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B+ve Health and Lifestyle

10 HABITS OF
SUCCESSFUL
PEOPLE

BEST MONSOON
DESTINATIONS
IN INDIA

IMPORTANCE
OF WORKPLACE
HYGIENE

LISTENING
TO YOUR
INNER VOICE

STIMULATING
BRAIN
EXERCISES

NUTRITION AS
WE AGE



Age Redefined

- CHIRANJEEVI KONIDELA

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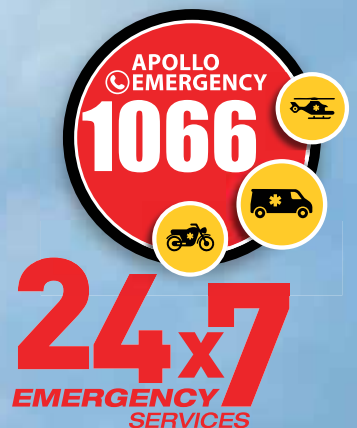


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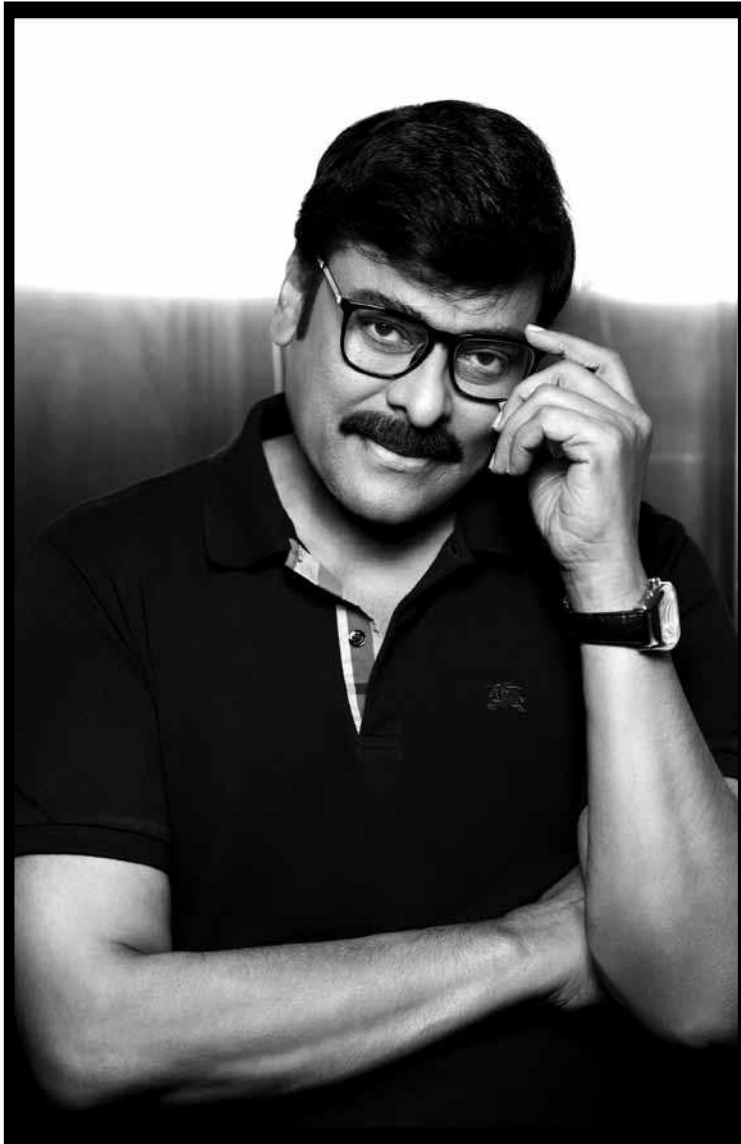
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ROASTED BEETROOT HUMMUS



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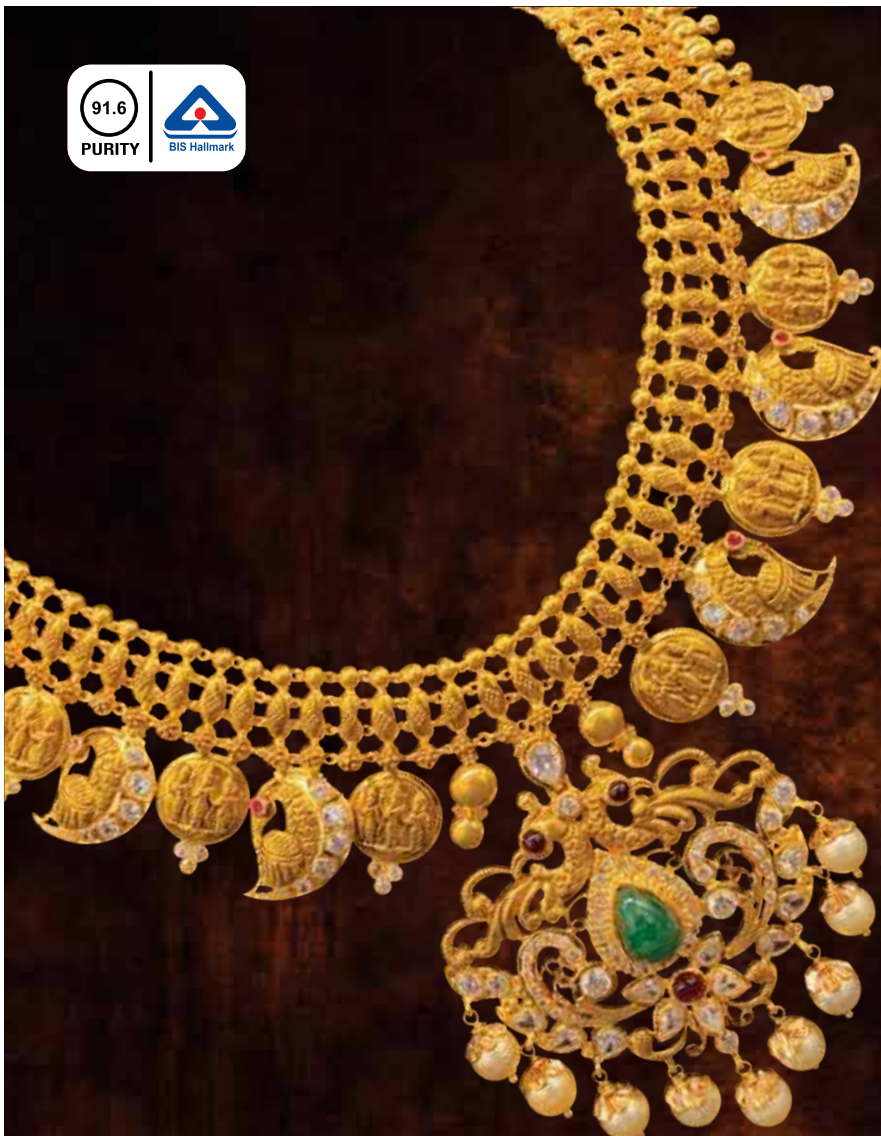
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Editor's Letter

Hello!

The monsoon season is at its peak, so you can expect some beautiful rains, cloudy days and picturesque sights and sounds. We are also eight months into 2019 and this August India will be celebrating its 73rd Independence Day this year!

When it comes to health and nutrition, we are all aware that eating healthy plays a key role in maintaining overall health and in helping ward off health concerns. However, to maintain a healthy immune system, it is essential to mould our food intake to match essential nutritional needs. The write-up '*Nutrition As We Age*' sheds some light on this subject.

Certain foods can boost our health in many ways. Take for instance, the '*Benefits Of Mustard For Your Health*.' Mustard seeds are rich in phytonutrients, minerals, vitamin and antioxidants. They are also one of the chief oil seeds that contain more calories, quality protein, dietary fibre and plant sterols. Speaking of oils, have you tried spicing up the oils you use to add an extra zing to your daily food? According to nutritionists, doing this will not only enhance the flavour of your food but will also provide a host of therapeutic benefits to you and your loved ones.

The modern lifestyle is far from healthy, as there is constant stress, overwork, environmental toxins in the food, poor diet and addictive habits, caffeine etc. All of which can burden your liver. Hence, it is vital to take care of your liver. Turn to the page to our write-up on '*Liver Disease And Diet*' and learn how to protect your liver from damage.

Though stress can wreak havoc in our lives, it can be tackled by practising some relaxation techniques. Find out how '*Binaural Beats Therapy For Meditation*' can bring peace and harmony into your life. It is said that your body is actually a mirror of how you live your life. Moreover, your body tries to send you certain signals when you are ill. Therefore, we share some insight with our write up on '*What Your Body Is Trying To Tell You*.'

We are elated and privileged to have our cover graced by a true health enthusiast, recipient of the Padma Bhushan Award and International Face of the Indian Cinema Industry - Megastar Chiranjeevi Konidela! Read on to learn more about this Iconic Evergreen Megastar.

Stay healthy! Stay fit!



THE PADMA
BHUSHAN
AWARDEE AND
INTERNATIONAL
FACE OF THE
INDIAN CINEMA
INDUSTRY - ICONIC
EVERGREEN
MEGASTAR
CHIRANJEEVI
KONIDELA!

What It Takes To Be A Humanitarian

A humanitarian is a self-motivated and inspired person. An individual who comes forward to help without being asked to do something is known as a humanitarian. For instance, a faithful volunteer does not expect appreciation or rewards. The joy he/she experiences by giving is the reward. And this joy is immediate - it is not like waiting for your salary on the first day of every month.

It is through the process of volunteering that you realise that the accurate measurement of your life is but, how much you have given. This act of selfless

service helps draw you out of your selfishness and you thereby, learn to give and not only take! You may have witnessed volunteers breaking boundaries as they find themselves capable of doing things they thought were never possible. This is because service not just builds your skillsets, but gives you an immense boost of confidence.

Attributes Of A Humanitarian

The quality of a one's seva may be diluted if the seva does not spring from humility. So if volunteers think they are obliging somebody, they are thoroughly mistaken! They should be

'volunteering' only because they derive joy out of the act - when humanitarians experience this joy, they are filled with gratitude.

You should remember that even if you get stones in return for seva, it is still worth it. It would be best if you expect nothing in return for seva - not even a word of thanks. Refrain from saying, "I have never needed anything else, only a few words of gratitude" - you should not expect even this! If you provide some service without expecting anything in return, then that is bliss, else the quality of seva or your service gets diluted. Also, if someone scolds you or curses you, remain steady, as it is best to take it in your stride.

Irrespective of the circumstances you may find yourself in, you should keep the smile on your face intact, as doing so makes you a more empathetic volunteer. You should also not be too proud or too angry and this is very important. If volunteers are not pleasant and always angry, they will not be able to inspire anyone.

Another critical aspect of humanitarians is the ability to delegate work. The impact of seva is magnified when humanitarians work together as a group. However, to manage groups, it is essential to empower. However, many people do not know how to do this. They try to do everything themselves. If you want to ride a horse, you cannot hold the bridle too loose or too tight. So though you should shoulder responsibility, at the same time you should also learn to delegate.

It is quite possible that when faced with difficulties, volunteers feel their inspirational motivation going down and frustration rising. Volunteers can also experience a feeling of slipping away from the commitment, thinking that since there is no boss, they will act as per their convenience, "If I like it, I will do it; if I don't like it, I don't!"

IF YOU PROVIDE SOME SERVICE WITHOUT EXPECTING ANYTHING IN RETURN, THEN THAT IS BLISS, ELSE THE QUALITY OF SEVA OR YOUR SERVICE GETS DILUTED. ALSO, IF SOMEONE SCOLDS YOU OR CURSES YOU, REMAIN STEADY, AS IT IS BEST TO TAKE IT IN YOUR STRIDE.

Take for instance the example of a car's steering wheel - if all the tires say they do not need steering, the vehicle cannot run smoothly. In the same way, if you want to construct a building, you have to accept the authority of the structural engineer.

Any kind of wavering and the challenges in the resolve of a volunteer can only be overcome by being more grounded in spiritual knowledge. Volunteers devoid of the spiritual dimension are utterly weak, therefore, they must draw their integrity from spiritual practices.

Seva should walk hand-in-hand with sadhana (spiritual practices). If one is absent, you will not gain anything from the other. From sadhana you get the strength to do seva, and from seva, you get depth in sadhana. Meditation has to be your priority; you must manage work to find time to meditate every day to be an efficient and endlessly enthusiastic humanitarian. **B**



**Sadhguru**

*Yogi, Spiritual Leader
And Renowned Speaker
Of International Repute*

The Significance Of Inner Management

We believe commerce will decide the quality of human

life in many ways. This is fifty per cent true for the reason that for a destitute, nothing but food matters! It is not possible to talk to a human being about anything higher in his life when his fundamental needs are not taken care of. When you are hungry, your whole consciousness will centre around food. If you go and ask a beggar how much is two plus two, he will probably say, four chapattis. This is because when there is a scarcity of food or no food at all, everything else will only be about food.

IT IS NOT
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However, we need to understand that the journey from poverty to affluence is a hard journey. Whether it is for an individual, a society, a nation or large populations in the world, it's still a hard journey. It does not take place easily and comes with an enormous price attached to it. Also, most of the time when people get there, they cannot enjoy their affluence.

Most societies suffer with their affluence. For example, in the United States, average citizens have so much comfort and convenience that even royalty could not have afforded it a hundred years ago. In spite of this, a significant percentage of the population are on some kind of anti-depressant. If you just take away a particular medicine from the market, half the nation will go crazy. That is not well-being. Therefore, it does not matter where you live, how you live, what you eat, what you wear, what you drive, if you are not happy, you cannot call it well-being.

If you do not know how to manage yourself, your happiness will be accidental as outside situations are not always going to be in your control. Some situations will be favourable for you and some

situations will be favourable for your competitor. However, you will have to manage it to the best of your ability. Moreover, the outside situation could involve a million different elements. Only some people can understand situations and those who do, try to control it. For the rest who don't understand, there is no question about controlling, they just have to hope that it will all fall into place.

THE WORLD DOES NOT OPERATE ACCORDING TO YOUR WAY, YOUR HOME DOES NOT RUN YOUR WAY, NOBODY ADHERES TO YOUR WAY.

Invest In Your Well-being

When it comes to an inner state of affairs, only you are concerned. So at least this inner condition must go your way. The world does not operate according to your way, your home does not run your way, nobody adheres to your way 100 per cent - not your husband, not your wife, not your children, not even your dog - he too has his own way. Therefore, YOU must go your way. If you too don't go your own way, you are surely a lost case!

Real well-being occurs only when you are peaceful and joyful from within. If you do not know how to be peaceful and joyful from within, the home that you live in, the car that you drive, the clothes that you wear and the people you have around you are all a waste! All that you worked for is just a waste.

*If you want to be happy, you have to manage yourself properly. Management means creating situations the way you want it to be. Just as you manage your family, finance, industry, business, it is important to manage your mind, your emotion, your energy and your body. Furthermore, your ability to manage outside situations will be possible only when your inside is well-managed. But unfortunately, we as individuals, as a society, as a nation and as a world, have not invested anything in inner well-being. So it's now high time we invest in our inner well-being. **B***

The Importance Of Meditation For Children

A child's personality is developed and formed during childhood and teenage years. This is also the time during which a child forms a view of the world and understands how to relate to

oneself and to others around. Thus, it is important for parents and even schools to help children form positive and happy impressions of childhood, so that when they grow up they are able to manage their lives well and have a happy and fulfilling life.

Meditation Benefits For Children

It is estimated that around one in seven children experience mental health difficulties and half of the serious issues in adulthood begin before 14 years. Therefore, it is imperative that children are guided towards tools that can help them cope with emotional challenges. Meditation, if practised from childhood is a very effective tool that can help in enhancing a child's life in many ways. Here are some ways in which meditation can help.





Better Focus & Memory

Meditation not only changes brain patterns that enhance memory but also heightens mental focus and clarity which improves cognitive performance. Increases Awareness

Meditation creates self-awareness even at a very young age, because during meditation one can analyse an action and recognise if it was right or wrong. With this kind of awareness, children grow up to be more conscientious and have a greater sense of understanding. Healthy Emotional Development

Kids who practise regular meditation are emotionally stronger, happier, more relaxed, have less temper or mood tantrums as well. Boosts Compassion & Encourages High Self Esteem

Meditation among children helps in developing higher levels of confidence and resilience. They are more connected to themselves and respectful of others. They also display good decision-making and pro-social behaviour.

Types Of Meditation

There are many variations to meditation that children can try. To begin the process of making children sit in meditation, it may start with breathing exercises or simple visualisation exercises to get them to focus. Some of the types of meditation children can try are as follows:

Music or Sound Meditation

Children listen to music as a part of their focusing and meditating process. However, the music or the instrument that is played should be calming and peaceful to hear.

Mantra Meditation

Meditation with the chanting of 'Aum' has a deep calming effect on the mind and children enjoy it as it has a prolonged sound of 'AuuuOooooMmm' which makes them want to recite it again and again.

Gazing Meditation

During this meditation, children gaze gently either at a picture or a candle flame (only in the presence of an adult) for a while. After they close their eyes, the after image of

the picture or the flame will appear in their mind, so the children can then concentrate on that image or may play with it by changing the size or see it moving around with their eyes closed. This process can be repeated a few times.

Gratitude Meditation

Showing gratitude for even the little things should begin early and this can also be incorporated by meditation. During this type of meditation, children visualise any event of their life which they would like to be thankful for and then express gratitude for it.


Guided Storybook Meditation

This is a guided meditation whereby children visualise a journey of discovering and experiencing an exciting, magical land where they access inner peace and joy.

Though meditation can be practised by oneself, when done with the help of a trained professional it becomes more effective. Also, with the help and guidance of trained individuals, one can learn and practice meditation and turn it into a way of life.

Why Children Should Practise Meditation?

The method by which meditation is included in a child's life should be fun and not seem like a boring chore. Children should be excited to practise it and look forward to it, as this is the only approach by which it can turn into a way of life for them. Although there are no set rules of meditation, some techniques and tips can certainly help in incorporating meditation in a child's daily life. These techniques are as follows :

- Children learn by watching and observing, so it's important for parents or teachers to set a good example by incorporating meditation in their own lives
- Set a separate dedicated area for meditation at home or school that is comfortable and free from distractions
- To keep the interest levels high for children to meditate regularly, make the entire process of meditation fun and interesting by incorporating games or entertaining exercises
- Schedule a fixed time for meditation as this will help children to get into a routine of meditating every day at the same time. It can be early morning or even before bedtime
- The duration of the meditation can vary according to different age groups - young children may meditate for at least two to five minutes every day and teenagers or young adults may meditate for seven to fifteen minutes every day. 

Break Free From Addiction!

Addiction is not a habit, it is a condition whereby an individual engages in the use of a particular substance or in behaviour, for which the rewarding results provide a compelling incentive to repeatedly pursue the 'behaviour' despite detrimental consequences. Many of us consider addiction to be a big problem of personal weakness which is initiated for self-satisfaction and continued because of unwillingness or lack of willpower to stop. However, it should be known that normal and basic choice processes can lead to addiction.

Addiction involves the use of substances such as alcohol, cocaine, nicotine or activities like gambling. Excessive consumption of alcohol and drugs can lead to mental and physical health issues which include anxiety, depression, diabetes, liver disease and heart



disease. Though many individuals may improve physically and mentally after recovery, some may linger and diminish the quality of their life.

Addiction And The Brain

Excessive substance abuse affects many parts of the body, but the organ most impacted is the brain. When a person consumes a substance such as drugs or alcohol, the brain produces large amounts of dopamine, which triggers the brain's reward system. However, after repeated drug use, the brain is unable to produce normal amounts of dopamine on its own. This means that an individual will struggle to find enjoyment in pleasurable activities - like spending time with friends or family, when not under the influence of drugs or alcohol.

Difference Between Addiction And Dependence

Dependence is present when an individual develops a physical tolerance to a substance. He/she may experience withdrawal symptoms if the drug usage is stopped, altogether. Usually, a dependency is resolved by slowly tapering off the use of a particular substance. On the other hand, addiction occurs when extensive drug or alcohol use has caused a person's brain chemistry to change. Addictions are manifested as uncontrollable cravings to use drugs, despite doing harm to oneself or others. The only way to overcome an addiction is through treatment.

