



Nearly 4 in 10 U.S. Adults Now Obese

Almost forty percent adults in the United States are now obese, continuing an ever-expanding epidemic of obesity. Almost four out of 10 adults and 18.5 percent of kids aged 2 to 19 now meet the clinical definition of obesity, according to a new report from the U.S. Centers for Disease Control and Prevention. That's up from 30.5 percent of adults and 13.9 percent of children in 1999-2000, the CDC report noted.



Dance Your Way to a Healthier Aging Brain

Dance classes may beat traditional exercise when it comes to improving older adults' balance -- and it might enhance brain areas related to memory and learning along the way. That's the finding of a small study that compared dance lessons against standard exercise -- including brisk walking -- among 52 healthy seniors.

Eating too much sugar?

It may increase risk of cancer



A nine-year study into how our bodies process sugar has shed new light on cancer development, and how sugar-heavy diets may wind up increasing the risk of tumor growth.

By better understanding how cancer cells metabolize sugars we eat, scientists are a step closer to figuring out how those cells trigger the development of cancerous diseases. The research also helps scientists understand how cancer cells' metabolism of sugar relates to the aggressiveness of cancerous tumors.

"Our research reveals how the hyperactive sugar consumption of cancerous cells leads to a vicious cycle

of continued stimulation of cancer development and growth," said Johan Thevelein, one of the researchers, in a statement. The findings are the product of nine years of research by three Belgian scientists, published this week (Oct. 13) in the journal Nature Communications.

The sugars that people eat—be they from apples, bananas, breads, or soda—are crucial for life because the cells in our bodies use them to create energy. But cancer cells eat a lot more sugar than the healthy cells in our bodies, turning the glucose—a byproduct of the sugar we eat—into an excess of lactic acid, which has been

found to help fuel tumor growth. For years, scientists have been working to better understand that process, which is known as the Warburg effect.

To conduct their work, the Belgian researchers observed how yeast eats and processes sugar to better understand how so-called Ras proteins—which are in all animals—are activated. For the last quarter century, scientists have learned that Ras proteins are key components of our bodies' signaling networks, which control cell growth and differentiation. Sometimes those Ras cells are mutated; mutated Ras cells are often found in abundance in human tumors. Put in simple terms,

the researchers found that excess sugar caused the yeast to produce overactive, fast-growing Ras proteins.

There's still more work to be done to better understand how certain cells eat and process sugar, and the research doesn't point to any guidance as to how people might alter their diets to decrease chances of cancer growth. Still, it suggests there may be yet another reason for people to move away from sugar-heavy diets, which have already wreaked havoc on populations, particularly in the US, where obesity, heart disease, and Type 2 diabetes—all connected to sugar—are rampant. (Quartz)

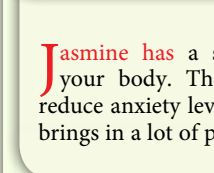
Plants that will help you sleep at night

Having plants inside the house not only adds to the aesthetic value of the house, but is also useful in many ways. They bring in a lot of positive energy, adds a splash of colour, helps you relax and also acts as a natural purifier. Plants can also help you get sleep at night too. It is proven that certain plants in your bedroom use far less oxygen than what is usually perceived and omit oxygen in the night. Here are a few more plants that can be kept in your bedroom and will help you sleep well in the night.



Who doesn't like the scent of lavender?

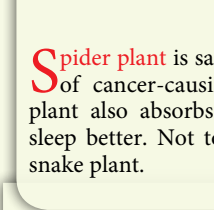
The plant helps in reducing anxiety and stress levels, and helps you have a sound sleep. Researchers have proven that this plant can help babies slip into deep sleep and can also reduce stress levels in new mothers.



Jasmine has a soothing effect on your body. The plant is said to reduce anxiety levels in a person and brings in a lot of positive energy.



According to NASA, snake plant is one of the best air filtering house plants. They double up as home decor and also emit oxygen during the night. Amazing, isn't it?



Spider plant is said to cleanse the air of cancer-causing chemicals. The plant also absorbs odours and helps sleep better. Not to be confused with snake plant.



Besides being used for skin creams, these plants can help you sleep well. The plant emits oxygen in the night, is easy to grow and maintain, and the gel can be used for topical treatment like cuts and bruises. Place this in your room, restless souls. (ToI)



PET VET

Dr. Rajani Rajesh



Rabbits as Pets

Dealing with animals encourages our children to have respect for others, but it also helps them to build a positive self-image. Rabbits are fairly easy and inexpensive to keep but do need lots of time and attention. Domestic rabbits usually live between 8-12 years. A healthy rabbit should have bright, clear eyes that are wide open and

not runny, clean ears, clean nostrils and easy breathing, a clean bottom and tail, soft, shiny fur. The cage should be situated in a safe and quiet area of the house that does not get too hot or too cold.

Rabbits are herbivores, which is similar to a human vegetarian. Rabbits require a very high-fiber diet that is low in protein, fat, and

carbohydrates. Feed your rabbit twice daily - once in the morning and once at night. In addition to grass hay and limited pellets, a daily green salad of several different leafy greens provides all the vitamins and other nutrients that your rabbit will need to be healthy. Avoid cabbage-family veggies; these can cause gas, which is painful and can cause bloating. When introducing any new food into your rabbit's diet, always proceed slowly and cautiously. Rabbits need clean, fresh water at all times.

Rabbits are crepuscular (active at dawn and dusk), not nocturnal as many people believe. Recent scientific research has confirmed that

rabbits suffer from stress and loneliness if kept alone. Rabbits should be kept in neutered pairs or compatible groups. Unspayed female rabbits have an 85 percent chance of developing breast or uterine cancers. Intact males can be more aggressive to humans and rabbits, and are more susceptible to testicular cancer. Intact males are known for marking their territory with their urine, just like male cats do.

Part of being a good rabbit owner is providing good medical care whenever your rabbit needs it.

(The views and opinions expressed in this article are those of the author and do not necessarily reflect the policy or position of this newspaper.)