

THIS IS HOW DIET AND BODY Weight Change As We Age



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A recent study has tried to understand how transitioning into professional life after graduating from school leads to decrease in physical activity, while at the same time, how motherhood is linked to increased weight gain.

The research which was published in Obesity Review was led by researchers from the Centre for Diet and Activity Research (CEDAR) at the University of Cambridge.

The team conducted two studies, which analysed the transition from high school into employment, and then that of becoming a parent.

The first study found that leaving high school was associated with a decrease of seven minutes per day of moderate-to-vigorous physical activity.

The decrease was larger for males than it was for females.

More detailed analysis also showed that the change is largest when people go to university, with overall levels of moderate-to-vigorous physical activity falling by 11.4 minutes per day.

It was also found that diets decrease in quality on leaving high school and one suggested the same

on leaving university.

Dr Eleanor Winpenny from CEDAR and the MRC Epidemiology Unit at the University of Cambridge said: "Children have a relatively protected environment, with healthy food and exercise encouraged within schools, but this evidence suggests that the pressures of the university, employment, and childcare drive changes in behaviour which are likely to be bad

for long-term health."

Eleanor further stated: "This is a really important time when people are forming healthy or unhealthy habits that will continue through adult life. If we can pinpoint the factors in our adult lives which are driving unhealthy behaviours, we can then work to change them."

In the second study, the team looked at the impact of becoming a

parent on weight, diet and physical activity.

The team that studied the changes after becoming a parent, found that a woman of average height (164cm) who had no children gained around 7.5kg over five to six years, while a mother of the same height would gain an additional 1.3kg.

Dr Kirsten Corder, also from CEDAR and the MRC Epidemiology

Unit said: "BMI increases for women over young adulthood, particularly among those becoming a mother. However, new parents could also be particularly willing to change their behaviour as it may also positively influence their children, rather than solely improve their own health."

Meanwhile, only one study looked at the impact of becoming a father and found no difference in change.

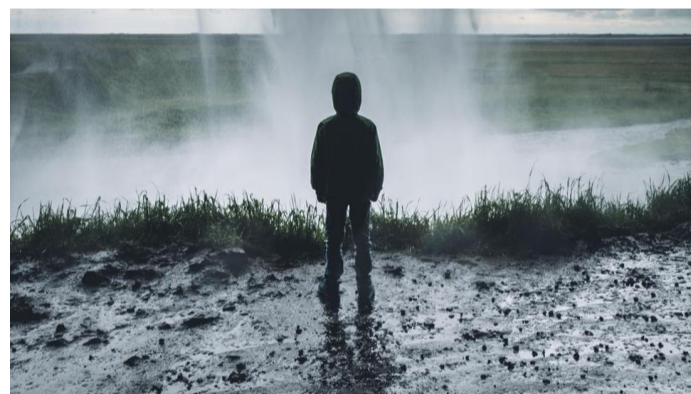
Horror Movies Manipulate Brain Activity To Enhance Excitement, Says Study

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In a novel study, a team of researchers has mapped the neural activity in response to watching horror movies, and how they manipulate brain activity.

The research team at the University of Turku, Finland, studied why we are drawn to such things as entertainment? The researchers first established the 100 best and scariest horror movies of the past century, and how they made people feel. The study was published in the journal NeuroImage.

Researchers observed that the unseen threats are most scary. Firstly, 72 percent of people report watching at least one horror movie every 6 months, and the reasons for doing so, besides the feelings of fear and anxiety, was primarily that of excitement. Watching horror movies was also an excuse to socialise, with many people preferring to watch horror movies with others than on their own.



People found horror that was psychological in nature and based on real events the scariest and were far more scared by things that were unseen or implied rather than what they could actually see.

This latter distinction reflects two types of fear that people experience. The creeping foreboding dread that occurs when one feels that something isn't quite right,

and the instinctive response we have to the sudden appearance of a monster that makes us jump out of our skin, says principal investigator, Professor Lauri Nummenmaa from Turku PET Centre.

MRI Revealed how the brain reacts to different forms of fear: Researchers wanted to know how the brain copes with fear in response to this complicated and ever-changing en-

vironment. The group had people watch a horror movie whilst measuring neural activity in a magnetic resonance imaging scanner.

During those times when anxiety is slowly increasing, regions of the brain involved in visual and auditory perception become more active, as the need to attend for cues of threat in the environment becomes more important. After a sudden shock, brain activity is more evident in regions involved in emotion processing, threat evaluation, and decision making, enabling a rapid response.

However, these regions are in continuous talk-back with sensory regions throughout the movie, as if the sensory regions were preparing response networks as a scary event was becoming increasingly likely.

Therefore, our brains are continuously anticipating and preparing us for action in response to the threat, and horror movies exploit this expertly to enhance our excitement, explains Researcher Matthew Hudson.

How Fashion Uses Greenwashing To Hide Its Dirty Secrets

Agencies

Paris fashion fortnight began last week with an apocalyptic warning.

"Our Mother Earth will not be able to support life, we will not be able to breathe... If we don't open our hearts and our minds, it's the End," a disembodied voice intoned as hot Hollywood label Rhude made its Paris debut.

The very next show, Phipps' "Treehugger, Tales of the Forest", was teased on Instagram with pictures of rescued koalas from the Australian wildfires.

It was another sign that fashion now sees itself on the climate change frontline.

But when AFP questioned Rhude designer Rhuigi Villaseñor backstage, he admitted there was nothing sustainable about his collection. He had found the stirring speech on the internet the day before, and didn't know who had made it.

But he insisted his clothes were "timeless" and would "live through ages and trends".

