

NAVS NEWSLETTER

NEW DELHI - January, 2013

SPECIAL SUPPLIMENT: SCIENCE, HEALTH & SOCIETY

FOR PRIVATE CIRCULATION ONLY



Sunset at the North Pole

This is one of the rarest pictures that you will ever see in your life when the moon was closest to the earth. The date the picture was taken was Thursday, the 13th January 2011. This is the sunset at the North Pole with the moon at its closest point. A scene you will probably never get to see in person, so take a moment and enjoy God at work at the North Pole. And, you also see the sun below the moon, an amazing photo and not one easily duplicated.

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EDITOR

PROF. DR. R. N. KOHLI

Editorial Contact

Postal: 922, Sector - A (B&C), Vasant Kunj, New Delhi-110070 (rnkohli@gmail.com)

Telephones: 011-26896911; 011- 46065021; 09968920200 (M) (Landlines preferred)

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2. EDITOR'S NOTE

In order to keep the JANUARY 2013 MAIN ISSUE of THE NAVS NEWSLETTER shorter, the columns on Science, Health and Society were excluded with a promise that these items would later be published in a special supplement of the said issue. This supplement is specially intended for the attention of the readers who are interested in the topics being covered in this supplement in addition to those covered in the Main Issue. We would welcome your views, comments and suggestions on the contents of the JANUARY 2013 MAIN ISSUE of THE NAVS NEWSLETTER as well as on this Supplement.

Prof. Dr. R.N. Kohli
rnkohli@gmail

NAVS (I) Website: www.navsindia.org

3. SCIENCE, HEALTH, AND SOCIETY

3.1: Urine-powered generator unveiled at international exhibition

Four African girls have created a generator that produces electricity for six hours using a single liter of urine as fuel.

Urine-powered generator unveiled at international exhibition

Four African girls have created a generator that produces electricity for six hours using a single liter of urine as fuel.



The generator was unveiled at last week's Maker Faire in Lagos, Nigeria, by the four teens Duro-Aina Adebola, Akindele Abiola,

and Faleke Oluwatoyin, all age 14, and Bello Eniola, 15.

So how exactly does the urine-powered generator work?

Urine is put into an electrolytic cell, which separates out the hydrogen. The hydrogen goes into a water filter for purification, which then gets pushed into the gas cylinder. The gas cylinder pushes hydrogen into a cylinder of liquid borax, which is used to remove the moisture from the hydrogen gas. This purified hydrogen gas is pushed into the generator.

And as for delivering the fuel itself? Well, we'll leave that up to the consumer.

The Maker Faire is a popular event across the African continent, drawing thousands of participants who travel to Lagos to show their inventions and other practical creations.

As the Next Web describes it, the Maker Faire is intended to highlight creations "that solve immediate challenges and problems, and then works to support and propagate them. Put another way, this isn't just a bunch of rich people talking about how their apps are going to change the world.

<http://news.yahoo.com/blogs/sideshow/urine-powered-generator-unveiled-international-exhibition-234718329.html>

3.2: DNA sequencing is becoming faster, cheaper and tinier.

A British company said on Friday that by the end of the year it would begin selling a disposable gene sequencing device that is the size of a USB memory stick and plugs into a laptop computer to deliver its results. The device, expected to cost less than \$900, could allow small sequencing jobs to be done by researchers who cannot afford the \$50,000 to \$750,000 needed to buy a sequencing machine. It might also help doctors to sequence genes at a patient's bedside, wildlife biologists to study genes in the field, or food inspectors to identify pathogens. "You don't need to buy instruments," Clive G. Brown, the chief technology officer of the company, Oxford Nanopore Technologies, said in an interview. "It's pay-as-you-go sequencing." Oxford presented details of the device, as well as of a new, somewhat larger sequencer that it also plans to begin selling late this year, at the Advances in Genome Biology and Technology conference in Marco Island, Fla., which has become the sequencing industry's annual boast-fest.

3.3: Brain inflammation likely key initiator to prion and Parkinson's disease

In a recent publication, researchers of the Computational Biology group at the Luxembourg Centre for Systems Biomedicine showed that neuro-inflammation plays a crucial role in initiating prion disease. Prion diseases represent a family of neurodegenerative disorders associated with the loss of brain cells and caused by proteins called prions (derived from 'protein' and 'infection'). The diseases are found in both humans and animals, such as Creutzfeld-Jakob disease and mad cow disease respectively. Although mostly harmless, prions can transform into infectious agents, which accumulate in the brain and destroy the nervous tissue. But how exactly does the accumulation of prions cause destruction of the brain? "Understanding the process by which prions destroy neurons is critical for finding a cure for prion disease", says Isaac Crespo, first author of the publication. He and his colleagues tackled this question with a computational approach: They ran their own computer programmes on experimental data generated by other research groups, and identified a set of 16 proteins that seems to control the onset of the disease. Interestingly, almost all of these proteins have known functions in neuro-inflammation. "What we consider remarkable and constitutes our main finding, is the key role that neuro-inflammation plays in initiating prion disease. This finding is not only relevant for prion diseases, but also for other 'protein misfolding diseases' such as Parkinson's and Alzheimer diseases" says Prof. Dr. Antonio del Sol, group leader of the Computational Biology group. ([Science Daily](#), December 11, 2012)

3.4: Tamiflu Doesn't Work - British Medical Journal

A leading British medical journal is contending the effectiveness of Tamiflu, a flu drug produced by manufacturer Roche, claiming that there is no evidence to show the drug can actually stop the flu.

The drug has been stockpiled in dozens of countries worldwide in the case of a global flu outbreak and was used widely during the swine flu pandemic of 2009, [reports Fox News](#).

But on Monday, a researcher with the British medical journal called on European governments to sue over the Tamiflu product. Peter Gotzsche, leader of the Nordic Cochrane Center in Copenhagen, stated:

"I suggest we boycott Roche's products until they publish missing Tamiflu data."

Gotsche added that governments should take legal action against the pharmaceutical company to get back their money, which was "needlessly" spent on stockpiling Tamiflu.

The flu drug is used to treat both the seasonal flu and new flu viruses like bird and swine flu. World Health Organization spokesman Gregory Hartl stated that the agency has enough proof to include the drug on its list of "essential medicines" because of evidence that it can help against unusual influenza viruses, [according to CBS News](#).

Hartl added, "We do have substantive evidence it can stop or hinder progression to severe diseases like pneumonia." But Roche has yet to make public its Tamiflu data, raising questions on whether or not it can actually help patients. Fiona Godlee, editor of the British medical journal, wrote about Tamiflu last month, saying:

"Despite a public promise to release [internal company records] for each [Tamiflu] trial ... Roche has stonewalled."

The company responded by saying they have complied with all legal requirements surrounding the data for the flu drug and even provided Gotzsche and his colleagues with 3,200 pages of information in answer to their questions. The pharmaceutical company added:

“Roche has made full clinical study data ... available to national health authorities according to their various requirements, so they can conduct their own analyses.”