Signs To Be Aware Of

If you are concerned that someone you care about is struggling with addiction, there are several red flags you can look out for. However, it's important to remember everyone is different and it may be harder to detect addiction in some people than in others. Nevertheless, here are

ADDICTIONS MANIFEST THEMSELVES AS UNCONTROLLABLE CRAVINGS TO USE DRUGS, DESPITE DOING HARM TO ONESELF OR OTHERS.

some general warning signs to be aware of:

- Ignoring commitments or responsibilities
- Problems at work, school or at home
- Unexplained absences
- Appearing to have a new set of friends
- Considerable monetary fluctuations
- Staying up later than usual or sleeping in longer
- Lapses in concentration or memory
- Being oddly secretive about parts of personal life
- Withdrawal from normal social contacts
- Sudden mood swings and change in behaviour
- Unusual lack of motivation
- Weight loss or changes in physical appearance

Treatment

Treatment can occur in a variety of settings, take many different forms and last for a different length of time. Drug treatment is intended to help addicted individuals to stop compulsive drug seeking and use, but since drug addiction is typically a chronic disorder characterised by occasional relapses, a short- term, one-time treatment is usually not sufficient. Therefore, the specific

type of treatment or combination of treatments varies depending on the patient's needs and often, on the types of drugs they use.

Behavioural therapies can help motivate patients to participate in drug treatment, offer strategies for coping with drug cravings, teach ways to avoid drugs and prevent relapse, and help deal with relapse if it occurs. Behavioural therapies can also help improve communication, relationships and parenting skills as well as family dynamics.

Many treatment programs employ both individual and group therapies. Group therapy can provide social reinforcement and help enforce behavioural contingencies that promote abstinence and a lifestyle that involves no drugs. Some of the more established behavioural treatments such as contingency management and cognitive behavioural therapy are also being adapted for group settings to improve efficiency and cost-effectiveness.

The Stigma Of Addiction

Scientific and medical thinking concerning addiction has come a long way and today, most medical professionals treat addiction as an illness with standard criteria to diagnose it and some guidelines to treat it as well. However, despite this changed attitude in the medical community, addiction still remains severely stigmatised in society.

However, if we intend to help with addiction recovery, we have to stop blaming these individuals for making 'bad choices' and stop dismissing them as inherently bad or weak. Instead, we must recognise the complex web of social and environmental factors that can lead to drug use and understand that addiction is rooted in changes to the brain that impact judgement, decision- making and self-control. **B**

The boom of technology has become an inherent part of everyday communication and is deemed normal by almost every individual.

Most of our parents who were born in the 1950s may not have been able to comprehend the concept of computers, mobiles and video conferencing during their childhood years, but over the last three decades, the use of technology in our daily lives has grown to such an extent that this period is now termed as the cyber era.

The social media world has now become an integral part of this era and for a few, it has reached a stage of addiction whereby the extreme usage of social media has converted into a subject of much discussion and research. Nowadays, people share their experiences via social media with their friends and insist on 'plug and play' devices for their smartphones everywhere they go. Many claim that they spend time on social media platforms like Facebook, Instagram and other similar apps to read the news and entertainment in order to 'kill time,' or compare their lifestyle with renowned celebrities and more.

Psychological Effects Of Social Media

This issue remains complex and probably generational. Several physicians and health professionals have observed symptoms such as depression, anxiety and psychological disorders like ADD prevailing more commonly among the youth. When holidaying at a new location, starting a new activity or engaging in a new experience, everybody today has a tendency to upload, check-in or post an image, to seek a reaction from their network.

Besides, whenever they get a 'like' or comment on their personal post, a sense of gratification is achieved. This behaviour to submit opinions for

Can Social Media Cause Depression?



approval on a daily basis to an online audience, or to consume the opinions of strangers could turn out to be unhealthy. Shockingly, none of these behaviours were normal or a part of our daily lives a few decades ago, yet it is practised by billions, globally.

Those who seek others' opinions online, feel connected and believe that someone cares about them and even agree with what they have posted by liking it! When this happens, the brain cells stimulate a chemical released by the neurons called dopamine, also known as the happy hormones. This is one of the underlying reasons that causes addiction. The combination of rewards and the pleasures received from using social media, conditions and programmes the mind to crave for instant gratification for whatever action has taken place. Therefore, if


it continues for for a long period of time, it will become habitual and can lead to anxiety and depression.

The Dark Side Of Social Media

There are many internet users who are narcissistic in nature and who tend to cyberbully others into submission and humiliation. The concept of trolling has become a disgraceful act by many but it gives these individuals a sense of self-importance. Cyberbullying is abuse using email, instant messaging, text messaging, websites and social networking sites. This has also led many individuals to blackmail companies and entrepreneurs by creating a 'make or break' scenario for a particular brand.

Advantages Of Social Media And Technology

There has been an evolution of technology used not just by hotel guests but by potential clients too. In this manner, any venue can create an online presence and increase their revenue. There are many bloggers and vloggers who also share their positive experiences, shed light on political matters and help people overcome sensitive health concerns and more by connecting positively with their audience. Many individuals also turn to social media to make current or urgent matters viral through Facebook, Twitter and other social media platforms.

Social media is also used for advertising and incentivising any type of business, especially small enterprises and more. It is also beneficial in teaching the latest trends, to avail freebies and special discounts. Even though there is a dark side to social media, there are also some aspects that can help people in need or for those who are simply looking for exposure. However, we should all remember that too much of anything is never a good thing! 

QA



Dr Anupam Sibal
Senior Consultant Pediatric Gastroenterologist and Hepatologist, Indraprastha Apollo Hospitals

Ask your queries at bpositiveqa@apollolife.com

Q How can I prevent my children from developing conjunctivitis and eye infections during the monsoons?

Conjunctivitis or pink eye is caused by inflammation of the thin clear layer of tissue that lines the inner part of the eyelid and covers the white part of the eye. This causes the eyes to be red, swollen and itchy with discomforting eye discharge and pain.

The best way to prevent this condition is by washing of the hands thoroughly with soap and water or alcohol-based sanitiser that kills the germs and prevents it from spreading from others. If anyone in your vicinity is suffering from conjunctivitis, try to avoid contact and maintain hand hygiene, if avoiding is not completely possible.

Also, do not share the clothes, towels or handkerchiefs of those affected. This condition can rapidly spread from one eye to the other, so the same eye dropper should not be used or shared for the other eye. Frequent washing of eyes will provide relief and prevent the spreading of the infection.

Infected individuals should avoid using swimming pools. Chlorination of swimming pools to disinfect the water help prevent eye and ear infections. Children who use contact lenses should

IF ANYONE IN YOUR VICINITY IS SUFFERING FROM CONJUNCTIVITIS, TRY TO AVOID CONTACT AND MAINTAIN HAND HYGIENE, IF AVOIDING IS NOT COMPLETELY POSSIBLE.

clean their cases regularly and also wash their hands thoroughly before wearing them. Similarly, eyeglasses should also be cleaned regularly, and kept in clean cases.

Conjunctivitis in newborns may occur secondary to blockage in the tear duct and can be resolved with regular massage to attain drainage. However, it may also occur secondary to serious bacterial infections and any newborn with conjunctivitis should get immediate medical attention.

Q Why is it essential for children to be dewormed every year?

Worms are soil-transmitted parasites that are responsible for the most common helminthic infections in children. These include roundworms, tapeworms, pinworms, whipworms and hookworms. They occur from ingestion of contaminated water or food and also through skin penetration in case of hookworms. Hookworms are blood-sucking worms that can cause severe anaemia and pain to the abdomen.

Other symptoms of worm infections are bloody diarrhoea, painful or frequent defecation, nausea and vomiting, loss of appetite, malnutrition and weight loss. Worms may sometimes block the main draining duct of the liver or pancreas causing an obstruction and precipitating an episode of acute hepatitis or pancreatitis.

Tapeworms may infect the brain causing headache, fits or even coma due to neurocysticercosis. Infection of the liver causes hydatid disease that may require surgery if prolonged medications don't clear the disease. The World Health Organisation(WHO) recommends annual or biannual deworming of all children 1-14 years of age to prevent these complications. **B**

It's common knowledge that success doesn't come easy and to be successful and remain successful, takes a lot of dedication and perseverance. Successful people are known for their persistence and steadfastness in maintaining good habits to reach their goals. So if you too want to prosper and be victorious just adopt these 10 habits to enjoy success in all spheres of your life.



Planning And Organising:

This is one of the most vital habits for success in every sphere of life. It is crucial to plan, be organised and rehearse your action to reach your end goal. As a result, it enables you not just to execute things in a planned manner, but also to take into consideration the risks and issues involved. Hence, this helps you to be armed for any calamities and thus you will incur less damage or will be able to face any harm in a planned manner.



Goal-Action-Result Oriented:

It is essential to have a dream, an ambition and a goal to keep the passion in your belly burning. More importantly, the desire needs to be strong enough

to ensure the fire does not burn out. So believe in your dreams, be positive, practical and realistic about. Also, make your stakeholders believe in your vision and simultaneously undertake the tasks to live your dream.

Quality:

The quality of work is crucial to determine the duration of your success.

Substandard work may get you in, but what matters is the quality of the work produced and thus determines the period and height of your success. Quality also sets a standard of the type of work you can execute and deliver as a result.



Perseverance:

Being audaciously persistent in reaching your goal is vital to any plan. You may face many obstacles at one point or the other, but remember the path to success was not meant to be easy either. So, work smartly and keep the midnight oil burning, if that is what it takes to reach your goal.



Visionary:

Most successful people, especially those who have remained unbeaten for a large part of their lives, can foresee the future and can accordingly keep reinventing with the changing times.

Courageous:

There are risks involved, but a successful individual is one who takes calculated risks, does not put all the 'eggs in one basket' unless the situation demands and is not easily defeated by failure. Instead, this individual takes failure as a challenge and a lesson learnt to carefully analyse and review the failure to emerge stronger than ever before!



Self-Discipline:

This habit should certainly not be underestimated as it is the very foundation of your success. It defines you, your values and your core. Be disciplined in your day-to-day routine and focused in the way you execute the plan. All of this defines not just your success now, but also how well you can retain the success to reach greater heights in your life.



Opportunity:

Being at the right place at the right time and with the right people is half the battle won when you have a foolproof plan to execute. A successful person knows how to seize an opportunity and not let go or quit due to trivial matters.

A SUCCESSFUL PERSON KNOWS HOW TO SEIZE AN OPPORTUNITY AND NOT LET GO OR QUIT DUE TO TRIVIAL MATTERS.

Communication:

Successful people are excellent communicators who know how to command respect and not merely demand. They are people-oriented to a great extent and know how to influence others.



Luck:

There is no substitute for hard work, but uncontrollable factors termed as luck can also determine the push a person needs to be successful. **B**

Modern workplace environments are not always very conducive to the physical wellness of its employees. Sitting in front of a computer all day strains the eyes and spine; moreover the snacks between meetings affect the digestive system and adversely affect overall health. As most companies operate on limited resources and a tight budget, they are unable to provide wellness programs for their employees. Therefore, employees must take care of their own health and wellness. Here are some simple changes that you can incorporate in your daily work routine for a healthier, more productive life.

Tips To Improve Workplace Hygiene

If you have poor personal hygiene at your workplace, it can adversely affect your health as well as the health of your co-workers. So just follow these essential tips to ensure a healthy life at work:

- **Use Hand Sanitizers:** Always keep a hand sanitizer with you. You should not have to take a trip to the washroom every time you want to wash your hands. Contaminated hands are responsible for a large percentage of food-borne diseases and it is estimated that hand hygiene compliance rates at the workplace are less than 50 per cent.



Tips To Maintain Workplace Health & Hygiene

- **Keep Your Workspace Clean:** Clean your workspace daily. Wipe your working tools every day, either before you start work or after you are done. Improving desk hygiene has also shown to reduce stress levels significantly.
- **Use Clean Utensils:** If your company offers snacks and tea to employees, make sure you are eating from clean utensils as food debris is a fertile breeding ground for germs. Therefore, it is essential for utensils to be washed with soap and warm water and rinsed and dried correctly.
- **Practise Respiratory Etiquette:** Climatic changes are inevitable, but with few precautionary steps, you can avoid falling sick. It is considered to be good hygiene/ manners to cover your mouth with your hand or a tissue while sneezing or coughing. Doing this also helps in reducing the spreading of germ.



Workplace Yoga Poses To Relieve Stress and Tension

Remaining seated at a desk for hours at a stretch can strain your lumbar spine, overstretch your mid and upper back and shorten the muscles in your chest and hips. This simple sequence of yoga poses can help you combat stress and tension in your body.

Seated Half Moon Pose: Although this pose is practised while standing, you can also try this variant while sitting. The sides of your body tend to weaken when you sit hunched in front of the computer all day, leading to discomfort in your shoulders and neck. Raise your arms over your head with your fingers stretched out. Lean towards your right till you feel a stretch in your side and stay in this position for a couple of breaths. Repeat for the other side.

Chaturanga: Use your desk as a support to do yoga push-ups. It will strengthen your arms, and help the muscles around your neck to relax. Place your palm at the edge of your desk at a shoulder-width distance and push your feet backwards till your torso is diagonal to the floor. Once your feet are placed firmly, inhale as you bend your elbows to form a right angle, hugging them towards your ribs. Exhale as you push yourself back to the initial position. Repeat this ten times.

Countless studies have shown that people who look after their physical well-being at the workplace tend to be top performers, get sick less often and get along well with their colleagues. So following these simple tips and precautions will ensure you not only stay healthy but work in a hygienic environment. **B**

Mountain Trekking Essentials

Trekking is an exhilarating and adventurous way to explore Nature, as well as test your resilience and guts. Also, there are many ways to trek and the trekking culture varies from country to country.

Generally, trekking consists of a series of ascents and descents and walking for an average of five to seven hours (nine to fourteen kilometres) a day. The objective of trekking is not just a particular destination, but the journey itself. You can have a pleasure of a walk at a decent pace while taking in the sights and sounds of Nature, stunning landscape views and passing through rural communities.

Trekking can be a fantastic experience if you plan well and do all the preparations in advance. Before you head for trekking, learn about altitude sickness (if you are doing it in a mountainous region) and work on your fitness at least one month before embarking. Take care of personal health issues too, as you don't want to fall sick in a remote area. But even after extensive preparations, a trekking tour can always throw up unexpected challenges. Therefore, keep your chin up and hope for the best, but be prepared!

Trekking Essentials

Trekking necessities include your trekking gear, emergency kit and eatables that can be more handy than you think.

- Carry a raincoat, as the weather is unpredictable so you should always be ready
- A good pair of footwear also makes a lot of difference; carry boots which will support your ankles while you trek
- A pocket torch is always handy if you don't have enough light to see the trail
- A compass, map, waterproof sheet, cap and a one-litre water bottle, should be with you



- A first-aid kit is necessary to help you deal with small injuries
- Keep a matchbox with you in case you need to light a fire
- Carry a whistle, which will help you alert your team in case you get off the trail
- Carry eatables which can help you get instant energy. Fruits, granola bars, trail mix and fruit bars work best while on a trekking expedition


While there are some challenges such as fatigue and dehydration which should be expected and managed, it becomes tricky when you encounter some unexpected difficulties. Torrential downpour, wild animals, or a wobbly rock at the edge of a cliff are some examples of some serious trouble.

Safety Tips

- Don't trek alone
- Buddy system always works, especially when you are trekking in a group, make sure that you don't walk too fast or too slow, as the benefit of staying together while trekking can be advantageous during emergencies. Also, don't depend on mobiles and carry back-ups such as maps and a compass
- There could be a possibility that mobile phones may not work in the wilderness so inform someone about your trekking schedule and the probable route before leaving. Also, keep them posted whenever you can
- Don't leave the path and never, ever leave the specified trail! If you are travelling and are forced to stop due to fatigue, make sure you have someone who knows the path well-staying back with you or else you may get lost and might have a difficult time reuniting with the other members
- Remember that looking for shortcuts might get you into trouble or confuse you
- Be sure to follow the right path for a successful trek

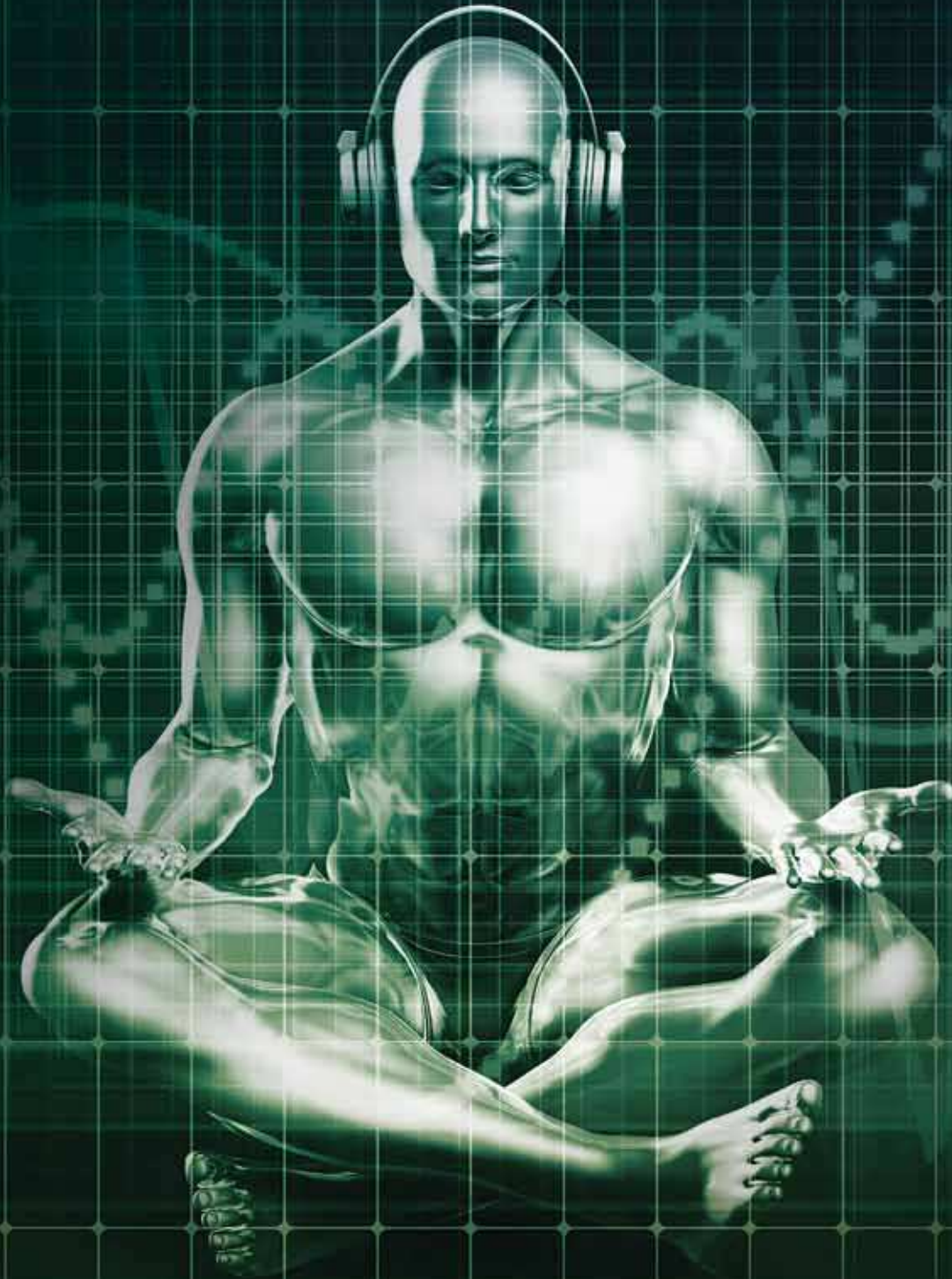
If You Get Lost

- Make a shelter for yourself so that, wild animals cannot attack you
- Stay dry
- Blow the whistle so that someone can hear you
- If you see or hear a search party looking for you, stand in an open place so that you can be easily seen

Go ahead, get your backpack ready and say 'Yes' to trekking! 

