



BHAGAVAD GITA: Chapter 10, Verse 29

anantash chasmi naganam varuno yadasam aham
pitrinam aryama chasmi yamah sanyamatam aham

anantah—Anant; cha—and; asmi—I am; nāgānām—amongst snakes; varunah—the celestial god of the ocean; yādasām—amongst aquatics; aham—I; pitrinām—amongst the departed ancestors; aryamā—Aryama; cha—and; asmi—am; yamah—the celestial god of death; sanyamatām—amongst dispensers of law; aham—I

*anantash chasmi naganam varuno yadasam aham
pitrinam aryama chasmi yamah sanyamatam aham*

◆ **TRANSLATION**

BG 10.29: Amongst the snakes I am Anant; amongst aquatics I am Varun. Amongst the departed ancestors I am Aryama; amongst dispensers of law I am Yamraj, the lord of death.

◆ **COMMENTARY**

Anant is the divine serpent on whom Lord Vishnu rests. He possesses ten thousand hoods. It is said that he has been describing the glories of God with each of his hoods since the beginning of creation, but the description has not yet been completed.

Varun is the celestial god of the ocean. Aryama is the third son of Aditi. He is worshipped as the head of the departed ancestors. Yamraj is the celestial god of death. He arranges to take the soul from its mortal frame after death. He dispenses justice on behalf of God for the soul's actions in this life, granting punishment or reward in the next life. He does not deviate an inch from his duties though they may be gruesome and painful. He reflects the glory of God as the perfect dispenser of justice.



Eating Ultra-Processed Foods Could Raise Your Heart Risk by 67%

People who regularly ate large amounts of ultra-processed foods faced a much greater risk of serious heart problems, according to research presented at the American College of Cardiology's Annual Scientific Session (ACC.26). Those consuming more than nine servings per day were 67% more likely to experience major cardiac events than those eating about one serving daily. Ultra-processed foods include many common packaged and convenience items such as chips, crackers, frozen meals, processed meats, sugary drinks, breakfast cereals, and breads.

The study also found that risk increased steadily with each additional serving. Every extra daily serving of ultra-processed food was linked to more than a 5% rise in the likelihood of heart attacks, strokes, or death from coronary heart disease or stroke. This connection appeared stronger among Black Americans compared with other racial groups.

"Ultra-processed foods are associated with an increased risk for heart disease, and while many of these products may seem like convenient on-the-go meal or snack options, our findings suggest they should be consumed in moderation," said Amier Haidar, MD, a cardiology fellow at the University of Texas Health Science Center at Houston and the study's lead author.

Large U.S. Study Confirms Growing Concerns
This research is one of the first large-scale



studies to explore how ultra-processed food consumption relates to heart disease in a diverse group of U.S. adults. The results are consistent with earlier studies, most of which were conducted in Europe, and provide additional insight into risks across a broader population.

The analysis included 6,814 adults ages 45-84 years who had no history of heart disease and were part of the Multi-Ethnic Study of Atherosclerosis (MESA). Researchers used food questionnaires to estimate how much ultra-processed food each participant consumed daily. They applied the NOVA classification system, which organizes foods into four categories ranging from unprocessed or minimally processed (e.g., corn on the cob) to ultra-processed (e.g., corn chips), with moderately processed foods in be-

tween (e.g., corn starch and canned corn).

Participants with the highest intake averaged 9.3 servings of ultra-processed foods per day, while those with the lowest intake averaged 1.1 servings. Compared with the lowest group, those in the highest group had a 67% greater risk of dying from coronary heart disease or stroke, or experiencing events such as non-fatal heart attack, stroke or resuscitated cardiac arrest.

Risk Remains Even After Adjusting for Other Factors

"We controlled for a lot of factors in this study," Haidar said. "Regardless of the amount of calories you consumed per day, regardless of the overall quality of your diet, and after controlling for common risk factors like diabetes, high blood pressure, high cholesterol and obesity, the risk associat-

ed with higher ultra-processed food intake was still about the same."

