TRINITY MIKKOK

Health Matters

Plant-based, low-sugar diet lowers heart failure risk

Heart failure continues to remain a serious disorder that affects millions of people all around the world. Prevention is a crucial component of heart failure management strategies.

A new study published in JACC: Heart Failure examined the impact of one particular diet on heart failure. In an analysis of over 23,000 participants with a median follow-up of 25 years, researchers found that stronger adherence to a specially devised diet rich in plant-based foods — called the EAT-Lancet diet — appeared

failure. Researchers also identified key proteins associated with heart failure and inversely associated with the EAT-Lancet diet.

Heart failure happens when the heart cannot pump adequate amounts of blood to the body. Heart failure can lead to fluid buildup in the body, liver and kidney damage, and even to other severe heart conditions. Certain risk factors

can increase someone's chances of developing heart failure. These include having diabetes, high blood pressure, or a previous heart attack. to help decrease the Lifestyle choices, such risk of developing heart as smoking and low

Stotak Mahindra Bank Limited Possession Notice red Office: 27BKC, C-27, G-Block, Bandra Kurla Complex, Bandra (E), Mumbai- 400051 ice: Kotak Mahindra Bank Ltd. #185, 2nd Floor, Mount Road, Anna Salai, Chennai 600 006.

Whereas, The Undersigned Being The Authorized Officer Of Kotak Mahindra Bank Ltd., Under Th Securitization And Reconstruction Of Financial Assets And Enforcement Of Security Interes Act, 2002 (54 Of 2002) And In Exercise Of Powers Conferred Under Section 13(12) Read With Rule 3 Of The Security Interest (Enforcement) Rules 2002 Issued Demand Notices To The Borrowers A Detailed Hereunder, Calling Upon The Respective Borrowers To Repay The Amount Mentioned I The Said Notices With All Costs. Charges And Expenses Till Actual Date Of Payment Within 60 Day From The Date Of Receipt Of The Same. The Said Borrower(S)/ Co Borrower(S) Having Failed Tr Repay The Amount, Notice Is Hereby Given To The Borrower(S)/ Co Borrowers And The Public Ir General That The Undersigned Has Taken Possession Of The Property Described Hereunder Ir Exercise Of Powers Conferred On Him Under Section 13(4) Of The Said Act R/W Rule 8 Of The Sai Exercise of Powers conterted on him Onder Section 13(4) of the said Act RVW Rules of the Said Rules On The Dates Mentioned Along-With. The Borrowers in Particular And Public in General Are Hereby Cautioned Not To Deal With The Properties And Any Dealings With The Properties Will Be Neteroly Galdinet into the deal in the Properties and Arity Dealings with the Properties with a Subject To The Charge Of Kotak Mahindra Bank Ltd., For The Amount Specified Therein With Future Interest, Costs And Charges From The Respective Dates. The Borrowers Attention Is Invited Te Provisions Of Sub Section (8) Of Section 13 Of The Act, In Respect Of Time Available To Redeem The Secured Assets. Details Of The Borrowers, Scheduled Property, Outstanding Dues, Demand Notices ent Under Section 13(2) And Amounts Claimed There Under, Date Of Possession Is Given Hereir

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the Ground Floor, measuring 955 sq.ft, including all common area morefully described in Schedule "A" mentioned above Name of the Mortgagor: Mr. V. Sankaranarayanan



physical activity, can also increase risk.

It can be a struggle to manage heart failure but some medications and lifestyle changes can help. For example,

closely.

damage.

to defend against the virus

and reduce viral load. But

this protective effect was

less obvious in middle-

aged adults. And in nose

cells from the over-70s,

there was more virus,

more shedding and more

losing weight, limiting alcohol, and decreasing salt intake may help. Because of the significant burden of

heart failure, preventing it when possible is a

positive step toward adequate examination communities. As the authors of this study one intervention that may help limit the number of heart failure cases.

This particular study was a Swedish population-based cohort study and included 23,260 participants. Researchers excluded participants who had a history of other heart-related health events, stroke, previous heart failure, or cancer it only limits them, and at baseline.

The average age of participants was just under 58. The median follow-up time was 25 years, allowing for

Nose-pickers beware! you are at COVID risk

Dr Claire Smith, study The nose is the first place Covid enters the leader and associate body - so scientists professor from University wanted to look in College London, said detail at what happens age affected the balance inside this so-called of cells in the nose, viral production factory. leading to a "detrimental, Researchers analysed cells dysfunctional repair" from the nose lining of process in older people. healthy people from three This could be because different age groups -under-12, 30-50 year olds they have had greater exposure to viruses over time and more infections. and over 70s. They then grew the nasal cells in lab The risk of being dangerously ill with Covid dishes, infected them with coronavirus, and watched rises with age, which is why over-75s - as well Three days later, viewed as everyone in an adult under a microscope, the care home or with a nasal epithelial cells - as weakened immune system they are known - taken - is offered a vaccine in from children were quick

the UK. Dr Smith said the findings, in Nature Microbiology, highlighted how important it was to take ageing into account when looking at treatments and therapies. The research team now wants to look at how the the spread of Covid.

body - and the nose responds to other viruses. such as flu and respiratory syncytial virus (RSV). "Understanding the

cellular differences at the initiation of infection is just the beginning," Dr Smith said. "We now hope to investigate the longterm implications of these cellular changes and test therapeutic interventions using our unique cell culture model." The nose cells were

sampled in February 2020, during the first wave of Covid - so how the body's reaction to the initial strain of the virus compares with the current circulating variant, Omicron, remains

unclear. The researchers said more work was needed to discover whether the level of infectious virus in the nose cells affected

healthier individuals and of long-term health outcomes. Researchers looked at participant note, dietary changes are adherence to the EAT-Lancet dietary index. The EAT-Lancet diet focuses on plant-based

food sources but focuses more on components like legumes and cereals than the Mediterranean diet. However, it still encourages a good intake of fruits and vegetables. It also does not remove animal food sources reduces foods with high amounts of sugar.

Based on participants' dietary assessments, researchers divided them into five groups, depending on how closely they adhered to the EAT-Lancet diet index. Researchers ran three different analysis models, accounting for different covariates like age, sex, and total energy intake. During the study, 1,768 participants developed ĥeart failure.

Upping fruit, unsaturated oil consumption good for the heart

Overall, researchers found that increased adherence to the EAT-Lancet dietary index was associated with a decreased risk for heart failure.

When looking at individual diet components, researchers found that eating more fruit and unsaturated oils was associated with a reduced risk for heart failure, and that moderate dairy intake at baseline was associated with a lower risk for heart failure compared to high dairy intake. Researchers were also

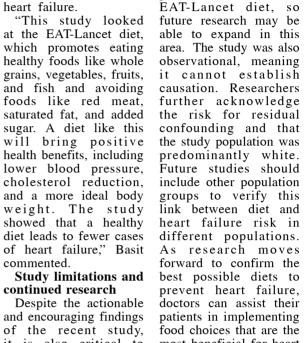
plasma proteins in the authors note that 4,742 participants. They they only collected examined how these one baseline dietary proteins were associated measurement. This means they with risk for heart failure and the EAT-Lancet diet could not capture how index. Ultimately, they participants' dietary identified eight plasma intake may have changed during the follow-up time. Some data also proteins related to both components. They noted that these proteins relied on participant reporting, which may "provide information on potential pathways have affected results. mediating such an Second, researchers association," meaning may not have looked at

able to examine certain

the association between all the critical plasma the EAT-Lancet diet and heart failure. "This study looked which promotes eating healthy foods like whole and fish and avoiding foods like red meat, saturated fat, and added sugar. A diet like this will bring positive health benefits, including lower blood pressure, cholesterol reduction, and a more ideal body weight. The study showed that a healthy diet leads to fewer cases of heart failure," Basit commented.

Study limitations and continued research

Despite the actionable and encouraging findings of the recent study, it is also critical to most beneficial for heart acknowledge its health.



proteins related to the

limitations.

homefirst Finance Company India Limited CIN : L65990MH2010PLC240703 Website: homefirstindia.com Phone No.: 180030008425 Email ID: loanfirst@homefirstindia.co CORRIGENDUM

Please refer to the Demand Notice advertisement published on 08/02/2024 i Trinity Mirror + Makkal Kural (English+Tamil) against Late Jayanthi sarath (Deceased), V K VIJAYASARATHY, and other legal representatives of Late Javanthi sarathy (Deceased) with property address Plot No. 101, 2nd Avenue, Sun City No. 116, Agaram village, Pudumavilangai Village Panchavat Kadambathu union , Thiruvallur Taluk, Thiruvallur 631203. Note that the demand notice for this account dated 08/02/2024 stands cancelled. There is no change in the remaining matter

> Sd/- Authorized Officer Home First Finance Company India Limited

Did Bournvita lose its health drink tag?

as healthy and beneficial for child

A year after facing controversy over the branding of its product 'BournVita' influencer after which he removed the video from his social media account. NCPCR inquiry against Bournvita



premises from where the loan was availed. All, including the borrowers, account holders and public at large can participate in this auction on as per the terms

and conditions of auction. The auction will be conducted online https://egold.auctiontiger.net on 29.04.24 from 03:00 pm to 05:00 pm.

Date: 16-04-2024

Place: Chennai

 Sankaranarayanan

 Mrs. D Yogeetha Mr. J S All that piece and parcel of the 385 Sq.ft, Undivided
 1.10.04.2024

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 2. S y m b o l i c Possession

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Ms. Agnes Nancy W/o Abraham All that piece and parcel of plot bearing No.6 1.10.04.2024
 Ms. Agnes Nancy W/o Abraham
 All that piece and parcel of plot bearing No.6

 Stephen No.51, Bhel Nagar 4th
 Part, Door, No.6/30, Velayutham

 Street, Manapakkam, Chennai
 Street,Agasthiyar Line, Chrompet,Chennai

 600 125 At: M/S Agnes Traders
 600044, Zameen Pallavaram Village,

 No.4, Max Worth Nagar, Phase-III
 Tambaram Taluk, Kancheepuram District

 Block-B, Kolapakkam, Chennai 500128 & Mr. Abraham Stephen

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 Mr. V Sivakannan S/O Mr.
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 Venkatachalam & Mrs. Nithrya
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 Intil Ital.

 Mr. Kotteswaran G & Mrs. K
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growth. Mondelez-owned Cadbury, has again landed in soup after the Ministry of Commerce issued an advisory. In its letter to e-commerce websites, the Ministry asked them to remove beverages like Bournvita from the 'health drink' category. Even though the advisory

mentioned Bournvita, it referred to a larger category of similar products that have been sold by e-commerce websites as 'health drinks', and asked their removal of the tag from all such products.

The advisory issued by the Commerce and Industry Ministry focused on the blatant use of the term 'health drinks' on e-commerce websites, as well as in advertisements. Referring to an inquiry by the National Commission for Protection of Child Rights (NCPCR), the Ministry underlined that there is "no 'health drink' defined under FSS Act 2006, rules and regulations submitted by FSSAI and Mondelez India Food Pvt Ltd."

Since, there is no such term as 'health drinks' in FSS Act 2006, the use of the term for beverages is inappropriate. Hence, all the e-commerce companies/portals have been advising to remove drinks and beverages, including Bournvita, from the category of health drinks from their platforms/sites.

'National Commission for Protection of Child Rights (NCPCR), a statutory body constituted under section (3) of the Commission of Protection of Child Rights (CPCR) Act 2005 after its inquiry under Section 14 of CRPC Act 2005 concluded that there is no 'health drink' defined under FSS Act 2006, rules and regulations submitted by FSSAI and Mondelez India Food Pvt Ltd," the Commerce and Industry Ministry said in an advisory to all e-commerce companies.