Binaural Beats Therapy For Meditation

Every day, Science teaches us something new that is greatly beneficial and valuable for our lives. While meditation is an immensely researched subject, it is also a technique which a lot of people find difficult to practice. However, guided meditation when practised using binaural (used by both ears) beats can aid the meditation process.





BINAURAL BEATS THERAPY IS AN EMERGING FORM OF THERAPY IN WHICH THE PERSON IS MADE TO HEAR TWO SLIGHTLY DIFFERENT FREQUENCY TONES IN THE RIGHT AND LEFT EAR.

What Are Binaural Beats?

Binaural beats are generated sound waves or frequencies that create a fascinating process which takes place in your brain when your ears are presented with a certain audio stimulus.

Binaural beats therapy is an emerging form of therapy in which the person is made to hear two slightly different frequency tones in the right and left ear. However, the brain perceives and processes the tone as one, thus creating a third tone in the process. This third tone is called binaural beat.

For instance, if the left ear hears a tone at 200 Hz and right ear at 210 Hz, the binaural beat heard is the difference between the two frequencies - 10 Hz. When an individual is exposed to two different frequencies simultaneously in each ear, it creates different levels of electrical activity in the brain and also activates specific regions in the brain.

Where Are Binaural Beats Used?

Binaural beats therapy is primarily used for treating anxiety and stress levels. However, it can also help in concentration and motivation.

Benefits Of Binaural Beats

Meditation, when practised using these specially engineered frequencies and tones often superimposed with ambient music, brings certain changes in the brain structure which helps in achieving specific states favourable to the well-being of an individual. There are several potential benefits of binaural beats - therapy on the body and mind such as:

- Increases focus and concentration
- Increases confidence
- Helps in deeper meditation
- Improves mood and emotional state
- Reduces pain
- Enhances creativity
- Helps in getting good sleep

Since this is a subject that is gaining popularity there are many studies that are being done to check its effectiveness in different areas. One such study was when the binaural audio track was played for pre-operative patients who were about to go into surgery. These patients had shown a 26 per cent reduction in their anxiety levels. Therefore, this study showed that the binaural beat is an effective way to soothe such patients.

Facts

- The different ranges of binaural beats also called frequency patterns have different specific purposes
- The effect of binaural beats on an individual's brain varies according to the frequency pattern used. The four known frequency patterns that are used are - Delta, Theta, Alpha, Beta and Gamma patterns
- Each pattern has a different set frequency and that frequency determines the impact of the binaural beat on the individual hearing it. For instance, binaural beats set in the Alpha pattern frequency which is between 8 Hz to 13 Hz may help reduce stress and promote positive thinking
- To listen to binaural beats, it is important to use headphones because each ear hears the sound in a different frequency
- When listening to binaural beats, choose a place which is distraction-free, quiet and comfortable
- To get the full benefit of binaural beats it is recommended that you must listen to it every day, either during meditation or otherwise for at least 15-30 minutes

*Meditation is an extremely valuable technique, but binaural beats no doubt provide an easier way to reach a meditative state and reap its benefits. **B***

What You Need To Know About Hypnosis

A trance-like state in which one has heightened focus and concentration is known as hypnosis, also referred to as 'hypnotherapy' or hypnotic suggestion. Hypnosis is usually carried out with the help of a therapist via verbal repetition and mental imagery. People have been pondering and arguing about hypnosis for more than 200 years, but science has yet to explain how it works.

This puzzle is a small piece of a much bigger puzzle - of how the human mind works!

Additionally, when under hypnosis, one feels calm, relaxed and is more open to suggestions. Therefore, it is unlikely that scientists will arrive at a definitive explanation of the mind in the foreseeable future. So, it's a good bet, hypnosis will continue to remain somewhat of a mystery.

Levels Of Consciousness

Every day we traverse through different levels of consciousness. Some researchers categorise all such trances as forms of self-hypnosis. Milton Erickson, the premier hypnotism expert of the 20th century, contended that people hypnotise themselves daily. However, most psychiatrists focus on the trance state brought on by intentional relaxation and focusing exercises. This deep hypnosis is often compared to the relaxed mental state between wakefulness and sleep. There are some levels of consciousness:

- Beta brainwave state is when our mind is active and wide-awake
- Alpha brainwave is when we are relaxing with our eyes closed
- Delta brainwave state is when we enter a much more relaxed state, just like a deep sleep state

For example, you can get into a hypnotic state when you are engrossed reading a book. You are not aware of your surroundings and get jolted if someone taps your shoulder. The same occurs when watching a movie. The movie has a hypnotic effect on you.

It All Begins In The Mind

Our conscious mind governs our active thinking and decision-making and our subconscious mind is responsible for our daily unconscious behaviour. Did you know that we operate only eight-ten per cent out of our conscious mind? The rest of our activities spring from our subconscious mind.

For example, we wake up in the morning, brush our teeth and drive our car while our thoughts wander to other activities. Our

subconscious mind stores all the experiences we have gone through since our birth. Deep down, our mind also stores the memories of our past lives, which are accessed through past-life regression therapy.



When there are distinct incidences in our life such as relationship issues, fights, or accidents, the memories of the subconscious mind are triggered and the stored emotions surface. 'Reaction' is actually the replay of the emotions that we have experienced before.

How Hypnotherapy Works?

One can turn to hypnosis for behaviour changes and people generally consult a hypnotherapist when they are not able to deal with certain situations in life, like emotional problems such as depression, anger, fears, phobias, low self-confidence or relationship discord. Hypnosis also helps in the healing of diseases such as cancer, migraines and others.

The hypnotherapist takes you through a light trance-like state whereby you can access your subconscious mind, by a hypnotic suggestion. Though you do not lose control over yourself, you follow the instructions of a hypnotherapist. Moreover, during the hypnosis session, it is essential for you to be aware and active as you will be regressed to the source of the issue, which is usually present during childhood and attempted to

be resolved through hypnosis. Later, positive suggestions are instilled and you are brought back into a full state of consciousness.

There is an exceptional connection between the mind and body. For instance, most diseases are psychosomatic, indicating that our beliefs play a significant role in creating our reality. Whatever the mind is affirmative about, it becomes true. So, if you believe you can be healed irrespective of what is told to you, your body can heal itself.

Therefore, hypnosis is an ideal method that has the potential to change any negative, self-destructive belief patterns into positive healing beliefs. With guided imagery under hypnosis, you can boost the immune system and help the body heal diseases such as cancer and other immune system-related health issues by working on the mind, as the body responds to what the mind thinks.


Students can also use self-guided hypnosis to improve performance, focus and concentration. If you have exam fears or at the time of exams go blank due to anxiety and fear, a few sessions of hypnosis can help instil confidence in you, with creative visualisations and positive suggestions. Furthermore, hypnotic

suggestions can be used by athletes to boost their performance or by individuals who want to improve their skills.

Although hypnosis is a safe and effective technique, it is vital to go to a qualified clinical hypnotherapist if you want to work with deeper issues like relationships, childhood abuse, trauma and more.

Facts About Hypnosis

- When the word hypnosis is mentioned, it is generally confused with stage hypnosis, which is usually carried out for entertainment. However, in hypnotherapy, a hypnotherapist uses the assistance of the individuals to help them heal
- In hypnotherapy, the individual does not lose total consciousness and control. If that was the case, the individual would go deeper into a sleep state, which means the hypnotherapist cannot attempt the therapy
- You cannot hypnotise an individual who does not want to be hypnotised. The individual must achieve an altered state of consciousness, which only happens with the willingness of the person. So if the person is resistant, the conscious mind will not be able to access the subconscious mind

No hypnotherapist can make you do or say things you don't want to share. As mentioned earlier, the individual is completely aware of his or her surroundings and has total control over their emotions. Hypnotherapy is a safe and effective means of contributing to the wellness of an individual and this can be easily added as a complementary therapy to the list of mainstream treatments. 

Friends Of The Earth

Honey is one of the sweetest nectars known to mankind, not just because of its taste, but because of its healing properties too. However, it is vitally important to protect bees and educate people about the importance of honey bees and beekeeping to sustain the circle of life. There have also been many reports and studies on why it is crucial to safeguard bees. Therefore, it's comforting to know that we too can play a role in sustaining bees by preserving the resources and biodiversity of the planet to help bees and ultimately the human race!

Today, beekeeping has become a personal practice with bee farmers creating their own beehives. Hence, the goal of 'World Honey Bee Day' which is celebrated this month, every year is to encourage and progress beekeeping, globally.



Where Is The Best Honey Found In India?

Numerous natural plant species produce nectar and pollen to honey bees, so the raw material for the production of honey is accessible free from Nature. Also, believe it or not, the best honey is found in India, though beekeeping is essentially centred in the forest zones of the country.



The establishment of Khadi and Village Industries Commission strives to strengthen the traditional village industries with the expansion of beekeeping. During the 1980s, an evaluated one million beehives had been operating under diverse schemes of the Khadi and Village Industries Commission. The creation of apiary honey in the country is elevated to 10,000 tons, estimated at nearly Rs.300 million.

Alongside with the development of apiculture using the indigenous bee, *Apis cerana*, apiculture using the European bee, *Apis mellifera*, gained popularity in Jammu and Kashmir, Punjab, Himachal Pradesh, Haryana, Uttar Pradesh, Bihar and West Bengal. Wild honey bee colonies of the giant honey bee and the oriental hive-bee have also been exploited for collection of honey.

Tribal populations and forest dwellers in several parts of India have a honey collection from wild honey bee nests as their traditional profession. The prime regions for the production of this honey are the forests and farms along the sub-Himalayan tracts and adjacent foothills, tropical forest and cultivated vegetation in Rajasthan, Uttar Pradesh, Madhya Pradesh, Maharashtra and the Eastern Ghats in Orissa and Andhra Pradesh.

The Natural Flavour Of Honey

Honey is a sweet liquid produced by bees using the nectar from flowers. It is assorted by colour, with the clear, golden amber honey often fetching a higher retail price than the darker varieties. Also, the flavour of a particular type of honey varies based on the types of flower from which the nectar is accumulated.

There are both raw and pasteurized forms of honey. Raw honey is separated from the hive and bottled directly, so it contains trace amounts of yeast, wax, and pollen. Eating local

Quick Facts About Honey

Honey is connected to **wound-healing properties** and **antibacterial action**

It is considered to be a **medicine** for more than **5,000 years**

Honey can **substitute sugar** in meals, providing a healthier option. It can also enhance browning and **excess moisture** to a dish



raw honey is considered to be beneficial for seasonal allergies due to repeated exposure to the pollen in the area. Pasteurized honey is heated and processed to eliminate impurities.

Medical Benefits

Honey has excessive levels of monosaccharides, fructose, and glucose and it holds approximately 70 to 80 per cent sugar which is why it is so sweet. Honey also has antiseptic and antibacterial properties. Moreover, Modern Medical Science has been trying to find uses for honey in chronic wound management and combating infection.

Benefits

Honey has been consumed for thousands of years for its supposed health advantages and modern science is investigating indication for diverse historical utilisations of honey. There have been some instances whereby people have reported positive effects of using honey in treating wounds and burns.

Also, according to research-based evaluation on honey, it has been revealed to reduce the severity and duration of diarrhoea. Honey stimulates increased potassium and water intake, which is particularly helpful during diarrhoea.

Present day research has revealed that honey can decrease the rising flow of stomach acid and indigestible food by lining the oesophagus and stomach. This has enabled to decrease the risk of gastroesophageal reflux disease (GERD). GERD can generate inflammation, acid reflux, and heartburn.

In 2010, scientists from the Academic Medical Center at the University of Amsterdam reported in *FASEB Journal* that honey's capability to destroy bacteria lies in a protein called defensin-1. More recent research in the *European Journal of Clinical Microbiology and Infectious Diseases* showed that a certain type of honey called Manuka honey can also keep a check on the bacteria *Clostridium difficile* from settling in the body.

C. difficile is known for provoking severe diarrhoea along with sickness. Furthermore, some researches have demonstrated that Manuka honey may even be adequate for the treatment of MRSA infections (a group of bacteria that is difficult to treat).

Reiki Healing


The Versatility Of Reiki

Here are some ways you can incorporate Reiki in your everyday life:

- Food and water can be charged or infused with Reiki energy to help you benefit from the cosmic vibrations
- Students can be given Reiki to improve concentration and enhance their memory power. Reiki also reduces exam stress and helps students cope with competition in a healthy manner
- The senior age group can genuinely benefit from this cosmic energy, as it helps provide relief from aches and pains, chronic diseases like diabetes, hypertension and any other help issues that require prescribed medications
- Reiki can also cleanse and protect your home or workplace as it boosts positive energy for a stress-free and positive environment
- Use Reiki liberally on your pets and plants too

These are some of the usual ways to use Reiki in your daily life. You can also use your creativity to find out what other ways to invite this divine light into your life.

Mind Body And Spirit Connection

To surround yourself with this beautiful positive vibe and experience a state of complete body, mind and soul rejuvenation, you should be in sync with or given the 'shaktipath' by a certified Reiki master, making him/her a channel for life. Reiki comes from an infinite supply, so there is no limit to the healing power that is available in the cosmos. Just focus on love and compassion, trust in your inner guidance and take action. 

Derived from a Japanese word, 'Rei' means universal/transcendental power and 'Ki' means life force. A natural method for healing diseases without medicines - only by touch and intentions, Reiki is divine cosmic energy which activates the body's natural responses, thereby promoting healing and reduction of stress.

How A Reiki Healer Can Help You?

To administer Reiki, a healer/practitioner channels life force energy through his or her hands

to another. It has been said that the spiritual guidance enables the Reiki to flow through the affected parts of the subject's energy fields such as anxiety, physical pain and more, to help loosen its grip, allowing the touch of the Reiki healer to clear out blocked energy pathways.

A Reiki healer clears, balances, aligns and purifies the seven chakras present in the body,

thereby bringing about a state of well-being and peace and also helping to keep an individual disease-free. The healer either heals hands-on or carries out distant healing, which transmits the energy beyond time and space!

Reiki helps improve the immune system and keeps an individual's aura field clean and positive. This Japanese healing technique also activates and rejuvenates the endocrine glands while also helping to speed up recovery after surgeries. Furthermore, Reiki also mitigates the side effects of chemotherapy.

THE HEALER EITHER HEALS HANDS-ON OR CARRIES OUT DISTANT HEALING, WHICH TRANSMITS THE ENERGY BEYOND TIME AND SPACE!





BE A HERO BE AN ORGAN DONOR

HOW DOES ONE BECOME AN ORGAN DONOR?

Once you have decided to become an organ donor, the most important step is telling your family. Even if you sign the 'donor card' – your family still has to consent before your organs are gifted. Persons under 18 years of age must have a parent or guardian's consent.

WHO CAN BECOME A DONOR AND IS THERE AN AGE LIMIT?

From a new-born to a senior citizen, anyone can become an Organ Donor.

WHAT ARE THE TYPES OF ORGANS THAT CAN BE USED FROM A DECEASED DONOR?

Depending on how the donor has passed away, the kind of organs that can be extracted differs. Brain stem death is the stage at which all functions of the brain stem have permanently and irreversibly ceased and is so certified under the Transplantation of Human Organs Act. In this case, one's tendons, skin, veins, heart valves, bones, eyes, lungs, liver, kidneys, pancreas, intestine and heart can still be used.

In the case of cardiac death where there is no cardiac or respiratory function, organs such as the skin, tendons, veins, heart valves, bones and eyes can be used. The tissue can only be donated up to 24 hours after death. Organ donation due to cardiac death is quite rare, but with rising advancements in technology, it is becoming a possibility.

MYTH

Once I become an organ donor I can never change my mind

A donor's family has to pay additional expenses

Affluent people get moved to the top of the waiting list, while "regular" people have to wait a long time for a transplant.

Organ donation will leave my body disfigured and one cannot have a normal funeral

Organ recipients acquire their donor's characteristics

FACT

You always have the option to change your mind.

No, donor families are not responsible for any additional costs

TRANSTAN is blind to wealth or social status. What counts is severity of illness, time spent waiting, blood type and other medical information.

Specialists carry out the operation and ensure that the donor is treated with utmost care and respect.

It is scientifically impossible for transplant recipients to acquire their donor's characteristics.

Apollo Hospitals

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ICONIC EVERGREEN MEGASTAR

Konidela Siva
Shankara Vara
Prasad, aka 'Chiranjeevi'
'Chiru' 'Megastar' 'Boss'
the list goes on and on.

Lord Hanuman's incarnation is
what I see in him. Strong, Stable,
reel-life and real-life energy that will
'live forever' immortal!

Mamaya's candid & inspiring
conversation makes him
relatable & in sync with the
times. Love for films, the
importance of mental and
physical wellness, his diet
& unconditional love
for his family (which
includes his fans) is
what drives him.



Photography: Dabboo Ratnani

Which film gave you a bigger high - Khaidi 1983 or Khaidi 150?

Khaidi 1983 is one of my most favourite films. Before Khaidi, I had only acted in around 15 films.

Khaidi 1983 gave me a taste of super stardom and a foothold in the Tollywood Film Industry. It gave me the opportunity to showcase all my talents such as dancing, action - fighting & intense emotion which proved successful.

Khaidi 150 was my comeback film after a decade as I was heavily involved in politics before that. The film world changed drastically during this time gap. Honestly, I was sceptical of how the audience would receive my comeback.

To my surprise, Khaidi 150 broke all non Baahubali, and then Ram Charan surpassed it with Rangasthalam.

I can wholeheartedly say that this film displayed that the audience's love and affection are still intact towards me.

Both the films are my favourite and play a very important role in my life during different time frames.

BOTH THE FILMS ARE MY FAVOURITE AND PLAY A VERY IMPORTANT ROLE IN MY LIFE DURING DIFFERENT TIME FRAMES.

MY INNER PEACE IS MY STRENGTH AND THIS KEEPS MY PHYSICAL APPEARANCE COOL AND CALM. I DO MY JOB AND ACCEPT WHATEVER THE REPERCUSSION. GOOD OR BAD, I LEAVE IT TO THE DESTINY OF GOD.

What changes did you make in your fitness & well-being routine from then to now ?

I strongly believe fitness comes in two forms; mental fitness and physical fitness. Physical fitness and nutrition is a must to stay fit and look good. Simultaneously, mental fitness is equally important to feel agile.

Sridevi had come to one of my audio launches as a guest & said "I've known Chiranjeevi for so long, and till date he looks the same - as handsome as ever. She asked me what my secret was?"

I simply said I don't let tension get to me. I keep my mind as tranquil as possible. My inner peace is my strength, and this keeps my physical appearance cool and calm. I do my job and accept whatever the repercussion, good or bad, I leave it to the destiny of god. What's the point of worrying about something that's not in your hands? This is my philosophy.

In my free time, I enjoy playing with my grandchildren. To me, playing with children is the greatest stressbuster ever! So, this physical and mental fitness keeps me agile, active and happy. I yearn for it.

Understanding, accepting and enjoying every moment is my mental & physical fitness routine apart from my cardio & weights that I do 5 days a week.

In Sye Raa, you've done so much, you've galloped on a horse, jumped from the top of a fort, finished a hectic sword fight sequence and many more. You managed everything seamlessly without any injury, aches or pains. How do you do it?

Even though I go through a lot of physical exertion during the shoots, I don't let the strain come in the way of my passion. When I'm doing an action sequence, I don't think of my age and doubt myself. I am confident that I can do just about anything; be it sword fighting, jumping on the horse etc. When you watch the movie, you can realise that we didn't use any dupe shots and I've done most shots myself. It's all in the mindset and how you project yourself. If your mind is strong, then nothing can kill your confidence.

Who would you call as your fitness icon and who do you look up to?

I draw inspiration from everyone and any fit person I see. I think its a wonderful feeling to feel fit. In Hollywood, I can say Sylvester Stallone and Arnold Schwarzenegger. In Bollywood, I still feel Amitabh Bachan is in his prime even today. The energy he resonates is unmatched. In our state, I would say T. Subbarami Reddy, he's 76 and still looks great. The famous actor Murali Mohan is also very fit and healthy. I like to observe and adopt whatever I can from them in terms of physical and mental fitness.

