by a panel of experts. Fortified foods and supplements help, and sunlight triggers the production of vitamin D in the body.

Many cereals are fortified with 40 IUs or more of vitamin D a serving, and milk and fortified alternatives have about 100 IUs a cup. One other way to help your vitamin D level is to maintain a healthy weight, he says. Obesity is associated with lower levels of the nutrient, so if you lose weight, your vitamin D levels will likely improve.

Breastfeeding IQ

Studies have suggested that children who were breastfed have higher IQs than those who were not, but few separated out boys and girls. Mothers who breastfeed are on average wealthier and more educated. Boys who were mainly breastfed for at least six months scored 9 per cent higher in mathematics and writing tests, 7 per cent higher in spelling and 6 per cent higher in reading, compared with boys fed with formula milk or breastfed for shorter periods. There were no significant differences in results for girls. Other studies have suggested boys are more vulnerable to stress and adversity during critical periods of brain development. It is speculated that this could be because girls seem to be protected by higher levels of oestrogen during childhood. The improved academic performance of boys could be explained by oestrogen in breast milk having similar neuro-protective effects. Another possibility is that breast feeding has a positive effect on the mother-child relationship, facilitating bonding, interaction, and, indirectly, cognitive growth. Studies have shown that male infants are more reliant than females on maternal attention, so the positive effects of this bond may be stronger in males.



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The World Health Organization recommends exclusive breastfeeding for at least six months, and [states](#) that failing to do so impairs intellectual and social development. With each additional month of breast feeding, the scores still increased, but did not reach significance, the researchers said.

BPA

A study released this month by the environmental group Washington Toxics Coalition found that half of receipts spit out by modern cash registers and 95 percent of paper currency tested were tainted with bisphenol A (BPA).

BPA, a common component of plastics used to contain food, is a type of estrogen that is ubiquitous in the environment. A multigenerational reproductive toxicity study of dietary Bisphenol A (BPA) in mice conducted by researchers at RTI International found no adverse effects of BPA on parents or offspring at dietary concentrations and doses comparable to those estimated for human exposure levels, published in the August 2008 issue of the journal *Toxicological Sciences*. These findings suggest that oral exposure to BPA is not harmful to children or adults at the low doses to which people are exposed. Two aspects of BPA exposure support the idea that BPA is not indicated to cause adverse effects in people. First, the oral exposure of BPA in the human population is very low, in both infants and for adults. Second, BPA administered orally is rapidly and efficiently metabolized in the intestines and liver even before it reaches the bloodstream. This means that at these low human exposures BPA is rapidly and completely eliminated from the body in urine, in both newborns and adults. This results in little or no internal systemic exposure from low oral doses. However, in 2010, a study published online in the journal *Biology of Reproduction* finds that exposure of pregnant female mice to BPA may produce adverse reproductive consequences on gene expression in fetal ovaries as early as 12 hours after the mother has first been exposed to the chemical. Research published online in 2010 in *The FASEB Journal* suggests that exposure to BPA during pregnancy leads to epigenetic changes that may cause permanent reproduction problems for female offspring.

Crohn's Disease

NOD2 gene is linked to inflammatory diseases such as inflammatory bowel disease, Crohn's Disease and Blau syndrome, affects not just Crohn's, but the immune system in general. While the loss of NOD2 gene increases the risk of developing Crohn's disease, increased activity of this gene is also thought to

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exacerbate symptoms. Additionally, activating NOD2 mutations can cause genetic sarcoidosis, an inflammatory disease affecting multiple organs in the body, but primarily the lungs and lymphoid tissue. Although NOD2 itself has no enzymatic activity, when activated, it binds to a protein kinase called RIP2 designed to set up a cytokine response. Because RIP2 is a kinase, it has become one of the most successful drug targets in the last 10 years, particularly for the treatment of both solid and blood-based cancers. Roche's Tarceva and AstraZeneca's Iressa were found to inhibit both RIP2 tyrosine phosphorylation and muramyl dipeptide-induced cytokine release in a variety of NOD2 hyperactivation states. A study, published Dec. 1 in the Cold Spring Harbor Press journal *Genes & Development*, suggests that Tarceva and Iressa could hold promise for patients with inflammatory diseases because they may benefit conditions exacerbated by NOD2 hyperactivation.