Along with the British medical journal's Tamiflu questions, Roche is also being investigated by the European Medicines Agency for not properly reporting side effects — including possible death — for 19 of its drugs, including Tamiflu, which were used to treat about 80,000 patients in the United States. **Read more at:** <http://www.inquisitr.com/396920/british-medical-journal-tamiflu-doesnt-work/#A1mVwMIpUBgCEYqI.99>

3.5: About Heart, Blood Pressure & Cholesterol

3.5.1: Heart Attack or Heartburn? Detect the Difference in Symptoms

People can very often write off the first signs of heart attack as nothing more than acid reflux. But as you know, waiting too long to act may cost you your life. At the same time, you don't want to 'cry wolf' every time you experience minor chest pain (although it's always better to be too cautious than to risk death). There are three clear symptoms that differentiate heartburn from heart attack.

1) When Does the Pain Hit?

We've all experienced this at some point: You have a big meal, you lie down and all of a sudden this burning sensation hits you. This is most likely heartburn rather than heart attack.

Opposite to heartburn, heart attack usually happens during some kind of physical activity and rarely while resting. As well, suffering from a heart attack rarely has anything to do with the meal you had that day, while acid reflux often happens shortly after consuming trigger foods (or quantities).

2) Where Does the Pain Hit?

Burning sensation in the throat, often with a bitter taste in the back of the mouth is a clear sign of acid reflux; whereas pain in the chest, neck, shoulders and jaw is a sign of heart attack.

3) How Does the Pain Hit?

Are you experiencing sweating, feeling of faintness, lightheadedness and shortness of breath? These symptoms, especially when associated with any kind of chest pain are red flags; don't wait, call 911 now! These are not symptoms of heartburn but much more likely the beginning of a heart attack.

These three guidelines are, of course, nothing more than general tips and should not be used as a diagnostic tool. You should always lean towards the side of caution – if in doubt; call the ambulance or at least your family doctor's urgent care line. Don't drive yourself because if you're actually having heart attack, you can get the necessary first aid in the ambulance- and you shouldn't put others at risk since loss of consciousness frequently accompanies heart attack.

You may also take into consideration your personal history. If you've suffered a heart attack before, are over the age of 50 or have a family history of heart attack or stroke, you'll want to be even more aware of your risk. (Posted on December 1, 2012 by [Scott Davis](#))

3.5.2: Heartburn Causes Serious Disease

New study reveals how heartburn, condition that most people consider annoying but not really dangerous, can lead to cancer. What's more, relying on drugs for acid reflux to prevent complications from chronic heartburn is futile, reports a recent study. A condition that people with frequent, uncontrolled heartburn are developing more and more is Barrett's esophagus, and it is marked by an alarming change in the cellular structure of the lining of the esophagus.

Untreated, it can lead to adenocarcinoma, a form of esophageal cancer. What's more frustrating

is that drugs commonly prescribed to stop reflux don't seem to have any effect in preventing Barrett's Esophagus or the resulting adenocarcinoma. The only way to eliminate the damage that is done to the esophagus is to eliminate the reflux in the first place, which proton pump inhibitors don't always do. They do help with symptom control, but not the underlying cause. Scientists urge that to prevent the complications, eliminating the cause in the first place will be critical. (Posted on a Health Website on June 3, 2012 by [Scott Davis](#))

3.5.3: Good Cholesterol News

Exciting news was recently published in the Journal of the American Medical Association about the collective state of the nation's cholesterol levels. Researchers looking at many thousands of Americans over the course of 2 decades' worth of health data found reason to celebrate recently. The goal of health officials and experts working to improve the deadly trend of dangerous cholesterol levels to get them below 200 mg/dL was reached by 2010, the study published in JAMA said. An overall drop of ten whole points was seen...and not because of the proliferation of medicines on the market, either. Controlling for diet, medication, and other variables, it was found that the biggest impact on the steep drop was that most food is no longer as dominated by Trans fats. Simply changing what we eat and how we cook it has had an enormous benefit, without drugs, showing that the safest way to drop cholesterol- and also the most effective- is diet-based. (Posted on November 26, 2012 by [Scott Davis](#))

3.5.4: Lower Blood Pressure 14 Points Using This Natural Oil

If you are one of several million people worldwide who suffer from not only high blood pressure, but also dangerous cholesterol levels as well, then you'll be interested in a study recently published out of New Delhi, India. Researchers found a superb little oil mixture has been effective at combatting both problems at once, without the need for drugs. A recent study including 300 participants showed that an oil mixture of rice bran and sesame oils was effective at dropping blood pressure compared to those not cooking with it. The researchers did not disclose the exact portion of each oil but it's safe to assume an approximate 50/50 blend would work just fine. Participants who cooked with it saw an average drop in systolic blood pressure of 14 points and diastolic drops of an average of 11 points. The participants used the oil to cook with for 60 days during the study. They further found that cholesterol levels improved, as well. LDL (bad) cholesterol went down an average of 26% and good, or HDL, levels went up more than 9%. (Posted on October 22, 2012 by [Christian Goodman](#) on a health website)

3.5.5: High Blood Pressure Caused by This Medical Therapy

Researchers in New South Wales, Australia, have released a study putting a common medical therapy to lower blood pressure in the hot seat. Not only was it ineffective to lower blood pressure and decrease risk of heart attack (actually the opposite) it also causes cancer. All men and women over the age of 45 need to learn about this. Scientists at the University of Western Sydney have debunked the claim from pharmaceutical giants that produce Hormone Replacement Therapy, or HRT, that using it can lower blood pressure. A massive study by the World Health Organization was prematurely ended when researchers found that HRT more than doubles the risk of breast cancer, and stopped the study to prevent further occurrence. Since then, though, HRT producers and many doctors still claimed it would help with keeping blood pressure under control. The Australian study recently disproved that myth when it looked at more than 43,000 women over 45 who were menopausal or post-menopausal and didn't already have a history of heart disease or high blood pressure. What they found was that those using HRT had double the occurrence of high blood pressure and heart disease. Even in light of the

research and dozens of studies documenting the risk of the therapy, doctors still continue to recommend its use. (Posted on October 14, 2012 by [Christian Goodman](#) on a health website)

3.6: About Diabetes

3.6.1: Diabetics should undergo regular cancer screenings:

Doctors recommend that diabetic patients undergo regular cancer screenings because not only are they at greater risk of developing kidney and circulatory disease, they also are at greater risk of developing tumours. According to Germany's Professional Association for Internists in Wiesbaden, colon cancer is 30 per cent more common in diabetics than in people without the disease and pancreatic cancer is 700 per cent more common. Especially affected are patients with type2 or adult onset diabetes.

Professor Reiner Hartenstein of the Association recommends that diabetics undergo the examination starting at the age of 50 and have one every five years. Also, a regular check for blood in the stool can help detect tumours in the stomach or intestine early.

The reason for the higher risk of cancer in diabetics is unknown. A possible explanation is that both diabetes and cancer are fostered by unhealthy diet and overweight. Diabetics often feed on carbohydrates and fatty foods and are overweight. This possibly also increases the risk of cancer. It is also possible that the high level of insulin allows cancer cells to grow faster. (Source: Observer, Sunday, November 27, 2011; sent by Professor Dr. Mahendra Pal: palmahendra2@gmail)

3.6.2: Type 2 Diabetes and Menopause Increase the Risk of This Cancer

Menopause presents a laundry list of new complications and health woes for many women, but when a woman also has diabetes, the complications not only increase, but their severity and likelihood of occurring also increase.