These findings suggest that the dangers linked to ultra-processed foods may go beyond excess calories or poor nutrition alone.

How foods are processed could play an important role in heart health, alongside their basic nutrient content.

Overall, each additional serving was associated with a 5.1% increase in the risk of adverse cardiac events. The increase was greater among Black Americans, with a 6.1% rise per serving compared with 3.2% among non-Black individuals. Researchers noted that targeted marketing and limited access to less-processed foods in some communities may contribute to these differences in consumption and health outcomes.

Study Limitations and

Possible Biological Effects

The researchers acknowledged several limitations. The MESA study was not originally designed to specifically measure ultra-processed food intake, and the dietary data relied on participants' self-reported questionnaires. Intake was measured by servings rather than tracking individual food items.

Although the study did not directly investigate biological mechanisms, earlier research suggests several possible explanations. Ultra-processed foods tend to be high in calories, added sugars and fats, and may affect feelings of fullness and metabolism. These factors can promote weight gain, inflammation, and the buildup of visceral fat, all of which increase the risk of heart disease.

How to Reduce Risk Through Food Choices

Haidar emphasized the importance of paying attention to both food choices and nutrition labels. Labels provide key details about added sugar, salt, fat, and carbohydrates, which are often present in higher amounts in ultra-processed foods compared with options like plain oatmeal, nuts, beans, and fresh or frozen produce.

The ACC published a 2025 Concise Clinical Guidance report in JACC endorsing a standardized front-of-package labeling system to help make sure that healthier choices are more visible, accessible, and achievable for all consumers.

This study was published simultaneously in JACC Advances.

Word of the Day

ERIN GO BRAGH

air-un-guh-BRAW

What It Means

Erin go bragh is an Irish phrase that means "Ireland forever."

// They proudly waved the Irish flag during the parade, shouting "Erin go bragh!"

ERIN GO BRAGH IN CONTEXT

"Dressed in full Irish regalia, Fitzgerald rode his horse, Jack, through the streets of Clinton every St. Patrick's Day. Jack was also dressed for the occasion, with green ribbons on his mane and a green blanket with gold lettering, 'Erin Go Bragh.'" — Craig S. Semon, *The Worcester (Massachusetts) Telegram & Gazette*, 22 Dec. 2025

Did You Know?

March 17th is the feast day of the patron saint of Ireland, St. Patrick. In the United States, it is also the day

of shamrocks, leprechauns, and green beer (and green everything else). Blue was once the color traditionally associated with St. Patrick, but the color green has several links to Ireland, including its use on Ireland's flag in the form of a stripe, its symbolism of Irish nationalism and the country's religious history, and its connection to Ireland's nickname, The Emerald Isle. On St. Patrick's Day, people turn to their dictionary to look up Erin go bragh, which means "Ireland forever." The original Irish phrase was Erin go brách (or go bráth), which translates literally as "Ireland till doomsday."

Is it your Birthday Today?

MARCH 18

Influenced by number 9 and the planet Mars, you are energetic, courageous, aggressive, systematic and highly sentimental person. You possess great personality and confidence, and have a strong command over your work, but you lose many good opportunities due to your erratic and quarrelsome nature. This year your stars are in an extremely favorable position, bringing you happiness and prosperity. You would also make some major changes on the home front. You would be a good host and you would spend lavishly on the entertainment of others. Your beloved would be a major source of happiness and pleasure. Overall your health would be fine but it will be important to take necessary precautions. Pilgrimage or distant journey would be high on your agenda. The months of August, November and April will prove to be significant.

SUDOKU PUZZLES

SOLVE THE PUZZLE AND GET HANDSOME REWARDS. SEND YOUR SOLUTIONS AT: EARTHNEWSROOM@GMAIL.COM

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

SOLUTION OF PREVIOUS PUZZLE

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

STARS & PLANETS

What is My Zodiac Sign?

List of Zodiac Signs Based on Birth Dates

Your zodiac sign is determined by your date of birth. You may check the zodiac sign that and find in which period of zodiac you birth date falls.



