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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

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Healthy Eating to Prevent Gout

Gout is the most common form of inflammatory arthritis in men. It is caused by too much uric acid in the blood, which may form hard crystals. These crystals can cause pain, stiffness and swelling in a joint, usually the big toe. Over time, gout attacks can become more painful, last longer, and occur more frequently.

Fluids like water help flush uric acid from your blood, which helps reduce your risk of developing gout. Low-fat dairy has been shown to decrease gout attacks. Use skim milk or soy milk in your cereal. Beer and liquor have been shown to increase the risk of gout. The fructose in these beverages can increase the risk of gout. Eat a piece of fresh fruit rather than drinking fruit juice. You will get more fiber, vitamins and minerals, and less fructose. Switch to naturally sugar-free beverages, such as water or coffee.

Meats like beef, pork, lamb or organ meats (liverwurst, kidney, brain) can increase your risk of developing gout. Seafood seems to increase uric acid levels and increase the chances of a gout attack. S, avoid these foods. To make sure you are getting enough of the healthy fats such as omega-3 fatty acids, from non-fish sources, you may consider flax, lentils, verdalago and consider taking an omega-3 supplement that is made from a plant.

Vegetables, nuts or legumes do not increase the risk of gout. Keep walnuts, pecans, almonds and hazel nuts on hand for snacks. Try adding chopped nuts to your salad. A serving of nuts is equal to ¼ cup.

Secret of Long and Healthy Life

One of the most sure-fire strategies is caloric restriction. Going on what amounts to a permanent diet has been shown to stave off age-related diseases and death in worms, flies, rodents and monkeys.

Turmeric

A naturally occurring spice widely used in Indian and Middle Eastern cooking, Turmeric has long been known to have medicinal properties, attributed to its anti-inflammatory effects. In the Indian continent, women for millennia have been using turmeric for medicinal purposes, as an anti-aging agent rubbed into their skin, to treat cramps during menstruation, as a poultice on the skin to promote wound healing and as an additive in cosmetics.

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Studies of different people groups has already revealed that the groups who eat a lot of turmeric hardly ever get Alzheimer's disease. Another example is from studies of animals. "We know in animal studies, when animals actually have amyloid beta plaque in their brains and they're given turmeric root...that plaque is reduced. The drug companies are trying very hard to create pharmaceutical versions of turmeric. However, eating raw and natural turmeric is the best way to take it. Second best is as supplements. Turmeric root appears to both prevent Alzheimer's from developing and even cure it. Turmeric root is able to eradicate the plaques, whether they are in their advanced stages or if they have only just started developing.

Curcumin, the major component in the spice turmeric, when combined with the drug cisplatin enhances the chemotherapy's suppression of head and neck cancer cell growth, researchers with UCLA's Jonsson Cancer Center have found in the October issue of the journal *Molecular Cancer Therapeutics*.

Amino Acid Supplements

Amino acids are the building blocks of proteins in our body. Branched-chain amino acids (BCAAs) are essential amino acids that body can not make and should obtain from food. A group of Italian researchers is offering up one potential alternative – water fortified with a cocktail of BCAAs. Such cocktails are sometimes offered as supplements to people with age-related diseases, like Type 2 diabetes, heart disease and sarcopenia. The Italians investigated the value of a more all-purpose drink made from an amino acid supplement that a Milan company sells to athletes. Among the key ingredients are leucine, isoleucine, valine, lysine and threonine. Use of water containing the supplements in mice rested in 12% increase in life span. In a study published in *Cell Metabolism*, the researchers note that the same amino acid cocktail has been “found to promote several healthy effects in humans,” including reduced sarcopenia and decreasing markers of inflammation in people with heart failure. Leucine can be found in brown rice, beans, nuts, soy flour, whole wheat, spinach and seaweed. Good sources of isoleucine include high-protein foods, such as nuts, seeds, lentils, peas, and soy protein. Natural sources of valine include dairy products, mushrooms, peanuts, and soy protein. Good sources of lysine are nuts, soybeans (particularly tofu, isolated soy protein, and defatted soybean flour), spirulina, fenugreek seed, Brewer's yeast, beans and other legumes, and dairy products. Good sources of threonine are nuts, soybeans, sesame seeds, lentils and dairy products.