Bournvita controversy

Last year, Bournvita entered into a controversy after a viral Instagram reel questioned the tall claims made by the beverage of boosting immunity and providing several health benefits.

In April 2023, influencer Revant Himatsingka, known as foodpharmer by the Instagram community, shared a video, in which he claimed that every 100 gm of Bournvita contains 50 g of sugar. The giant confectionary producer took legal action against the

Within a month of the controversy the apex child rights body asked Cadbury to withdraw all its misleading advertisements, packaging and labels The instruction came after it received a complaint alleging that Bournvita brands itself as a health drink as it improves 'children's growth and development' even when it contains a high amount of sugar, reported Economic Times referring to PTI.

The NCPCR also sent a notice to Cadbury asking it to send within seven days a detailed explanation or report on the matter.

After the controvery, Bournvita released a clarification on the matter rejecting the claims made by the Instagram influencer. "As we continued to witness an abnormal and unusual amount of traction on the post, we were constrained to take legal recourse to avoid misinformation. We also stated to clarify and share the correct facts to allay the concerns of our consumers,' Mondelez India said in its statement.

The company also clarified that every serving of 20 gm of Bournvita contains 7.5 grams of added sugar, which is approximately one and a half teaspoons. The said amount is less than the daily recommended intake limits of sugar for children.

"We would again like to reinforce that the formulation has been scientifically crafted by a team of nutritionists and food scientists to offer the best of taste and health. All our claims are verified and transparent and all ingredients have regulatory approvals. All the necessary nutritional information is mentioned on the pack for consumers to make informed choices," quoted Bournvita earlier.

Bournvita slashes sugar content by nearly 15 per cent

Months after the controversy, the confectionary brand chose to reduce the added sugar content in Bournvita by nearly 15 per cent, Himatsingka claimed in another video released in December last year. "This is probably the first time in history that a social media video has led to a food giant reducing their sugar content! If one video can result in a 15 per cent reduction in added sugar, imagine what we can achieve if all of us start reading food labels before we buy anything!" he wrote in the caption of his Instagram video.