Recently a study published in the British Journal of Cancer identified one cancer that fits this pattern and the women most likely to be affected.

Researchers in Lyon, France have discovered that post-menopausal women with type 2 diabetes are at a 27% increased risk of developing breast cancer, even without Hormone Replacement Therapy.

While many of the women in the study were also overweight, its own risk factor for developing breast cancer, some were not. The results of the study showed that adjusting for other concurrent risk factors, women were still much more likely to develop breast cancer if they are diabetic.

This dynamic lends to the theory that having diabetes is itself a direct contributor to the development of breast cancer.

They believe that processes involved with diabetes affect the hormone production and balance for post-menopausal women in ways that are not present in non-diabetic women in the same menopausal stage.

Similar hormone problems occur in women who are overweight or obese, adding even more of a risk to the growing pool of problems that type 2 diabetes causes. (Posted on October 11, 2012 by [Jodi Knapp](#) on a health website)

3.6.3: Type 2 Diabetes Cured – Case Study

Changing just 3 dietary habits completely reversed Type 2 diabetes for a man who claims not to even exercise that much. **All he did was to make 3 rules:**

- 1) No more alcohol
- 2) No more dessert
- 3) Limit bread consumption

For some, sticking to any one of the three rules might seem like it would be too hard, but he was staunchly opposed to taking medications- which would have been required if he didn't change something. Simply taking out certain food/beverage types created just the benefits he needed to find permanent reversal. While he didn't need to increase his exercise regimen at all, he mentioned that it's important for diabetics to exercise every day doing something, even if it's just going for a brisk walk. The key is to break a sweat every single day. He understands that drugs carry side effects and can make you sicker than you were before taking them, and he was willing to make the changes needed to avoid having to use them. (Posted on December 3, 2012 by [Jodi Knapp](#))

3.7: About Arthritis:

3.7.1: Doctors Focusing on a “New” Treatment Approach to Arthritis

Finally it seems like the traditional medical system is acknowledging what natural health researchers have known for decades: Arthritis is caused by inflammation!

Of course it took German researchers, who are known for being more naturally focused than the corrupted pharmaceutical system in USA, to bring this up to the surface. And celebrities are making the trek to Germany to give an experimental treatment a try.

While many in the natural healing and homeopathic world could sit back and fire off an, “I told you so” regarding the “new and amazing” developments in treating arthritis, they don't have to. Researchers in Germany are offering up all the evidence anyone would need to show that inflammation- not mechanical problems- is to blame for the degenerative joint and bone problems so many people suffer.

An experimental drug, administered via injection, makes use of the science behind how inflammation is the culprit in arthritis conditions.

Known as Regenokine, this new drug uses chemicals already produced by the body that speed healing and regrowth of bone and joint tissues by stopping inflammation dead in its tracks.

The substance that is in our bodies naturally is called Interleukin-1 receptor antagonist, or IL-1 Ra. People who are deficient in this receptor or are overwhelmed by inflammation- causing substances in the body can be ravaged by a variety of arthritic diseases such as rheumatoid arthritis and osteoarthritis.

Because of its experimental status, it isn't available in the US yet, although the FDA is said to be reviewing it for eventual release. (Posted on November 19, 2012 by [ShellyManning](#) on a health website)

3.7.2: Arthritis Pain Relieved Using This Controversial Method

The mind-body connection has always been touted as a powerful, yet mysterious thing- especially when it comes to relieving symptoms of pain or even curing disease. A recent independent analysis of a method of treatment that remains mired in controversy despite its ancient roots and hundreds of studies showed that it really is effective, even if the reasons for its effectiveness are not fully understood. An analysis involving teams from several universities, health groups, and other professionals looked at more than 25 studies that included almost 30,000 adult participants over the years. They considered not only the published results but also the raw data trying to find credible evidence that **acupuncture**, the ancient Chinese medical treatment for most every malady under the sun, is an effective and credible treatment alternative. While the scientists considering the data were quick to point out that their research didn't offer any additional proof over the original studies, they do maintain that the independent analysis does show clearly that acupuncture helps to eliminate pain, especially for arthritis sufferers. Some studies pointed to an actual physiological process indicating that acupuncture ‘cures’

arthritis while others insinuated that the benefits were largely in the sufferers' heads. Either way, marked improvement was shown across the board, validating it as a reliable treatment plan option. (Posted on October 15, 2012 by [Shelly Manning](#) on a health website)

3.8: Thyroid disease can cause infertility:

When a woman is unable to have a baby, a thyroid gland disorder may be to blame, noted Roland Gaertner, a Medical doctor and Professor at Munich University, Germany.

The foetus depends on the mother's thyroid hormones, especially in the first weeks of pregnancy, Dr. Gaertner said. If the amount of hormones is insufficient, a miscarriage could result. Many women who had experience such miscarriages did not even notice they were pregnant.

Women with a condition called autoimmune thyroiditis are especially at risk of miscarriage. According to Gaertner, one in six women has a predisposition to the disorder in which an inflammation of the thyroid gland causes the immune system to produce antibodies that attack and destroy thyroid cells.

The result is a deficiency of the thyroid hormones necessary for the normal development of the foetus. Gaertner said that women suffering from this disorder could carry a baby to term if treated with thyroid hormones. (Source: Observer, Sunday, November 27, 2011; sent by Professor Dr. Mahendra Pal: palmahendra2@gmail)

3.9: About Vegetables, Fruits and Honey

3.9.1: Secrets of Onions

In 1919, when the flu killed 40 million people, there was this doctor who visited the many farmers to see if he could help them combat the flu. Many of the farmers and their family had contracted it and many died. The doctor came upon this one farmer family and to his surprise, everyone was very healthy. When the doctor asked what the farmer was doing that was different, the wife replied that she had placed an unpeeled onion in a dish in the rooms of the home (probably only two rooms back then). The doctor couldn't believe it and asked if he could have one of the onions to place it under the microscope. She gave him one and when he did this, he did find the flu virus in the onion. It obviously absorbed the bacteria, therefore keeping the family healthy.

Now, I heard this story from my hairdresser in Arizona. She said that several years ago many of her employees were coming down with the flu, and so were many of her customers. The next year she placed several bowls with onions around in her shop. To her surprise, none of her staff got sick. It must work. Try it and see what happens. We did it last year and we never got the flu.

Now there is a P.S. to this, for I sent it to a friend in Oregon who regularly contributes material to me on health issues. She replied with this most interesting experience about onions:

"Thanks for the reminder. I don't know about the farmer's story, but I do know that I contracted pneumonia and needless to say I was very ill. I came across an article that said to cut both ends off an onion put it into an empty jar, placing the jar next to the sick patient at night. It said the onion would be black in the morning from the germs. Sure enough it happened. Just like that the onion was a mess and I began to feel better."