What is your favourite food and what is your daily diet like?

To be honest, I don't follow any diet. I eat whatever I have been eating since my childhood. But now because of age and necessity, I've limited my portions. Portion Control is Key. I ensure that I maintain a balanced diet. If I indulge I know how to balance it. With age our muscle mass decreases therefore, I ensure to include protein in my diet. Charan has also suggested protein powders to increase my muscle mass. I eat a lot of salads and soups these days.

Some of my favourite foods include fish, dried fish and prawns. My craving towards non-vegetarian food has gone down. I relish vegetarian food, as it is light on my stomach.

I DRAW INSPIRATION FROM EVERYONE AND FROM ANY FIT PERSON I SEE AND COME ACROSS. I THINK ITS A WONDERFUL FEELING TO FEEL FIT.



Please share the evolution of “Chiru dosa” and “Chiru coffee”? These stories are such an important part of our everyday living.

The credit goes to Surekha for the coffee. She hails from Chennai & Chennai is known for its delicious filter coffee. Surekha's day always starts with a good cup of filter coffee. Initially, I didn't like coffee but now because of her, I'm crazy about Surekha's coffee. She gets the roasted coffee beans from Nilgiris. Even after shifting to Hyderabad, she still prefers the same coffee powder, and this is why everyone loves the coffee in our house.

The dosa, I can proudly say it's my invention. I was in a small hotel in Chikkmangaluru. I liked this one type of dosa in particular and never tasted anything like it. Out of curiosity, I asked the staff for the owner and requested for the recipe, but they refused to share their family recipe. I went back home and brainstormed with Surekha on how we could crack the recipe for the same dosa. With trial and error and reverse engineering, we tried but we didn't get it. Instead other delicious dosas emerged, better than the Chikkamagaluru dosa. We make it without oil, the dosa is fluffy, soft and very healthy. A lot of cinema stars from Chennai come specially to eat the dosa at home. I've had Prabhu Deva, Jayasudha and a lot of stars who love my dosa.

Even the owner of chutneys has eaten dosa at home and asked if they could have the Famous Chiru dosa on their menu. I'm obliged and glad to know that whoever comes to Hyderabad from out of town orders the Chiru dosa relishes it.

SUREKHA'S DAY ALWAYS STARTS WITH A GOOD CUP OF FILTER COFFEE, MADE FROM ROASTED BEANS THAT SHE GETS FROM NILGIRIS. INITIALLY, I DIDN'T LIKE COFFEE, BUT NOW I'M CRAZY ABOUT SUREKHA'S COFFEE.

What role did your parents play in your life?

I feel very lucky and proud of my parents. Because of my father's support, I was able to start my career in the film industry. He was a member of Praja Natyamandali and wanted to be an actor but didn't have a chance. With his friend's support, he did a film in 1969 - Jagath Khiladilu and Jagath Janthrilu. I remember I was only in 8th standard, when he used to share the stories from the film sets. I know with conviction that this was when the seed was sown in me to become an actor.

After I completed college, I told my dad that I wanted to join the film industry, he gave me his blessings, but he also asked: "what if it doesn't work out as planned?" I told him that I would pursue this career for two years and if I didn't succeed, I would come back to pursuing a mundane job. In the 2 years - I will join a film institute and simultaneously audition for films. I was lucky and got films within a year, there was no turning back from there. My parents encouraged & supported me with my career choice.

My mom conceived and gave birth to me when she was only 16. I was a toy for her, that then evolved into a great friendship. We have nurtured a relationship that would make any mom & child jealous. We are very good friends that are there for each other rather than a mom and son.

Ram Charan's unbeatable debutant collection till date, 2 industry hits Magadheera and Rangasthalam,



I CAN SAY THAT I'M A VERY PROUD FATHER OF RAM CHARAN. IF ANYONE ASKS WHAT I'VE ACHIEVED IN MY LIFE, I WILL PROUDLY SAY THAT I'VE ACHIEVED RAM CHARAN.

India's youngest producer to bank roll a 100 cr and a 300 cr film - All this has made his fans happy but has he made YOU happy and lived up to your expectations?

I can say that I'm a very proud father of Ram Charan.

If anyone asks what I've achieved in my life, I will proudly say that I've achieved Ram Charan.

He is wonderful and I expect him to take my legacy forward. I think he has

the capacity to make my legacy reach new heights.

In my career of 152 films, I have never come across the chance to play a character like he did in Magadheera & Rangasthalam. Now, thanks to him, I have the chance with Sye Raa. He is a risk-taker & businessman with a heart, that's the reason we started producing under the Konidela Production banner.

Is it tougher to start from scratch and earn your fame or live up to the expectations of a successful family legacy ?

Sincerely, I would say the second one is the toughest, much before you enter a field of your choice. Being an heir of a renowned celebrity or

businessman the expectations are much more, it is a very tough task to live up to set expectations by near & dear ones.

When I started my career, there weren't any expectations that came along. But for Ram Charan, being a son of a Megastar with the family legacy, it gets very tough to live up to people's expectations.

I could proudly say he has succeeded in making them happy with his first film "Chirutha" and followed by "Magadheera". Though he was born with a golden or diamond spoon, he was always down to earth and always wanted to prove himself. I respect his humble attitude and his desire to make his family & fans proud.

MY FATHER AND MOTHER LOVE SUREKHA. WHEN IT COMES TO MY SIBLINGS, SUREKHA IS MUCH MUCH MORE THAN A SISTER-IN-LAW.

Coming back to Sye Raa, what should the young generation look to watch in your film?

Sye Raa is especially important for the youth. We are slowly forgetting the cost we paid to enjoy the freedom of our country. The struggle of how millions lost their lives, needs to be emoted with passion. Freedom is being taken for granted and it's a great time to be reminded of this on our release date the 2nd of October, which also co-includes with Mahatma Gandhi's 150th birth year... Sye Raa is a recall which reminds people of the past and our ancestors struggles, which is being taken for granted these days. It is very important for your generation to re-familiarise themselves with all the sacrifices made. Sye Raa will be successful if it rekindles patriotism, and makes the younger generation respect their freedom. This will really bridge the gap between the younger and older lot.

What are some of the qualities in Athama that women today should learn from ; as a mother, daughter in law and as a mother in law?

I feel lucky to have an understanding wife like Surekha. She's very selfless. She always thinks of supporting the family and this is how she extends her love and affection to us. When I was busy doing 3 shifts a day and missed out on family time, Surekha took care of everyone including my siblings & parents. Tending to their needs





ABOUT 20 YEARS AGO, THERE WAS AN IMMENSE BLOOD SCARCITY IN HYDERABAD. THIS MADE ME ASK MYSELF HOW I CAN CONTRIBUTE TO THE SOCIETY WITH THE HELP OF MY FANS.

and taking care of all the minute aspects to make them feel loved and comfortable. Even my late father, didn't call her by her name, but called her "Amma". He really loved and respected her.

My father and mother love Surekha. When it comes to my siblings, Surekha is much much more than a sister-in-law. Everybody in the family longs for her suggestions and her inputs. Even my daughters, Sushmitha and Sreeja turn to Surekha for suggestions and guidance. She is the nucleus of the family.

I also ensure I listen to her inputs. She criticises my films & lets me know whether a scene in my movie is up to the mark or not. She is a very proud mother, not just a wife of a star and born to a legendary personality Allu Ramalingiah garu and a veteran actor. I would call her My Star.

What made you start Chiranjeevi Blood & Eye Bank and what is the new cause you are going to support?

About 20 years ago, there was an immense scarcity of blood in Hyderabad. Lives were being lost due to lack of availability of blood. This made me wonder how I can contribute to society with the help of my fans. I was very determined in working on this cause, I started motivating my fans to donate blood by setting up blood donation drives and camps across the state. After a year, we opened the Chiranjeevi Blood & Eye Bank.

After a decade, we can proudly say that there is no blood scarcity in Andhra and Telangana. A lot of people are coming forward to donate blood. I'm elated to have initiated this cause, which has saved lakhs of lives in our society.

Along with blood donation, we also have plasma donation, platelet donation, for Leukaemia, Thalassemia and more. I'm happy to say I didn't take any financial aid from anyone



I GIVE MY FANS THE ENTIRE CREDIT FOR THIS. WITHOUT THEM, THIS WOULDN'T HAVE BEEN POSSIBLE. MY FANS HAVE REDEFINED THE DEFINITION OF FANS. ACCORDING TO ME THEIR GESTURE OF KINDNESS IN THIS SOCIAL CAUSE HAS BEEN TRULY HEARTWARMING.

to start this cause. Along with the blood bank, we also initiated cornea transplantation, which has helped people regain their vision. I give my fans the entire credit for this. Without them, this wouldn't have been possible. My fans have redefined the definition of fans. According to me their gesture of kindness in this social cause has been truly heartwarming.

Even on Ram Charan's or my birthday our global fans celebrate by setting up blood donation camps in countries such as Dubai, Muscat, Malaysia and other parts of the world. I'm proud of my fans, and they truly are my hidden strength! **B**



Nutrition By Age: A Guide To Healthy Eating & Meeting Daily Needs

Although some nutritional principles stay the same throughout life (eat small amounts several times a day, and enjoy a variety of fruits and vegetables), certain phases of life require different nutritional priorities. Tailoring our food intake to match essential nutritional needs is vital to maintain a healthy immune system, and healthy growth.

Why Are Healthy Eating Patterns & Snacks Important?

Dietary habits, which affect food preferences, nutrient intakes, energy consumption are generally developed during early childhood and particularly during adolescence. The home and school environment play a significant role in determining a child's attitude in consuming individual foods.

Teenagers are equally exposed to periodic food fads and slimming trends, where they tend to skip meals and develop irregular eating habits.

Did you know, one of the most frequently missed meals is breakfast? Numerous studies indicate that breakfast plays a vital role in providing energy and nutrients after an overnight fast, which can aid in concentration and performance not just at school, but anywhere.



Snacks generally form an integral part of meal patterns for both children and teenagers. Younger children cannot consume large quantities at one sitting, and they often tend to get hungry long before the next mealtime. Hence, mid-morning and mid-afternoon snacks can help meet energy requirements throughout the day. Food and nutrition in school curricula enable children to understand the importance of making informed choices about the food they include, and consume in their daily meals and snacks.

Energy Needs

Normally, the energy requirements of adolescents parallel to their growth

rate, and individuals to meet their energy needs, by means of their appetite and adequate precision. As a result, the majority of adolescents maintain energy balance, and varied food intake provides adequate nutrients to ensure optimal growth and development.

Stress and emotional triggers can affect the energy balance in adolescents, resulting in the consumption of too little, or too much food. Emotional stress is often associated with food faddism and slimming trends, both of which can lead to eating disorders such as anorexia nervosa.



Important Nutritional Considerations For Adolescents

The nutritional requirements of young adolescents are influenced primarily by the spurt of growth that occurs during puberty. The peak of growth is generally between 11 and 15 years for girls and 13 and 16 years for boys. The nutritional needs for individual teenagers differ significantly, and the food intake also varies enormously as time progresses. During this period of life, several nutrients are at higher deficiency risk, including iron and calcium.

Iron

Among adolescents, iron-deficiency anaemia is one of the most common diet-related deficiencies. This raises the need for iron for the increase in haemoglobin- the red pigment in blood that carries oxygen and for the related protein myoglobin, in muscle.

Diet considerations during adolescence requires you to increase the intake of iron-rich foods such as:

- Lean meats
- Fish
- Beans
- Dark green vegetables
- Nuts
- Iron-fortified cereals
- Other grains

Iron from animal foods (known as haem iron) is much better absorbed than iron from non-animal sources (non-haem iron). Adolescents following vegetarian diets are, therefore, at an increased risk of iron-deficiency. However, vitamin C (e.g. from citrus fruits) and animal proteins (meat & fish) assist in the absorption of non-haem iron.

Calcium

About 45% of the adult skeletal mass is formed during adolescence. The most significant gains are made in

early adolescence, between about 10-14 years in girls and 12-16 years in boys.

During peak adolescent growth, calcium retention is, on average, about 200mg/day in girls and 300 mg/day in boys. So, the diet must supply adequate calcium intake to help build the dense bones. By eating several servings of dairy products, such as; milk, yoghurt and cheese, the recommended calcium intake can be achieved.

As well as a healthy dietary supply of calcium, other vitamins, or minerals, like vitamin D and phosphorous, are also needed for building bones.

Nutrition Needs During 20s

Essential Supplements To Take: Calcium, folate & iron

Men and women continue to build healthy bone structures into the mid-20s, although not as readily as when younger. Meeting daily calcium requirements is vital to help bones reach their peak strength. Doing so can help shield against osteoporosis and fractures, later in life.

Calcium requirements for men and women

Men and women need 1000 mg of calcium each day. Fortified non-dairy beverages such as soy, rice and almond milk contain 300 to 330 mg of calcium per one cup. Other food sources include legumes, firm tofu, almonds, tahini and cooked green vegetables such as spinach, collard greens, rapini and bok choy.

Folate is vital to making and repairing DNA, the genetic material of cells.

Nutrition For Adolescents

We all know that energy and protein are essential during puberty. Adolescent females require approximately 2200 calories/day, whereas male adolescents require 2500-3000 calories/day.

Additional Intake Requirements Include:

Fat, calcium, iron, zinc, vitamins and fibre. Nutritional deficiencies and poor eating habits during adolescence can have long-term consequences such as; loss of final adult height, delayed sexual maturation, osteoporosis and obesity.

Nutrition Needs During 30s

Essential Supplements To Take: Calories & Magnesium

In the 30s, the onset of age-related muscle loss slows down our body's metabolism and calorie requirements, as they begin to decline. If you follow an unhealthy eating pattern in your 30s as you did in your 20s, you are most likely to gain weight.

Did you know, every year after 30, men require ten fewer calories a day and women need seven fewer? In other words, by 40, men should be eating 100 fewer calories each day than at 30.

Women should cut 70 calories from their daily diet at the age of 40.

Trim calories from refined (white) starchy foods, sweets and sugars added to beverages and foods. Continue to emphasise foods rich in calcium, folate and iron. Men and women should also focus on magnesium, a mineral that helps generate energy for the body, regulate blood pressure and blood sugar and maintain healthy bones. At the age of 31, daily requirements increase for both men (420 mg) and women (320 mg).

Nutrition Needs During 40s

Essential Supplements To Take: Antioxidants

Vitamin and mineral requirements remain unchanged in the 40s; both men and women should focus on making nutrient-dense food choices. This is to ensure that you not only meet the daily requirements but also pave a healthy lifestyle for the next few decades.

Include foods high in vitamins C and E, antioxidants that fend off harmful free radicals. Free-radical damage is thought to contribute to ageing and many chronic diseases.



Vitamin C rich foods includes red and green peppers, kiwi, citrus fruit, broccoli, strawberries and tomatoes. Vitamin E is abundant in olive oil, sunflower seeds, almonds, sunflower oil and peanuts. Foods rich in antioxidants include beta-carotene (carrots, sweet potatoes, leafy green vegetables and selenium-rich foods (e.g., shrimp, chicken, eggs, legumes and seafood). Whole foods provide vitamins and minerals along with fibre and phytochemicals, which work in sync to protect health.

Nutrition Needs During 50s

Essential supplements to take: Calcium, vitamin D, B12

At the age of 51, women need 1,200 mg of calcium each day to help counter the rapid bone loss that occurs during menopause. Calcium requirements do not increase for men until the age of 71, and this is when the bone loss and fracture risks are significantly high. With age, men and women have a reduced capacity to produce vitamin D through sun exposure. The official recommended dietary allowance for vitamin D increases from 600 IU (international units) to 800 IU at the age of 70. However, many experts recommend adults older than 50 supplements with 1,000 to 2,000 IU each day to maintain sufficient stores.


Vitamin B12 is required to make red blood cells, nerves and DNA should also be supplemented after 50; multivitamins will do the trick. Many older adults do not produce enough hydrochloric acid in their stomach to absorb the vitamin from foods.

What To Cut Down

- Limit sodium
- Sugar
- Saturated fat
- Processed foods

However, when it comes to individual nutrients – there are some notable differences between the sexes, mainly due to the differences between the male and female hormone levels. For example, during menstruation, a woman's daily need for iron increases. Usually, men have more muscle mass and higher metabolic rates than women, driving up requirements for protein, vitamin B and zinc.

Health Is Wealth

Multifactorial, socio-economic, biochemical, genetic and psychological factors all closely interact with your overall well-being. By following a healthy and nutritional guide, you can bring forth a change in your health and lead a wholesome life. 

....HIGH ON....

TASTE

....LOW ON....

CALORIES



garden cafe organic

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Give Your Health A Boost With These Spiced Oils



Spicy Garlic Oil

In the winter months, most people are prone to upper respiratory tract infections due to the higher amount of pollutant particulate matter in the air. Spicy garlic oil helps in the prevention of colds and can benefit the entire family.

Ingredients

- 5 red chillies
- 10 black peppercorns
- 1 litre virgin olive oil
- 5 bay leaves
- 4 cloves of ginger and garlic

Preparation

1. Fill a one-litre clean bottle with virgin olive oil up to two inches below the rim
2. Add 5 red chillies, 10 black peppercorns, 5 roasted bay leaves, and 4 peeled and halved cloves of garlic
3. Cover and store for two-three weeks or until the flavour is well pronounced
4. Use it for lamb, chicken and lentil gravies

Have you tried spicing up the oils you use to add an extra zing to your daily food? Doing this will not only enhance the flavour of your food, but will also be providing a host of therapeutic benefits to your loved ones, helping to keep them in the pink of health.

When making these oils at home, you need to ensure that the bottles are clean. Wash the bottles well and rinse with a good sterilising solution. You can try

using the sterilising solution available at the local chemist for sterilising baby feeding bottles. To cap the bottles, using cork stoppers is a good choice, as it helps to retain the aromatic flavour of the oil.

Once the spiced oil is ready, you can strain it and transfer it into another clean bottle. This way, the flavour of the oil gets stronger after sometime and adds yet another dimension to your cooking. However, if it gets too strong for your liking you can always add more oil to make a milder version.

The Different Types Of Spiced Oils

Use aromatic oils for pickling or for Indian, Mediterranean, Chinese, Continental cooking, or even as a salad dressing. They can add a different element to your marinades, gravies, salad dressings and sauces, etc.

Star Anise Onion And Ginger Oil

As energy levels tend to dip during the rainy season, ingredients such as star anise, onion and ginger oil are perfect for those grey monsoon months as they are particularly helpful in giving you an energy boost!

Ingredients

- 1 litre sesame oil
- 3 star anise
- 1 onion
- 20 g ginger

Preparation

1. Fill a 1-litre clean bottle with sesame oil up to two inches below the rim
2. Add 2 inches of cleaned, peeled and lightly crushed ginger, 3 star anise and 1 small peeled and diced onion
3. Cover and leave aside for two-three weeks until the flavour is well pronounced
4. Use to cook Chinese dishes, especially seafood and chicken. It can also be used to cook tofu, paneer, and soybeans



Celery Clove And Lemongrass Oil

All those who need to keep their high blood pressure in check can benefit from this oil.

Ingredients

- 1 litre groundnut oil
- 2 stalks fresh celery
- 3 cloves
- 2 stalks lemongrass

Preparation

1. Fill a one-litre clean bottle with groundnut oil up to two inches below the rim
2. Add 2 stalks of fresh celery (after discarding the root and the leaves), 3 cloves and 2 stalks of lemongrass (after discarding the root)
3. Cover and leave aside for two-three weeks or until the flavour is well pronounced
4. Use this oil when cooking vegetables, dals, and fish

Orange Walnut And Cinnamon Oil

This oil acts as an antioxidant and a detoxifier.

Ingredients

- 1 litre sunflower oil
- 2 crushed walnut halves
- 2-inch quill of cinnamon
- Orange rind

Preparation

1. Fill a one-litre clean bottle with sunflower oil up to two inches below the rim
2. Add 2 walnut halves that have been slightly crushed, a 2-inch quill of cinnamon and a couple of cleaned orange rind pieces
3. Cover and leave aside for two-three weeks or until the flavour is well pronounced
4. Use this oil to make salad dressings, mayonnaise and also as a marinade for chicken, fish and paneer



Cardamom And Fennel Seed Oil

When you're feeling blue, depressed, hurt, or anxious, all you need to do is start cooking in cardamom and fennel seed oil to feel happy again!

