

Quo Vadis is a 1951 American epic film made by MGM in Technicolor. It was directed by Mervyn LeRoy and produced by Sam Zimbalist, from a screenplay by John Lee Mahin, S. N. Behrman and Sonya Levien, adapted from Henryk Sienkiewicz's classic 1896 novel *Quo Vadis*. The music score was by Miklós Rózsa and the cinematography by Robert Surtees and William V. Skall. The title refers to an incident in the Acts of Peter; see Quo Vadis?.

The film stars Robert Taylor, Deborah Kerr, Leo Genn, Peter Ustinov, with Patricia Laffan, Finlay Currie, Felix Aylmer and Abraham Sofaer. Sophia Loren was cast in the movie as an (uncredited) extra, and Sergio Leone worked on it as an assistant director of the Italian company.

The action takes place in ancient Rome from AD 64–68, a period after Emperor Claudius' illustrious and powerful reign, during which the new corrupt and destructive Emperor Nero ascends to power and eventually threatens to destroy Rome's previous peaceful order. The main subject is the conflict between Christianity and the corruption of the Roman Empire, especially in the last period of the Julio-Claudian line. The characters and events depicted are a mixture of actual historical figures and situations and fictionalized ones.

The film tells the story of a Roman military commander, Marcus Vinicius (Robert Taylor), who is also the legate of the XIV Gemina, returning from the wars, who falls in love with a devout Christian, Lygia (Deborah Kerr), and slowly becomes intrigued by her religion. Their love story is told against the broader historical background of early Christianity and its persecution by Nero (Peter Ustinov). Though she grew up Roman as the adopted daughter of a retired general, Aulus Plautius (Felix Aylmer), Lygia is technically a hostage of Rome. Marcus persuades Nero to give her to him for services rendered. Lygia resents this, but still falls in love with Marcus.

Meanwhile, Nero's atrocities become increasingly more outrageous and his acts more insane. When he burns Rome and blames the Christians, Marcus goes off to save Lygia and her family. Nero captures them and all the Christians, and condemns them to be killed in the arena. However, Marcus' uncle, Petronius (Leo Genn), Nero's most trusted advisor, warns that the Christians will be made martyrs and, tired of Nero's insanity and suspecting that he might become a victim of his antics too, commits suicide by cutting his veins, sending Nero a farewell letter in which he finally communicates his derisive opinions he had never been able to tell the emperor in fear of his own life. Marcus is arrested for trying to save Lygia. In prison, Peter (Finlay Currie), who has also been arrested after returning to Rome upon a sign of the Lord, marries the couple; eventually, he is crucified upside-down as an ironic twist at the whim of Nero's guard.

Poppaea (Patricia Laffan), Nero's wife, who lusts after Marcus, devises a diabolical revenge for his rejection of her. Lygia is tied to a wooden stake in the arena. A wild bull is also placed there, and Lygia's bodyguard giant, Ursus (Buddy Baer) must try to kill it with his bare hands, otherwise Lygia will be gored to death. Marcus is tied to the spectator's box and forced to watch, much to the horror of his officers, who also attend the spectacle. When all seems hopeless, Ursus is able to break the bull's neck. Hugely impressed by Ursus' courage, the crowd exhorts Nero to spare them, which the emperor is not willing to do. However, Nero's four other retainers Seneca (Nicholas Hannen), architect Phaon (D. A. Clarke-Smith), Lucan (Alfredo Varelli), and Terpnos (Geoffrey Dunn) vouch for the mob's demands by putting their thumbs up as well. Marcus then breaks free of his bonds, leaps into the arena, frees Lygia with the help of his loyal troops from

his legion, and announces that General Galba is at that moment marching on Rome, intent on replacing Nero.

The crowd, now firmly believing that Nero, and not the Christians, is responsible for the burning of Rome, revolts. Nero flees to his palace, where he strangles Poppaea to death, blaming her for attempting to scapegoat the Christians. Then Acte (Rosalie Crutchley), a palace slave who was once in unrequited love with Nero, appears and offers to aid him in ending his own life before the mob storms the palace. The cowardly Nero cannot bring himself to do it, so Acte drives the dagger into his chest, weeping over his demise.

Marcus, Lygia and Ursus are now free and leave Rome. By the roadside, Peter's crook, which he had left behind when he returned to Rome, has miraculously sprouted flowers. The radiant light intones, "I am the way, the truth, and the life."

An important element that we should take note here is the persecution of the early believers of Jesus Christ. Innocent they were arrested and thrown before wild animals that were caged in the dens under Colosseum in Rome. Though they cried, lamented, screamed their faith in Christ was deep and sincere. One side, St. Peter was arrested along with thousands of Christians and on the other side, all those who were arrested and killed, every believer praised the Lord and sang in one chorus the praise of the Lord Saviour.

'The blood of the martyrs is the seed of Christianity' said Tertullian a great Christian historian. Yes, the blood that the first Christians or believers in Jesus Christ became a seed that gave birth to thousands of Christ's believers.

