

#HEALTH

Pregnant? Have your coffee

Coffee drinking behaviour is partly due to genetics



Enjoying a bit of coffee during pregnancy is an increased risk to pregnancy, researchers report. So, go on and enjoy your pregnancy with your morning cuppa, and a cheerful day.

The researchers used genetics to analyze coffee drinking behaviour, and their findings show that limited coffee consumption during pregnancy didn't increase the risk of miscarriage, stillbirth, or premature birth.

"Current World Health Organization guidelines say that pregnant women should drink less than 300 mg of caffeine, or two to three cups per day," says Gunn-Helen Moen of the Institute for Molecular Bioscience at the University of Queensland. "But that's based on observational studies where it's difficult to separate coffee drinking from other risk factors like smoking, alcohol, or poor diet."



women to drink prescribed amounts of coffee during their pregnancy, we used genetic analyses to mimic a randomized control trial," Hwang says.

The genetic analysis found that there was no greater risk of miscarriage, stillbirth, or premature birth for women who drank coffee. "When it comes to diet during pregnancy, women are often advised to cut things out, but this study shows they can still enjoy coffee without worrying about increasing the risk of these pregnancy outcomes," Hwang says. The researchers emphasized that the study only looked at certain adverse pregnancy outcomes, and it is possible that caffeine consumption could affect other important aspects of fetal development. "For that reason, we don't recommend a high intake during pregnancy, but a low or moderate consumption of coffee," Moen says. Researchers used genetic data from the Coffee and Caffeine Genetics Consortium, the UK BioBank, the Avon Longitudinal Study of Parents and Children, and 23 and Me.



Joint Celebration Of 1971 Victory Made No Difference

This writer cannot forget that day because he was doing a Gunnery Course at the Armoured Corps School and Centre, at Ahmednagar, Maharashtra, where three Bangladesh Army officers were also doing courses. The one doing the Gunnery Course came to this writer's room early in the morning on 15 August 1975, looking very upset and broke the news of Sheikh Mujib's assassination. He then requested this writer to convey this up the line to the Commandant and that he be allowed to proceed immediately back to Dhaka, as he needed to be with his mother, who was a senior Awami League politician. The writer did the needful liaising and arranged for this officer to be dropped to Pune to catch a flight to Delhi, from where he flew to Dhaka.



Lt Col Anil Bhat VSM (Retd)

With what has been happening in Bangladesh since 05 August 2024, there seemed no hope of 16 December 2024 being celebrated for defeat of Pakistan and liberation of Bangladesh, jointly by the Armed Forces of India and Bangladesh in the traditional way by Indian Armed Forces and Mukti Bahini veterans, Mukti Yoddha/ Joddha. However, albeit very late and without any advance intimation, they did. Six Armed Forces veterans of the 1971 War and two serving officers were invited to Dhaka and six Yodhas with two serving officers of Bangladesh Army were invited to Kolkata to attend the Vijay Diwas (India) and Victory Day/ Bijoy Diwas (Bangladesh) ceremonies.

Chief Advisor Muhammad Yunus did make a Victory Day



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Immediately after Sheikh Mujib's assassination by pro-Pakistan officers of Bangladesh Army, his daughter, Sheikh Hasina, her husband, sister and two children were secretly provided refuge by India's then Prime Minister Indira Gandhi in New Delhi's Pandara Road, an area where this writer grew up in the 1960s.

The Awami League (AL) ruling in Bangladesh since 2009 was overthrown by the student-people's uprising in early August 2024. Apart from the 29 AL leaders killed, many went into hiding; the properties and residences of many AL leaders were looted, vandalised and set on fire; many ministers and influential politicians of AL were arrested; many of them were prohibited from leaving Bangladesh and bank accounts of many AL leaders and their families were frozen. Since then, the party has remained underground. Sheikh Hasina, the former prime minister had to flee to India. From a secular democracy, Bangladesh was plunged into anarchy along with atrocities

Celebrating World Bicycle Day

The bicycle is one of the most important inventions in the history of the planet. It provides millions of people with a means of transport, powered by nothing other than their bodies. It's practical, reliable, and helps one to stay fit. On June 03, World Bicycle Day, you can cycle to work, college or school, on your bicycle instead of using the car. One will be able to avoid traffic jams and the cost of gas. You may find this to be a more enjoyable and stress-free way to get around. Also, cycling is an environmentally sound, safe, and healthy way to travel. There's no gas money required, and the fresh air will feel wonderful!



#FOOD

Idli's Help

Fermented foods can help with weight maintenance and may decrease the risk of diabetes, cancer, and cardiovascular disease

Be happy and eat all your Idlis with pleasure, uninterrupted by any nonsensical homily. A diet rich in fermented foods boosts the diversity of gut microbes and decreases molecular signs of inflammation, according to new research.