Ingredients

- 1 litre rice bran/groundnut oil
- 5 green cardamoms
- 1 tbsp. roasted fennel seeds

Preparation

1. Fill a one-litre clean bottle with rice bran or groundnut oil up to two inches below the rim
2. Add 5 green cardamoms and 1 tablespoon of roasted fennel seeds
3. Cover and leave aside for two-three weeks or until the flavour is well pronounced
4. This oil is best suited for Indian gravies **B**

Though it is extremely important to follow a balanced diet, it is equally essential to ensure that energy is derived from all three macronutrients such as carbohydrates, proteins and fats for overall health and well-being. However, growing trends and fad diets suggest otherwise, which is causing much focus on specific food groups and negating others. This pattern in turn leads to the consumption of specific macronutrients and loss of overall health due to deficiency of other nutrients and sometimes toxicity of that specific overconsumed macronutrients. Hence, there is a need to realize and understand the necessity of protein and its required intake.

Functions Of Protein

Protein is the most abundant nitrogen-containing compound. Its basic structure is carbon, hydrogen, oxygen and nitrogen. Protein forms 16 per cent of our total body weight and is required for repair, recovery, growth and maintenance of tissues, immunity, enzyme activity, hormone synthesis, water and pH balance. The recommended daily intake of protein is 10-35 per cent - 1 gram of protein equals four kilocalories (unit of measure).

Protein RDA is measured in terms of bodyweight, which is 0.8 gram/kilo of body weight for non-vegetarians and one gram/kilo body weight for vegetarians. The reason for this difference is that the bioavailability of protein is much higher in non-vegetarian sources of protein such as meat, fish, eggs and dairy. These sources of protein are also known as complete proteins. Whereas beans, lentils, pulses, nuts, seeds etc. are considered an incomplete protein. Other factors influence

Are You Getting Enough Protein?



THE RECOMMENDED DAILY INTAKE OF PROTEIN IS 10-35 PER CENT - 1 GRAM OF PROTEIN EQUALS FOUR KILOCALORIES (UNIT OF MEASURE).

the intake of protein, besides sufficient energy intake, being well hydrated, resulting in glucose sparing effect, the intensity of exercise etc. is gender. Males have more muscle mass than females, hence they need 20-30 per cent less protein as compared to men.

Protein Requirements

Protein requirement varies for individuals according to the different stages of life. For example, a pregnant woman needs more protein to support the tremendous changes in her body such as placenta development, growth of the foetus and maternal tissues, increase in

maternal blood volume etc. The protein requirement in the first six months of life is 1.52g/kilo of body weight, but as a child grows the protein requirement declines gradually, explaining the comparative lesser requirement for adults.

The timing of protein intake for maximum absorption is also vital. For example, the requirement of protein intake differs for pre and post-exercise. It is recommended to have 20 grams of protein along with a small carbohydrate snack within 20 mins, post a workout.

During digestion, the dietary protein breaks down into amino acids (the essential building blocks of protein) and gets absorbed into the body and is reassembled into various proteins such as muscle, hair, skin, connective tissue, immune proteins etc. These help to carry on the various functions such as wear and tear, repairing of cells, enzyme activity etc. Though protein is in the muscles, it is not stored in the muscles but instead is utilised to support vital functions such as enhancing immunity, which explains the loss of muscle mass due to stress, diet etc. triggered by insufficient dietary amino acids.

Though protein is necessary for the body, it is essential to know that excess protein intake is detrimental to health as it gets excreted through urine in the form of calcium. Loss of calcium through urine results in loss of bone health, often resulting in osteoporosis. On the other hand, less intake of protein results in protein-energy malnutrition, mainly in young children. In developing countries, less protein and little energy results in diseases such as kwashiorkor and marasmus. Additionally, since protein requires vitamin B to metabolise, high levels of protein increase the requirement of this vitamin. **B**

Eat Your Vegetables As Dessert!

Vegetables are a storehouse of vitamins, minerals, nutrients and fibre and are vital in the overall growth and maintenance of our health, body and organs. Therefore, are all aware of how nutritious and healthy it is to consume vegetables. Additionally, consuming vegetables also lowers the risk of heart disease, Type 2 diabetes and keeps you looking younger and healthier. The fibre in vegetables also aids in the function of the digestive system that reduces bloating and prevents constipation.

Therefore, when vegetables are incorporated in sweets they make the desserts and mithais a tad healthier, but with a sweet twist. It is important to note that although the sweets may contain vegetables you cannot replace your daily vegetable intake with these sweets. Also, please make sure you use natural substitutes of sugar such as honey and jiggery. You may certainly enjoy the sweets wholeheartedly, but ensure the consumption is in restricted amounts in the case of health or weight-related concerns.

Gajar Ka Halwa

When vegetable made sweets are mentioned, the first sweet dish that instantly pops up in everyone's mind is gajar ka halwa. Carrots are a great source of beta carotene and vitamin A which is great for the eyes, skin, immunity and reproductive

THE FIBRE IN VEGETABLES ALSO AIDS IN THE FUNCTION OF THE DIGESTIVE SYSTEM

system. It is also a great source of antioxidants that protects against cancer, cardiovascular diseases and in controlling blood pressure.

The best time to indulge in this sweet dish is during the winter season. It is important to follow the season because fresh, flavourful, crunchy tender carrots are easily available for the halwa during this time of the year.

You can make different variations substituting the milk with coconut, soy or almond milk if you are lactose intolerant or following a vegan diet. Usage of ghee in the original recipe is great for digestion, to combat inflammation, strengthening of bones and also in lowering the risk of heart disease.

Halwa Made From Other Vegetables

You can also follow the same recipe with a little modification to prepare halwa made from doodhi or bottle gourd, beetroot and sweet potato. Bottle gourd consists of 96 per cent water and hence it is ideal during summer. It is also acceptable to have it during fasting days. This halwa is a great coolant and makes you feel refreshed. It is also packed

*All it takes is a little creativity and the willingness to experiment and reinvent. You can add the vegetables as purees into batter, combine with a flavoured syrup, cream or sauce and even garnish the dessert. So, start experimenting and make your desserts fun by adding a healthy twist and natural colour to them. **B***



with vitamins and minerals and is good for the liver.

Beetroot is another root vegetable which is a good source of folate, iron, potassium, vitamin C and magnesium. Sweet potato on the other hand is an excellent source of vitamin A and antioxidants amongst other nutrients.

It is interesting to note that barring bottle gourd, the root vegetables mentioned above have a naturally sweet taste of their own, hence the sugar content in these recipes can be less compared to the other desserts and can be adjusted to suit your taste, accordingly.

Get Creative!

If you want to be a little adventurous or are bored with the age-old traditional recipes, you can add your favourite vegetables to cakes, brownies, cookies, yogurt, ice creams, popsicles, puddings, pancakes or even doughnuts! This could be a fun way to encourage your children and sometimes adults too, to have their not so favourite veggies.

Have You Tried Sea Vegetables Yet?

As the groundwater levels are getting lower and the amount of water available for crops is getting lesser, it's time to look for nutrition elsewhere - like the sea. As the mineral content of soil decreases, the nutrients available in sea vegetables are more important to us today than ever! This discussion on sea vegetables may be good news for vegetarians and paleo dieters, but though not regularly consumed in the West, marine-algae has been a very popular source of staple food in Asian countries such as Japan, China, Korea and the Philippines.

Where Do Sea Vegetables Grow?

Sea vegetables can be found growing both in the marine salt waters as well as in freshwater lakes and seas. They commonly grow on coral reefs or in rocky landscapes and can grow at great depths provided sunlight can penetrate through the water to where they grow since like plants, they too need light for survival. Sea vegetables are neither plants nor animals but classified in a group known as algae.

Popular Types Of Sea Vegetables

Nori: Dark purple-black colour that turns phosphorescent green when toasted, famous for its role in making sushi rolls

Kelp: Light brown to dark green in colour, often available in a flake form

Hijiki: Looks like small strands of black wiry pasta and has a strong flavour

Kombu: Very dark in colour and generally sold in strips or sheets and often used as a flavouring for soups

Wakame: It is used to make Japanese miso soup

Arame: This lacy, wiry sea vegetable is sweeter and milder in taste than many others

Dulse: Soft, chewy texture and available in dried powder form



Hijiki



Wakame



Nori



Kelp

SEA VEGETABLES MAY PLAY A ROLE IN LOWERING THE RISK OF ESTROGEN-RELATED CANCERS, INCLUDING BREAST CANCER. SINCE CHOLESTEROL IS REQUIRED AS A BUILDING BLOCK FOR PRODUCTION OF ESTROGEN, THE CHOLESTEROL-LOWERING EFFECTS OF SEA VEGETABLES MAY PLAY A RISK-REDUCING ROLE IN THIS REGARD.

The Nutritional Content Of Sea Vegetables

Seaweeds provide all of the 56 minerals and trace minerals such as selenium and zinc required for the body's physiological functions and contain 10-20 times the minerals of land plants. Also, the minerals from seaweeds have been shown to be more bioavailable than other mineral sources.

Sea vegetables are an excellent source of iodine, vitamin C, manganese, and vitamin B2. They are also a very good source of vitamin A (in the form of carotenoids) and copper as well as a good source of protein, pantothenic acid, potassium, iron, zinc, vitamin B6, niacin, phosphorus and vitamin B1.

Benefits Of Sea Vegetables

Iron-Rich

Here's some good news for vegetarians who are anaemic. One tablespoon of dried sea vegetable contains between 1/2 milligram and 35 milligrams of iron and this iron is also accompanied by a measurable amount of vitamin C. Since vitamin C increases the bioavailability of plant iron, this combination in sea vegetables offers special benefits.

Abundant In Antioxidants

Recent research in India states that a variety of non-flavonoid and non-carotenoid antioxidant compounds are present in sea vegetables, including several different types of antioxidant alkaloids.

Anti-inflammatory/ Anticoagulant/Antiviral

An increasing number of health benefits from sea vegetables are being explained by their fucoidan content. Fucoidans are starch-like (polysaccharide) molecules that help combat inflammation and osteoarthritis. The sulphated polysaccharides in sea vegetables also have anti-viral activity and have been studied in relation to herpes simplex virus 1 (HSV-1) and herpes simplex virus 2 (HSV-2). Additionally, sea vegetables have important anticoagulant and antithrombotic properties that offer valuable cardiovascular benefits.

Anti Cancerous

Sea vegetables may play a role in lowering the risk of estrogen-related cancers, including breast cancer. Since cholesterol is required as a building block for production of estrogen, the cholesterol-lowering effects of sea vegetables may play a risk-reducing role in this regard. However, more interesting with respect to breast cancer risk is the apparent ability of sea vegetables

to modify aspects of a woman's normal menstrual cycle in such a way that over a lifetime, the total cumulative estrogen secretion that occurs during the follicular phase of the cycle gets decreased. For women who are at risk of estrogen-sensitive breast cancers, sea vegetables may offer a special benefit in this regard.

Good Source Of Natural Iodine


Two billion people have insufficient iodine in their diets, which is linked to thyroid-related problems. Symptoms of iodine deficiency are goitres, increased infant mortality, infertility, impaired growth and hypothyroidism.

Strengthens The Immune System


Algal extracts have been shown to stimulate immune cells, including B cells and macrophages. Seaweed contains beta 1,3-glucans²⁸. For example, the polysaccharide laminarin are known to strengthen the immune system as well as boost its function.

Reduces The Risk Of Cardiac Diseases

The polysaccharides specific to sea plants have been shown to be cardioprotective as it tends to reduce blood cholesterol and lipid levels. The high mineral content, especially of magnesium, calcium, and potassium reduces overall blood pressure too.

Western cultures are beginning to enjoy the taste and nutritional value of sea vegetables, often referred to as seaweed. So owing to their rise in popularity, sea vegetables are also becoming easily available around the world. Numerous varieties of sea vegetables can be found in health food stores and speciality stores throughout the year. 

Beetroot Raita

 Chef Reetu Uday Kugaji



Ingredients

- 2 beetroots, cooked and cubed (medium-sized)
- 1 tbsp. raisins (optional)
- 3 cups yogurt, whisked
- Salt to taste
- 1/4th tsp. black peppercorn, freshly ground
- 1/4th tsp. cumin, lightly roasted and coarsely ground
- 1/4th small bunch of cilantro, finely chopped

For Garnishing

- Few sprigs fresh cilantro
- Few sprigs mint leaves (optional)

Preparation

1. Whisk the yogurt in a bowl and add the cooked and cubed beetroot, raisins, freshly ground peppercorn and cumin
2. Add salt to taste and the chopped cilantro and mix well
3. Refrigerate for 25 minutes
4. Garnish with fresh cilantro/mint leaves
5. Serve

Nutritive Value

Energy : **150 kcal**

Protein : **7.5 g**

Fat : **1.75 g**



Roasted Beetroot Hummus

Ingredients

- 325g beetroot, washed, peeled and cut into cubes
- 1 tbsp. olive oil for drizzling
- 125g chickpeas, soaked overnight, drained and cooked
- 6 cloves garlic, crushed
- 1/4th tsp. cumin
- 1 tsp. lemon juice
- 2 tbsp. extra virgin olive oil
- 1/4th cup tahini
- 1/4th water cup
- Salt to taste

Preparation

1. Preheat the oven to 350°F
2. Place the beetroot cubes with salt, drizzled with little olive oil on a baking sheet/tray and roast till tender; set aside to cool completely
3. Add all the ingredients in a food processor and blend until smooth
4. Chill the contents in the refrigerator, covered with cling wrap for 60 minutes before serving
5. Garnish with the white sesame seeds and a drizzle of olive oil
6. You may serve the hummus with the lavash

Nutritive Value

Energy : 898 kcal

Protein : 22.8 g

Fat : 61.9 g

For Garnishing

- ½ tsp. white sesame seeds, lightly toasted
- 1 tbsp. extra virgin olive oil for drizzling



Beetroot Pachadi

Ingredients

- 1 cup beetroot, grated
- 1 cup yogurt/curd, whisked
- Salt to taste
- Water as required

For Grinding

- 1/4th cup grated coconut
- 1 tsp. Ginger, minced
- 1 green chilli
- 1/4th tsp. mustard seeds
- ½ tsp. cumin seeds

For Tempering

- 2 tsp. coconut oil
- 1 sprig curry leaves
- ½ tsp. mustard seeds
- 2 dry red chillies

Preparation

1. In a non-stick pan, cook the grated beetroot for 8 to 10 minutes by adding salt with a little water, till it becomes soft.
2. Grind the grated coconut, green chillies, ginger, mustard seeds and cumin seeds into a smooth paste with 1/4th cup curd
3. Add the coconut paste to the cooked beetroot and cook for a couple of minutes; remove from the flame and let it cool
4. Now, add the rest of the curd, salt and combine well
5. Heat oil for tempering in a small and deep non-stick pan. Now, add the curry leaves and mustard seeds, let them crackle and add the dry red chillies; sauté for a few seconds and pour the tempered ingredients on to the pachadi and mix well

Nutritive Value

Energy : **273.2 kcal**

Protein : **6.9 g**

Fat : **11.6 g**



Gingery Beetroot and Coconut Soup

Ingredients

- 3 cups beetroot, peeled and cubed
- 1-inch piece of ginger
- 125ml thick coconut milk
- 3 cups vegetable stock
- Salt to taste
- 1/4th tsp. black peppercorns, freshly ground
- 1/4th tbsp. extra virgin olive oil

For Garnishing

- 2 tsp. white sesame seeds, lightly toasted
- 2 tsp. fresh cilantro, chopped

Preparation

1. Heat the oil in a non-stick pan; add the peeled beetroot cubes and ginger and sauté for two minutes
2. Add three cups of vegetable stock; once the beetroot is tender, set it aside to cool
3. Puree the contents in a blender, till very smooth
4. Place the puree ingredients on the flame and bring to a boil, simmer until a little thick and add salt and pepper to taste
5. Simmer and add the thick coconut milk
6. Whisk and remove from the flame; let it cool completely
7. Pour the soup in a big glass bowl and garnish with lightly toasted white sesame seeds and fresh chopped cilantro
8. Serve

Nutritive Value

Energy	: 403 kcal
Protein	: 6.4 g
Fat	: 34.9 g



Spiced Beetroot Soup

Ingredients

- 1 ½ cups beetroot, boiled, peeled and pureed
- 1/4th cup yellow split moong dal, cooked and pureed
- 125ml thick coconut milk
- 3 cups vegetable stock
- Salt to taste

For Tempering

- ½ tsp. extra virgin olive oil
- 1 ½ tsp. mustard seeds
- 1 tsp. cumin seeds, crushed
- 1 sprig curry leaves, chopped
- 2 tsp. cilantro, chopped
- ½ tsp. curry powder, mixed in a little water
- 2 tsp. cashew nuts, roughly chopped

Preparation

1. In a medium pot, add the beetroot and dal puree with three cups of vegetable stock
2. Bring the puree to a boil; simmer until a little thick and add salt to taste
3. Simmer again and add the coconut milk; whisk and remove from the flame
4. Pour the soup into four soup bowls
5. In a non-stick pan, add oil and allow the mustard seeds to splutter, now add the crushed cumin seeds, curry leaves, cilantro, curry powder and mix well
6. Sauté for half a minute ensuring that the tempering does not burn. Now, add the roughly chopped cashew nuts
7. Pour the tempering over the soup (which is already served in soup bowls)
8. Serve hot

Nutritive Value

Energy : **468 kcal**

Protein : **11 g**

Fat : **35.7 g**



Badami Halu (Almond Milk)

Ingredients

- 5 ½ cups milk
- ½ cups almonds
- 1g saffron
- 4 dates, dried and chopped (optional)
- 1/4th tsp. green cardamom powder
- 4 tsp. sugar/honey/kallu sakkare

For Garnishing

- ½ tbsp. edible dried rose petals (optional)
- 1 tbsp. almonds, slivered
- 1/4th tsp. saffron, broiled

Preparation

1. Soak the almonds in adequate water for two hours
2. Remove the peel and grind to a smooth paste by adding a little milk
3. In a small bowl of hot milk, steep the saffron to extract maximum flavour and colour
4. In a heavy-bottomed deep pan, bring the milk to a boil and add the almond paste
5. Simmer for five minutes and then add the saffron, dates, sugar/honey/kallu sakkare
6. Stir and simmer for another five minutes and keep stirring till the sugar/kallu sakkare is completely dissolved
7. Bring the mixture to a gentle boil and turn off the heat; add the green cardamom powder and stir
8. Garnish with slivered almonds, broiled saffron and rose petals (optional)
9. Serve very hot or at room temperature

Nutritive Value

Energy	: 1152 kcal
Protein	: 58.8 g
Fat	: 54.3 g





Beetroot Patties With Yogurt Dip

Renu Dalal

Ingredients

For The Patties

- 1½ beetroot
- 1 potato (boiled and peeled)
- ¼th cup boiled green peas
- ½ carrot peeled, chopped and boiled
- Salt to taste
- ¼ tsp. green chillies
- ¼ tsp. garam masala
- ¼th cup bread crumbs

Yogurt Dip

- ½ cup hung curd
- 3 tbsp. chopped cucumber
- Salt to taste

Other Ingredients

- 1 tbsp. oil for shallow frying
- Powdered bread crumbs for coating

Preparation

For The Beetroot

- Cook the beetroot in a pressure cooker with 4 cups of water
- Wash the beetroot after cooking (skin will automatically come off) and chop into small pieces

For The Patties

- In a vessel, mix the cooked beetroot, potatoes, green peas and carrots. With a vegetable masher, crush the vegetables into small pieces
- Add the bread crumbs, green chillies, garam masala and salt to taste to the mixture and mix thoroughly

- Make small circular patties from the mixture and coat each patty with the breadcrumbs
- Heat the oil in a non-stick frying pan and cook each patty on both sides for 2 to 3 minutes until done
- Remove from the frying pan and serve hot

For The Yogurt Dip

- Add salt and cucumber to the hung curd and mix well
- Refrigerate till chilled

To Serve

Serve the patties hot with the cold yoghurt dip

Nutritive Value

Calories : **164 kcal**

Fats : **4.7 g**

Protein : **5.4 g**



Vegetable Wraps

Ingredients

- 6 tortilla wraps (can be purchased ready-made)
- 2 tbsp. oil
- 6 tbsp. pizza sauce

For The Filling

- 1 cup French beans, boiled and chopped
- 1 cup boiled green peas
- 1 cup carrots, peeled, chopped and boiled
- 1 cup potatoes, boiled, peeled and chopped
- 2 tbsp. oil
- Salt and red chilli powder to taste

For Serving

- 1 cup pizza sauce

Preparation

For The Filling

- Heat the oil, add the vegetables, salt and red chilli powder to taste
- Cook for 2 minutes till it is done

For The Wraps

- Spread 1 tbsp. of pizza sauce over a tortilla wrap
- Place the vegetable filling on one side of the tortilla wrap
- Roll it to form a wrap
- In a tawa, heat the oil and shallow fry the wraps for 5 minutes on both sides

To Serve

- Cut each wrap into two pieces and serve hot with pizza sauce

Option

Instead of tortilla wraps, you can also use homemade chappatis made from whole wheat or white flour

Nutritive Value

Calories : **335 kcal**

Fats : **16.5 g**

Protein : **7.5 g**



To Be Or Not To Be Vegan?

