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Friendships...

What is so special about a friendship as opposed to an acquaintance? Close physical proximity is an asset but not a necessity. However, regular interactions, a somewhat similar outlook on life and most important being there for each other are all aspects of a solid friendship. If these are not nurtured, then a friendship is in danger of not lasting. Family may have an obligatory aspect to it, but friendships are voluntary and therefore may take a deliberate effort not to be neglected. Keeping up a friendship has been a little difficult lately in the present climate. Disagreements about the simplest things may be questioning how we actually feel about one another. Acknowledging the problem and realizing not everyone is currently handling or being affected by our present environment may be a beginning. You may also begin to feel that some of your friendships may be weaker than others. Take a moment to think, is the relationship sustaining each side equally, have you been tolerating behavior that may not be healthy. Reach out if you feel you haven't been doing enough to keep in contact. Zoom has been a life saver for so many and remember quality is more important than quantity. With everyone who is making an effort to practice social distancing this may not be a good time to get personally offended or give up on a friendship, instead extending yourself may be more appropriate right now. Friendships take work but a good, solid friendship is so rewarding.

the rest.

An Extra Set of Salivary Glands...

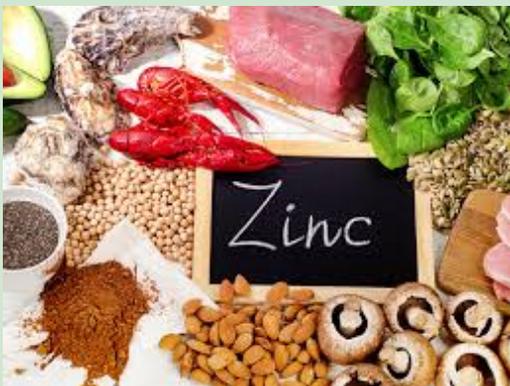
The human body is so complicated. After years of cutting and dicing cadavers, we are still finding hidden unknown organs. Scientists in the Netherlands have discovered a fourth set of salivary glands hidden inside the nasal cavity. Until recently it was believed that there were only three major sets. Why is this important? Salivary glands are responsible for supplying spit. In turn, the mouth becomes lubricated allowing us to both speak and swallow. They help us fight off germs from entering the mouth and have great healing powers for infections in the mouth. Most important they help with tasting our food which is a major contributor to quality of life. The tissues that comprise these glands are extremely delicate, and doctors are extremely careful not to destroy them when using radiation. These two hidden glands may be a major funneling system for transporting fluid from the head to the base of the tongue. The new finding may help to answer the question why people who undergo radiation of the head and neck so often end up with so many of the effects of injured salivary glands. Since they were so well hidden, doctors, unaware of their existence, never took precautions to spare them. It is not clear at present if these glands exist in the whole population or in certain groups of people. The research needs to widen its study to include a more diverse population. It just goes to show what an incredible piece of anatomy our bodies are.



<https://www.beckershospitalreview.com/quality/physicians-may-have-discovered-4th-pair-of-salivary-glands-in-head.html>

Medical World

Zinc and Esophageal Cancer...



According to a study, the mineral Zinc may have a great deal to do with inhibiting the growth of cancer cells in the esophagus. Zinc is responsible for the activity of more than 300 enzymes, immune function, and apoptosis (cell death). Findings were published in The Federation of American Societies for Experimental Biology. Research was done using "florescent live cell imaging". It stated that Zinc can

possibly halt the production of cancer cells especially in the esophagus. By hindering overacting calcium signals to cells, it may stop the growth of cancer by selectively inhibiting their growth. They also found that normal cells were left free to grow. Zinc deficiency seems to be common in patients with cancer. It is extremely important for overall health since it allows cells to function properly. However, taking a supplement without the guidance of your

physician can be dangerous since it may hinder the absorption of other minerals. A good way to increase your intake is to include foods rich in Zinc in your diet. Spinach, flaxseed (milled), beef, pumpkin seeds, legumes, dairy, seafood (shrimp, oysters, fish), eggs, whole grains and even very dark chocolate.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4208925/>

<https://www.news-medical.net/news/20171002/Zinc-may-help-stop-growth-of-esophageal-cancer.aspx>

Distraction and Athletic Performance...

In a recent study, at the *Academy of Auditory Neuroscience Laboratory in Northwestern University*, research is being conducted to determine whether professional athletes may be able to edit sounds better than the average person. It suggests that sports



may change the activity of brain waves. Researchers feel that the sense of sound is one of the most complex tasks the brain is asked to perform. It calls upon the brain to decipher which sound or noise is necessary to respond to. By connecting electrodes to a person's scalp, they were able to see which type of person processes sound quicker. What they found was that athletes were able to pinpoint sounds and filter out surrounding noise much faster than most of us. Their brains seemed to be much quieter. The intense concentration of an athlete can train the brain to understand sound at an intricate level. The study was not able to truly determine whether being an athlete increased the perception of sound or whether the ability was innate in professional athletes.

