

Eating Raw Onions May Improve Insulin Sensitivity, According to Dietitians

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اسکن کنید
و تازه‌ترین
اخبار را
به صورت
آنلاین
دنبال کنید

سرپرست کمیته تحقیقات دانشجویی دانشگاه علوم پزشکی اصفهان خبر داد:

علوم پزشکی پنج ستاره شد

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اخبار اصفهان

اولین روزنامه اقتصادی دو زبانه استان اصفهان

اسمقاله | حسن مرادی

انتهای سیری ناپذیر مصرف گاز

با فرارسیدن روزهای سرد سال، کابوس ناترازی و افت فشار گاز بار دیگر به سراغ اقتصاد و صنایع کشور آمده است؛ بحرانی که ریشه در دو عامل بنیادین دارد: از سویی آسیب‌های زیرساختی و افت فشار طبیعی میادین که طبق برآوردها ظرفیت تولید را بین ۲۰ تا ۵۰ درصد کاهش داده و از سویی دیگر الگوی مصرف بی‌محابا و توأم با اتلافی که دهه‌هاست بر رفتار مشترکان خانگی و اداری سایه انداخته است. در این میان، جولان بیش از ۲۵ میلیون بخاری گازی غیراستاندارد در کشور، به منزله دود کردن بی‌بازگشت ثروت ملی و آرزوی است که می‌توانست پیشران توسعه و صادرات انرژی به بازارهای منطقه‌ای و جهانی باشد؛ هشداری جدی که نشان می‌دهد بدون جراحی فوری در مدیریت مصرف و اصلاح تجهیزات حرارتی، عبور از زمستان پیش‌رو بدون بحران ناممکن خواهد بود. خطر کمبود و افت فشار گاز در زمستان پیش‌رو کاملاً جدی و ملموس است، واقعیت‌های میدانی نشان می‌دهد که از یک سو، زیرساخت‌ها و تأسیسات انرژی در پی تحولات اخیر و فشارهای ناشی از تخریب‌ها و فرسودگی آسیب‌هایی دیده‌اند و هرچند تلاش شبانه‌روزی صنعتگران و مهندسان برای ترمیم و بازسازی ادامه دارد، اما کاهش طبیعی فشار مخازن گاز و افت تولید واقعی انکارناپذیر است. آمارهای گوناگون از کاهش ۲۰ تا ۵۰ درصدی توان تولید گاز حکایت دارند. با این حال، پرسش کلیدی اینجاست: در شرایطی که کفگیر تولید گاز به ته دیگ خورده، چرا در طرف مصرف همچنان بی‌محاباترین کشور جهان در سوزاندن این سرمایه بی‌بدیل هستیم؟ نگاهی به تجربه زیسته در کشورهای صنعتی گویای حقایق تلخی است. شخصا

ادامه در صفحه ۲...

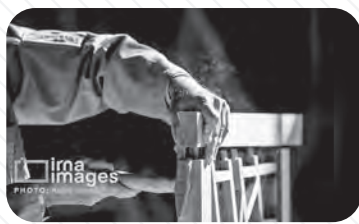
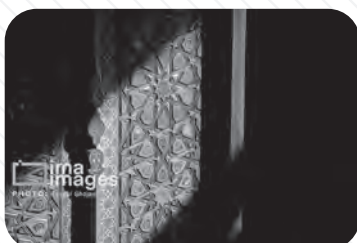
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گزارش تصویری

«گره چینی» هنر اصفهان

در میان قطعات چوب، هر برش و هر اتصال بخشی از روایتی است که با داستان هنرمند شکل می‌گیرد. گره چینی، هنر کنار هم نشاندن قطعات چوبی و خلق نقش‌های هندسی است؛ هنری که با صبر، دقت و مهارت، از سادگی چوب به ظرافتی ماندگار می‌رسد. در اصفهان، این هنر سنتی همچنان در پیوند میان دست‌های هنرمند و میراث معماری ایرانی روایت می‌شود.