Pregnancy Related Mortality

Researchers found that between 1998 and 2005, the national pregnancy-related mortality rate increased to 14.5 deaths per 100,000 live births from a the low rate of 7.4 per 100,000 in 1986. A pregnancy-related death is considered any death occurring during, or within a year after pregnancy, that is caused by a complication of pregnancy. The study notes that in recent years more women of child-bearing age are dealing with obesity and chronic health issues such as hypertension and diabetes.

Pre-marital Sex in America

A statistical analysis in a new study in the American Psychological Association's *Journal of Family Psychology* showed the following benefits enjoyed by couples who waited until marriage compared to those who started having sex in the early part of their relationship:

- Relationship stability was rated 22 percent higher
- Relationship satisfaction was rated 20 percent higher
- Sexual quality of the relationship was rated 15 percent better
- Communication was rated 12 percent better

For couples in between -- those that became sexually involved later in the relationship but prior to marriage -- the benefits were about half as strong. Authors comment that those who waited longer were happier with the sexual aspect of their relationship, because they've learned to talk and have the skills to work with issues that come up.

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Breast Thermography

Breast thermography uses infrared cameras to detect subtle heat elevation associated with tumors, which tend to have more blood flow and higher metabolic rates than normal tissue. Thermography was considered a promising screening technology in the 1960s, but it fell out of favor with doctors in the 1970s when a large study found that it detected only 39 percent of breast cancers, while mammography picked up 78 percent. Thermography advocates argue that the technology has improved vastly since then. A small study of thermography as a supplement to mammography, published in the American Journal of Surgery in 2008, found that thermography has an impressive 97 percent sensitivity rate, meaning that it correctly identified 97 percent of the women who had cancer. Unfortunately, its specificity rate, the proportion of women correctly identified by the test as not having cancer, was a disappointing 44 percent. (Modern mammography has a sensitivity rate ranging from 77 percent to 95 percent and a specificity rate from 94 percent to 97 percent.)

The FDA has never approved it for that purpose and in 2009 issued a warning letter accusing an Idaho health care provider of marketing thermography as a mammogram replacement.

Food and Reproduction

The reproductive success of men and women is influenced by the food they receive at an early stage in life, according to new research by the University of Sheffield. The research, which was published online December 17, 2010 in the journal *Ecology*, is the first study of its kind to show that early life food can have a serious influence on the life-long fertility of individuals. The study showed that in men and women born into poor families, food in very early life was related to the probability of reproducing. Approximately half of the poor people who were born in a year in which both rye and barley yields were low would not go on to have any children during their entire lives. However almost everyone from a poor family born in bumper harvest years, when both crops were high, would reproduce at least once in their life.

The relationship between health and poverty or health and development is complex and multifaceted. Poverty in its various dimensions could be a manifestation as well as a determinant of an individual's health. In its most basic form — as a state of food deprivation and nutritional inadequacy — poverty has a

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direct bearing on the morbidity and longevity of people. The other aspects of deprivation, such as lack of access to critical amenities including safe water, sanitation, non-polluting domestic fuels, connectivity of life support services and, most importantly, to education and general awareness, contribute to reinforcing ill health and morbidity, even leading to higher mortality levels. High child mortality levels on account of supervening infections, particularly diarrhoea and respiratory infections, are fairly widespread among people deprived of these basic amenities of life. These commonly seen childhood infections often exacerbate malnourishment. Undernourishment in children in turn reinforces the consequences of such infections.

The root cause of poor health status in the state of Bihar is poverty (both income and human poverty) and social deprivation, low literacy (especially female literacy) and structural inequalities in terms of class, caste and sex. The state has the lowest per capita net domestic product among all the Indian states. As much as 32.5% of the population of the state lives below the poverty line (as per the 61st Round NSSO survey 2004-05), which is the second-highest rate after Orissa (39.9%). The state also has the lowest literacy rate of 47.0% and also the lowest female literacy rate of 33.1% among Indian states and Union territories, as revealed by the 2001 census. It also has the lowest ratio of girls in schools.

As per the latest NSSO 61st round based on Maximum Retail Price (MRP) consumption, 32.5% of the population in Bihar was below the poverty line in 2004-05 as compared to 21.87% of the population for India. The only state worse than Bihar in this respect is Orissa, with a 39.9% figure. People living below the poverty line in rural Bihar comprise 32.9% of the population as compared to 21.8% for rural India; the corresponding figures for urban areas are 28.9% and 21.7%, respectively. Per capita income in Bihar in 2005 was Rs 6719. Bihar has the lowest per capita Net State Domestic Product (Rs 5772) among the states.