<https://www.scifye.org/reviews/heightened-connection-between-physical-and-mental-activity-to-the-perception-of-sound-in-athletes-discussed-by-the-new-york-times#:~:text=In%20Summary%3A%20A%20recent%20study,is%20digestible%20to%20any%20audience.>
<https://www.fitlighttraining.com/perception-cognition-sports/>

What about the Numbers on Restaurants Menus?



In an attempt to help the consumer, starting in 2018, restaurants with more than 20 locations were required by law to post certain nutritional information. This is a plus for those who are trying to be more aware of caloric intake. When Consumer Reports set out to investigate this, they found that

most of these restaurants were actually very close in calorie count to what they had posted. The difference they did find was an increased number in the milligrams of salt to what was actually used. If you do decide to use the calorie count as a guide for weight maintenance try to be aware of this when ordering any entrée. It may help to do some of your own research before you decide to eat in a restaurant. Check out their website and also look at reviews. This may help you decide on a healthy option.

Strange but True...

The Un-squashable Bug...

The Diabolical Ironclad Beetle (Phleodes-diabolicus) has an ironclad exoskeleton that is almost impossible to crush. Dr. Rivera, of the Biometrics and Nanostructured Materials Lab of the University of California, set out to prove this. The beetle was



placed on a pillow of dirt in a parking lot and a Toyota Camry (3,500 lbs.) ran over it twice. Any other insect would have been liquified. The insect is capable of withstanding 39,000 times its body weight. This force would completely crush a human. The exoskeleton is packed with proteins giving it extreme durability. The underpart of the insect is of a separate section that interlocks with the above allowing it to separate almost like two puzzle pieces while providing a buffer space. As a result, there is no weak spot. The question remains, why would you run over a beetle in the first place?

Ikea's Buy Back Plan...



Ikea is well known for its inexpensive, disposable furniture. Starting on November 24th in Britain, it will begin its Buy Back Program. This will also run in 26 other countries, unfortunately not yet including the U.S. Customers who partake in the event will receive an Ikea Refund Card with no expiration date on it. Depending on

the condition of the pieces the refund can be anywhere from 30 to 50% of the original price. There will be an "As Is" section of the stores where these items will be sold. Any articles of furniture that cannot be resold will be donated to community projects. The articles for buy back will be limited to any piece without upholstery. The program is a complete turn-around for a company whose campaign in the early 2000's emphasized disposable furniture. This is a great step for a major company to initiate. It also plans to start making all its operations eco-friendly.

Eggplant and Potato Gratin...

Time 1 ¼ hours Yield 4 servings

Ingredients:

- 2 Japanese Eggplants (12 oz. total)
- 1 Russet Potato (about 14 oz.)

- 2 tbs. olive oil plus a little extra for greasing pan
- 1 tsp. Cumin seeds
- 1 tsp. nigella seeds
- 1 tsp. red pepper flakes
- ½ tsp. ground cinnamon
- Kosher salt
- 1 can (14 oz.) crushed tomatoes
- 4 garlic cloves grated
- 2 tbs. breadcrumbs
- 2 tbs. grated parmesan



Directions:

Step 1

- Heat oven to 425 degrees
- Slice eggplants ¼" thick
- Slice potatoes ¼" thick
- Place in bowl and mix with olive oil
- Add spices and toss

Step 2

- Grease pan
- Add tomatoes and garlic to baking dish
- Arrange eggplant and potato slices alternating

Step 3

- In a separate bowl mix breadcrumbs and cheese, sprinkle on top of vegetables

Step 4

- Cover dish with aluminum foil and bake for 30 minutes
- Uncover for 15 minutes or until top is golden brown

Compliments New York Times Cooking

Food World...

Fear of Pasta...



Should pasta be a part of our diet? Why is it that it is the first food that people eliminate when they feel they want to eat healthy or lose weight? Actually, pasta can be a good source of energy as well as a nutritious part of your diet when used properly. Sure, pasta can put on weight, but that depends on how much of it you are consuming and what you are combining it with. It should be part of the meal

and not the entire meal. In other words, about a cup of cooked pasta in combination with olive oil, vegetables, beans or some animal protein can provide a nice combination of carbohydrates, fat and protein. With so many types available, is one better than the other? Regular refined pasta may seem to be an undesirable choice but in fact it is made from semolina (a hard Durum wheat) which is high in protein. Since it is refined it is also fortified with folate and B

vitamins. The nature of this type of pasta is such that the way its protein and carbs are bound together it digests very slowly making it a slow release of energy in the body. Vegetable infused pasta is nothing more than colored pasta with no added nutritional benefits. Whole wheat is a step up since it contains the whole grain of the wheat so you will get both the bran (fiber) and the germ (healthy fat) of the wheat. Pastas made from beans or other grains (chickpeas, lentils, quinoa etc.) do have a higher nutritional value but vary in taste. Using pasta for energy can really work especially if you are an active person. Just be aware of portion size and incorporate other grains to vary your diet and nutritional needs.