Another thing I read in the article was that onions and garlic placed around the room saved many from the black plague years ago. They have powerful antibacterial, antiseptic properties.

THIS IS THE OTHER NOTE:

Lots of times when we have stomach problems we don't know what to blame. Maybe it's the onions that are to blame. Onions absorb bacteria is the reason they are so good at preventing us from getting colds and flues and is the very reason we shouldn't eat an onion that has been sitting for a time after it has been cut open. **LEFT OVER ONIONS ARE POISONOUS**

I had the wonderful privilege of touring Mullins Food Products, makers of mayonnaise. Mullins is huge, and is owned by 11 brothers and sisters in the Mullins family. My friend, Jeanne, is the CEO. Questions about food poisoning came up, and I wanted to share what I learned from a chemist.

The guy who gave us our tour is named Ed. He's one of the brothers. Ed is a chemistry expert and is involved in developing most of the sauce formula. He's even developed sauce formula for McDonald's. Keep in mind that Ed is a food chemistry whiz. During the tour, someone asked if we really needed to worry about mayonnaise. People are always worried that mayonnaise will spoil. Ed's answer will surprise you.

Ed said that all commercially-made Mayo is completely safe. "It doesn't even have to be refrigerated. No harm in refrigerating it, but it's not really necessary." He explained that the pH in mayonnaise is set at a point that bacteria could not survive in that environment. He then talked about the quintessential picnic, with the bowl of potato salad sitting on the table and how everyone blames the mayonnaise when someone gets sick.

Ed says that when food poisoning is reported, the first thing the officials look for is when the 'victim' last ate ONIONS and where those onions came from (in the potato salad?). Ed says it's not the mayonnaise (as long as it's not homemade Mayo) that spoils in the outdoors. It's probably the onions, and if not the onions, it's the POTATOES.

He explained, onions are a huge magnet for bacteria, especially uncooked onions. You should never plan to keep a portion of a sliced onion. He says it's not even safe if you put it in a zip-lock bag and put it in your refrigerator.

It's already contaminated enough just by being cut open and out for a bit, that it can be a danger to you (and doubly watch out for those onions you put in your hotdogs at the baseball park!). Ed says if you take the leftover onion and cook it like crazy you'll probably be okay, but if you slice that leftover onion and put on your sandwich, you're asking for trouble. Both the onions and the moist potato in a potato salad will attract and grow bacteria faster than any commercial mayonnaise will even begin to break down.

Also, dogs should never eat onions. Their stomachs cannot metabolize onions.

Please remember it is dangerous to cut an onion and try to use it to cook the next day. It becomes highly poisonous for even a single night and creates toxic bacteria which may cause adverse stomach infections because of excess bile secretions and even food poisoning. (Source: Internet)

3.9.2: Pomegranate: A Seed of Life for Your Heart!!!

Two things are full of benefits for the human being....lukewarm water and pomegranate. Pomegranate is a seasonal fruit in Pakistan & India, so I tried an experiment with dried pomegranate seeds. I prepared a decoction boiling a fistful of dried seeds in half a litre of water for 10 minutes, squeezed the seeds, strained the decoction and advised those patients suffering from painful angina to use a glass of lukewarm decoction on an empty stomach in the morning. Amazing result was observed, the decoction of dried pomegranate seeds worked like a magic, the feelings of tightness and heaviness of chest and the pain had gone. It encouraged me to try more experiments on all types of cardiac patients so I tried other experiments on patients who were suffering from painful angina, coronary arterial blockage, cardiac ischemia (insufficient blood

flow to the heart muscle) etc., waiting for a bypass surgery. The same lukewarm decoction was used on an empty stomach in the morning. The patients experienced quick relief in all symptoms including painful condition. In another case of coronary arterial blockage the patient started using half glass of fresh pomegranate juice every day for one year, although all symptoms were completely relieved within a week but he continued taking it for a whole year, it completely reversed the plaque build-up and unblocked his arteries to normal, the angiography report confirmed the evidence. Thus, the decoction of dried pomegranate seeds, fresh pomegranate juice or eating a whole pomegranate on an empty stomach in the morning, proved to be a miracle cure for cardiac patients. But, the lukewarm dried seeds decoction proved to be more effective compared to eating a whole pomegranate or fresh pomegranate juice. Use of pomegranate in any way has demonstrated even more dramatic effects as a blood thinner, has pain killing properties for cardiac patients, lowers LDL (low-density lipoprotein or bad cholesterol) and raises the HDL (high-density lipoprotein or good cholesterol). There are more than 50 different types of heart diseases, the most common being coronary artery disease (CAD), which is the number one killer of both women and men in some countries and there has been no medicinal cure for this disease. Many cardiac patients have reversed their heart diseases on my advice using one glass of lukewarm decoction of pomegranate dried seeds, half glass of fresh pomegranate juice or eating a whole pomegranate on empty stomach in the morning. It was the very first real breakthrough in the history of cardiology to successfully treat the cardiac diseases by a fruit. More super foods to obtain even faster results for cardiac patients, which are most promising as curative and protective agents, like fresh raisins, quince, guava, prunes (dried plums), natural vinegar, mixture of grape fruit juice and honey in the morning (empty stomach), basil leaves, chicory leaves, powder of oregano leaves and rock salt in equal quantity (in case the patient is not hypertensive) and sesame oil as cooking oil for cardiac patients. It is regretted to say that treating heart patients and performing bypass surgery the modern way has become a far more profitable business around the world, which has failed to help avert life-threatening heart attacks and life-time cardiac complications resulting in an almost paralyzed life. A regular use of pomegranate in any of the above ways ensures a healthy cardiac life, thinning your blood, dissolving the blood clots and obstructions inside the coronary arteries, maintains an optimal blood flow, supports a healthy blood pressure, prevents and reverses atherosclerosis (thickening of the internal lining of the blood vessels). From whatever I have experienced and observed in the last several years, I can say: "A pomegranate a day keeps the Cardiologist away." You can try and see the wonder!! (Source: Dr.Thahira Kukkady, Jul 29, 2012; email circulated by worldprince1@gmail.com)

3.9.3: Health Benefits of Okra

According to the historical records, the world's most beautiful women, Cleopatra of Egypt and Yang Guifei of China loved to eat okra. When **Junji Takano** visited the world's most productive land of okra in a rural area in Kami, Kochi Prefecture, Japan, the young and old all look very healthy. When he asked their secret in having good health in that area, they graciously answered "okra". Okra has a long history, with its beginnings in Egypt where it is cultivated before the time of Cleopatra. The okra plant spread to many parts of the world during the Atlantic slave trade. During World War II, the shortage of coffee beans made them use okra seeds as a substitute for coffee. This incident made the word "okra fever". Since then, okra's popularity never disappeared from local markets to convenience stores throughout the world and throughout the year. **Okra contains vitamins A and C and is a good source of iron and calcium. It also contains starch, fat, ash, thiamine and riboflavin.**

HEALTH BENEFITS OF OKRA:

Following is a summary of some of the health benefits of okra listed on the basis of findings of the researchers including by **Junji Takano and Ms Sylvia W. Zook** (Ph.D. Nutrition, University of Illinois):