Campaigners say such "greenwashing" is typical of an industry "that is talking the talk but not walking the walk" on sustainability. While Rhude is a young brand, it has a starry roster of clients from Justin Bieber to rapper ASAP Rocky and Ellen DeGeneres.

Yet some of the most fabled luxury houses in fashion -- even some whose designers are activists for change -- have found themselves caught short.

- Luxury labels in dock - Dior's last women's show played hard on its eco-credentials. Set amid trees that were later used to create urban parks, it went heavy on eco-friendly hemp and raffia with models in Greta Thunberg plaits.

Designer Maria Grazia Chiuri told AFP that nature and "humans need to live together if humanity is to survive."

"It is not just about image but action," she added.

Weeks later a damning report by the Changing Markets Foundation on toxic pollution caused by viscose production put Dior and a swathe of other luxury labels including Prada, Versace, Fendi, Armani, Miu Miu and Marc Jacobs in the dock.

Dolce & Gabbana came in for particular criticism.

The much-vaunted biodegradable fabric -- which often is used like silk, has been seen as a silver bullet for



fashion's eco woes, a way to wean off synthetic fibres that come from the petrochemical industry.

While some fast fashion groups like H&M, C&A and ASOS -- which luxury labels blame for fashion's pollution and runaway overproduction -- were praised for making progress in the in-depth "Dirty Fashion Disrupted" study, designer labels were excoriated.

"Three quarters of the luxury brands we looked at were failing to take any meaningful action to clean up their viscose supply chain," its author Urska Trunk told AFP.

Viscose, which comes from wood pulp, is now the third most used fibre in the world and "genuinely has the potential to be a sustainable", Trunk added.

"Unfortunately most of it is still produced in a very dirty process," causing water pollution and an alarming array of mental illnesses, strokes and cancer close to factories in India, China and Indonesia. While she lauded British designer Stella McCartney for her transparency and ambition, "with most of the other luxury brands it is lip service, mostly hollow words... And that is a major concern."

- Spin but little change - The report is the foundation's second tracking whether brands were cleaning up their act. With only a handful of firms producing almost all of the world's viscose, Trunk said pressure from brand could make "a massive difference".

For Christie Miedema, of the Dutch-based Clean Clothes Campaign, brands have become expert as "eco messaging" with "one-off collections or clever initiatives to make it looking like they are doing something" without actually changing the way they operate.

Versace, which came bottom only to Walmart in the Changing Markets table, made the front pages by send-

ing Brazilian supermodel Gisele Bündchen to New York's Met Gala in a "100 percent green eco-dress" while Prada -- which is also deep in its "red zone" -- got admiring media coverage for their Re-Nylon "eco handbag".

Dior is part of LVMH, the world's biggest luxury group.

Unlike its main rival Kering and 24 other major clothing companies, LVMH pointedly refused to sign up to "The Fashion Pact" on fighting climate change at the G7 summit last year.

- 'They will be found out' - Owner Bernard Arnault -- the world's richest man -- later criticised teenage activist Greta Thunberg for "surrendering to total catastrophism" even as he appointed McCartney his personal advisor on sustainability in September.

Kering -- which controls Gucci and Saint Laurent -- has since said it has gone carbon neutral and has vowed to halve greenhouse gas emissions in its supply chain within five years.

Joel Hazan, luxury goods analyst at the Boston Consulting Group, said the industry "had passed a tipping point", and warned those who pretend to embrace sustainability would be found out.

"The demographics will make the difference," he told AFP. "Eight out of 10 millennials expect labels to play a strong part socially and environmentally."

Since almost all growth in luxury goods in the next five years "is predicted to come from millennials, brands have no choice" but to change, Hazan argued.

Indeed Vetements, the hot youthful rebel brand which has shaken Paris fashion in recent years, used its men's show to pour scorn on its elders with slogans such as "Cutting down the bullshit", "Fully sustainable show" and "It costs \$0 to be a nice person".

Study Reveals Eating Yogurt May Help Lessen Risk Of Breast Cancer

Agencies

A recent study has found that consuming natural yoghurt on a daily basis may help women to be at lower risk of breast cancer.

According to researchers, one of the causes of breast cancer may be inflammation triggered by harmful bacteria. Their idea is yet to be proved, it is supported by the available evidence that bacterial-induced inflammation is linked to cancer.

The study was published in the journal of Medical Hypotheses. It was conducted by Lancaster University medical student Auday Marwaha, Prof Jim Morris from the University Hospitals of Morecambe Bay NHS Trust and Dr Rachael Rigby from Lancaster University's Faculty of Health and Medicine.

The researchers say: "There is a simple, inexpensive potential pre-



ventive remedy, which is for women to consume natural yoghurt on a daily basis."

Yoghurt contains beneficial lac-

tose fermenting bacteria commonly found in milk, similar to the bacteria - or microflora - found in the breasts of mothers who have breastfed.

Dr Rigby said: "We now know that breast milk is not sterile and that lactation alters the microflora of the breast."

"Lactose fermenting bacteria are commonly found in milk and are likely to occupy the breast ducts of women during lactation and for an unknown period after lactation."

Their suggestion is that this lactose fermenting bacteria in the breast is protective because each year of breastfeeding reduces the risk of breast cancer by 4.3 per cent.

Several other studies have shown that the consumption of yoghurt is associated with a reduction in the risk of breast cancer, which the researchers suggest may be due to the displacement of harmful bacteria by beneficial bacteria.

There are approximately 10 billion bacterial cells in the human body and while most are harmless, some bacteria create toxins which trigger inflammation in the body.