In a clinical trial, 36 healthy adults were randomly assigned to a 10-week diet that included either fermented or high-fiber foods. The two diets resulted in different effects on the gut microbiome and the immune system.



Eating foods such as yogurt, kefir, fermented cottage cheese, kimchi and other fermented vegetables, vegetable brine drinks, and kombucha tea led to an increase in overall microbial diversity with stronger effects from larger servings. "This is a stunning finding," says Justin Sonnenburg, an associate professor of microbiology and immunology at the Stanford University School of Medicine. "It provides one of the first examples of how a simple change in diet can reproducibly remodel the microbiota across a cohort of healthy adults."

In addition, four types of immune cells showed less activation in the fermented food group. The levels of 19 inflammatory proteins measured in blood samples also decreased. One of these proteins, interleukin 6, has been linked to conditions such as rheumatoid arthritis, Type 2 diabetes, and chronic stress.

"Microbiota-targeted diets can change immune status, providing a promising avenue for decreasing inflammation in healthy adults," says Christopher Gardner, professor and director of nutrition studies at the Stanford Prevention Research

"We wanted to conduct a proof-of-concept study that could test whether microbiota-targeted food could be an avenue for combating the overwhelming rise in chronic inflammatory diseases," Gardner says. The researchers focused on fiber and fermented foods due to previous reports of their potential health benefits. While high-fiber diets have been associated with lower rates of mortality, the consumption of fermented foods can help with weight maintenance and may decrease the risk of diabetes, cancer, and cardiovascular disease.

The researchers analyzed blood and stool samples collected during a three-week pre-trial period, the 10 weeks of the diet, and a four-week period after the diet, when the participants ate as they chose.

The findings paint a nuanced picture of the influence of diet on gut microbes and immune status. On one hand, those who increased their consumption of fermented foods showed similar effects on their microbiome diversity and inflammatory markers, consistent with prior research, showing that short-term changes in diet can rapidly alter the gut microbiome. On the other hand, the limited change in the microbiome within the high-fiber group dovetails with the researchers' previous reports of a general resilience of the human microbiome over short time periods. The results also show that greater fiber intake led to more carbohydrates in stool samples, pointing to incomplete fiber degradation by gut microbes. These findings are consistent with other research suggesting that the microbiome of people, living in the industrialized world, is depleted of fiber-degrading microbes.

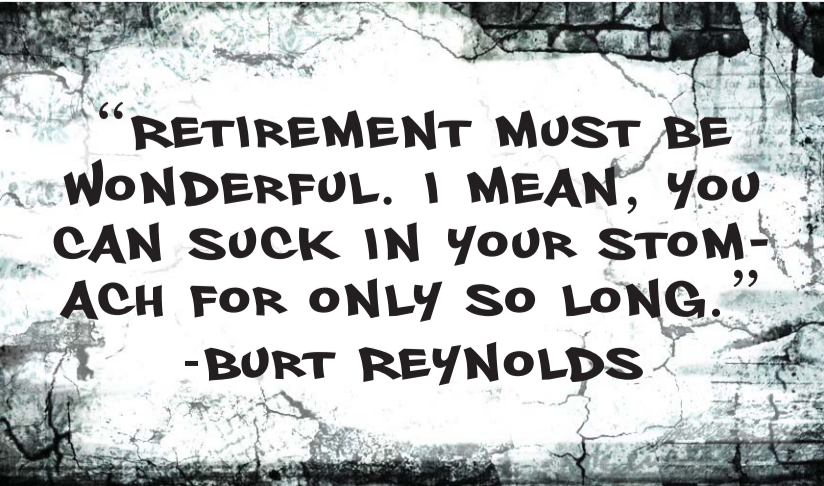
"It is possible that a longer intervention would have allowed for the microbiota to adequately adapt to the increase in fiber consumption," Erica Sonnenburg says. "Alternatively, the deliberate introduction of fiber-consuming microbes may be required to increase the microbiome's capacity to break down the carbohydrates."

In addition to exploring these possibilities, the researchers plan to conduct studies in mice to investigate the molecular mechanisms by which diets alter the microbiome and reduce inflammatory proteins. They also aim to test whether high-fiber and fermented foods synergize to influence the microbiome and immune system of humans. Another goal is to examine whether the consumption of fermented food decreases inflammation or improves other health markers in patients with immunological and metabolic diseases, and in pregnant women and older individuals.

"There are many more ways to target the microbiome with food and supplements, and we hope to continue to investigate how different diets, probiotics and prebiotics impact the microbiome and health in different groups," Justin Sonnenburg says.



THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman