

## The 5 Factor Diet Journal Book

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### **The 5 Factor Diet Journal**

The triple burden of malnutrition characterised by stunting and wasting, overweight/obesity, and anaemia experienced by Malaysians causes severe and long-lasting damage during the period of ...

### **The longitudinal relationship between nutritional status and anaemia among Malaysian adolescents.**

Children with autism seem to have a distinctive and underdeveloped range and volume of gut bacteria (microbiome) that isn't related to their diet, suggests a small study published online in the ...

### **Distinctive gut microbiome unrelated to diet may characterize children with autism**

Low-calorie diets could tank your gut health, new research suggests, leading to GI issues such as diarrhea and colitis. Consuming enough calories throughout the day is important not only for the ...

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## **It's True: A Low-Calorie Diet Could Tank Your Gut Health**

These superfoods come with a myriad of benefits and in several cases, are merely being incorporated in innovative recipes. Amid these, there is one that has existed for several decades with its

...

## **From boosting immunity to alleviating stress, here are the many benefits of including bee pollen in your diet**

Glioblastoma is the most frequent and aggressive brain cancer in adults. While precision medicine in oncology has produced remarkable progress in several malignancies, treatment of glioblastoma has ...

## **A Root in Synapsis and the Other One in the Gut Microbiome-Brain Axis: Are the Two Poles of Ketogenic Diet Enough to Challenge Glioblastoma?**

ICHEMÉ's journal Education for Chemical Engineers (ECE) has been awarded its first ever Impact Factor, allowing insight into its importance. Other IChemE journals saw their Impact Factors rise.

## **IChemE's ECE journal awarded first Impact Factor**

It has also been reported in studies that adequate fibre intake may help in reducing inflammation. Whole grains, pulses & legumes, nuts & seeds, leafy vegetables, other vegetables can be added as a ...

## **A healthy diet during and post Covid illness can help aid recovery**

Every three minutes someone in the UK has a stroke, but new research says the warning signs can appear up to ten years beforehand ...

## **Are you heading for a stroke? The quiet signs you need to listen to**

A team of scientists have noted that one unexpected fruit juice is so powerful, they're working to make it more available to you year-round.

## **This Juice Has More Than 300% of the Vitamin C You Need**

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## **Each Day, Science Says**

FATTY liver disease is a common condition caused by the storage of extra fat in the liver. A certain diet may have the potential to reverse the dangerous condition.

## **Fatty liver disease: The diet with potential to reverse the condition - what foods to eat**

New research suggests that eating plant-based foods could help protect the body from neurological diseases like multiple sclerosis (MS).

## **One Major Effect of Eating a Plant-Based Diet, Says New Study**

The IADR/AADR announce that the Journal of Dental Research (JDR) 2-year Journal Impact Factor™ is over 6 for the first time at 6.116, ranking #5 of 91 journals in the "Dentistry, Oral Surgery & ...

## **Journal of Dental Research 2020 Journal Impact Factor™ over 6 for the first time**

Wheat straw may be beneficial for horses with low energy needs, but more research is needed, researchers say. File image by ratexla (protected by Pixsy) Good quality wheat straw provided at half the ...

## **Wheat straw put to the test in a dietary study in horses**

The risk factors for type 2 diabetes are complex and range from genetic to environmental to lifestyle choices.

## **What Are the Risk Factors for Type 2 Diabetes?**

Black men are getting taller thanks to the fruits of democracy. But whites remain 5cm taller than blacks, on average, according to key findings of a study at Wits University.

## **Study: Black men in SA are going up in the world ... by nearly 1cm every decade**

Research also suggests that working out with cardio exercise, in particular, in the rain increases the amount of fat burnt. You also end up building your resistance in the bargain. "You end up ...

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## **Cardio exercise in the rain can make you fitter. Here's how.**

Delhi University has improvised its systems to adapt to the Covid challenge. Ranked no. 2, here's how the university is in step with the times.

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