Coriander Leaves Nutritional value:

Also called Cilantro- Coriander is an annual herb with edible leaves and seeds, a very common ingredient in cooking throughout the world. It is especially very popular in India, South Asia and Mediterranean region. Coriander is also known for its medicinal properties. Coriander leaves are very fragile so they should be washed very carefully before cooking. Read on to learn about top 15 health benefits of coriander.

Coriander Leaves Nutritional value:

Amazing phytonutrients provide most of the coriander leaves health benefits. Coriander seeds are actually great source of many phytonutrients. Coriander or cilantro is a wonderful source of dietary fiber, manganese, iron and magnesium as well. In addition, coriander leaves are rich in Vitamin C, Vitamin K and protein. They also contain small amounts of calcium, phosphorous, potassium, thiamin, niacin and carotene.

Coriander Leaves Health Benefits:

Coriander leaves and coriander seeds provide many important health benefits. These are:

1. Coriander lowers **bad cholesterol (LDL)** and increases the levels of good cholesterol (HDL).
2. A very good food for digestive system. Promotes liver functions and bowel movements.
3. Coriander is good for diabetes patients. It can stimulate the insulin secretion and lower the blood sugar levels.
4. Phytonutrients in coriander such as elemol, camphor, borneol, carvone, quercetin, keampferol and epigenin, give protection from free radical damage.
5. Vitamin K in it is good for the treatment of Alzheimer's disease.
6. The fat soluble vitamin and antioxidant- Vitamin A, protects from lung and cavity cancers.
7. Coriander contains anti-inflammatory properties. This is why it is good against inflammatory diseases such as arthritis.
8. Coriander's anti-septic properties help to cure mouth ulcer.
9. Another important health benefit of coriander is that it is good for the eyes. Antioxidants in coriander prevent eye diseases and problems. It's a good remedy in the treatment of conjunctivitis.
10. Coriander seeds are especially good for the menstrual flow.
11. It's a very good herb to promote the nervous system. It can stimulate the memory.

12. A good food for the skin as it helps to cure skin problems such as eczema, pimples, blackheads and dry skin.

13. Coriander also contains fungicide and anthelmintic properties.

14. Anti-bacterial compound in coriander fights against Salmonella (a rod-shaped Gram-negative enterobacteria; cause typhoid fever and food poisoning) and protects from food borne diseases.

15. Natural compounds in coriander leaves remove toxic heavy metals from the body without any side effects. Accumulation of heavy metals can cause many dangerous health problems including memory loss and Alzheimer's Disease.

In addition, coriander provides health benefits to the persons who are suffering from anemia. Coriander contains high amounts of iron, which is essential for curing anemia.

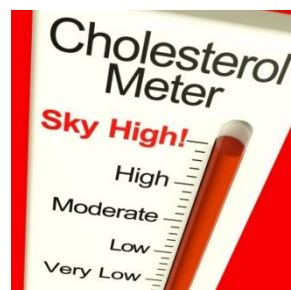
Those are the best 15 health benefits of coriander. Fresh and deep green coriander or cilantro leaves provide maximum health benefits. Soft and yellow leaves should be avoided.

What is Cholesterol and How Does Cholesterol Work?

Cholesterol- you hear the word all the time buy what does it really mean and why you should care?

What is Cholesterol?

Cholesterol is waxy fat like substance found in bloodstream and in cells throughout the body. Normally people think negative about cholesterol but you may surprise to know it's not inherently bad. In fact, cholesterol plays a critical role in the formation of cell membranes and manufacture hormones. But you only need a small amount of cholesterol to carry out these functions. Too much cholesterol present in your body can increase the health risk. To understand that completely let's look at how cholesterol works.



How Does Cholesterol Work?

Cholesterol does not dissolve in the bloodstream. Instead it's transported in and out of the cells by carriers called Low-density lipoprotein (LDL) and High-density lipoprotein (HDL).

When the amount of cholesterol in the bloodstream increases body needs to create additional lipoprotein to transport them. LDL is known as bad cholesterol. Because too much of LDL results fat build up in the artery walls. This condition is known as Atherosclerosis – hardens and clogs the artery which can lead to heart attack or heart stroke.

HDL on the other hand is known as good cholesterol. Because it aids to remove cholesterol from the body and carries it away from the arteries to liver where it passes out of the body. To determine the cholesterol level can be done with a simple blood test. The normal level of cholesterol of any individual varies depending upon the age, weight and sex. Typically though the LDL level of 160 is considered high and similarly HDL level below 40 is usually considered too low. Both high LDL level and low HDL level can put you at risk for plaque build up. About seventy five per cent of the cholesterol in the blood is made by your liver and other cells of your body.

Increasing your activity on a regular basis can decrease LDL and increase HDL. Find a reasonable fitness regimen you can stick with so you won't get bored and quit. If you're overweight, shedding those extra pounds may help you control your blood cholesterol.

The other twenty five per cent comes from the food you eat. Cholesterol found in animal products like meat, eggs, poultry and liver are high in amount. This is why eating less saturated fat from animals is good first step towards lowering your cholesterol to a healthy level. Because high cholesterol can be big factor for heart diseases and stroke. Managing good cholesterol level is important to lead a healthy lifestyle. If you think you may have high cholesterol or if you have a family history of the condition consult your doctor for a test.

