

We want to apologize to our readers for the errors of the Mars' published article. We publish here the correction. Sorry, once more!

BEHAVIOR AND SUGAR

The reason I decided to bring this subject is related to targets of reducing aggressiveness and the many kids I see on the streets eating 'pikolé' (coloring ice that they call ice-cream).

How are these two subjects related?

Well, let me just give you some information about the sugar effects in our health.

White sugar undergoes to a refining process to become white and lose all the nutrients (fibers, vitamins, proteins and minerals), in a way that researchers call it "empty calories", in other words, useless. Then, when we eat white sugar (by itself or in all the sweet food) we are eating a useless food, doesn't feed us with anything! Just produce a generalized malnutrition!

As if this were not enough, it also destroys our health!

How is it?

Our body has all the "sugar" (sucrose) it needs in the food we eat (fruits, vegetables, fish, meat, etc.). Then, sugar (all kinds of it, not only the white one) is a concentrated product that our body rejects due to harmful chemical weight. It makes our body super acid (that causes premature aging), provoking the loss of calcium (important to bones) and demineralization.

Sugar makes the body produce insulin in such quantity that it's not possible to manage and then creates inflammation everywhere, even in the brain. That inflammation makes people behave aggressively, with irritation, anxiety and is one of the causes of Attention Deficit, depression and Alzheimer. An experience with two groups of kids, doing some team tasks, after a meal, proved that sugar interferes with concentration, patience/tolerance, ability of working as a team and memory.

Sugar is even classified as a substance that creates dependency, with the same abstinence symptoms as drugs.

Researchers say that sweet taste is connected with affection (mother's milk), good memories (birthdays, parties, celebrations) and with a safe taste instinct - what is sweet, at the outset, is not poisonous. But they also say that taste can be educated, then, it's possible not to eat sugar (white or brown).

Parents are the first food model for their children. Kids eat what they see parents eating. Of course there's TV and publicity influence, but parents continue to be the model and the ones who give permission to eat or not to eat sweets.

Please, parents, do well your role! If you want nice, polite, calm children, don't let them eat too much sugar (fruits, vegetables, fish, meat, have enough natural sugar for everybody!).

As everything in life, 'equilibrium' is the key word!

Change little by little. Start reducing the quantity and frequency of eating sugar. And if you think you cannot live without a bit of cake, chocolate or ice cream, schedule a day of the week to eat it and make it punctual, not an everyday habit.

Reduce misbehavior among children, at home, at schools, on the streets!

DON'T GIVE THEM SUGAR!!

Carretta, Daniela B. Açúcar: Seus Efeitos Sobre a Sociedade Sacarose Dependente. Monografia. Nova Xavantina, 2006. Permutter, David; Loberg, Kristin. Cérebro de Farinha. Ed: Lua de Papel, 2014.

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HEALTH

How exercise in old age prevents the immune system from declining



Doing lots of exercise in older age can prevent the immune system from declining and protect people against infections, scientists say. They followed 125 long-distance cyclists, some now in their 80s, and found they had the immune systems of 20-year-olds. Prof Norman Lazarus, 82, of King's College London, who took part in and co-authored the research, said: "If exercise was a pill, everyone would be taking it. "It has wide-ranging benefits for the body, the mind,

for our muscles and our immune system." The research was published in the journal Aging Cell. Prof Janet Lord, director of the Institute of Inflammation and Ageing, at the University of Birmingham, and co-author of the research, said: "The immune system declines by about 2-3% a year from our 20s, which is why older people are more susceptible to infections, conditions like rheumatoid arthritis and, potentially, cancer. "Because the cyclists have the immune system of a 20-year-old rather than a 70- or 80-year-old, it means they have added protection against all these issues." The researchers looked at markers in the blood for T-cells, which help the immune system respond to new infections. These are produced in the thymus, a gland in the chest, which normally shrinks in size in adulthood. **'Out of puff'** They found that the endurance cyclists were producing the same level of T-cells as adults in their 20s, whereas a group of inactive older adults were producing very few. The researchers believe that being physically active in old age will help people respond better to vaccines, and so be better protected against infections such as flu. Steve Harridge, co-author and professor of physiology at King's College London, said: "Being sedentary goes against evolution because humans are designed to be physically active. "You don't need to be a competitive athlete to reap the benefits - or be an endurance cyclist - anything which gets you moving and a little bit out of puff will help." Prof Harridge and Prof Lazarus believe that highly physically active older people represent the perfect group in which to analyse the true effects of biological ageing. A separate paper in Aging Cell found that the cyclists did not lose muscle mass or strength, and did not see an increase in body fat - which are usually associated with ageing. I met a dozen of the cyclists, on a morning ride in Surrey. Despite the bitter cold, they were universally cheerful, and clearly used to riding in all weathers. They are members of Audax, a long-distance cycling organisation that organises events ranging from 100km to 300km. The older members - in their 80s - say they do only the "short" 100km (62-mile) rides, but this is still highly impressive. **So why do they do it?** Pam Jones, 79, told me: "I do it for my health, because it's sociable, and because I enjoy the freedom it gives you." Brian Matkins, 82, said: "One of the first results I got from the medical study was I was told my body fat was comparable to that of a 19-year-old." Aged just 64, Jim Woods, is a comparative youngster in the group. He averages 100 miles a week on his bike, with more during the summer. He said: "I cycle for a sense of wellbeing and to enjoy our wonderful countryside." Cycling 60 miles or more may not be your idea of fun, but these riders have found something that gives them pleasure, which is a key reason why they continue. **BBC**

CROSSWORD

Across: 1. Region 4. Spark 8. Forge 9. Present 10. Scandal 11. Edge 12. Lei 14. Fees 15. Neat 18. Ebb 21. Site 23. Iceberg 25. Elegant 26. Evade 27. Title 28. Attend **Down:** 1. Refuse 2. Garbage 3. Overdose 4. Stew 5. Amend 6. Kitten 7. Spill 13. Interest 16. Average 17. Ascent 19. Birth 20. Agreed 22. Theft 24. Mate

SUDOKU

1	6	4	9	7	2	3	8	5
3	7	8	1	6	5	2	4	9
5	2	9	3	4	8	7	6	1
7	8	3	2	1	6	5	9	4
4	5	6	7	8	9	1	3	2
2	9	1	5	3	4	6	7	8
8	1	2	6	9	3	4	5	7
6	4	7	8	5	1	9	2	3
9	3	5	4	2	7	8	1	6

KAKURO

7	9	8	3	1	7	9	3
9	8	7	5	9	8	3	6
5	9	6	3	8	7	2	6
1	5	3	4	6	8	7	9
2	9	4	1	2	6	5	9
8	1	2	6	5	9	2	6
1	4	4	1	1	3	4	2
5	3	9	7	2	1	3	7
1	2	5	3	9	2	4	3
8	9	5	6	8	1	7	9
2	6	5	6	8	6	1	7
9	8	7	6	8	9	7	9
7	1	8	9	7	9	5	8
6	1	3	6	9	8	1	7
2	1	3	4	7	2	1	5
1	7	3	8	1	5	7	1
2	5	6	2	3	3	2	1

The Da Vinci Book Quizzes:
A. the De Predis brothers

The Rock Pop Trivia Book Quiz:

- 16. Elvis Costello (they co-wrote songs on Krall's album The Girl In The Other Room)
- 17. Liam Gallagher (2002)
- 18. Chris Martin
- 19. 'Danger! High Voltage'
- 20. 'Thank You'
- 21. Gareth Gates
- 22. Norah Jones

CODE CRACKERS

C	A	P	P	E	D	T	H	E	S	I	S		
E	E	N	C	O	S	E	W	T					
L	I	T	E	R	A	L	A	N	E	M	O	N	E
E	U	O	I	L	D	T	A						
R	E	N	A	L	Q	U	I	Z	A	T	O	M	
Y	I	U	V	B	E	Y							
C	A	J	O	L	E	A	G	E	N	D	A		
O	R												
T	A	G	G	E	D	R	A	F	T	E	R		
S	C	Y	E	E	X	G							
T	A	C	K	C	L	U	B	R	E	P	E	L	
A	R	O	U	U	E	E	I						
G	R	U	D	G	E	D	F	E	I	G	N	E	D
E	A	R	E	L	F	G	S	E					
D	E	L	V	E	D	E	N	D	E	A	R		
X	B	M	D	P	Q	U	I	Z	T	F	N	H	
W	K	J	G	Y	V	A	C	S	L	R	O	E	

SUPER SUDOKU

2	4	5	9	8	3	6	7	1
9	8	1	4	7	6	2	5	3
3	7	6	2	1	5	4	9	8
8	9	7	3	4	2	1	6	5
6	5	4	1	9	8	3	2	7
1	2	3	6	5	7	8	4	9
4	1	8	7	6	9	5	3	2
5	3	9	8	2	4	7	1	6
7	6	2	5	3	1	9	8	4

POCKET PUZZLER

Take 5: 1. Spars, 2. Papua, 3. April, 4. Ruins, 5. Salsa. **Mystery Word:** Pairs