Ethical commitment, optimal health and moral conviction are often the primary motivations and attributes that vegans stand by. So, to say, it's just a trend or fad may not be right. A vegan discards all animal products and by-products such as poultry, meat, fish, dairy, honey, leather, fur, silk and wool. There are also several vegans who avoid cosmetics and soaps derived from animal products as well as processed foods that use animal products such as refined white sugar and wines. Many vegans avoid using products tested on animals too.

Why Go Vegan?

Skin Sensitivity

High consumption of full-fat dairy products, particularly among teens may increase the risk of acne.

Digestive Distress

If you have lactose intolerance then drinking milk may cause digestive issues. You may experience symptoms such as gastrointestinal cramping, flatulence, and diarrhoea are also experienced. Some may also find that they have a harder time tolerating dairy as they age.

Cancer Concern

Studies also concluded that men who consumed high levels of dairy have a significantly increased risk of developing prostate cancer.



Contaminant Challenge

Synthetic hormones like recombinant bovine growth hormone (rBGH) are often given to cows to increase dairy production. As a result, these hormones can spread into the milk supply. The same goes for antibiotics administered to animals that develop infections due to milk production manipulation.

Respiratory Risk

Although there is not much scientific evidence to back up the claim that dairy foods contribute to asthma and mucous, many people find that they

suffer less from these symptoms when dairy is removed from their diet.

Disadvantages Of Going Vegan

- Excessive weight loss and muscle loss
- May lead to anaemia and other nutritional deficiencies

Planning A Vegan Diet

While preparing a vegan nutritional plan, the emphasis should be on variety and density. Vegan diets that



are properly planned have been found to satisfy nutritional needs and promote numerous health benefits which include reducing the risk of heart disease, colon and lung cancer, osteoporosis, diabetes, kidney disease, hypertension, obesity, and other health conditions.

A well-planned vegan menu might include grain porridge with fresh fruit for breakfast, a veggie stir-fry with quinoa for lunch and a bean and vegetable soup with a leafy green salad for dinner. As vegan diets are low in B12, it is advisable to take B12 supplements. However, the risk of low complete protein remains. Hence, it is important to plan vegan meals to include a variety of nutrient-dense foods.

When making the transition to a vegan way of eating, several individuals find it easier to begin by eliminating one or two things from their diet and replacing them with healthy vegan alternatives, rather than eliminating all animal products immediately. Nevertheless, it's essential to listen to your body and soul and honour its needs. It is also wise to take an expert's opinion to get on a well-balanced plan to avoid or minimise deficiencies.



Vegan Meats

Tofu/Soya Bean Curd: It is made by coagulating hot soy milk and pressing the curd together into a block. There are two major types of tofu: fresh and processed. Processed tofu includes fermented, flavoured, dried, fried and frozen variations often used in imitation meat products. Tofu does not have a distinguishable flavour on its own but quickly absorbs the flavours of savoury and sweet dishes that it is added to. This versatile food is high in calcium, iron and protein and can be made as tofu nuggets, tofu sandwich and tofu rice.

Tempeh: (whole soybeans fermented into a cake or patty) is a rich, tender soybean cake made from fermented soybeans and sometimes another grain such as rice or millets. Tempeh has a nutty and almost smoky flavour. This low-fat and high-protein soy product frequently replaces animal protein in vegetarian dishes. Tempeh is delicious when grilled and is often added to soups, casseroles, and stir-fried dishes or when prepared in the same way as a veggie burger. Tempeh supports gut health.

Seitan: A non-soy based, processed wheat gluten and a great source of protein. It has a dense, chewy texture that can be grilled, fried, braised, or prepared in any other cooking style.

Mushrooms: These foods are another great alternative for meat. They naturally have a meat flavour, are high in antioxidants and have anti-cancerous properties. They can be best consumed as in soups, as a snack or tossed with vegetables.

Beans: A good source of fibre, protein and iron, beans can be added to soups and patties. **B**

Miracle Millets

Millets are small-grained, annual warm-weather cereals associated with the grass family. They are highly tolerant of drought and other extreme weather conditions and thus viewed as climate change compliant crops. Millets are the traditional staple food of the dryland regions of the world and contribute to 10 per cent of India's foodgrain basket. These nutri-cereals which are highly wholesome are known to have high nutrient content compared to rice and wheat.

Types Of Millets & Nutrient Composition

Millets can be called as miracle grains as their nutrient composition indicates that they are a good source of energy, protein, vitamins and minerals, including trace elements. The millet grain contains about 65 % of carbohydrates, a high proportion of which is in the form of non-starchy polysaccharides and dietary fibre.

They are also rich in essential vitamins like thiamine, riboflavin, folic acid, pantothenic acid and niacin. Millets are miles ahead of rice and wheat in terms of their mineral and fatty acid content. They contain phytochemicals including lignans, phenolic acids, phytic acid, plant sterols, saponins etc. Every single millet is a storehouse of dozens of nutrients in large quantities and is extraordinarily superior to rice and wheat, and they include major and minor nutrients needed by the human body hence can help withstand malnutrition.



CALORIES						
	(Kcal)	Protein (g)	Fat (g)	Fiber (g)	Iron (mg)	Calcium (mg)
Pearl millet	378	10.6	4.8	1.3	16.9	38
Finger millet	336	7.3	1.5	3.6	3.9	344
Foxtail millet	473	12.3	4.0	8	2.8	31
Kodo millet	309	8.3	3.6	9	0.5	27
Little millet	207	7.7	5.2	7.6	9.3	17
Barnyard millet	342	11.2	3.9	10.1	15.2	11
Sorghum	329	10.4	3.1	2.0	5.4	25
Proso millet	356	12.5	2.9	2.2	0.8	14
Rice	362	6.8	2.7	0.2	0.7	10
Wheat	348	11.8	2.0	1.2	5.3	41

Health Benefits Of Millets

Diabetes

Millets are low in glycemic index, slows down the digestion process and keeps the blood sugar level constant. They increase insulin sensitivity for people who have diabetes and also help to control blood sugar levels.

Coronary Artery Disorder

It decreases triglycerides levels in the body and also weakens the blood to prevent blood platelet clumping, thereby reducing the risk of stroke and coronary artery disorder.

High Blood Pressure

Magnesium in millets relaxes the muscles that line the inside of the arterial wall, which helps to reduce blood pressure. It reduces the frequency of migraines and severity of asthma, and also it forms great food for women suffering from unbearable pain and cramps during the menstrual cycle.

Weight Loss

Tryptophan, an amino acid present in millets lowers appetite and remains beneficial in controlling weight. It helps in digestion and keeps the stomach full for a more extended period. They are high in fibre and satiate hunger, quickly preventing from overeating.

Colon Cancer

Millet contains fibres and phytonutrients, the combination of which is believed to reduce the risk of developing colon cancer. Lignin, a phytonutrient in millet is converted into mammalian lignin by the healthy gut microflora that protects from breast cancer.

Celiac Disease

This harms the lining of the small intestine, which prevents it from absorbing some vital nutrients (malabsorption), consuming foods having gluten triggers the condition.

Millets are a gluten-free and excellent option for people having a gluten allergy.

Constipation

The natural fibre composed of many indigestible fractions present in millets are slowly fermented by in the colon, promotes normal laxation which prevents constipation, diverticulitis and diverticulosis.

Good Source Of Antioxidants

Millets are no less than fruits and vegetables in their antioxidant activity. The high amount of antioxidants in millets fights free radicals present in the body, which slows down the ageing process.

Muscle Degradation

Millets are high protein grains and contain lysine, an amino acid which slows down muscle degradation and helps to build lean muscles.

Sleeping Aid

Tryptophan in millets raises the serotonin level in the body, helps to reduce stress. A cup of millets

porridge in milk every night can help to get sound and peaceful sleep.

Effect On Skin Elasticity

Amino acid L-lysine and L- proline in millets helps to form collagen in the body, a substance which gives structure to skin tissue. Thus eating millets fortifies the collagen level to improve skin's elasticity making it less prone to wrinkles.

Aids In Breast Milk Production

Ragi is a galactagogue and aid in stimulating milk secretion in lactating women.

Cooking Millets


Grains are high in fibre and contain natural anti-nutritional factors like tannins and phytates, which binds to the minerals contained within and pass through the gut without getting absorbed into the bloodstream. Soaking and/ or sprouting releases inhibitory factors and increase bioavailability, make the grain more digestible and reduces cooking time.

Other Uses Of Millets



As a solution to water demand in India, a recently published study in the scientific journal, suggests replacing rice and wheat with 'less thirsty' crops to reduce irrigation water to one third. Thus, the study has investigated that by improving the cropping pattern of the country, India

can address its water crisis while providing food security. The most significant advantage of millets is that it can provide multiple securities like food, nutrition, fodder, fibre, health, livelihood and ecology.

However, the direct consumption of millets as food has significantly declined over the past three decades. The major reasons of decrease in use are the lack of awareness of nutritional merits, inconveniences in food preparation, lack of processing technologies and also the government policy of disincentives towards millets and favouring of supply of fine cereals at subsidised prices. 



25 Best Foods For Menopause

Between the ages 40-50, every woman experiences natural menopause, bringing in different changes in the body. The fall in the body's estrogen level causes mood swings, hot flushes, low sex drive and urinary tract infections (UTI). By including the right food in your diet, it becomes easy to be healthier at every age. Therefore, food is the simplest way to tackle these changes and here's a list of some essential foods for menopause:

- **Milk** helps combat calcium deficiency which is common during menopause. As milk is one of the richest sources of calcium, it helps to meet the recommended allowance for the day
- **Salmon** is a rich source of vitamin D which is necessary for the body to absorb calcium. Salmon or any fatty fish provide vitamin D, helping in better calcium absorption and preventing osteoporosis
- **Millets** are a rich source of fibre, a good source of calcium and iron, making it a superfood for women



- **Flaxseeds** have omega 3 fatty acid that reduces bad cholesterol and reduces hot flushes. It is also a good source of selenium, which supports the thyroid gland to function better
- **Soya** elevates estrogen levels in the body, thereby reducing the menopausal symptoms. It also helps decrease the chances of breast or uterine cancer
- **Green tea** increases the body's metabolism and is also a great liver detoxifier



- **Basil** has anti-fungal and anti-bacterial properties that prevents vaginal infections
- **Ginger's** anti-inflammatory properties are beneficial for osteoarthritis. This root is also a great metabolism booster and a great liver detoxifier
- **Oats** is a rich source of fibre. This food is also a low source of sodium, making it a perfect choice for weight watchers and ideal for maintaining blood pressure



- **Broccoli** has shown to reduce the chances of breast cancer. It is also a good source of calcium
- **Berries** are filled with varied antioxidants that boost immunity and lessens the chances of UTI



- **Eggs** are a complete source of protein and a good source of vitamin D, perfect for the overall fitness of women
- **Green Leafy Vegetables** are a great source of fibre and iron, essential to prevent deficiency of iron, especially for vegetarians
- **Yoghurt** helps in indigestion and is the perfect probiotic as it increases the good bacteria to make a healthy gut environment



- **Walnuts** are the perfect choice to include in the night as this nut is rich in the sleep-inducing amino acid (tryptophan) that helps provide good sleep
- **Ginseng** is a Korean herb, with varied benefits, perfect for reducing menopausal symptoms, especially hot flushes
- **Dark chocolate** is a good source of magnesium that helps tackle untimely mood swings



- **Chamomile tea** promotes bone density, thereby preventing osteoarthritis
- **Cumin seeds** promote digestion and increase metabolism, promoting weight loss
- **Chicken** is a good source of collagen and helps maintain healthy younger-looking skin
- **Citrus foods** reduce uterine fibroids and also boost immunity



- **Apple** is loaded with isoflavones, lowers bad cholesterol and also increases sex drive
- **Almonds** are a rich source of vitamin E, which is great for the skin and hair. Almonds also keep the heart-healthy
- **Legumes** are rich in potassium and the magnesium present in legumes helps reduce menopausal symptoms and maintains blood pressure
- **Carrots** are a great source of vitamin A and B and fibre, making it a perfect healthy snack

Foods To Avoid

- **Caffeine/ alcohol:** Aggravates hot flushes, insomnia
- **Fried/ oily foods:** Weight gain and increased bad cholesterol
- **Added sugar/ processed carbs:** Unhealthy gut, indigestion
- **Spicy foods/salted foods:** Increases anxiety and affects blood pressure **B**



Pre & Post Surgery Nutrition

Getting ready for surgery is similar to getting ready for a marathon, as you will undergo metabolic and physiological changes. The body experiences tremendous stress during surgery, which can lead to weight and lean muscle loss, inflammation, poor wound healing and complications like infections. Also, being overweight or obese increases the complexity during and after surgery. Being overweight or obesity can result from poor lifestyle or eating habits, and the person is considered malnourished. Seeking guidance from a dietician to plan will help in improving your nutritional status before surgery.

THE BODY EXPERIENCES TREMENDOUS STRESS DURING SURGERY, WHICH CAN LEAD TO WEIGHT AND LEAN MUSCLE LOSS



How Does Food Heals?

If a person had been on a healthy diet before surgery, the healing and recovery could be trouble-free. As the nutrients kept in reserve pre-surgery will help out like a “bank account” for the post-surgery demands. But for a person who has a poor lifestyle and eating habits or was ill for quite some time, the healing phase will be adamant.

Latest research reveals that the intake of certain nutrients weeks or days before and after surgery can help reduce these risks. Hence, it is always wise to improve the nutritional status through an accurate pre-surgery nutritional evaluation before entering the operating room.

Foods That Help In Faster Healing

Post-surgery diet usually will start with liquids and progress to a regular diet as per the doctors’ advice based on the kind of surgery performed. It should include all food groups to get a variety of nutrients. The nutritional requirement varies depending on a person’s condition.

In general, the healing process will require higher amounts of calories, protein, vitamins like A and C, and zinc.

The quality of food is essential over the quantity.

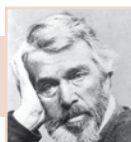
The following information will improve the quality of food pre and post-surgery:

- Small frequent meals will help in enhancing calorie intake if you cannot take the regular quantity of meal which you used to take before surgery
- v foods at each meal and snack from fruits, vegetables, cooked beans, and whole grains will help in maintaining healthy bowel movements
- Include protein-rich foods at each meal like meat, fish, eggs, poultry, nuts, dairy products, soy products, and cooked dried beans to help in tissue repair and new cell formation
- Inclusion of whole grains will supply steady carbohydrates and the right amount of B vitamins to combat the stress caused by surgery
- Include calcium-rich foods like milk, yoghurt or cheese. If you have undergone bone-related surgeries, they will be required. Your doctor may recommend a calcium pill and vitamin D if your requirements are high
- Include vitamin A and C rich foods like citrus fruits, green and red peppers, greens, broccoli, strawberries, tomatoes, potatoes and all bright-coloured vegetables and fruits for wound healing

- Drink plenty of water, at least six to eight cups of fluid a day to avoid constipation
- Include zinc-rich foods like meats, whole grains, legumes, nuts and seeds to accelerate wound healing

Preventive Measures

1. Besides, your dietician may prescribe unique nutritional formulas in case your intake gets revealed to be lower. Otherwise, you are on a liquid diet for a more extended period.
2. Avoid foods that can decrease the quality of nutrition.
3. You can be advised a few diet limitations by the treating doctor and your dietician as per your condition.
4. But generally, any food which does not provide any vital nutrients should be avoided along with foods containing ingredients, which may hinder the absorption of essential nutrients.
5. Processed foods have higher amounts of fat, sugar, salt and chemical additives, but very less fibre and vitamins than their whole food counterparts. Hence, the avoidance of such foods and the inclusion of healthy foods will offer proper nutrition to advance recovery.
6. Trim down or eliminate additional sugars, caffeine, and alcohol from your diet. These generally create excessive stress on the body and in fact, hinder the absorption of vital nutrients. ❗



“He who has health has hope; and he who has hope has everything” - **Thomas Carlyle.**



Protein-Packed Breakfast

Breakfast is the first meal of the day and one of the most important meals as well. Stepping out without having an adequate breakfast sets you up for overeating later in the day as well as having sluggish health for the latter half of the day.

Eating a good early breakfast not only refuels your body with required energy but also helps in the proper functioning of your mind and body for the rest of the day, as studies show that people who eat a balanced and adequate breakfast can focus and concentrate better. It is vital for growing children to eat proper breakfast, as those who do so are more likely to do better at school, meet nutrient needs and concentrate better.

An ideal number of calories to be consumed at breakfast time is 400kcal. A breakfast comprising of more calories may result in a slow and sluggish start to the day and having a breakfast with low calories can be disastrous to one's health. Additionally, finding healthy and nutritious breakfast recipes can be a task as the healthy ones are often too impractical or time-consuming and the easy-to-make breakfast recipes are often not healthy or substantial.


A BREAKFAST COMPRISING OF MORE CALORIES MAY RESULT IN A SLOW AND SLUGGISH START TO THE DAY AND HAVING A BREAKFAST WITH LOW CALORIES CAN BE DISASTROUS TO ONE'S HEALTH.

A Power-Packed Breakfast

A power-packed breakfast must be a combination of good carbs and fibre, along with some protein. The inclusion of certain raw foods in your daily breakfast is necessary to make it a complete, healthy meal. However, with the fast-paced lives, we live today, we most often forget to pay attention to our breakfast and grab anything that comes handy to satiate our hunger quickly.

However, having a healthy nutritious breakfast can provide extraordinary advantages to the mind and body. It has also been proven that people who eat a hearty, healthy breakfast tend to lose weight more easily than those who don't. So keeping the rush hour in mind, we bring you some super quick breakfast recipes that are not only nutrition-packed but will also satisfy your taste buds. So go ahead and try preparing these mouth-watering recipes for an excellent start to a busy day!

Different Types Of Protein-Packed Breakfasts

- Peanut butter choco smoothie
- Stir-fried eggs with vegetables
- Chickpea sandwich
- Roasted paneer cutlets 



Benefits Of Mustard

Mustard seeds have been highly prized culinary oil-seeds, since ancient times. This species belongs to the Brassica family and cabbage, broccoli and Brussels sprouts are some of the close members of the mustard plant.

Different Types Of Mustard

There are three main varieties of mustard grown worldwide:

- White mustard seeds (*Brassica alba*) - Slightly straw yellow coloured, mildly pungent and marginally more significant than the other two types
- Black mustard (*Brassica nigra*) - Commonly grown in South Asia and more pungent in taste
- Brown mustard (*Brassica juncea*) - A native of Northern India

Whole mustard seeds, ground or in powdered form, pastes, sauces and oil are used for cooking and are used extensively in India,

Pakistan, Bangladesh and the Mediterranean. The Indian name and pronunciation of black mustard is rai (pronounced as raa-ee) and yellow mustard - sarson (marked as sur-so). The South Indian dishes usually add black mustard seeds (rai). While Bengali cuisine and North Indian cuisines frequently use yellow seeds (sarson).