LDL Cholesterol: The Bad Cholesterol

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In a world of good cholesterol and bad, LDL cholesterol is the bad boy of the two. LDL collects in the walls of blood vessels, causing the blockages of atherosclerosis. Higher LDL levels put you at greater risk for a heart attack from a sudden blood clot in an artery narrowed by atherosclerosis.

Getting your LDL cholesterol checked helps determine your risk for heart disease. If your LDL cholesterol is high, treatment can reduce your chance of having a heart attack.

Related Medications

More information on common Cholesterol drugs from RxList:

- Vytorin
- Lipitor
- Zetia

What Is LDL Cholesterol?

Cholesterol isn't all bad. It's an essential fat that provides support in the membranes of our bodies' cells. Some cholesterol comes from diet and some is made by the liver. Cholesterol can't dissolve in blood, so transport proteins carry it where it needs to go. These carriers are called lipoproteins, and LDL (low-density lipoprotein) is one member of the lipoprotein family.

Acting like a microscopic bus fleet, lipoproteins pick up and carry loads of cholesterol through the blood. Each form of lipoprotein has different preferences for cholesterol, and behaves differently with the cholesterol it carries.

An LDL particle is a microscopic blob consisting of an outer rim of lipoprotein surrounding a cholesterol center. LDL is called low-density lipoprotein because LDL particles tend to be less dense than other kinds of cholesterol particles.

What Makes LDL Cholesterol Bad?

LDL cholesterol can't help being bad -- it's just its chemical makeup. Here's how high amounts of LDL cholesterol leads to plaque growth and atherosclerosis.

- Some LDL cholesterol circulating through the bloodstream tends to deposit in the walls of arteries. This process starts as early as childhood or adolescence.
- White blood cells swallow and try to digest the LDL, possibly in an attempt to protect the blood vessels. In the process, the white blood cells convert the LDL to a toxic (oxidized) form.
- More white blood cells and other cells migrate to the area, creating steady low-grade inflammation in the artery wall.
- Over time, more LDL cholesterol and cells collect in the area. The ongoing process creates a bump in the artery wall called a plaque. The plaque is made of cholesterol, cells, and debris.
- The process tends to continue, growing the plaque and slowly blocking the artery.

An even greater danger than slow blockage is a sudden rupture of the surface of the plaque. A blood clot can form on the ruptured area, causing a heart attack.

What LDL Cholesterol Test Results Mean

Although heart attacks are unpredictable, higher levels of LDL cholesterol increase your risk.

Expert groups define the levels of LDL cholesterol as follows:

- An LDL of less than 100 milligrams per deciliter (mg/dL) is optimal.
- An LDL of 100 to 129 mg/dL is near-optimal.
- LDL between 130 and 159 mg/dL is borderline high.
- LDL cholesterol between 160 and 189 mg/dL is high.
- An LDL of 190 mg/dL or more is very high.

-  Listen
- **Checklist: Your Low-Cholesterol Diet**
- **9 Food Tips to Lower Cholesterol**

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- Reviewed by Brunilda Nazario, MD
- A low-cholesterol diet is one of the surest ways to improve heart health. In fact, studies show you can slash your bad cholesterol by as much as 10% to 20% by giving your diet a makeover. The secret? Follow a diet rich in healthy fats like vegetable oils and fish. And avoid foods high in saturated fats and trans fats. How do you know which foods keep your cholesterol low? Here are nine tips to help you get started.
- Look over the TLC diet and make a shopping list of your favorite cholesterol-lowering foods.
- **Recommended Related to Cholesterol Management**
- Finding Help for Cholesterol Management
- Join this message board to chat with a cholesterol expert. Cholesterol Message Board with Dr. Richman
- Read the Finding Help for Cholesterol Management article > >
- Stock your pantry and your refrigerator with the right foods for a low-cholesterol diet. Buy your favorite canned or dry beans, fresh fruits, whole grains, vegetables, and vegetable juice.
- For a low-cholesterol diet, toss the butter, trans fat margarines, and polyunsaturated oil. Replace them with canola oil, olive oil, or plant sterol spreads.
- Look for products specifically created for low-cholesterol diets, like Minute Maid HeartWise orange juice and Benecol, Promise, Smart Balance, and Take Control margarines. These foods have been fortified with plant stanols and sterols that help to block the absorption of cholesterol.
- Start your day with oatmeal. Experts agree this is one of the top cholesterol-lowering superfoods.
- Try a cholesterol-free egg substitute instead of whole eggs.
- For a tasty low-cholesterol dish, switch out the cream sauce on your fettuccine for lightly stir-fried vegetables.
- Instead of using butter to keep your pan moist while cooking, use white wine vinegar. It doesn't change the flavor of foods and doesn't add fat -- a key to low-cholesterol cooking!
- Don't lean on butter, sour cream, and other fatty additives for flavoring. Instead, reach for the spices -- either while cooking or at the table. Liven up your dishes with oregano, basil, parsley, rosemary, thyme, cilantro, coriander, or cumin.