Contrary to Ecology paper reported above, women in Bihar and Uttar Pradesh (UP) have the highest fertility rate (TFR) in India while those in Kerala and Tamil Nadu (TN) have the lowest. While the TFR in Bihar is 3.9 and that in UP is 3.8, the number stands at 1.7 in Kerala and TN. Strangely, doctors at the 22nd conference of Bihar Obstetrics and Gynaecological Society (BOGSCON) in Patna opined that an increasing number of young males in the country are suffering from infertility. However, by introducing a few changes, such as staying away from junk food, quitting caffeine and smoking, playing some sport,

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practicing breathing exercises, males could improve their reproductive health, (thereby increasing the TFR in Bihar above 3.9 or more).

More than one out of three women is undernourished according to the Body Mass Index (BMI), an indicator derived from height and weight measurements. Chronic energy deficiency is usually indicated by a BMI below 18.5 kg/m. Nutritional problems are particularly serious for rural women, illiterate women, and scheduled-caste and scheduled-tribe women. The high fertility in the decades 1961–2001 is reflected in a young age structure for the country, with about 54% of the population being below the age of 24 years (Census 2001). Of this 35% are in the age group 10–14 years and 19% in the age group 15–24 years. In Bihar as well, the age pyramid reflects the growing base of youth population in the state. The Registrar General of India's population projection in 2006 suggests that the population of Bihar would swell to approximately 113 crore, with a growth rate of 0.8 and TFR of 2 by the year 2026. (See for more on Bihar: "State of Health in Bihar," www.popfound.org/bihar1.pdf, and Trends in Fertility, Mortality, Nutrition and Health Indicators," at planningcommission.nic.in/reports/genrep/.../23_bg2020.pdf.)

Personal Space

Across cultures, accepted interpersonal distances can vary dramatically, with individuals who live in cultures where space is at a premium (say, China or Japan) seemingly tolerant of much closer distances than individuals in, say, the United States. (Meanwhile, our preferred personal distance can vary depending on our situation, making us far more willing to accept less space in a crowded subway car than we would be at the office.) If you're in a culture where standing close to someone is the norm, you'd learn that was acceptable and your personal space would vary accordingly. Even then, if you violate the accepted cultural distance, it will make people uncomfortable, and the amygdala will drive that feeling.

The structure, the amygdala—a pair of almond-shaped regions located in the medial temporal lobes—was previously known to process strong negative emotions, such as anger and fear, and is considered the seat of emotion in the brain. In a finding that sheds new light on the neural mechanisms involved in social behavior, neuroscientists at the California Institute of Technology (Caltech) have pinpointed the brain structure responsible for our sense of personal space. The discovery, described in the August 30, 2009 issue of the journal *Nature Neuroscience*, could offer insight into autism and other disorders where social distance is an issue.

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Scientists have discovered that the amygdala is important to a rich and varied social life among humans. The finding was published in a new study in *Nature Neuroscience* in December 2010 and is similar to previous findings in other primate species, which compared the size and complexity of social groups across those species. The researchers also performed an exploratory analysis of all the subcortical structures within the brain and found no compelling evidence of a similar relationship between any other subcortical structure and the social life of humans. The volume of the amygdala was not related to other social variables in the life of humans such as life support or social satisfaction.

Human behavior is predictable. People are better behaved when they have a sense of "Big Brother" watching them, research has shown. Psychologists found that cafe diners were less likely to leave tables untidy when surrounded by posters of staring human faces. When pictures of flowers decorated the walls, more empty plates and litter were left. The same researchers from the University of Newcastle previously found that images of eyes prompted contributions to an honesty box in a tea room.

Neuroticism and Sex

Neuroticism is the tendency to experience negative emotion, and people who are high in it get upset and irritated easily, change their mood often, and worry frequently. People who score high in neuroticism are less satisfied in romance and relationships, and when they get married they are more likely to divorce. But sex in marriage seems to make people happy—other research has shown that sexual interactions improved the next day's mood. If neurotic newlyweds have frequent sexual relations, their marital satisfaction is every bit as high as their less neurotic counterparts, according to a study in the current *Social Psychological and Personality Science* (published by SAGE). The effect of frequent sexual activity was enough to completely wipe away the "happiness deficit" that neurotic spouses usually have. "Frequent sex is one way that some neurotic people are able to maintain satisfy relationships," the authors write.