Essential oil sinalbin is responsible for the aroma and pungent

flavour of mustard. When gently roasted on a low flame, mustard exudes a pungent, nutty flavour. Brown and white mustard seeds are used in pickles like mango, bitter gourd, etc. In India, mustard paste is used in salad dressings and sandwiches as well. Additionally, mustard oil is a popular cooking oil used in many North Indian and Pakistani recipes.

What Mustard Seeds Contain

Mustard seeds are rich in phytonutrients, minerals, vitamin and antioxidants. They are one of the chief oil seeds that contain more calories, quality protein, dietary fibre, essential oils and plant sterols.

Mustard seeds also contain B complex vitamins such as niacin, thiamin and riboflavin which are very helpful in enzyme synthesis, nervous system functions and for metabolism. Furthermore, minerals such as selenium, zinc, copper, iron, calcium, manganese and copper are also found in mustard seeds.

Uses Of Mustard Oil

Mustard oil is Eastern India's olive oil as it is used religiously in Bengal, Bihar, Assam and Orissa. It is also widely used in Nepal and in a number of Kashmiri dishes. Mustard oil is not just used as a cooking medium but

also serves the purpose of salad oil, hair oil, face and body oil.

Facts About Mustard

- Essential fatty acids like oleic acid and linoleic acid are found in mustard oil that makes it a good hair tonic
- When used in homemade face packs along with cream, turmeric and gram flour, mustard oil is very effective in treating many skin related problems as it has anti-fungal properties, due to the presence of a compound called allyl isothiocyanate. It is also known to heal dry and chapped skin.
- Dandruff can be controlled with mustard oil when mixed with powdered fenugreek
- Mustard oil is used as a preservative for pickles due to its anti-microbial properties
- As mustard oil is a warm oil, it is mostly used to massage the body during winter

Footnote: As mustard oil has a pungent odour it can be used as an insect repellent to keep away ants and mosquitoes. It is important to note that when used in large amounts, mustard may cause gastric irritation and bleeding from the intestinal mucosa. It can also cause skin burn when applied for a very long duration. **B**



Amazing Rice Packs For Glowing Skin & Gorgeous Hair



This staple cereal grain is consumed widely in India and helps the body develop new cells, but its application on the skin and hair is even more remarkable. Rice is rich in B vitamins, folate, iron, selenium and magnesium which help combat skin and scalp problems. Therefore, rice packs (made with rice flour) are loaded with numerous beauty benefits and also help reduce sun tan and prevent acne. Additionally, rice packs promote glowing skin, strengthen hair follicles and make the hair shine.

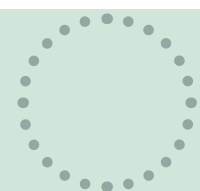
Rice Packs You Can Try



Rice Milk & Honey Face Pack

Add one tablespoon of rice flour, some milk and two tablespoons of honey to form a smooth paste. Apply this paste on your skin and let it dry. Once it's dried, wash it off with cold water. This face pack ensures you have healthy and smooth skin, as it controls excess oil production, moisturises, provides intense hydration and cleans the pores of your skin. The rice flour has the properties of absorbing superfluous sebum from your skin, the milk has lactic acid which nourishes and moisturises your skin and honey is an antiseptic that also contains anti-bacterial properties that prevent skin problems.

THE RICE FLOUR HAS THE PROPERTIES OF ABSORBING SUPERFLUOUS SEBUM FROM YOUR SKIN



THIS FACE PACK THOROUGHLY CLEANSSES THE SKIN'S SURFACE AND EXTRACTS IMPURITIES. IT ALSO HELPS GET RID OF TAN AND DEAD SKIN CELLS.

Rice Flour & Yoghurt Face Pack

Add one tablespoon of rice flour into some whisked yogurt to form a slightly thick consistency of the mixture. Apply this pack on your skin and keep it on for about 20 minutes. You can then wash your face and pat it dry with a clean towel. Cleansing should always be done correctly and nothing beats a rice and yogurt pack! This face pack thoroughly cleanses the skin's surface and extracts impurities. It also helps get rid of tan and dead skin cells. Rice has skin lightening properties whereas the yogurt essentially hydrates and nitrifies the skin, ensuring that it is conditioned, soft and supple.



Rice Flour & Gram Flour (Besan) Pack

Add equal amounts of besan and rice flour in a bowl along with some water to form a smooth paste. Apply this paste on your scalp and massage for 10 minutes before rinsing it off with water. The rice and gram flour have some intense clarifying and clearing properties that ensure your scalp is clear. It even soaks excess oil and greasiness on bad hair days. Thus, you can apply this hair mask to ensure your hair is clean, healthy and oil-free. Rice also promotes hair growth and helps in reducing split ends and the menace of lice.

Rice Flour & Avocado Pack

Mix rice flour and mashed avocado in a bowl to form a smooth consistency. Now apply this mixture to your damaged hair and let it stay for some time before washing your hair with cold water. This hair mask essentially treats damaged and rough hair that has split ends. It also naturally moisturises and nourishes damaged follicles and conditions it. **B**



Henna Hair Masks For Healthy Hair

We fight the rising levels of pollution, keep up with the fast-paced life we lead nowadays and do almost everything in our control to save our crowning beauty from damage. We also try out new products that promise instant results and yearn to witness a transformation of our brittle, lifeless hair - but all in vain. One of nature's gifts, henna holds myriad possibilities when it comes to healing the scalp and reviving the hair. Treating hair fall or conditioning the mane, henna leaves have the power to do it all.

Though it is generally used only for colouring the hair, it has countless other health benefits. Therefore, it seems quite ironic that the magic potion we have been seeking all along may have been staring in our faces, but was unnoticed! Henna not only boosts scalp health by balancing pH levels but does much more to pump life into your hair. So let's take a look at a few ways you can use henna to treat your hair:

Hair Growth Support

Ingredients: Sesame oil, henna powder

Boil 250ml of sesame oil and add five cups of henna powder. Let it simmer for five-six minutes. After it cools down store it in an airtight container and apply it two-three times a week for accelerated hair growth.

Deep Conditioning Solution

Ingredients: Tea, henna powder, lemon, curd

Make a tea decoction and mix some henna powder in it. To this mixture, add three tablespoons of lemon juice. Keep it aside for half an hour and then add two tablespoons of curd. Apply this hair mask on your hair and keep it on for an hour. Wash it off with a mild shampoo.

Itchy Scalp Relief

Ingredients: Neem leaves, henna leaves, tulsi leaves

Wash and grind half a cup of tulsi and Neem leaves, each with one cup of henna and water to make a thick paste. Apply this mask all over your hair and wash off after an hour. The anti-microbial properties of henna, Neem, and tulsi help kill any signs of dandruff/ bacteria on the scalp and cool it down thus alleviating itchiness.

Split Ends Reduction

Ingredients: Avocado oil, egg, henna powder

Combine henna powder, two-three tablespoons of avocado oil, an egg and some water to make a paste-like consistency. Apply this paste on every strand of your hair and let it stay on for two hours to ensure adequate repair. Rinse it off with warm water.



Greasy Scalp Fix

Ingredients: Multani mitti, henna powder

Soak the Multani mitti in water to soften it and add to it the henna powder. Apply this paste on your scalp and hair and wrap it in an old towel. Keep it overnight as the heat from your scalp will help the mask work more effectively. Wash it off in the morning with a mild shampoo. This pack soaks the excess oil from your scalp and at the same time detoxifies your tresses as well.



Colouring Fun

Ingredients: Henna powder, grated beetroot, coconut oil

Boil grated beetroot in two cups of water. After it boils let it simmer on low flame until the water level halves. Allow it to cool down. Blend it into a puree and mix the henna powder in it. Apply some coconut oil to your hairline, ears and neck to avoid staining. Put on gloves and apply the concoction on every strand of your hair. Cover your hair with a shower cap and let this mask be on your hair for a few hours. Rinse it off with shampoo.

Ayurveda has identified henna as a distinct solution for healthy hair. However, as chemically-laden products have flooded the shelves in cosmetic stores, this miraculous plant was nearly pushed into oblivion. But after many have witnessed the ill-effects of mainstream hair products, henna is slowly gaining popularity again. **B**

Frizz Control

Ingredients: Henna powder, coconut milk, olive oil

Heat coconut milk in a pan and add ten tablespoons of henna powder to it. Add in four tablespoons of olive oil to enhance its moisturising properties. Mix well to get rid of any lumps and apply this smooth paste to your hair. Leave it on for an hour and wash it off with a mild sulfate-free shampoo. Apply this pack to your hair if you want to hydrate your hair, smoothen it and tame frizz.

Moisture Boost

Ingredients: Henna leaves, an aloe vera leaf, coconut oil

Wash the aloe vera and henna leaves thoroughly. Cut and scoop out the gel from the aloe vera leaf and grind it along with the henna leaves. Strain the paste to filter out any substantial remains from the smooth solution. Apply some coconut oil on your hairline, ears, and neck to avoid henna stains.

While wearing gloves, separate your hair into small sections. Start applying the paste with a brush, part by section, wrapping each one on top of your crown to make a bun. After collecting all the divisions in the bun, pin it up and cover it with a shower cap. Let it remain for a couple of hours and then rinse it off with shampoo.





Q My hairdresser recently suggested that I should apply oil to my scalp and not my hair. Is this more beneficial for hair, as it has become a bit dry due to the weather?

Applying warm oil on the scalp with a light massage is useful for dandruff, as it helps to loosen the flakes. It may also help to open the pores of the scalp. If the hair is dry, the oil should be applied to the hair too, as it helps to improve the texture of dry, rough and brittle hair.

Q How can the rains affect my newly coloured hair? Are there any preventive tips that I need to take before heading out on my bike?

Rainwater is supposed to be pure, but in these days of environmental pollution, rain may be collecting impurities from the air. Some of the chemical pollutants may affect coloured hair. For instance, while swimming in a pool, some chemicals can turn light-coloured hair greenish. You can wear a waterproof hood or cover the hair with a waterproof cloth. You can also wear your helmet, of course! Before going for a swim wet the hair. The hair can absorb that much and no more. Wet hair will not absorb much water from the pool. Rinse the hair after a swim.

Q My hair has become thin and scanty due to a few health conditions which impact my hair growth and strength. Is there anything you can recommend for hair growth and volume?

We recommend the application of a non-oily herbal hair tonic daily on the scalp. Clinical treatments are also available — this helps stimulate the hair follicles and the blood circulation to the scalp also improves. A nutritious diet helps healthy hair growth since the nutrients feed the



hair in the bloodstream. Take a small bowl of sprouts daily. Sprouts contain amino acids, which promote hair growth. If the scalp is oily, drink plenty of water. Add the juice of a lemon to a glass of water and have it first thing in the morning. Ask your doctor to prescribe vitamin and mineral supplements. Biotin, a B-Vitamin promotes hair growth. Eggs, almonds, mushroom, spinach, etc. are rich in Biotin. Learn breathing and relaxation techniques. They help to reduce stress and thus control hair loss.

Q I've never used hair packs. Could you please suggest whether buying hair packs is better than making your own? If so, which hair pack is suitable for all types of hair?

Fruit Pack - You can buy a hair pack of a reputed company, or make your hair pack. A fruit pack can be used on all hair types, include banana, papaya, grated apple and even mango.

Hibiscus Pack - A hibiscus pack also suits all hair types. It has a soothing and cooling effect. For a cold infusion, the flowers and leaves are allowed to stand overnight in cold water, in a ratio of one to six. The flowers are squeezed, and the water is strained before use. Such infusions can be used to wash the hair and scalp or

applied on the scalp with cotton wool. For dyed or coloured hair, mix well together with one egg, one tablespoon castor oil, the juice of a lemon and one tablespoon aloe vera gel or juice. Apply on the hair and wear a plastic shower cap. Wash the hair after half an hour. Fenugreek (methi) seeds also protect the scalp from infection and dandruff. Soak the seeds overnight in water. Grind them into a paste. Add two teaspoons each olive oil and lemon juice. Apply the paste on the scalp and leave on for half an hour. Rinse well with water.

Q How many times should I wash my hair in a week, especially during the monsoon?

The hair may need more frequent washing during the monsoons. However, as a general rule, wash normal to dry hair twice a week, while normal to oily hair may need washing three or four times a week. For normal to oily hair, avoid creamy conditioners during the monsoons and use a hair rinse after shampoo.

Q I sit in an air-conditioned environment throughout the week. I've noticed specific changes in my hair texture and scalp. Could this be the reason for my scalp to become dry and the reason behind my dandruff too?

Due to the lack of humidity in an air-conditioned room, the hair and scalp may become dry. This can lead to dry flakes on the scalp, which can even clog the pores of the scalp. So, there can also be a dandruff problem. Heat coconut oil or olive oil and apply on the hair, the night before shampoo. Use a mild herbal shampoo and use less shampoo. If there is dandruff, add two tablespoons apple cider vinegar to a mug of water and use as a last rinse. Apply hair serum to protect the hair.

Q What is the best hair serum to tame frizziness, roughness and dandruff?

The treatment for dandruff may differ from the procedure for rough, frizzy hair. For dandruff, heat olive oil and apply on the scalp once a week, using cotton wool and rubbing gently to dislodge flakes. Leave on overnight. Next morning, apply the juice of a lemon on the scalp and wash the hair after 10 minutes. For rough and frizzy hair, mix some water with creamy hair conditioner and put it in a spray bottle. Spray the mixture on the hair. Then comb the hair, so that it spreads through the hair.

Q I've never used henna on my hair. However, I've heard so many good things about henna's benefits. My only worry is that it will change my natural hair colour, which is light brown. Could you please suggest me one which won't change my natural hair colour?

Henna coats the hair. It does not enter the cuticle and strip the hair, the way chemical colours and dyes do. Also, henna doesn't colour dark hair. It will only colour white or light coloured hair. You can use henna to condition the hair and add body. To the henna powder, add four teaspoons each of lemon juice and coffee, two raw eggs and enough yoghurt (curd) to mix into a thick

paste. It should be of toothpaste-like consistency. Apply on the hair and keep it on for an hour and wash off. Use shampoo the next day, if you like. If your hair is dry, also add two teaspoons hair oil to the henna.

Q I'm a 31-year-old woman with combination skin type. I've been noticing my t-zone becoming oily and then completely dry and flaky later on in the day. Is there any way that I can solve this skin concern, and I'm using only a face serum on my skin as soon as I come out of the shower?

After cleansing, wipe the face with rose water or a rose-based skin tonic. This should suit both dry and oily areas. You can mix 100 ml rose water with one teaspoon pure glycerine.

Keep in a bottle with a lid in the fridge. Apply the lotion on the face. It will moisturise the skin without making it oily. Alternatively, apply a sunscreen gel before going out in the sun. It should suit both oily and dry areas.

Q How often should one oil their hair? Could oiling the hair excessively cause the hair to fall out or weaken the roots?

If the hair is healthy to dry, apply oil once or twice a week, the night before shampoo. If the hair and scalp are very oily, avoid oil applications. Applying oil on very oily hair can



cause hair loss. Also, avoid vigorous massage and rubbing of the hair, which can cause the hair to fall out if the roots are weak. Using the fingertips, move the scalp in small rotary movements.

Q Are there any specific collagen-boosting foods which I can include in my diet to stimulate collagen production in my skin?

The diet is vital for building and strengthening collagen. Have foods rich in Vitamin C, like citrus fruits, tomato, leafy green vegetables. Have sulphur rich foods and include foods like spinach, broccoli, yoghurt. Have adequate protein.

Q I had always had this confusion whether I should continue bathing with hot water. As I've heard from too many people that washing hair with hot water can make the hair weak, brittle and fall out. Is this true?

It is better to wash the hair with lukewarm or cool water, rather than very hot water. If the hair is dry, hot water can make it more so, as it removes the natural oils and moisture from the. Repeated washing with hot water can make the hair dry and brittle. Wash the hair with lukewarm water and end with a cool rinse to stimulate the scalp. **B**





Amazing Aloe Vera!

So many products we see today contain aloe vera. From moisturisers to toilet paper and everything in between, many products boast of the fact that it includes this miracle plant. Moreover, the health, beauty and nutrition industries are flooded with products containing aloe vera. Although aloe vera has been popular in India only over the last few years, it has actually been around for thousands of years and has some beautiful nicknames across various cultures including 'the burn plant,' 'the medicine plant,' 'the silent healer' and a great nickname from Japan - 'isha irazu' literally meaning 'no need for a doctor.'

An Ancient Remedy

The benefits of aloe vera has been known since ancient times. There is also evidence of its use. For example, Aristotle advised Alexander the Great

to conquer the island of Socotra to secure its aloe harvest for his troops. It is also well known that the great queen of Egypt, Cleopatra used aloe to keep her skin soft and beautiful.

Mahatma Gandhi too mentioned about aloe vera and its benefits while fasting. Christopher Columbus once said, "Four vegetables are indispensable for the well-being of man. They are wheat, grape, olive and the aloe. The first nourishes you, the second raises the spirit, the third brings you harmony and the fourth cures you."

Fast forward to the 21st century and people the world over grow, eat, blitz, blend, drink, and apply aloe vera to their body as a way of gaining optimum health, both inside and out. Modern Science validates ancient wisdom of aloe vera while thousands of aloe-based studies have documented numerous areas of support provided by aloe vera.

The Best Aloe Plant

Although the aloe vera plant looks like a cactus, it is in fact a perennial plant in the Lily family, related to onions, garlic and asparagus. There are over 400 species of aloe vera in the world, but only four to five may be used - The best being Aloe Barbadosis Miller. This is a subtropical succulent plant that can store lot of water. In its leaves, there is a viscous jelly which in addition to water contains a unique mixture of substances.

Aloe vera is a powerhouse of 75 natural nutrients and contains over 200 different beneficial compounds, including vitamins A, C and E.

Best For The Skin

Succulent and transparent, the moist, thick sap squeezed from aloe vera leaves has natural soothing properties that is rapidly absorbed into the skin or digestive system. However, aloe is most popular for its benefits to the skin. This is because its gel contains a special substance called lignin that helps it to penetrate deep inside the skin.

While oil-based substances tend to stay on top of the skin and water-based substances penetrate only till the second layer, aloe penetrates down to the seventh and final layer of the skin providing nourishment right where it is needed. This penetrative quality, along with its rich composition, gives aloe diverse skin and hair care applications.

MOREOVER, THE HEALTH, BEAUTY AND NUTRITION INDUSTRIES ARE FLOODED WITH PRODUCTS CONTAINING ALOE VERA.



Home Remedies With Aloe Vera



Versatility Of Aloe Vera

Antiseptic

Aloe vera is used to treat sunburns and skin abrasions. It is also a natural alternative to antibiotics

Anti Allergen

Helps prevent prickly heat, itching, itchy scalp and other histamine reactions. It is particularly good for the eye area, as other products often cause an allergic reaction

Keratolic Agent

Aloe vera helps replace damaged skin with new skin cells

Natural Cleanser

It is a good alternative to detergent-based soaps and shampoos

Best Moisturiser

Aloe vera penetrates deep into the skin and restores lost liquids. Apart from this, aloe has excellent anti-ageing qualities as well

Word of caution: The rind of the aloe vera leaf is a strong laxative and is best avoided. Avoid using chemical-based products with aloe vera on the skin. Due to the high amount of lignin in aloe, those chemicals penetrate the skin as well.

One cannot make a good product of bad raw materials. Therefore, beware of buying aloe vera that contains no aloe. In lab tests, several generic store-brand aloe vera gels don't appear to contain any aloe at all! Therefore, it is good to find products with aloe vera as the main ingredient.