منبع: ایرنا



اینفوگرافیک

اخبار اصفهان
اینفوگرافیک
پژواک بهرامی



دوباره در تهران جان‌گرفت

چراموج‌های کرونا برمی‌گردند؟

- تغییرات ژنتیکی ویروس
- کاهش ایمنی با گذشت زمان
- افزایش دوباره ابتلا

آیا وضعیت بحرانی است؟

فعلاً خیر

اما افزایش فعالیت ویروس، نیازمند
هوشیاری و مراقبت بیشتر است.



تنگی نفس



سرفه



لرز



تب



کوری بویایی



استفراغ



اسهال



بدن درد

علائم مشکوک

TPO hosts final session as Vietnamese trade delegation concludes Tehran visit with agricultural MOU

The Vietnamese trade delegation, led by Mr. Nguyen Dang Dinh, concluded its 12-day mission to Iran on Sunday, October 18, with a high-level meeting at the Trade Promotion Organization of Iran (TPO). The delegation, which arrived in Tehran on October 6, aimed to expand Vietnam's commercial reach in the Middle East and engage directly with the Iranian market, with the TPO hosting the final working session.

The Sunday meeting was attended by senior Iranian officials representing both national and provincial bodies:

- Dr. Nisi – Director General of the East Asia and Oceania Office, Trade Promotion Organization of Iran.
- Mr. Pourjafari – Member of the Iranian Parliament, representing Shadegan County.
- Mr. Ravanbakhsh – Director General of the Department of Industry, Mining and Trade of Khuzestan Province.
- Mr. Ahmadi – Director General of the Department of Economic Affairs and Finance of Khuzestan Province.
- Mr. Chenani – CEO of the Khuzestan Province Industrial Park Company.

Working Agenda: Khuzestan Investment Potential and Agricultural Cooperation

The meeting focused on introducing the investment potential of Khuzestan Province, which accounts for 17% of Iran's overall GDP and has a population of 5 million. The two sides signed a Memorandum of Understanding (MOU) for joint-venture cooperation in the agricultural cultivation sector on a land area of 150,000 hectares.

In addition, the two companies signed a cooperation agreement on conducting soil surveys of agricultural land in Ahvaz, the capital of Khuzestan Province, and on sending Vietnamese agricultural experts to conduct trial cultivation of robusta coffee there. The products will serve the local population and the southern provinces, and will be partly exported to Iraq and Kuwait via the Khorramshahr commercial seaport.

The final day of the delegation's visit, hosted by the TPO, underscored a practical shift from general trade promotion to concrete joint ventures in agriculture. The agreements on soil surveying and trial coffee cultivation in Khuzestan, combined with the 150,000-hectare MOU, provide a measurable follow-up mechanism for the mission's stated goal of expanding Vietnam's commercial footprint in the Middle East. The use of Khorramshahr port for exports to Iraq and Kuwait also signals a regional distribution role for Iran beyond bilateral trade.



Source: <https://www.verywellhealth.com/raw-onions-blood-sugar-insulin-dietitians-12139231>
By: PARISA JAMADI

Eating raw onions, whether that's in a sandwich or a salad, may support blood sugar management. Some small studies have found that, given their mix of antioxidants, onions may improve insulin sensitivity and help maintain stable blood sugar levels. However, there is limited research about onions having this effect.

Eating Raw Onions May Improve Insulin Sensitivity

Insulin is a hormone that helps move sugar from your bloodstream into cells

for energy.¹ Insulin sensitivity describes how well cells respond to that signal, said Diane Lindsay-Adler, RDN, CDN, an assistant professor of pediatrics at New York Medical College. When cells become less responsive—a condition called insulin resistance—sugar can build up in your blood.

A few small studies have examined the relationship between blood sugar management and eating onions, with promising but limited results. An older study found

that people who ate 100 grams of raw red onion had lower blood sugar levels 4 hours later. Results did not show whether the effect lasted beyond those few hours or whether participants' cells became more responsive to insulin.²

In another study, women receiving chemotherapy for breast cancer ate varying amounts of fresh yellow onion daily for 8 weeks. Those who ate more (100-160 grams per day) had better blood sugar and insulin resistance measures

than those who ate less (30-40 grams per day). But these findings may not generalize beyond that treatment setting.³

The studies don't establish raw onions as a reliable way to manage blood sugar or reverse insulin resistance. Onions may help your cells respond better to insulin because they contain quercetin, an antioxidant that may help reduce inflammation.⁴ Quercetin can also reduce oxidative stress, a form of cell damage that can make it harder for insulin to do its job.