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Exercise

Women who exercise regularly have about a 30% lower risk of endometrial cancer, researchers say, based on the information from 14 previous studies. Researchers concluded that exercise reduces risk by 20% to 40%. They found the lower risk was related to exercise, not just to body weight. And research also showed that women who sat for about 9 hours a day had double the risk of those who sat for 3 hours a day. The British Journal of Cancer published the study online.

American Sexual Behavior

The researchers said they were struck by the variety of ways in which the American subjects engaged in sex -- 41 different combinations of sexual acts were tallied, encompassing vaginal and anal intercourse, oral sex, and partnered masturbation. Men are more likely to experience orgasm when vaginal intercourse is involved, while women are more likely to reach orgasm when they engage in variety of acts, including oral sex. There was a gap in perceptions -- 85 percent of the men said their latest sexual partner had an orgasm, while only 64 percent of the women reported having an orgasm in their most recent sexual event. One-third of women experienced genital pain during their most recent sex, compared to 5 percent of men. Filling 130 pages of a special issue of the Journal of Sexual Medicine, the

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study offers detailed findings on how often Americans have sex, with whom, and how they respond. In all, 5,865 people, ranging in age from 14 to 94, participated in the survey. In the US, there remains a need to continue research on sexual health.

A Contraceptive for Men

Chinese men exposed to the chemical bisphenol-A (BPA) have reduced sperm counts and quality, new research has found. The study was published online in the journal Fertility and Sterility. Researchers examined sperm for two groups of factory workers. Men with BPA in their urine were 2 to 4 times more likely to have poor sperm quality than men with no detectable BPA. Men with the most BPA in their urine had the lowest sperm counts.

Watermelon

Watermelon has been found to have some health benefits over and above its natural high nutrient content. A study conducted by The Florida State University food scientists revealed that eating watermelon provided protection from prehypertension which is a condition that develops prior to cardiovascular disease. The study was published in the American Journal of Hypertension. Watermelon is the richest edible natural source of L-citrulline, which is closely related to L-arginine, the amino acid required for the formation of nitric oxide essential to the regulation of vascular tone and healthy blood pressure.

Smoking Causes Dementia

Smoking more than doubles the chance that someone will develop dementia in later life, a study has found, in the journal Archives of Internal Medicine published online. Researchers looked at medical records of 21,123 people. The records covered an average of 23 years for each person. In all, 5,367 people developed some type of dementia. Of this group, 261 were heavy smokers. They smoked at least two packs a day. Heavy smokers were 157% more likely to develop Alzheimer's disease than nonsmokers. They had a 172% increased risk of developing vascular dementia. This is the second most common type of dementia, after Alzheimer's.

Hispanic Longevity: Selection by Immigration

U.S. Hispanics can expect to outlive whites by more than two years and blacks by more than seven, government researchers say in a startling report released this month by the Centers for Disease Control and Prevention that is the first to calculate Hispanic life expectancy in this country. The report is

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the strongest evidence yet of what some experts call the "Hispanic paradox" - longevity for a population with a large share of poor, undereducated members. A leading theory is that Hispanics who manage to immigrate to the U.S. are among the healthiest from their countries.

A Hispanic born in 2006 could expect to live about 80 years and seven months. The new report projecting future life spans is based on death certificates from years earlier. By breaking out the longer-living Hispanics, the life expectancies for non-Hispanic whites and blacks both declined slightly.

Hispanics are the largest, fastest growing minority in the United States, accounting for 15 percent of the population, i.e., ~ 45-50 million. An estimated 40 percent, of them are immigrants, who in some cases arrived after arduous journeys to do taxing manual labor. It takes a fit person to accomplish that, suggesting that the United States is gaining some of the healthiest people born in Mexico and other countries. Compared to the estimate for all U.S. Hispanics, life expectancy is nearly two years lower in Puerto Rico, more than two years lower in Cuba, and more than four years lower in Mexico, according to World Health Organization figures.