List of 12 Zodiac Signs



■ **ARIES:** Today you might try to continue or complete a creative project of some kind, but your imagination just isn't working the way it normally does. Also, overindulgence from last night could have you feeling a bit sluggish, which doesn't help the situation. Put your work aside before you give up on it completely, Aries. This is only a temporary situation. Your mind should be back to normal tomorrow.

■ **TAURUS:** Today you might feel especially protective toward all those you love: children, family, friends, pets, and the special person in your life, Taurus. Upsetting news might have you wondering about the future, but don't let it get you down. All should be well, so allow yourself to relax and enjoy your loved ones. Distract yourself by going to an exciting movie. That will help release tension and put you in a better frame of mind.

■ **GEMINI:** Today you could make the acquaintance of actors, musicians, or other performers, some of whom might be quite well known. Social occasions could bring valuable contacts your way, which you could make good use of later. You might be having so much fun out among the beautiful people that you really don't want to go home! Don't make it too late a night, however, Gemini.

■ **CANCER:** Someone who lives far away, someone you haven't heard from for a long time, could give you a surprise phone call today. You'll be delighted and probably stay on the phone too long. You might need to run a few errands, but the weather could keep you indoors. Don't worry about it, Cancer. You'll still have time to take care of other pressing matters.

■ **LEO:** Money could be a source of worry today, Leo. You might feel you've spent too much (who doesn't sometimes?) or perhaps some funds you were expecting have been held up. This is a delay and not a permanent situation (although it might seem that way). Too much worry could spoil your day, and you don't want that. If there's anything you can do to ease the situation, do it. Otherwise, hang in there.

■ **VIRGO:** Too much stress and strain over the past few days could cause you to clash with your partner. While not a disaster by any means, Virgo, this can put a damper on your day. It might be best if you took a few minutes to get away by yourself and let all your negativity fade away when no one's around. You'll feel better by the time you face your family, friends, and partner again.

■ **LIBRA:** Overindulgence last night could have left you feeling a little woozy today, Libra. You're may want to spend the day in bed, but the prospect of leaving tasks undone could cause you to push on anyway. That's a bad idea. Rest is just what you need. Don't force yourself to socialize, either. You need some time alone to recover and gather your resources so you can face the world with a clear head.

■ **SCORPIO:** Plans for getting together with a group of close friends may have to be called off because of sudden unexpected events. This could have you feeling somewhat down, Scorpio, especially if a romantic partner is involved. Try not to worry about it too much. You will be able to reschedule, and you could use the time alone anyway to relax and center yourself.

■ **SAGITTARIUS:** The planetary energy has you feeling a bit sluggish today. You'll probably want to stay home, surrounded by your books, pets, and plants, yet you know you have appointments to keep and responsibilities to fulfill. Your sense of duty is especially strong. Make a deal with yourself to get the bare minimum done and then relax. Try a hot bath and listening to classical music.

■ **CAPRICORN:** A temporary separation from someone close to you could have you reflecting on the good times you've spent together, especially over the past few weeks. You're likely to talk with him or her on the phone. You're feeling a lot of warmth and affection toward everyone around you, but a little sad as well, particularly when you think of those far away. Call them up, Capricorn! They'll be glad to hear from you.

■ **AQUARIUS:** Dreams with mixed messages might trouble your sleep tonight. One minute you'll be having a wonderful dream, and the next could be black and gloomy. Write them down, Aquarius. The message is probably more positive than it appears. Worries about money might plague you throughout the day, yet things probably aren't as bad as they seem. Make sure you learn the facts about your situation before allowing yourself to panic!

■ **PISCES:** The special person in your life could be working too hard, causing strain for him or her and frustration for you. Their extra hours at work could interfere with your desire to enjoy quality time together. Your own worries could put a damper on your self-confidence, Pisces. You might be wondering if you're doing everything that needs to be done. It might help to make a list and cross off each task you complete.