

Vitamin D can help slash cancer risk

A new study in the journal, *Nutrients*, has claimed that the sunshine vitamin, Vitamin D, could actually be hugely important in both preventing and treating colorectal cancer

What is Vitamin D?

Vitamin D is the only vitamin our bodies can synthesise in sufficient quantities just from exposure to energy from our planet's vital star, the Sun. Vitamin D is a vital nutrient that plays a crucial role in bone health, immune function, and overall well-being. It helps the body absorb calcium and phosphorus, which are essential for building and maintaining strong bones and teeth. Additionally, Vitamin D supports a healthy immune system, nerve function, and muscle function.

How does it impact colorectal cancer?

A new study has claimed that vitamin D could be effective in helping to prevent the colorectal cancer. The research, which took place in Hungary, saw scientists conducting an analysis of the vitamin's impact on cancer risk and inflammation.

"The most important finding is that vitamin D plays a critical role in the prevention and treatment of colorectal cancer," study author János Tamás Varga said.

According to the research, a vitamin D deficiency is linked to an increased risk of colorectal cancer, meanwhile those with colorectal cancer with lower vitamin D levels had a poorer prognosis. However, researchers found that supplementing patients with the vitamin improved survival rates.

"Vitamin D deficiency is strongly linked to an increased risk of CRC, with multiple epidemiological studies emphasizing it as a significant risk factor," the study explains.



The importance of Vitamin D

Vitamin D boosts bone and muscle health, supports the immune system and plays an essential role in the nervous system. The study adds, "Overall, vitamin D plays a fundamental role in the function of numerous systems and physiological processes. The broad range of effects highlights the importance of vitamin D in maintaining health and underscores its protective role in preventing chronic diseases, including cancer." In India, the prevalence of Vitamin D deficiency ranged from 40 to 99 percent, with many studies reporting a prevalence of 80-90 percent. While it is possible to get vitamin D from a handful of foods, the main culprit really is a lack of exposure to the sun.

Nutritious foods that are high in Vitamin D

Cod liver oil: If you don't like fish, taking cod liver oil is another way to get vitamin D into your diet

Eggs: The yolk from one large egg contains 41 IU of vitamin D. Choosing eggs from chickens raised outside can be a great way to meet your daily requirements.

Sardines: Sardines are a good source of vitamin D.

Mushrooms: Mushrooms are the only sufficient non-animal source of vitamin D. Like humans, mushrooms can synthesize vitamin D when exposed to UV light.

Cow's milk: In several countries, cow's milk is fortified with vitamin D.

Soy milk: Plant-based milk substitutes such as soy milk are often fortified with vitamin D, along with other nutrients usually found in cow's milk.

Orange juice: One cup of fortified orange juice contains around 100 IU of vitamin D.



FRUITS THAT BOOST COLLAGEN IN YOUR BODY

Shahnaz Husain

Collagen isn't just a buzzword, it's the glue holding your body together. Collagen comprises amino acid chains which is essential for the structure of the skin, bones, muscles, and tendons. It is the protein that gives skin its structure, suppleness, and stretch. It's also involved in essential processes like helping your blood to clot, helping wounds to heal and protecting the nervous system.

Collagen is the most abundant protein in the body, making up 30 percent of its total protein. It's the structural foundation of your connective tissues: ligaments, tendons, and cartilage, keeping them strong and flexible.

Unfortunately, starting from the mid-20s, our natural production of collagen decreases up to 1.5 percent per year, giving way to stiffer joints, slower muscle repair, signs of skin aging such as wrinkles, dryness, sagging skin or even pigmentation spots. So it is important to both, preserve the collagen you have and stimulate your skin to produce it faster.

Your body is capable of producing all of the collagen you need if you eat a balanced diet. Eating collagen-rich foods or foods that boost collagen production may also help create the building blocks you need for your skin goals. Incorporate vitamin C-rich fruits like citrus fruits (oranges, lemons, grapefruits), berries (blueberries, raspberries, strawberries), and tropical fruits (kiwi, pineapple, mango) into your diet, as vitamin C is essential for collagen synthesis.

PINEAPPLE

Pineapple contains vitamin C and bromelain, which boost collagen production, reduce inflammation, and promote a clear, glowing complexion. These antioxidants can help reduce wrinkles, improve overall skin texture, and minimize skin damage from sun and pollution exposure. Pineapple can help prevent damage to skin cells. It may help promote wound healing by supporting the production of new skin cells. Pineapple hydrates and brightens skin, while reducing the appearance of circles under eyes, protecting against sun damage.