1. Superior fiber found in okra helps to stabilize the blood sugar by curbing the rate at which sugar is absorbed from the intestinal tract.
2. Okra's mucilage binds cholesterol and bile acid carrying toxins dumped into it by the filtering liver.
3. Okra helps lubricate the large intestines due to its bulk laxative qualities. The okra fiber absorbs water and ensures bulk in stools. This helps prevent and improve constipation. Unlike harsh wheat bran, which can irritate or injure the intestinal tract, okra's mucilage soothes, and okra facilitates elimination more comfortably by its slippery characteristic. Okra binds excess cholesterol and toxins (in bile acids). These, if not evacuated, will cause numerous health problems. Okra also assures easy passage out of waste from the body. Okra is completely non-toxic, non-habit forming, has no adverse side effects, is full of nutrients, and is economically within reach of most individuals unlike over-the-counter drugs.
4. Okra fiber is excellent for feeding the good bacteria (probiotics). This contributes to the health of the intestinal tract.
5. Okra is a supreme vegetable for those feeling weak, exhausted, and suffering from depression.
6. Okra is used for healing ulcers and to keep joints limber. It helps to neutralize acids, being very alkaline, and provides a temporary protective coating for the digestive tract.
7. Okra treats lung inflammation, sore throat, and irritable bowel syndrome.
8. Okra has been used successfully in experimental blood plasma replacements.
9. Okra is good for summer heat treatment.
10. Okra is good for constipation.
11. Okra is good in normalizing the blood sugar and cholesterol level.
12. Okra is good for asthma. Okra's vitamin C is an antioxidant and anti-inflammatory, which curtail the development of asthma symptoms.
13. Okra is good for atherosclerosis.
14. Okra is believed to protect some forms of cancer expansion, especially colorectal cancer.
15. Eating okra helps to support the structure of capillaries.
16. Some information shows that eating okra lowers the risk of cataracts.
17. Okra is good for preventing diabetes.
18. Okra protects you from pimples and maintains smooth and beautiful skin.

(**Source:** Article by Junji Takano, a Japanese health researcher involved in investigating the cause of many dreadful diseases. In 1968, he invented PYRO-ENERGEN, the first electrostatic therapy device for electro-medicine that effectively eradicates viral diseases, cancer, and diseases of unknown cause)

3.9.4: HONEY- The Healthiest Sweetener You Can Find

You likely know by now that most sugars (especially high fructose corn syrup) are extremely unhealthy. Especially if you want to lose weight, tackle high blood pressure, high cholesterol, type 2 diabetes, arthritis and other diseases. The fact is that artificial sweeteners are not any better. Studies have shown that diet sodas are just as bad for high blood pressure as sugary sodas and may indeed be worse for obesity. But there is one sweetener that's loaded with nutrition and antioxidant benefits. Using it has been proven to help lower blood pressure, manage cholesterol, improve arthritis and even balance blood sugar for type 2 diabetes.

No sweetener comes close to having the health benefits of honey.

It can be consumed in drinks, foods or deserts. Or, it can be applied to the skin or added to your bath water. Honey has been used for centuries as a natural antibacterial and antifungal medicine. How many of us had our mothers bring warm milk or hot lemon water with honey in it when we had the flu as kids? It has also been used traditionally as antibacterial protection on open wounds. It can also be put on the face to heal wrinkles and bring out a healthy shine in skin. Sugars and high fructose corn syrup are what we call empty calories. They are sweet, but include no nutrition whatsoever. Honey on the other hand, is loaded with nutrition, vitamins and minerals. Its antioxidant qualities are well known to enhance overall health, remove cholesterol buildup and even improve type 2 diabetes. Honey seems to interact differently with the body than regular sugars; moderate consumption of honey doesn't have to cause weight increase. Some studies have even indicated that consuming honey will help you lose weight. One of the most detailed studies on honey for high blood pressure involved a study on rats. The scientist learned that the blood pressure of rats who supplemented with honey dropped while the comparison group stayed the same. The wonderful thing to take away from this is that we don't have to deprive ourselves of the sweet things in life. Just make small adjustments to choose honey over sugar and you'll not only be avoiding the negative effects, you'll also reap the benefits. (Posted on November 13, 2012 by [Jodi Knapp](#) on a Health Website)

3.10: Twenty Painkillers in Your Kitchen

3.10.1: Make muscle pain a memory with ginger

When Danish researchers asked achy people to jazz up their diets with ginger, it eased muscle and joint pain, swelling and stiffness for up to 63 percent of them within two months. Experts credit ginger's potent compounds called gingerols, which prevent the production of pain-triggering hormones. The study-recommended dose: Add at least 1 teaspoon of dried ginger or 2 teaspoons of chopped ginger to meals daily.

3.10.2: Cure a toothache with cloves

Got a toothache and can't get to the dentist? Gently chewing on a clove can ease tooth pain and gum inflammation for two hours straight, say UCLA researchers. Experts point to a natural compound in cloves called eugenol, a powerful, natural anesthetic. Bonus: Sprinkling a ¼ teaspoon of ground cloves on meals daily may also protect your ticker. Scientists say this simple action helps stabilize blood sugar, plus dampen production of artery-clogging cholesterol in as little as three weeks.

3.10.3: Heal heartburn with cider vinegar

Sip 1 tablespoon of apple cider vinegar mixed with 8 ounces of water before every meal, and experts say you could shut down painful bouts of heartburn in as little as 24 hours. "Cider vinegar is rich in malic and tartaric acids, powerful digestive aids that speed the breakdown of fats and proteins so your stomach can empty quickly, before food washes up into the esophagus, triggering heartburn pain," explains Joseph Brasco, M.D., a gastroenterologist at the Center for Colon and Digestive Diseases in Huntsville, AL.

3.10.4: Erase earaches with garlic

Painful ear infections drive millions of Americans to doctors' offices every year. To cure one fast, just place two drops of warm garlic oil into your aching ear twice daily for five days. This simple treatment can clear up ear infections faster than prescription meds, say experts at the University of New Mexico School of Medicine. Scientists say garlic's active ingredients (germanium, selenium, and sulfur compounds) are naturally toxic to dozens of different pain-causing bacteria. To whip up your own garlic oil gently simmer three cloves of crushed garlic in a half a cup of extra virgin olive oil for two minutes, strain, then refrigerate for up to two weeks, suggests Teresa Graedon, Ph.D., co-author of the book, *Best Choices From The People's Pharmacy*. For an optimal experience, warm this mix slightly before using so the liquid will feel soothing in your ear canal.

3.10.5: Chase away joint and headache pain with cherries

Latest studies show that at least one in four women is struggling with arthritis, gout or chronic headaches. If you're one of them, a daily bowl of cherries could ease your ache, without the stomach upset so often triggered by today's painkillers, say researchers at East Lansing 's Michigan State University . Their research reveals that anthocyanins, the compounds that give cherries their brilliant red color, are anti-inflammatories 10 times stronger than ibuprofen and aspirin. "Anthocyanins help shut down the powerful enzymes that kick-start tissue inflammation, so they can prevent, as well as treat, many different kinds of pain," explains Muraleedharan Nair, Ph.D., professor of food science at Michigan State University . His advice: Enjoy 20 cherries (fresh, frozen or dried) daily, then continue until your pain disappears.