"More studies are being done, but it is thought that quercetin can also improve the body's uptake of glucose," Jennifer Beery, RD, LDN, a dietitian at Orlando Health Center for Health Improvement, told Verywell.

Much of the research on quercetin comes from lab and animal studies rather than human studies. And studying the compound alone doesn't say whether adding onions to your meals will affect your glucose response.

Tehran slams Macron over 'Indefensible Double Standards'

Iranian Foreign Ministry spokesperson Esmail Baqaei has accused French President Emmanuel Macron of applying double standards to protests in Iran and France, pointing to "a stark contrast" between Macron's response to unrest in Iran and his stance on attacks against public institutions in France. In a post on X, Baqaei recalled France's position on the domestic unrest in Iran in January 2026 and its response to the US-Israeli military aggression against the country, challenging Macron over his approach to the recent protests in France. "Mr. Macron, do you remember that last January you were advocating 'peaceful demonstrations without fear of punishment' for those who, following malicious calls from abroad, attacked our

law enforcement centers and public institutions?" Baqaei wrote. "Now, in your own republic, you say that vandalism and attacks on institutions will not be tolerated and that those responsible will be severely punished!" Baqaei also recalled a text message Macron sent to US President Donald Trump shortly before the military aggression against Iran, quoting the French president as saying: "We can do great things on Iran." The spokesperson argued that subsequent events had revealed the meaning of Macron's words, accusing France of aligning with the aggression against Iran and the crimes that had consequences extending across the

region and beyond. Addressing Macron directly, Baqaei drew a parallel between the unrest in France and the "No Kings" protests in the United States, warning that alliances formed to advance political agendas could ultimately backfire on those behind them. "Mr. Macron, now that the fire has reached your own home and 'No Kings' is being shouted in America, remember that history does not always watch the world burn through the window opened by ill-fated alliances. Sometimes, it breaks that very window and returns to the homes of those who opened it," he wrote.

Iran, 19 countries condemn Colombia's embassy opening in occupied Al-Quds

Iran and 19 other countries have condemned Colombia's decision to open an embassy in occupied al-Quds, warning that the move violates international law, undermines the internationally recognized status of the Palestinian city and runs counter to efforts to establish an independent Palestinian state.

Iran's Foreign Ministry issued a strong condemnation on Thursday evening, describing the decision as contrary to the Charter of the United Nations and fundamental principles of international law. A joint statement by the foreign ministers of Turkey and 18 other countries followed on Friday, calling on Bogotá to reverse the move and uphold its international obligations.

The dispute has renewed attention to the international legal status of al-Quds, the consequences of relocating diplomatic missions to the occupied city, and the long-standing international consensus against unilateral measures intended to alter its status.

In its statement, Iran's Foreign Ministry stressed that al-Quds is an inseparable part of Palestinian territory and that states are obligated under international law to refrain from actions that could be interpreted as recognizing Israel's occupation.

The ministry said Colombia's decision contradicted the country's international obligations concerning the Palestinian people's right to self-determination and risked legitimizing the occupation of Palestinian land. It also argued that the move conflicted with the historical struggles for independence and justice in Colombia and across Latin America.

Iran called on the Colombian government to accept responsibility for the consequences of its 'unlawful and unjustifiable' decision.

Joint condemnation by 19 countries

The joint statement, issued by Turkey's Foreign Ministry on Friday, was endorsed

by the foreign ministers of Turkey, Algeria, Djibouti, Egypt, Indonesia, Jordan, Kuwait, Lebanon, Libya, Malaysia, Oman, Pakistan, Palestine, Qatar, Saudi Arabia, Somalia, Sudan, Syria and Yemen.

The ministers expressed their unequivocal rejection of Colombia's embassy opening, saying the decision violated relevant UN Security Council resolutions and weakened international efforts to achieve a just and lasting peace based on a two-state solution.