Pineapple is lower in calories than other sweet treats, so if you enjoy a

KIWIFRUIT

Kiwis are sweet, easy to eat, and highly nutritious as it contains large amounts of vitamin C, which helps the body produce collagen, which can reduce the appearance of fine lines and wrinkles, giving you a smoother and more youthful complexion. It gives the skin its fullness, flexibility and elasticity. The fruit contains approximately 80 percent water content, providing natural hydration benefits for the skin. This high water content fruit helps keep skin soft and supple when consumed regularly.

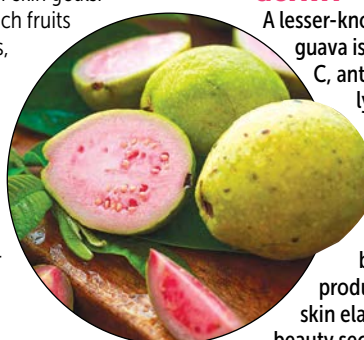
For optimal results, either consume kiwis or simply apply a kiwi slice to your skin. You can exfoliate and moisturise your skin by applying kiwi slices on your face. Your epidermis becomes softer and plumper as a result of this gentle exfoliation.

serving of pineapple versus an ice cream cone for your nightly dessert, you may consume fewer calories and, in turn, lose weight.

GUAVA

A lesser-known superfruit, guava is rich in Vitamin C, antioxidants and lycopene, which prevent aging and improve skin health. Guava is a fantastic, natural way to boost collagen production and improve skin elasticity, making it a beauty secret hiding in plain sight. The high vitamin C content of guava helps in boosting immunity, improves collagen production, and may naturally protect against free radical damage. The fiber content in guava helps in digestion, controls blood sugar levels, and promotes heart health.

The high concentration of vitamin C content in the fruit helps your body fight against viruses and pathogens and maintain skin health. Guava has antioxidants that help fight inflammation and support eye health. Very rich in vitamin A and vitamin C both of which act as an antioxidant for the skin. It can help support healthy skin, reduce wrinkles and slow down ageing.



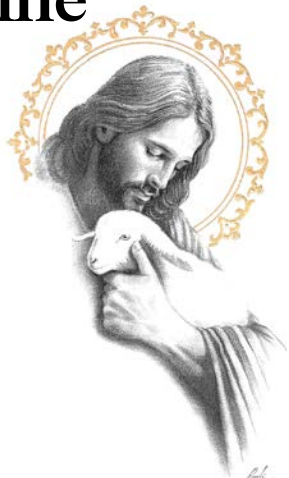
BERRIES

Berries like strawberries, blueberries, and blackberries are a great way to add vitamin C to your diet, a nutrient that helps your body build collagen. Berries are rich in antioxidants which play a crucial role in maintaining and producing collagen. The antioxidants protect your collagen from damage, while Vitamin C directly supports new collagen growth. Incorporating these fruits alongside other natural sources of collagen supports overall skin health and reduces inflammation.

A cup of strawberries has nearly 100 percent of your daily target for vitamin C, and a cup of raspberries or blackberries has about 35 percent of your daily C goal. If you eat 1 cup of berry daily, you can keep the symptoms of ageing away for a long time.



A touch of the divine

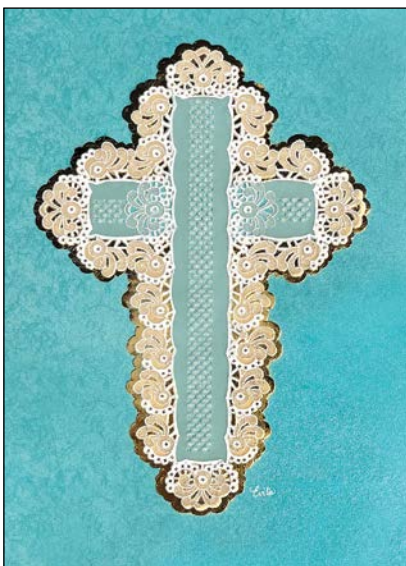


The Museum of Christian Art (MoCA), Old Goa, in collaboration with artists Rudi D'Silva and Evita Pereira e Silva, presented 'A Touch of the Divine', an exhibition that will conclude today, April 22. This exhibition merges art and spirituality, offering viewers a unique exploration of faith through charcoal drawings and intricate parchment art.

Rudi D'Silva's collection of charcoal drawings explores themes of Faith and Worship, capturing moments of devotion through expressive black-and-white compositions. His works contrast the gentle softness of Mother Mary with Infant Jesus against the weathered hands of an elderly worshipper, evoking deep spiritual contemplation.

Evita Pereira e Silva brings the delicate art of parchment craft (Pergamano) to the exhibition, showcasing intricately designed crosses and angels. Her finely detailed, lace-like creations reflect the meditative and meticulous nature of her craft, embodying a sense of the Divine.