High Levels of Chromium 6

The Environmental Working Group released a study that analyzed drinking water across the country and found the five cities with the highest levels of chemical hexavalent chromium, also known as chromium 6, were Norman, Okla.; Honolulu, Hawaii; Riverside, Calif.; Madison, Wis.; and San Jose, Calif. Studies

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show that chromium 6 can cause cancer in people and has also been found to cause damage to the gastrointestinal tract, lymph nodes and liver of animals. The federal government's current total chromium standard is 100 parts per billion. California has proposed a goal for safe limits for chromium 6 at 0.06 parts per billion. The head of the U.S. Environmental Protection Agency said it would likely tighten drinking water standards to address potential health risks of a carcinogen recently detected in the tap water of 31 cities across the country.

Alcohol and Psoriasis

Women who have more than two alcoholic drinks a week appear to be at increased risk of developing psoriasis, a large prospective study found in Archives of Dermatology. Another study in the same issue of journal found that psoriasis carries a heavy mental health burden, with people who have the disease suffering higher rates of depression, anxiety and even suicidality.

The link was more pronounced in men, according to the researchers from the [University of Pennsylvania](#) in Philadelphia. A third study in the journal reported that treating psoriasis with narrow-band UV-B light rays may increase vitamin D levels in patients and help reduce the burden of the disease.

Magic Power Coffee: Viagra Coffee

Since 2004, the FDA has been monitoring the "dietary supplements" that claim to treat erectile dysfunction or enhance sexual performance. The FDA has found that some of these unapproved products actually contain undisclosed amounts of the same pharmaceutical ingredients present in the FDA-approved drugs such as Viagra, Levitra and Cialis. FDA approval is required for these types of drugs because of the serious risks of harm that they pose to certain classes of consumers. Specifically, these drugs (known as PDE 5 inhibitors) may interact with nitrates, commonly taken by consumers with diabetes, high blood pressure, high cholesterol or heart disease, to cause blood pressure to drop to unsafe levels. The FDA's concern is that consumers who are unable to obtain prescriptions for Viagra, Levitra or Cialis may be using alternative products such as Magic Power Coffee, unaware of the serious risks and consequences that they pose. Inclusion of hydroxythiohomosildenafil meant that the product could not be properly marketed as either a dietary supplement or as a conventional food as its labeling suggested. The drug's presence, along with claims such as "*Serving Passion One Cup at a Time*" and "*for best results, use approximately 30-45 minutes prior to engaging in sexual intercourse,*" led the FDA to find that Magic

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Power Coffee qualified as a "drug" under the Act as the product was intended to affect the structure or function of the body.

Alzheimer's Disease, a New Theory

Over the last three decades, most Alzheimer's research has been governed by the "amyloid cascade hypothesis." The theory - which holds that the beta-amyloid peptide is the key to the initiation and progression of the disease - has had significant appeal as the peptide is the main ingredient of the disease-related plaques that are common in the brains of those affected. Indeed, this persistent correlation has led researchers to spend many years and many millions of dollars looking for ways to prevent plaques as a way of treating, curing or preventing Alzheimer's. In recent years, however, dozens of human clinical trials based on this theory have failed.

Herrup, the chair of the Department of Cell Biology and Neuroscience at Rutgers University, suggests an alternative perspective, which he has set forth in a paper published in the *Journal of Neuroscience*. Pointing out that age is the most important risk factor in the disease, he suggests a new hypothesis with age as the starting point. Age slows the brain's agility and blunts its responses to change; on their own, however, age-related changes lead only to a slow 'natural' decline in cognitive function. While these changes might increase one's risk of the Alzheimer's, they do not cause the disease. Three key steps that are needed for an individual to progress from this natural path to the full spectrum of Alzheimer's clinical symptoms: an initiating injury that is probably vascular in nature; an inflammatory response that is both chronic and unique to Alzheimer's; and a cellular change of state, a one-way cell biological door that permanently alters the physiology of neurons and several other cell types in the Alzheimer's disease brain.