3.10.6: Fight tummy troubles with fish

Indigestion, irritable bowel syndrome, inflammatory bowel diseases...if your belly always seems to be in an uproar, try munching 18 ounces of fish weekly to ease your misery. Repeated studies show that the fatty acids in fish, called EPA and DHA, can significantly reduce intestinal inflammation, cramping and belly pain and, in some cases, provide as much relief as corticosteroids and other prescription meds. "EPA and DHA are powerful, natural, side effect-free anti-inflammatories, that can dramatically improve the function of the entire gastrointestinal tract," explains biological chemist Barry Sears, Ph.D., president of the Inflammation Research Foundation in Marblehead , MA . For best results, look for oily fish like salmon, sardines, tuna, mackerel, trout and herring.

3.10.7: Prevent PMS with yogurt

Up to 80 percent of women will struggle with premenstrual syndrome and its uncomfortable symptoms, report Yale researchers. The reason: Their nervous systems are sensitive to the ups and downs in estrogen and progesterone that occur naturally every month. But snacking on 2 cups of yogurt a day can slash these symptoms by 48 percent, say researchers at New York 's Columbia University. "Yogurt is rich in calcium, a mineral that naturally calms the nervous system, preventing painful symptoms even when hormones are in flux," explains Mary Jane Minkin, M.D., a professor of gynecology at Yale University.

3.10.8: Tame chronic pain with turmeric

Studies show turmeric, a popular East Indian spice, is actually three times more effective at easing pain than aspirin, ibuprofen or naproxen, plus it can help relieve chronic pain for 50 percent of people struggling with arthritis and even fibromyalgia, according to Cornell researchers. That's because turmeric's active ingredient, curcumin, naturally shuts down cyclooxygenase 2, an enzyme that churns out a stream of pain-producing hormones, explains

nutrition researcher Julian Whitaker, M.D. and author of the book, *Reversing Diabetes*. The study-recommended dose: Sprinkle 1/4 teaspoon of this spice daily onto any rice, poultry, meat or vegetable dish.

3.10.9: End endometrial pain with oats

The ticket to soothing endometriosis pain could be a daily bowl of oatmeal. Endometriosis occurs when little bits of the uterine lining detach and grow outside of the uterus. Experts say these migrating cells can turn menstruation into a misery, causing so much inflammation that they trigger severe cramping during your period, plus a heavy ache that drags on all month long. Fortunately, scientists say opting for a diet rich in oats can help reduce endometrial pain for up to 60 percent of women within six months. That's because oats don't contain gluten, a trouble-making protein that triggers inflammation in many women, making endometriosis difficult to bear, explains Peter Green, M.D., professor of medicine at Columbia University .

3.10.10: Soothe foot pain with salt

Experts say at least six million Americans develop painful ingrown toenails each year. But regularly soaking ingrown nails in warm salt water baths can cure these painful infections within four days, say scientists at California 's Stanford University . The salt in the mix naturally nixes inflammation, plus it's anti-bacterial, so it quickly destroys the germs that cause swelling and pain. Just mix 1 teaspoon of salt into each cup of water, heat to the warmest temperature that you can comfortably stand, and then soak the affected foot area for 20 minutes twice daily, until your infection subsides.

3.10.11: Prevent digestive upsets with pineapple

Got gas? One cup of fresh pineapple daily can cut painful bloating within 72 hours, say researchers at California 's Stanford University . That's because pineapple is naturally packed with proteolytic enzymes, digestive aids that help speed the breakdown of pain-causing proteins in the stomach and small intestine, say USDA researchers.

3.10.12: Relax painful muscles with peppermint

Suffering from tight, sore muscles? Stubborn knots can hang around for months if they aren't properly treated, says naturopath Mark Stengler, N.D., author of the book, *The Natural Physician's Healing Therapies*. His advice: Three times each week, soak in a warm tub scented with 10 drops of peppermint oil. The warm water will relax your muscles, while the peppermint oil will naturally soothe your nerves -- a combo that can ease muscle cramping 25 percent more effectively than over-the-counter painkillers, and cut the frequency of future flare-ups in half, says Stengler.

3.10.13: Give your back some TLC with grapes

Got an achy back? Grapes could be the ticket to a speedy recovery. Recent studies at Ohio State University suggest eating a heaping cup of grapes daily can relax tight blood vessels, significantly improving blood flow to damaged back tissues (and often within three hours of enjoying the first bowl). That's great news because your back's vertebrae and shock-absorbing discs are completely dependent on nearby blood vessels to bring them healing nutrients and oxygen, so improving blood flow is essential for healing damaged back tissue, says Stengler.

3.10.14: Wash away pain injuries with water

Whether it's your feet, your knees or your shoulders that are throbbing, experts at New York 's Manhattan College , say you could kick-start your recovery in one week just by drinking eight 8-ounce glasses of water daily. Why? Experts say water dilutes, and then helps flush out, histamine, a pain-triggering compound produced by injured tissues. "Plus water is a key building

block of the cartilage that cushions the ends of your bones, your joints' lubricating fluid, and the soft discs in your spine," adds Susan M. Kleiner, Ph.D., author of the book, *The Good Mood Diet*. "And when these tissues are well-hydrated, they can move and glide over each other without causing pain." One caveat: Be sure to measure your drinking glasses to find out how large they really are before you start sipping, she says. Today's juice glasses often hold more than 12 ounces, which means five servings could be enough to meet your daily goal.

3.10.15: Heal sinus problems with horseradish

Latest studies show sinusitis is the nation's number one chronic health problem. And this condition doesn't just spur congestion and facial pain, it also makes sufferers six times *more* likely to feel achy all-over. Horseradish to the rescue! According to German researchers, this eye-watering condiment naturally revs up blood flow to the sinus cavities, helping to open and drain clogged sinuses and heal sinus infections more quickly than decongestant sprays do. The study-recommended dose: One teaspoon twice daily (either on its own, or used as a sandwich or meat topping) until symptoms clear.

3.10.16: Beat bladder infections with blueberries

Eating 1 cup of blueberries daily, whether you opt for them fresh, frozen or in juice form, can cut your risk of a urinary tract infection (UTIs) by 60 percent, according to researchers at New Jersey's Rutgers University. That's because blueberries are loaded with tannins, plant compounds that wrap around problem-causing bacteria in the bladder, so they can't get a toehold and create an infection, explains Amy Howell, Ph.D. a scientist at Rutgers University .

3.10.17: Heal mouth sores with honey

Dab painful canker and cold sores with unpasteurized honey four times daily until these skin woes disappear, and they'll heal 43 percent faster than if you use a prescription cream, say researchers at the Dubai Specialized Medical Center in the United Arab Emirates . Raw honey's natural enzymes zap inflammation, destroy invading viruses and speed the healing of damaged tissues, say the study authors.