This marks the husband-and-wife duo's third exhibition together, reinforcing their artistic journey and shared passion for spirituality in art. Their works have been exhibited internationally in Paris, London,



Italy, Dubai, and India, and are part of private collections worldwide.

Beyond its artistic merit, A Touch of the Divine is a fundraising initiative, with proceeds going towards MoCA's efforts in conserving heritage, promoting educational programs, and supporting cultural activities.

Easter Cheer at Saligao

The Made in Saligao Community Market will celebrate Easter in style. Easter Hunt with a Twist will be a fun-filled, surprise-packed adventure for kids at 6.30 pm sharp. Learn to make your own clay bunny and classy clay hot cross buns as Poornima will conduct a hands-on workshop. Indulge in a delicious spread of hot cross buns, Easter

eggs, cookies, orange cold coffee brew, neero mocktails and summer coolers, mango sticky rice and Vietnamese prawn spring rolls. Neero will be available too. Entry is free.

Venue: Saligao Institute, Saligao
Date: April 22
Time: 5 pm to 8 pm

World Heritage Day Celebration

World Heritage Day and World Earth Day will be celebrated by Goa Action Heritage Group as part of their Silver Jubilee Celebrations. The day will include hands-on traditional crafts like clay crafting with Sachin Madge, toys from Thatch by Sabina Da Cunha, bamboo creations with Shalini Gaude, earthen pottery workshop with Master Potter Joseph, coconut palm leaf crafting by Georgina Oliveira, wooden wonders by Dikush Chitari, authentic goan bites and visual delights with Goan Art by Kevin Rebello and watercolor landscapes by Vinay Mhambre. Groove to soulful tunes by Mauvin Fernandes (NH17 Band team member) and friends: Shannon, Rees, Frazer, Jonah, Aldrich, Kevin, Maria, Jerry, and more. Tomazinho Cardozo will be the chief

guest at the felicitation ceremony that will honour icons of Goan art and culture, Sonia Shirsat, Sushmita Gavas, Marius Fernandes and Dr Jayanti Naik. 'History of Women's Contribution to Goa's Freedom Struggle (1928-1961)', a book by Prof Prajal Sakhardande will be launched by Prof Sushila Sawant Mendes followed by historian Cynthia Joao e Rebello, presenting an artwork memento to Prof Sushila, as a token of appreciation from Kevin Rebello. The evening will continue with Classical Melodies with tabla performance by Kanay Dhargalker, flute recital by Aldrich Rodrigues and violin performance by Jonah Rebello.

Venue: Garcia de Orta, Panjim Municipal Garden
Date: April 22
Time: 4 pm onwards



Herald Gaming Console

Dilbert



Garfield



Wizard of id



crossword 4825



DOWN

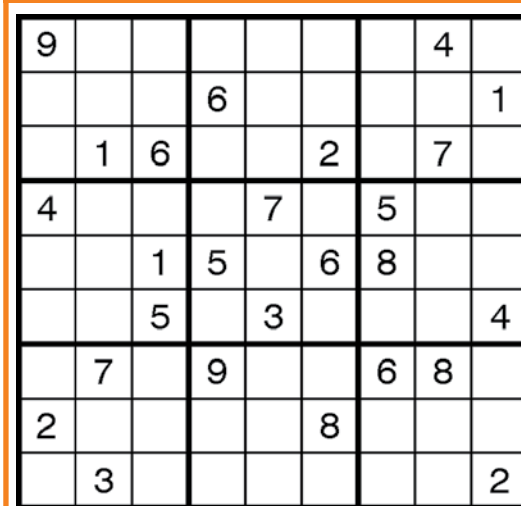
1- Hawaiian native dance; 2- arms (angry); 3- Death ray; 4- Santa; 5- Capital of the Bahamas; 6- Pond scum; 7- Jump; 8- Televised; 9- Syr. neighbor; 10- Facet; 11- France's longest river; 12- Communion table; 13- Playwright O'Casey; 22- Decade; 23- Ascended; 25- Chew on; 26- Rocket launcher; 27- Magic stick; 28- Latin love; 29- Type of question; 30-

Breaks bread; 32- God with a hammer; 33- Wretchedly unhappy; 34- Diarist Frank; 35- Holy smokes!; 37- Small bay; 38- Some digits; 39- Il (Mussolini); 43- Foreigners; 44- Green prefix; 45- Pit-workers; 46- Some hybrids; 47- Woodwind section members; 48- Religion of the Muslims; 49- Hats; 50- Author Haley; 51- Pro; 53- Unit of potential difference; 54- Female sheep; 56- Legal conclusion?; 58- Used car locale;

solution 4824



sudoku 4825



Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4824