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| AN 1 | STREET, NANDANAM, CHENNAI TAMIL NADU 600035 18, ANNASALAI, PERUMAL MUDALI STREET, ANNA ROAD, CHENNAI TAMIL NADU 600002 HOUSE NO 7 564, 3RD MAIN ROAD SIDCO NAGAR, VILLIVAKKAM, CHENNAI TAMIL NADU 600049 31 13 ARUMUGAACHARY STREET TRIPILCANE CHENNAI TAMIL NADU 600005 31 13 ARUMUGAACHARY STREET | 02-12-2023 | 25,456.30 147,402.84 280,999.32 |
| | STREET,ANNA ROAD,CHENNAI TAMIL NADU 600002 HOUSE NO 7 564, 3RD MAIN ROAD SIDCO NAGAR,VILLIVAKKAM, CHENNAI TAMIL NADU 600049 31 13 ARUMUGAACHARY STREET TRIPILCANE CHENNAI TAMIL NADU 600005 31 13 ARUMUGAACHARY STREET | 21-06-2023 | |
| | NAGAR,VILLIVAKKAM, CHENNAI TAMIL NADU 600049 31 13 ARUMUGAACHARY STREET TRIPILCANE CHENNAI TAMIL NADU 600005 31 13 ARUMUGAACHARY STREET | | 280,999.32 |
| | TRIPILCANE CHENNAI TAMIL NADU 600005 31 13 ARUMUGAACHARY STREET | 04-10-2023 | |
| | | | 130,669.55 |
| | TRIPILCANE CHENNAI TAMIL NADU 600005 | 04-11-2023 | 84,493.90 |
| | H NO 43 MULLAI ST BH, ARATHI NAGAR ARIANKUPPAM COMMUNE PCUDDALORE TAMIL NADU 605007 | 18-11-2023 | 86084.984 |
| | HOUSE NO 11 A1 BLOCK KABALIGARDEN MYLAPORE CHENNAI TAMIL NADU 600004 | 29-11-2023 | 206672.97 |
| 1 | 375 E STREET KORUKKUPETJJ NAGAR WASHERMANPET CHENNAI TAMIL NADU 600021 | 29-11-2023 | 180771.39 |
| AM I | C 472 17 2ND FLOOR 9TH STREET PERIYAR NAGAR JAWAHAR NAGAR CHENNAI TAMIL NADU 600082 | 02-12-2023 | 206881.19 |
| AM I | C 472 17 2ND FLOOR 9TH STREET PERIYAR NAGAR JAWAHAR NAGAR CHENNAI TAMIL NADU 600082 | 12-12-2023 | 56374.1947 |
| I | C 472 17 2ND FLOOR 9TH STREET PERIYAR NAGAR JAWAHAR NAGAR CHENNAI TAMIL NADU 600082 | 02-12-2023 | 135227.03 |
| 1 | C 472 17 2ND FLOOR 9TH STREET PERIYAR NAGAR JAWAHAR NAGAR CHENNAI TAMIL NADU 600082 | 11-12-2023 | 79566.7445 |
| | HOUSE NO 26 15 KURAVAN KULAM 2NDLANE CHOOLAI CHENNAI TAMIL NADU 600112 | 07-12-2023 | 209552.75 |
| " : | HOUSE NO 26 15 KURAVAN KULAM 2NDLANE CHOOLAI CHENNAI TAMIL NADU 600112 | 12-12-2023 | 315416.834 |
| | S 451, 1ST FLOOR 22ND STREET, KM COLONY, JAWAHAR NAGAR CHENNAI TAMIL NADU 600082 | 11-12-2023 | 214464.55 |
| 1 | H NO 11 O NO- 208 ANNA STREET, 14TH STREET, GKM COLONY JAWAHAR NAGARCHENNAI TAMIL NADU 600082 | 11-12-2023 | 203098.940 |
| ram I | A 33 FLAT E 15TH , CROSS STREET PERIYAR NAGAR, JAWAHAR NAGAR,CHENNAITAMILNADU 600082 | 12-12-2023 | 177910.96 |
| | 26 KURAVAN KULAM 2ND LANE, CHOOLAI CHENNAI TAMIL NADU 600112 | 12-12-2023 | 209313.312 |
| N S | | HOUSE NO 26 15 KURAVAN KULAM 2NDLANE CHOOLAI CHENNAI TAMIL NADU 600112 HOUSE NO 26 15 KURAVAN KULAM 2NDLANE CHOOLAI CHENNAI TAMIL NADU 600112 S 451, 1ST FLOOR 22ND STREET, KM COLONY, JAWAHAR NAGAR CHENNAI TAMILNADU 600082 H NO 11 O NO- 208 ANNA STREET, 14TH STREET, GKM COLONY JAWAHAR NAGARCHENNAI TAMIL NADU 600082 A 33 FLAT E 15TH , CROSS STREET P E R IYA R N A G A R , J A W A H A R NAGAR,CHENNAI TAMIL NADU 600082 | HOUSE NO 26 15 KURAVAN KULAM 07-12-2023 2NDLANE CHOOLAI CHENNAI TAMIL 07-12-2023 HOUSE NO 26 15 KURAVAN KULAM 12-12-2023 HOUSE NO 26 15 KURAVAN KULAM 12-12-2023 YNDLANE CHOOLAI CHENNAI TAMIL 11-12-2023 NADU 600112 CHENNAI TAMIL 11-12-2023 S 451, 1ST FLOOR 22ND STREET, KM 11-12-2023 COLONY, JAWAHAR NAGAR CHENNAI 11-12-2023 H NO 11 O NO- 208 ANNA STREET, 14TH 11-12-2023 NAGARCHENNAI TAMIL NADU 600082 A 33 A 33 FLAT E 15TH , CROSS STREET 12-12-2023 P E R I YA R N A G A R , J A W A H A R 12-12-2023 NAGAR, CHENNAI TAMIL NADU 600082 12-12-2023 |