When researchers compared the [cholesterol levels](#) of study participants with and without Alzheimer's, they found that those with the highest HDL counts, over 55 mg/dL, had about a 60% reduced risk of developing the disease compared to those whose levels were under 39 mg/dL. Experts say the new study, which was published in the *Archives of Neurology*, is further evidence of a link between [heart disease](#) and [dementia](#), and doctors think it may point to a way that people can reduce their risk of both [brain](#) and [heart](#)

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trouble later in life, by boosting HDL. Exercise and omega-3 fat containing foods such as walnuts, flax, urad, purslane etc., will help.

A one-year follow-up study on seniors who participated in a strength training exercise program shows sustained cognitive benefits as well as savings for the healthcare system. The research, conducted at the Centre for Hip Health and Mobility at Vancouver Coastal Health and the University of British Columbia, is published December 13 in the *Archives of Internal Medicine*. In fact, the researchers found that while both the once-weekly strength training group and the control group -- which performed twice-weekly balancing and toning exercises -- were able to maintain higher levels of activity than when they first began the original study, individuals in the twice per week strength training group showed a reduction in physical activity. This reduction may be due community factors, both a lack of strength or weigh training programs tailored for older adults and the perception from seniors that they may need to undertake an activity program multiple times per week to receive any benefit. The second important finding relates to the economic benefits of once-weekly strength training. Using the data from the Brain Power Study and the one-year follow-up study, health economists Jennifer Davis and Carlo Marra, research scientists with the Collaboration for Outcomes Research and Evaluation at St. Paul's Hospital and UBC Faculty of Medicine, were able to show that the economic benefits of once-weekly strength training were sustained 12 months after its formal cessation. Specifically, the researchers found the once-weekly strength group incurred fewer health care resource utilization costs and had fewer falls than the twice-weekly balance and tone group.

Can't Stop Thinking?

Stopping a thought burns more energy than thinking-like stopping a truck on a downhill slope, a new [brain](#) study published in an advanced online publication of the *Journal of Cerebral Blood Flow & Metabolism*, by mathematicians at Case Western Reserve University. To stop a thought, the brain uses inhibitory neurons to prevent excitatory neurons from passing information-they block information by releasing gamma aminobutyric acid, commonly called GABA, which counteracts the effect of the neurotransmitter glutamate by excitatory neurons. In other words, glutamate opens the synaptic gates and [GABA](#) holds them closed. More oxygen requires more blood flow, although the connection between cerebral metabolism and hemodynamics is not fully understood yet. Guidelines recommend that men

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raise HDL levels above 40 mg/dL and that women increase HDL numbers above 50 mg/dL. An HDL of 60 mg/dL or higher is optimal.

Recipes

Fresh Apricot Bites

Ingredients: 4 ounces cream cheese, softened; 12 fresh apricots, halves; 1/2 cup pistachios, finely chopped.
Preparation: Stir cream cheese until smooth; pipe or spoon into apricot halves. Sprinkle tops with pistachios. Serve as an appetizer, snack, or dessert.

http://vegetarian.about.com/lr/vegetarian_appetizers/636739/2/

Vegan Fruit Cake

Ingredients: 2 tsp [egg replacer](#); 4 tbsp water; 1/4 cup vegan margarine; 1/2 cup sugar; 6 ounces candied fruit mix; 1 1/4 cup water or orange juice; 1 3/5 cup flour; 1 tsp baking powder; 1/2 tsp baking soda; 1 tsp allspice.

Preparation: Preheat oven to 350 degrees. Briefly whip the Egg Replacer in 4 tablespoons water until fluffy. Place [vegan margarine](#), sugar, dried fruit, whipped Egg Replacer and 1-1/4 cup water (or orange juice) in a saucepan. Bring to a boil and allow cooling for 10 minutes, stirring occasionally. Sift the flour, baking powder, baking soda and allspice together. Mix in boiled mixture and transfer to a greased loaf tin or a greased 8inch diameter cake tin.

Top 10 most popular recipes of 2010

Here are the top 10 most popular recipes of 2010 at About.com. Of the over 1000 recipes on the About.com Vegetarian site, these are the ten that have been the most popular over the past 12 months:

<http://vegetarian.about.com/od/vegetarianvegan101/tp/Top-10-Vegetarian-Recipes-2010.htm?nl=1>

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Mural of slaves harvesting sugar cane on a Georgia plantation by George Beattie

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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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