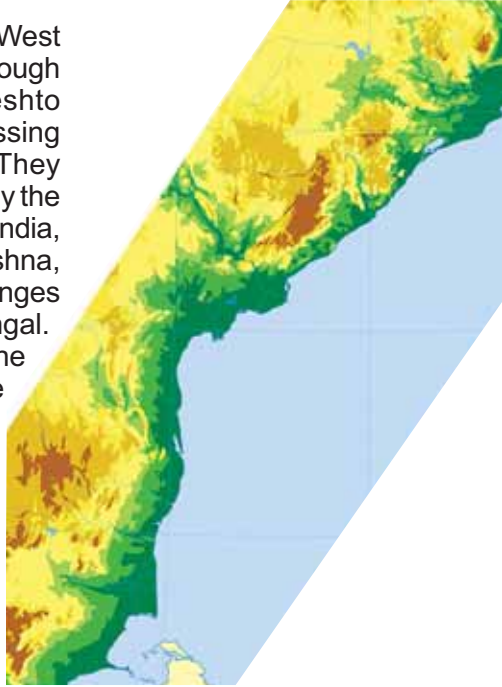


The Eastern Ghats



The Eastern Ghats run from West Bengal state in the north, through Orissa and Andhra Pradesh to Tamil Nadu in the south passing some parts of Karnataka. They are eroded and cut through by the four major rivers of southern India, the Godavari, Mahanadi, Krishna, and Kaveri. The mountain ranges run parallel to the Bay of Bengal. The Deccan Plateau lies to the west of the range, between the Eastern Ghats and Western Ghats. The coastal plains lie between the Eastern Ghats and the Bay of Bengal. The Eastern Ghats are not as high as the Western Ghats. As with the Western Ghats, these mountain ranges also have their local names, e.g. the Velikonda Range of Andhra Pradesh. Papi Hills in Andhra Pradesh are a part of Eastern Ghats.



At their southern end, the Eastern Ghats form several ranges of low hills. The southernmost of the Eastern Ghats are the low Sirumalai and Karanthamalai Hills of southern Tamil Nadu. North of the River Kaveri are higher Kollimalai, Pachaimalai, Shevaroy (Servaroyan), Kalrayan Hills, Chitteri, Palamalai and Mettur Hills in northern Tamil Nadu state. The climate of the higher hill ranges is generally cooler and wetter than the surrounding plains and the hills are home to coffee plantations and enclaves of dry forest. The hill station of Yercaud is located in the Shevaroy Hills. The Biligiri Hills, which run east from the Western Ghats to the River Kaveri, forms a forested ecological corridor that connects the Eastern and Western Ghats, and allows the second-largest wild elephant population in India to range between the South Eastern Ghats, the Biligiri and Nilgiri Hills, and the South Western Ghats. The famous temple Malai Mahadeshwara Hills Temple is situated in Chamarajanagar

District in the Karnataka state on the Eastern Ghat.

The Ponnaiyar and Palar Rivers flow from headwaters on the Kolar Plateau eastward through gaps in the Ghats to empty into the Bay of Bengal; the Javadi Hills lie between the two rivers. There are waterfalls in remote areas, such as the Kiliyur Falls.

North of the Palar River in Andhra Pradesh, the central portion of the Eastern Ghats consist of two parallel ranges running approximately north-south; the lower Velikonda Range lies to the east, and the higher Palikonda-Lankamalla-Nallamalla Ranges lie to the west. The Palar River cuts through the ranges. The Velikonda Range eventually descends to the coastal plain in northern Nellore district, while the Nallamalla Range continues to the River Krishna. A range of low hills lie between the Krishna and the Godavari, but north of the Godavari the Eastern Ghats increase again in height, forming the boundary between Andhra Pradesh and Orissa. The Similipal Massif is considered the farthest northeast extension of the Eastern Ghats.

The Yonaguni Underwater Mystery

The Yonaguni Monument is a massive underwater rock formation off the coast of Yonaguni, the southernmost of the Ryukyu Islands, in Japan. While many archaeologists and geologists believe that it is a natural formation, some hold the view that some of its features are man-made.



Mysterious Underwater Pyramid

A mysterious undersea pyramid structure off the coast of Japan causes controversy - is this a natural geological phenomena or a man-made structure which changes the history books as we know them?

In 1986, a diver near the island of Yonaguni Jima, off the southern tip of Japan (around Okinawa) came across some strange structures about 25 metres below sea level.

They appeared to be stepped structures with terraces and ramps. One of the largest pyramid structures is 600 feet wide and 90 feet high –with five separate levels of stone blocks with what appears to be road surrounding the structure.



Tool marks and carvings have been discovered upon the stones (and documented) which indicate that they have been constructed rather than being natural stone structures.

Masaaki Kimura, a marine geologist from Japan's Ryukyus University, Japan has been studying and mapping the site for over 15 years and believes that the site is over five thousand years old – but was sunk during an earthquake two thousand years ago.

Others have estimated that the structure is far older – including Teruaki Ishii, professor of geology at Tokyo University who determined that the submergence occurred at the end of the last ice age – which was around ten thousand years ago (over twice as old as the pyramids in Egypt) – If this is the case, then our history books would have to be revised to take into account an advanced Eastern culture, more advanced than any early Western culture.

It is interesting to note that a number of tools have been discovered both on land and in the sea around the structures.

Close to the pyramid structure, what is thought to be the carving of a human head has been discovered (several feet tall), along with numerous unknown hieroglyphs.

ADVISABLE FOODS WHEN YOU AREN'T YOURSELF

Feeling blue, down in the dumps, really bumming, or completely miserable... any way you put it, many of us have experienced depression at some point in our lives. Of course, depression can range in severity from general blah-ness (not yet an official medical term) to being completely immobilized or self-destructive.

So how do we treat it? If you can recite as many anti-depressant commercials as I can, you know we love to medicate! Jokes aside, medication has been lifesaver for many, myself included, and there's absolutely a place for it. But as my man Hippocrates once wrote "Let thy food be thy medicine and thy medicine be thy food" and research seems to back him up; studies are showing over and over that the foods you put into your body can have a significant impact on depression symptoms, including fatigue, headaches, mood swings, and sleep issues.

If you are ready to take on eating healthier in the name of being happier it's time to do some adding. Omega 3's from salmon, flax



seeds, and walnuts. In addition to those foods it's my one daily(ish) supplement. This fatty acid is a major brain and mood booster; if you are going to add one thing, do this.

Dark chocolate. An ounce a day helps keep



the blues away! Hearing chocolate is beneficial really never gets old. Unfortunately it's not just any chocolate – the darker the better, so aim for 60% cacao or higher. If you want the optimum benefits, go for raw cacao (an acquired taste).

Saffron. Spice things up, literally. Researchers at the Tehran University of Medical Sciences found that saffron had an antidepressant effect comparable to Prozac. Other potential anti-depressive spices: sage, cardamom, and chilies.

Whole grains and beans. Carbs are essential but avoid sending your blood sugar and hormones haywire by skipping the white, processed versions. Whole grains and beans contain fiber

that keeps your blood sugar and insulin levels stable. Plus, they contain a whole slew of vitamins like folate and B6 which directly turn into mood-related neurotransmitters.

Last but certainly not least is vitamin D. Research has repeatedly shown that people with low vitamin D blood levels are more likely to be depressed.

But the best source isn't edible: getting out in the sunshine for 10-20 min/day will do the trick, as will a supplement of 1000 IU's daily.

Next week we'll look at what to cut back on when feeling blue.

Have you dealt with depression? Will you try adding any of these foods in?