They reaffirmed that measures intended to change the legal or historical status of occupied al-Quds, or to recognize the city as Israel's capital, are null and void and have no legal effect.

The statement cited UN Security Council Resolutions 476 and 478, both adopted in 1980. These resolutions rejected Israel's attempts to alter the character and status of the city and called on states with diplomatic missions there to withdraw them.

The ministers emphasized that al-Quds is part of the Palestinian territory occupied in 1967 and urged Colombia to reconsider and reverse its decision, respect international law and avoid actions that prejudice the legitimate rights of the Palestinian people.

Iran's condemnation came alongside separate objections from Jordan, Saudi Arabia and Algeria. The Organization of Islamic Cooperation (OIC) had also previously denounced the planned embassy opening, describing it as an unlawful step and a departure from Colombia's long-standing support for Palestinian rights.

From the 1980s diplomatic withdrawals to the US embassy move

The controversy over diplomatic missions in al-Quds has deep roots in international diplomacy. Israel declared the city its capital after occupying East al-Quds in 1967 and later took steps to consolidate its control over the city. These measures have not gained broad

international recognition.

In 1980, Israel adopted a law declaring a 'united Jerusalem' its capital. The UN Security Council rejected this move through Resolution 478, determining that measures seeking to alter the city's character and status had no legal validity and calling on states that had established diplomatic missions in Jerusalem to withdraw them.

Following the resolution, countries that had maintained embassies in Al-Quds moved their missions to Tel Aviv. For decades, the overwhelming international practice was to keep embassies outside the city, reflecting the position that its final status should be determined through negotiations rather than unilateral action.

A major departure from that practice came under US President Donald Trump. On December 6, 2017, Trump announced that the United States recognized Jerusalem as Israel's capital. The US Embassy was subsequently relocated from Tel Aviv to Quds on May 14, 2018, during his first presidential term.

The decision marked a significant shift in longstanding US policy and drew widespread criticism from Palestinians and many governments, which warned that recognizing Jerusalem as Israel's capital without a negotiated settlement prejudged one of the most sensitive issues in the Israeli-Palestinian conflict.

The United States became the first country to move its embassy to Quds in the modern wave of diplomatic relocations following the 2017 announcement. Guatemala followed in May 2018, while Paraguay briefly moved its embassy to the city that year before reversing the decision later in 2018. Honduras moved its embassy in 2021. A small number of other countries have also taken steps to recognize Quds as Israel's capital or relocate their diplomatic missions there, although most governments have continued to keep their embassies elsewhere.

'CBI's response to sanctions is to curb inflation acceleration, strengthen economic resilience'



The Governor of the Central Bank of Iran (CBI) said: Our policy response to sanctions is curbing inflation acceleration and strengthening economic resilience, and taking into account available foreign currency reserves.

According to IRNA from the Central Bank, Abdolnaser Hemmati, Governor of the Central Bank, at a gathering of central bank governors of Middle East, North Africa, and Central Asia (MCI) countries in Bangkok, explained the Central Bank's monetary policy under conditions of war, sanctions, and restrictions on transferring financial resources.

He added: Our policy response often consists of quantitative restrictions on banks' balance sheet growth, measures to strengthen asset quality and the financial health of banks, and allocation of reserves through open market operations, credit lines, and financing supply chain instruments aimed at boosting production.

Hemmati noted: In the foreign currency sector, our priority is supplying the people's basic and essential

goods.

Meanwhile, Seyed Ali Madanizadeh, Minister of Economic Affairs and Finance of the Islamic Republic of Iran, attended the annual meeting of the International Monetary Fund and the World Bank Group in Bangkok, Thailand.

The meeting is being held from October 12 to 18, 2026, with the participation of economic and financial officials of member countries.

Examining solutions for developing economic and financial cooperation, following up on issues of interest to the Islamic Republic of Iran in interaction with international financial institutions, and exchanging views on solutions to strengthen sustainable economic growth and increase the resilience of the global economy are among the areas of focus during this trip.

During this trip, while participating in meetings related to the summit, our Minister of Economic Affairs and Finance has on his agenda plans for dialogue and consultations with officials of international financial institutions and economic officials of other countries.