3.10.18: Fight breast pain with flax

In one recent study, adding 3 tablespoons of ground flax to their daily diet eased breast soreness for one in three women within 12 weeks. Scientists credit flax's phytoestrogens, natural plant compounds that prevent the estrogen spikes that can trigger breast pain. More good news: You don't have to be a master baker to sneak this healthy seed into your diet. Just sprinkle ground flax on oatmeal, yogurt, applesauce or add it to smoothies and veggie dips.

3.10.19: Cure migraines with coffee

Prone to migraines? Try muscling-up your painkiller with a coffee chaser. Whatever over-the-counter pain med you prefer, researchers at the National Headache Foundation say washing it down with a strong 12- ounce cup of coffee will boost the effectiveness of your medication by 40 percent or more. Experts say caffeine stimulates the stomach lining to absorb painkillers more quickly and more effectively.

3.10.20: Tame leg cramps with tomato juice

At least one in five people regularly struggle with leg cramps. The culprit? Potassium deficiencies, which occurs when this mineral is flushed out by diuretics, caffeinated beverages or heavy perspiration during exercise. But sip 10 ounces of potassium-rich tomato juice daily and you'll not only speed your recovery, you'll reduce your risk of painful cramp flare-ups in as little as 10 days, say UCLA researchers.

3.11: New Global Hunger Report: Almost 870 million chronically under-nourished

9 October 2012, Rome - Nearly 870 million people, or one in eight, were suffering from chronic undernourishment in 2010-2012, according to the new UN hunger report released today. The *State of Food Insecurity in the World 2012 (SOFI)*, jointly published by the UN Food and Agriculture Organization (FAO), the International Fund for Agricultural Development (IFAD) and the World Food Programme (WFP), presents better estimates of chronic undernourishment based on an improved methodology and data for the last two decades.

The vast majority of the hungry, 852 million, live in developing countries -- around 15 percent of their population -- while 16 million people are undernourished in developed countries. The global number of hungry people declined by 132 million between 1990-92 and 2010-12, or from 18.6 percent to 12.5 percent of the world's population, and from 23.2 percent to 14.9 percent in developing countries - putting the MDG target within reach if adequate, appropriate actions are taken.

The number of hungry declined more sharply between 1990 and 2007 than previously believed. Since 2007-2008, however, global progress in reducing hunger has slowed and leveled off. "In today's world of unprecedented technical and economic opportunities, we find it entirely unacceptable that more than 100 million children under five are underweight, and therefore unable to realize their full human and socio-economic potential, and that childhood malnutrition is a cause of death for more than 2.5 million children every year," say José Graziano da Silva, Kanayo F. Nwanze and Ertharin Cousin, respectively the Heads of FAO, IFAD and WFP, in a foreword to the report.

"We note with particular concern that the recovery of the world economy from the recent global financial crisis remains fragile. We nonetheless appeal to the international community to make extra efforts to assist the poorest in realizing their basic human right to adequate food. The world has the knowledge and the means to eliminate all forms of food insecurity and malnutrition," they add. A "twin-track" approach is needed, based on support for broad-based economic growth (including in agriculture) and safety nets for the most vulnerable.

Impact of economic crisis

The new estimates suggest that the increase in hunger during 2007-2010 was less severe than previously thought. The 2008-2009 economic crisis did not cause an immediate sharp economic slowdown in many developing countries as was feared could happen; the transmission of international food prices to domestic markets was less pronounced than was assumed at the time while many governments succeeded in cushioning the shocks and protecting the most vulnerable from the effects of the price spike.

The numbers of hunger released today are part of a revised series that go back to 1990. It uses updated information on population, food supply, food losses, dietary energy requirements and other factors. They also better estimate the distribution of food (as measured in terms of dietary energy supply) within countries.

SOFI 2012 notes that the methodology does not capture the short-term effects of food price surges and other economic shocks. FAO is also working to develop a wider set of indicators to better capture dietary quality and other dimensions of food security.

MDG target within reach

The report suggests that if appropriate actions are taken to reverse the slowdown in 2007-08 and to feed the hungry, achieving the Millennium Development Goal (MDG) of reducing by half the share of hungry people in the developing world by 2015 is still within reach.

"If the average annual hunger reduction of the past 20 years continues through to 2015, the percentage of undernourishment in the developing countries would reach 12.5 percent - still above the MDG target of 11.6 percent, but much closer to it than previously estimated," the report says.

Asia leads in number of hungry; hunger rises in Africa

Among the regions, undernourishment in the past two decades decreased nearly 30 percent in Asia and the Pacific, from 739 million to 563 million, largely due to socio-economic progress in many countries in the region. Despite population growth, the prevalence of undernourishment in the region decreased from 23.7 percent to 13.9 percent.

Latin America and the Caribbean also made progress, falling from 65 million hungry in 1990-1992 to 49 million in 2010-2012, while the prevalence of undernourishment dipped from 14.6 percent to 8.3 percent. But the rate of progress has slowed recently.

Africa was the only region where the number of hungry grew over the period, from 175 million to 239 million, with nearly 20 million added in the past four years. The prevalence of hunger, although reduced over the entire period, has risen slightly over the past three years, from 22.6 percent to 22.9 percent - with nearly one in four hungry. And in sub-Saharan Africa, the modest progress achieved in recent years up to 2007 was reversed, with hunger rising 2 percent per year since then. Developed regions also saw the number of hungry rise, from 13 million in 2004-2006 to 16 million in 2010-2012, reversing a steady decrease in previous years from 20 million in 1990-1992.

Agricultural growth to reduce hunger and malnutrition

The report underlines that overall growth is necessary but not sufficient for a sustained hunger reduction. Agricultural growth is particularly effective in reducing hunger and malnutrition in poor countries since most of the poor depend on agriculture and related activities for at least part of their livelihoods. Agricultural growth involving smallholders, especially women, will be most effective in reducing extreme poverty and hunger when it generates employment for the poor. Growth must not only benefit the poor, but must also be "nutrition-sensitive" in order to reduce various forms of malnutrition. Reducing hunger is about more than just increasing the quantity of food it is also about increasing the quality of food in terms of diversity, nutrient content and safety. For even while 870 million people remain hungry, the world is increasingly faced with a double burden of malnutrition, with chronic undernourishment and micronutrient malnutrition co-existing with obesity, overweight and related non-communicable diseases (affecting more than 1.4 billion people worldwide).

To date, the linkage between economic growth and better nutrition has been weak, the report says, arguing for an integrated agriculture-nutrition-health framework.

Social protection systems

Growth is clearly important, but it is not always sufficient, or rapid enough. Hence, social protection systems are needed to ensure that the most vulnerable are not left behind and can also participate in, contribute to and benefit from growth.

Measures such as cash transfers, food vouchers or health insurance are needed for the most vulnerable who often cannot take immediate advantage of growth opportunities. Social protection can improve nutrition for young children - an investment that will pay off in the future with better educated, stronger and healthier adults. With effective social protection complementing inclusive economic growth, hunger and malnutrition can be eliminated.