Health researchers have seen a strong link between poverty, lack of education and life-shortening health problems. Hispanics are disadvantaged in those areas: About 19 percent of Hispanics live at or below the federal poverty level - three times more than whites. As for education, fewer than 13 percent of Hispanics have a college degree, compared to 17 percent of blacks and 30 percent of whites. Indeed, past CDC studies have shown that Hispanics suffer some diseases at higher rates than whites, including diabetes and heart disease. But their death rates from those diseases were lower, not higher. However, the report is based on deaths that occurred from 1990 to 1998, a time when some states were still upgrading their death certificates to include Hispanic information.

Experts say that immigrant hardiness diminishes within a couple of generations of living here. Many believe it's because the children of immigrants take up smoking, fast-food diets and other habits blamed for wrecking the health of other American populations.

Mushrooms

A Chinese mushroom has been shown to possess anti ageing properties. The mushroom is called the cordyceps mushroom and was put through a research study by two health companies, LifeGen Technologies and Nu Skin Enterprises, Inc. It works by assisting human genes to express in longevity promoting ways as well as offering great help in reversing the unpleasant effects of aging.

Recipes:

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Pumpkin Pie

Ingredients: 2 boxes vegan spice cake mix; 1 29 ounce can pumpkin; 2 cups chocolate chips (optional)
Preparation: Pre-heat oven to 350 degrees. Mix together all ingredients. Drop by spoonfuls onto a baking sheet. Bake for 10 to 12 minutes, or until cookies are done.

<http://vegetarian.about.com/od/vegancookierecipes/r/pumpkincakemix.htm?nl=1>

Cookies

Ingredients: 1 box cake mix, any flavor; 1 cup margarine
egg replacer equivalent of 2 eggs (Ener-G works best); 1 1/2 cups chocolate chips (optional)
Preparation: Mix together all ingredients in a large bowl until well combined. Refrigerate dough for at least a half hour. This will help it firm up. Bake 10-12 minutes at 350 degrees. Cookies will be soft and chewy. <http://vegetarian.about.com/od/desertrecipes/r/veganmixcookie.htm>

Spinach Lentil Soup

Ingredients: 2 tbsp olive or vegetable oil; 2 stalks celery, chopped; 3 carrots, chopped; 1 onion, diced; 4 cloves garlic, minced; 3 bay leaves; 8 cups water or vegetable broth; 1 3/4 cups green lentils; 2 potatoes, chopped; 1 bunch spinach, chopped; 1 tsp salt; 3 tbsp red wine vinegar

Preparation: In a large soup or stock pot, cook the celery, carrots, onion and garlic in oil until soft, about 10-12 minutes. Add water or vegetable broth, bay leaves and lentils. Simmer over medium heat for 30 minutes. Add potatoes and cook for 10 more minutes, then add spinach and cook for another minute or two, just until spinach is wilted. Remove from heat and add salt and red wine vinegar, stirring to combine.

<http://vegetarian.about.com/od/soupsstewsandchili/r/lentilvegsoup.htm?nl=1>

Spinach and Tofu

Ingredients: 1 package firm or extra firm tofu, well pressed and sliced into 1 inch cubes; 2 tbsp olive oil + 1 tbsp; 3 cloves garlic, minced; 3 tbsp curry powder; 1 tsp turmeric; 1 tsp cumin; 1/4 tsp ginger; 2 tbsp water; 1/3 cup soy yogurt; 6 bunches of spinach

Preparation: Sauté tofu and garlic in two tablespoons of olive oil until tofu is lightly crisp. In a separate large skillet or a wok, heat the other tablespoon of olive oil. Add the spices and water, then whisk in the yogurt. Add the spinach, stirring to cover in the yogurt sauce. Remove from heat and process

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the spinach mixture in a food processor or blender until almost creamy. Return the spinach to the skillet and add the tofu. Cook and stir until the tofu is well mixed with the spinach.

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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!)