3.12: The 1918 flu pandemic (the "Spanish flu")

The 1918 flu pandemic (the "Spanish flu") was influenza pandemic. The country that suffered most was India. The first cases appeared in Bombay in June 1918. The following month deaths were being reported in Karachi and Madras. With large numbers of India's doctors serving with the British Army the country was unable to cope with the epidemic. Some historians claim that between June 1918 and July 1919 over 16,000,000 people in India died of the virus. It has been estimated that throughout the world over 70 million people died of the influenza pandemic. In India alone, more people died of influenza than were killed all over the world during the entire First World War.

3.13: China's One Child Policy

China's One Child Policy has led to the deaths of tens of millions of girls, simply because of their gender. Due to existing cultural preferences for sons rather than daughters, many Chinese families are abandoning, aborting, or hiding their female children. As a result, there are now 37 million more men than women living in China. This gender imbalance has in turn led to an increase in sex trafficking, child brides, and prostitution in the country. The following three cases from 2012 are examples of the tragic effects of this policy and the cultural preference for sons:

- Feng Jianmei, Ankang City, Shaanxi Province. Feng's pregnancy was forcibly aborted at seven months, igniting a firestorm of criticism internationally. Indeed, the European Parliament passed a resolution condemning forced abortion in China, specifically citing Feng.
- Cao Ruyi, Changsha City, Hunan Province. Family Planning Officials attempted to force Cao to have an abortion at five months, which she refused and was then detained. Because of international pressure she was released from detention, but she remains at risk of forced abortion. As of August 2012, she is in hiding.
- Hu Jia, Jianli County, Hubei Province. China's Southern Metropolis Daily reported that Hu Jia's pregnancy was forcibly aborted at nearly eight months. That this case was reported by a major Chinese newspaper indicates the growing discontent with the policy inside China and the courage of the Chinese news media to report it.

• In 2009 the British Medical Journal published that the overall gender ratio for China is 120 boys for every 100 girls. Eight provinces had ratios of over 160 boys for every 100 girls, for second children. The article stated, "Sex selective abortion accounts for almost all the excess males." This war against women must end. Please sign this petition to world leaders asking for them to publicly speak out against China's family planning programs, and to commit to helping end this policy and practice. This petition is supported by It's a Girl, Women's Rights Without Frontiers, and Women's Rights in China.

(<http://www.itsagirlmovie.com/> <http://www.womensrightswithoutfrontiers.org/> <http://wrchina.org/>)

3.14: Cambodia turns a TB health crisis into an opportunity

Twenty years ago, Cambodia had one of the world's highest tuberculosis (TB) rates and a health system weakened by decades of conflict and economic hardship. Over the past decade, however, new approaches that provide universal access to TB care through primary health centres have halved the number of new cases and helped the country meet global targets for detection and treatment. "These results are a major achievement for TB control. They prove that in low-income settings persistence, commitment and competence do succeed in saving lives," says Dr Mario Raviglione, Director of WHO's Stop TB Department. Cambodia's success story is highlighted in the Global Tuberculosis Report 2012 published by WHO.

4. INFOTAINMENT

4.1: Erectile Dysfunction Cured By This Spider Bite

There is a lot that comes from Brazil that serves to boost excitement and sensuality in humans, but the latest discovery of a Brazilian treasure is by far the most interesting. Nature has provided a way to overcome Erectile Dysfunction, or ED, in an unlikely way. For many men who have age-related ED, the problem getting and sustaining an erection relates to the body's ability to release nitric oxide, which allows the blood vessels in the penis to dilate and infuse the tissues with blood. Side effect-causing drugs on the market work by inhibiting an enzyme that blocks the release of nitric oxide. But the Brazilian Wandering Spider has a toxin that leaves men actually needing emergency medical help for painful, unrelenting erections. The toxin in the venom triggers a nitric oxide release to extremes. Scientists have been working to harness the power of the venom to see if there is a safe way to use it on humans. Not only has it shown promise in aging rats, but it has also shown positive results in those with hypertension and also diabetes. This is encouraging for those who have been taking anti-hypertensive drugs and are worried about the dangerous interaction of ED drugs and their blood pressure medications. However, human trials are still not anticipated anytime soon as a safe way of testing on humans is still being developed, as well as determining what, if any, other side effects of being exposed to the toxin would be suffered. (Posted on October 25, 2012 by [Christian Goodman](#) in a health website)

4.2: How to Stay Young

1. Try everything twice. On one woman's tombstone she said she wanted this epitaph: "Tried everything twice. Loved it both times!"
2. Keep only cheerful friends. The grouches pull you down. (Keep this in mind if you are one of those grouches!)
3. Keep learning: Learn more about the computer, crafts, and gardening, whatever... Never let the brain get idle. 'An idle mind is the devil's workshop.' And the devil's name is Alzheimer's!
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with him/her.
6. Tears happen: Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. LIVE while you are alive.
7. Surround yourself with what you love: Whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county, to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity. I love you, my special friend.

11. Forgive now those who made you cry. You might not get a second chance.
12. Be kinder than necessary, for everyone you meet is fighting some kind of battle.

4.3: Ten things to learn from Japan

1. **The Calm** - Not a single visual of chest-beating or wild grief. Sorrow itself has been elevated.
2. **The Dignity** - Disciplined queues for water and groceries. Not a rough word or a crude gesture.
3. **The Ability** - The incredible architects, for instance. Buildings swayed but didn't fall.
4. **The Grace** - People bought only what they needed for the present, so everybody could get something.
5. **The Order** - No looting in shops. No honking and no overtaking on the roads; Just understanding.
6. **The Sacrifice** - Fifty workers stayed back to pump sea water in the N-reactors. How will they ever be repaid?
7. **The Tenderness** - Restaurants cut prices. An unguarded ATM is left alone. The strong cared for the weak.
8. **The Training** - The old and the children, everyone knew exactly what to do. And they did just that.
9. **The Media** - They showed magnificent restraint in the bulletins. No silly reporters. Only calm reportage.
10. **The Conscience** - When the power went off in a store, people put things back on the shelves and left quietly.

CONTACT US

PRESIDENT: Prof. Dr. M.P. Yadav, H. No. 365, Sector-45, Gurgaon - 122003 (Haryana)
Phone: 09810820093, 08901585969, 0124-2382652; Email: yadav_mp@hotmail.com

VICE-PRESIDENT: Col. Dr. V.K. Bhatnagar, 108, Babar Road, New Delhi – 110001
Phone: 09810291559; Email: col_bhatnagar@hotmail.com

SECRETARY GENERAL Dr. Gaya Prasad, Assistant Director General (A.H.),
Room No. 405, ICAR, Krishi Bhawan, New Delhi – 110114. Phone: 09582898968;
Email: adgah.icar@yahoo.co.in ; gprasad1986@gmail.com

EDITOR: Prof. Dr. R.N. Kohli, 922, Sector - A (B&C), Vasant Kunj, New Delhi-110070
Telephones: 011-26896911; 011-46065021; 09968920200; Email ID: rnkohli@gmail.com

TREASURER: Dr. Lal Krishna, C-302, Exotica Elegence, Ahimsa Khand-II, Plot No.
9-A, Indrapuram – 201010, Ghaziabad (U.P.). Phone: 09350586550;
Email: lalkrishna1948@rediffmail.com

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