Hair Mask For Dandruff

- Two tablespoons fresh aloe vera gel
- 1 tablespoon honey
- Two tablespoons yoghurt
- Olive oil
- Mix and massage this paste into your scalp for 15 minutes
- Wash it off with warm water after 30 minutes
- You can use this hair mask once a week

Hair Mask for Growth And Nourishment

- 2 tablespoons aloe vera gel
- 1 tablespoon fresh coconut milk
- 1 teaspoon honey
- Mix and massage this mixture into the scalp and hair for 15 mins
- After 30 minutes, wrap a hot towel around your head
- Leave it on for 15 mins more and wash off with luke water and a mild shampoo

Hair Oil

- 1 teaspoon aloe vera gel
- 1 teaspoon fresh onion juice
- 1 teaspoon olive oil
- 1 teaspoon coconut oil
- 1 teaspoon almond oil
- 1 teaspoon castor oil
- Mix all the ingredients and massage into your scalp
- Bend down and comb your hair from the back of your neck to the forehead for three-four minutes
- Tie your hair and wash it with warm water after an hour
- Condition your hair with conditioner if required

Mask To Prevent Premature Greying

- 2 tablespoons aloe vera gel
- 1 tablespoon or more curry leaf juice
- Paste of 1 red hibiscus flower
- Mix and massage all over the scalp
- Wash off with water boiled with hibiscus leaves
- Rinse with plain water

Pack To Get Rid Of Loose Skin

- 1 teaspoon aloe vera
- 1/2 egg white
- 1 spoon almond powder
- Soak the almond powder in milk overnight
- Add aloe vera and egg white in the almond paste
- Apply all over the face and neck; you can apply it to your hands too
- Wash off with lukewarm water after 20 mins

Pack For Tan Removal

For oily skin

- 1 tablespoon aloe vera
- 1 tablespoon fresh coconut water
- 1 tablespoon Fullers's earth (Multani Mitti)

For dry skin

- 1 teaspoon oatmeal powder should be added with the above ingredients

Anti Pigmentation Pack

- 1 tablespoon aloe vera gel
- 1 tablespoon papaya paste
- 1 teaspoon almond powder
- Mix and apply all over your face and neck
- Slightly rub off the pack with milk (dry skin) or rosewater (oily skin) after 15-20 minutes and rinse with water



Skin Benefits Of Apple Cider Vinegar



Battling skin issues is definitely not be an easy task and one may often get confused as to what's right and wrong for the skin. Moreover, the sight of pimples, spots, suntan, acne, open pores, ageing of skin and pigmentation can be really disturbing. Fortunately, there is a natural elixir called apple cider vinegar that can heal all of these skin troubles.

What Is Apple Cider Vinegar?

Apple cider vinegar is a natural amber-coloured medicine made of fermented apple cider, yeast and other helpful bacteria. The presence of acetic acid and malic acid in the vinegar makes it really sour in taste. As this vinegar is enriched with essential antibacterial and antifungal properties, it highly beneficial for overall health. It is recommended to drink apple cider vinegar on an empty stomach every morning, to reap the goodness of the amino acids and antioxidants present in it.

Benefits Of Apple Cider Vinegar

Keeps Signs Of Ageing At Bay

The natural presence of beta carotene and anti-ageing vitamins in apple cider vinegar helps in diminishing fine lines and age spots. It also keeps the skin essentially hydrated, produces greater collagen and is a great source of vitamin E, all of which averts the formation of wrinkles and sigh lines. Regular consumption of apple cider vinegar helps in younger-looking skin.

Works As An Excellent Astringent

Apple cider vinegar is considered to be a wonderful astringent with effective results, as it extracts impurities present on the skin pores and removes excess oil from the skin while cleansing it as well.

Treats Several Skin Conditions

Apple cider vinegar is effective in reducing several skin conditions like eczema and psoriasis. Usually, with skin conditions such as these, the skin gets highly exposed and is vulnerable to fungus and bacteria that eventually result in infections. Therefore, apple cider vinegar acts as an effective guard that protects the skin.

Heals Acne & Scars

The presence of lactic acid helps to combat acne and its scars. Additionally, the antibacterial and antifungal properties present in apple cider vinegar help in keeping the skin free from the layers of the dead skin cells, dust and impurities. It also keeps a check on the pH balance of the skin and ensures the skin layers are deeply illuminated and nourished to diminish the formation of acne.

Reduces Sunburns

Apple cider vinegar has properties that soothe the skin; therefore, it helps in reducing the harsh effects of sunburn. It also speeds up the skin healing process while ensuring that the skin is soft and supple again.

This health food ingredient is nothing short of amazing for the skin! It can be applied topically on the skin and can be consumed as well. Besides, it effectively tones and conditions the skin while ensuring its well-being too. **B**

REGULAR CONSUMPTION OF APPLE CIDER VINEGAR HELPS IN YOUNGER-LOOKING SKIN.



Add some spice to your life by adding sugar and salt to your skincare regime, as both these ingredients are extremely beneficial for your skin. Sugar and salt are considered to be excellent scrubs as they exfoliate the skin and remove dead skin cells, regenerate new skin cells and promote healthy skin. These two ingredients also condition and tone the skin giving you a radiant glow. However, you need to keep a check on the usage and application of these ingredients to be able to reap all its benefits.

Salt Versus Sugar

Salt is harsh on the skin when compared to sugar. The salt scrub detoxes the skin, kills bacteria and reduces skin inflammation. Salt is comparatively more significant in size, has sharp edges and takes more time to dissolve, which is why it is not suitable for delicate and sensitive skin. Therefore, it is always advisable to use a salt scrub on stubborn spots and marks that tend to take more time to fade away.

On the other hand, sugar is mild and tender and is perfect for sensitive skin. Sugar has excellent moisturising properties, making it suitable for use on the face. Additionally, the small particles of sugar don't leave any harsh effects on the skin.

SALT IS HARSH ON THE SKIN WHEN COMPARED TO SUGAR. THE SALT SCRUB DETOXES THE SKIN, KILLS BACTERIA AND REDUCES SKIN INFLAMMATION.

Sugar And Salt Scrubs For Radiant Skin



Lemon, Honey & Sugar Scrub

Lemons are packed with the goodness of vitamin C that works as an excellent antioxidant and a bleaching agent that helps make your skin lighter. Honey works as an excellent moisturiser and hydrates the skin. Honey is also known for its anti-ageing and anti-bacterial properties. This scrub helps in fuelling collagen production and keeps free radicals at bay.

- Squeeze half a lemon, one tablespoon of honey and half a tablespoon of sugar in a bowl to create a smooth paste
- Apply it on your skin and massage well
- Keep the scrub on for 10-15 minutes and wash it off with cold water


Sea Salt Olive Oil & Any Essential Oil

Olive oil is perfect for the skin and helps in essentially nourishing the skin. Sea salt is rich in minerals and exfoliating agents that help in improving blood circulation. It also promotes the generation of new skin cells.

- Add half cup of olive oil, five-ten drops of any essential oil and sea salt in a bowl to form a face pack
- Apply this pack on the affected areas and massage it well in a circular motion
- Keep this pack on for 15-20 minutes and wash it off with lukewarm water

Banana & Brown Sugar

This sugar scrub is mild and extremely good for conditioning, making it ideal for dry and healthy skin. Banana destroys the bacteria, reduces inflammation, brightens the skin and reduces acne too. Thus, this scrub is an ideal scrub for the skin and can also be made easily.

- Cut a banana into small pieces and add it into a mixer with one spoon of brown sugar
- Mash the ingredients till it becomes a smooth mixture
- Apply the scrub on your skin and keep in on for a while 

The Bad News About Common Skincare Products

As skincare is integral to any beauty regime, we continually seek the 'best' products to achieve flawless skin.

While the scent and the texture of some skincare products might seem perfect, the ingredients can tell a different story. Not many of us pay attention to the ingredients of the products we pick up, but if we did, we would come across words like ethyl, propyl, isopropyl, butyl, isobutyl, which generally doesn't mean anything to most of us. But if you dig a bit deeper, you will find that these are known as parabens and they are found in almost 85 per cent of all health and beauty products.

Parabens are mostly chemicals that act as preservatives and keep water-based products free from mold. Studies have found that there are many harmful side effects of parabens and since parabens can deeply penetrate the skin, they easily enter the bloodstream. Once inside the body, they can disrupt natural hormone levels and lead to a chain of reactions in the body.

Side Effects Of Parabens

Hormonal Imbalance: Parabens tend to mimic the naturally occurring estrogen in the body which causes severe hormone imbalances and which has been linked to certain types of breast cancers.

Allergic Reactions: If your skin is prone to allergies, parabens can cause more irritation, even causing dermatitis in some cases. Dermatitis is a severe type of skin inflammation with symptoms like rashes, blisters and a burning sensation.

Premature Skin Ageing: It is quite ironical, but numerous anti-ageing products contain parabens that are known to accelerate ageing. However, it is definitely not so amusing how these products can end up exacerbating the problems we set out to treat, in the first place.

Disturbances In The Endocrine System: Parabens disrupt the endocrine system which is responsible for numerous body functions including growth, development, sleep, mood and metabolism. This leads to disturbances in the usual functioning of the body, which inevitably affects its most significant organ - the skin.

So, if your night cream or face mist has good shelf life, it could mean bad news for your skin. Also, it could be possible that you may have been putting harmful preservatives on your skin, all this while, thinking you are nourishing it! It is indeed


shocking to know that some beauty products are laden with parabens. Many instances also confirm that parabens can cause certain ailments like mentioned above. However, research on the subject still remains inconclusive.

Better To Be Safe Than Sorry

With the prevalence of parabens in beauty products, it may be in our best interest to be safe and avoid taking any chances with such products, rather than using it on our skin. Parabens are also harmful to the environment as well and anything that is not eco-friendly, cannot be suitable for humans either.

To eliminate your chances of coming in contact with parabens, you can start by paying close attention to the ingredients list while buying cosmetics or beauty products. Or better still, you can decide to go natural and forego chemicals altogether and substitute the paraben-loaded products with natural and organic products.

Progress in health is dependent on many factors like economic, social and environmental progress of the state. Stroke-related deaths are more concentrated compared to deaths caused by coronary heart disease. Irrespective of income, caste, creed or religion, it is every citizen's right to avail an annual holistic health check-up.

Prevention is better than cure. Take charge of your well being with monthly health check ups. 



Here's How You Can Get Rid Of Laugh Lines

The lines of expression seen on your face when you smile or laugh are called nasolabial folds. These 'lines' run from the corner of your nose to the curve of your mouth. Scientifically speaking, these lines appear due to the repeated activity of the muscles when one smiles or laughs and are a part of the ageing process, due to a shift in the fat pad compartments of the face.

Causes

- Genetics
- Sun exposure
- Ageing
- Smoking
- Opting for diets abruptly or changing diets can cause the lines to appear rapidly

Skincare Routine Is A Must

Your skincare routine must include daily moisturisation, exfoliating of the dead skin and use of a good sunscreen every three hours. Retinol based anti-ageing creams and vitamin C based creams or serums (recommended by a dermatologist) can help reduce the fine lines caused by laughing. Moreover, if these lines are bothering you, cosmetic procedures such as botox relax the muscles and hence the lines. Additionally, one can also opt for fillers containing hyaluronic acid to restore facial aesthetics.


Ways To Care For Laugh Lines

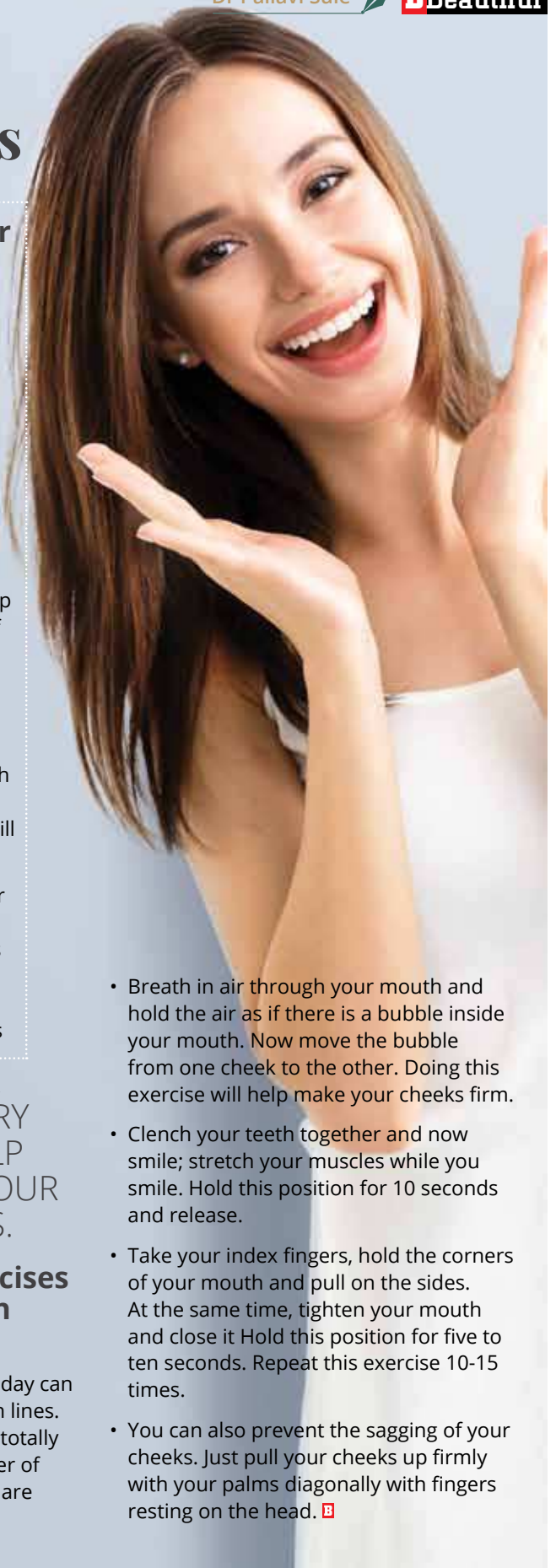
- Opt for a good skincare regime suitable to your skin
- Follow a balanced diet
- Drink enough water to stay hydrated
- Eliminate bad habits such as smoking and consuming alcohol
- Adequate sleep can help reduce the incidence of these lines
- Keep changing your posture during sleep, because if you sleep on the same side, the laugh lines will deepen and that side of your face will get flattened
- Set a healthy regime for yourself by including a diet rich in antioxidants including fresh fruits, green leafy vegetables, flaxseeds and good fats

FACIAL YOGA IF DONE EVERY DAY CAN HELP ELIMINATE YOUR LAUGH LINES.

Facial Yoga Exercises To Reduce Laugh Lines

Facial yoga if done every day can help eliminate your laugh lines. However, the results are totally dependent on the number of times you exercise. Here are some effective exercises:

- Breath in air through your mouth and hold the air as if there is a bubble inside your mouth. Now move the bubble from one cheek to the other. Doing this exercise will help make your cheeks firm.
- Clench your teeth together and now smile; stretch your muscles while you smile. Hold this position for 10 seconds and release.
- Take your index fingers, hold the corners of your mouth and pull on the sides. At the same time, tighten your mouth and close it. Hold this position for five to ten seconds. Repeat this exercise 10-15 times.
- You can also prevent the sagging of your cheeks. Just pull your cheeks up firmly with your palms diagonally with fingers resting on the head. 



Benefits Of Adding Skin Serums To Your Skincare Routine

Facial serums are a potent source of essential skin nutrition, but though many of us use cleansers, face washes, lotions, sunscreen lotions, moisturisers and toners for our skin, we tend to exclude incorporating a skin serum.

Skin serums are usually oil or creamy gel solutions that are packed with nutrients and vitamins. These serums are lightweight and penetrate deep into the dermal layers of the skin, allowing the skin to reap its essential goodness. Skin serums are mostly used for specific skin problems and are enriched with natural ingredients to combat these skin issues. The goodness of a facial serum is often undermined, but its goodness often speaks for itself.

Types Of Skin Serums

Hydrating Skin Serums

A lack of hydration tends to make the skin dry, rough and dehydrated. Therefore, it is very essential that the skin is optimally hydrated and nourished. Hydrating face serums pierce deep into the skin to provide an extra layer of hydration on the skin.

The essential ingredients in hydrating face serums are rosewater, argan oil, glycerin, ceramide, hyaluronic acid, rosehip oil, sea kelp, aloe vera, jojoba and vitamin E.

Skin-Brightening Skin Serums

To ensure your skin is bright and vibrant, you need to use a skin-brightening face serum. These serums lend a natural glow and vitality to your skin.

The essential ingredients are green tea extracts, licorice root, grapefruit or antioxidants like vitamin E and vitamin C.

Acne-Fighting Skin Serums

This type of face serum helps to keep acne and blemishes on the skin at bay. The serum ensures that the skin is thoroughly clarified to prevent build-ups and breakouts. The presence of certain ingredients in the skin serums also help in removing dead skin and impurities that clog the pores.

The essential ingredients are glycolic acid, salicylic acid, alpha-hydroxy acid (AHA), Zinc, beta-hydroxy acid (BHA), citric acid and botanical extracts.

Renewing Skin Serums

The increase of dust, impurities and pollution in the environment calls for constant skin renewal and rejuvenation. This type of skin serum helps in restoration, renewing and shielding of the skin from constant damage, by maintaining optimum moisture levels in the skin.

The essential ingredients are seaweed, noni extract, flower water, green tea, ceramides, retinol, antioxidants, essential oils and omega 3 fatty acids.

Anti-Ageing Skin Serums

Anti-ageing face serums are very effective in slowing down the signs of skin ageing. They boost the skin's elasticity and enhance the skin's firmness as well. These skin serums also work on plumping the skin, increase cell turnover and boost collagen production. Hence, it is very essential for those who have dry skin to use this type of serum.

The essential ingredients are retinol, grape seed extract, fruit stem cells, alpha hydroxy acids (AHA), evening primrose, vitamin C, peptides and growth factors.

When To Apply Skin Serum?

There is no perfect time to use a skin serum. However, it is essential to use a serum at night as well as daytime. During the day, it combats the effects of pollution, sun damage and dullness while providing essential nourishment to the skin. At night, it repairs, upkeep and restores essential moisture to the skin.

Thus, skin serums not only improve skin texture but also reduce spots, make the skin appear fresh, fight ageing, unclog pores and make the skin glow. So, make it a point to add skin serums to your daily skincare routine. **B**





chandraspa

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Animal Flow Workout

Yoga is derived from the word "Yuj" in Sanskrit, means union. While the union here refers to becoming one with the divine consciousness, it is also a union with Prakriti or nature. The universe is not solely for man. The cosmos witnesses the evolution of all living beings with great love. Yoga is chockfull of references to flora and fauna because it is man's responsibility to connect with nature that surrounds supports and nourishes him. Practice the following animal postures and become the recipient of – special traits or virtues that are unique to the species.



Adomukhi Swanasana (Downward Dog)

Formation of the posture

- Begin with Padahasthasana
- Move both feet backwards, lift the hips, straighten the knees and elbows and form an inverted 'V' shape
- Now keep the hand and shoulders width apart. Fingers point ahead
- Put pressure on your palms and open your shoulder blades
- Try to push your heels to the floor
- Hold the position for 10-15 seconds
- Keep your eye focused on your big toes

Benefits

- It stretches and gives strength to your whole body
- Helps in relieving back pain
- It rejuvenates your body
- Useful in relieving headache, fatigue and insomnia
- Tones the body muscles
- Gives strength to your legs, feet, shoulders and arms
- Reduces anxiety and depression
- By this pose, your body gets a 360-degree stretch





Urdhvamukhi Svanasana (Upward Dog)

Formation of the posture

- Start by lying down flat on your stomach
- Inhale and press your palms firmly on the floor to straighten your arms and simultaneously lift your torso up and your knees off the floor
- Gently move your neck upwards to look up
- Open your shoulders sideways
- Ensure that your knees don't touch the floor
- Put pressure on your toes by curling them inwards and pressing them on the floor. Post that, extend them out
- Hold this posture for 10-15 seconds

Benefits

- Improves posture
- Strengthens the spine, arms and wrists
- Stretches chest, lungs, shoulders and abdomen
- Improves the lung's breathing capacity
- Stimulates abdominal organs
- Helps relieve mild depression, fatigue and sciatica
- Therapeutic for asthma

Marjari Asana (Cat)

Formation of the posture

Urdhva Mukhi Marjari Asana

- Begin with Adho Mukha Swanasana
- Lean forward and place your knees down on your mat
- Inhale, straighten your spine to form a gentle, inward curve and look up


Adho Mukhi Marjari Asana

- Exhale, curve your spine to form a hunch of the back and allow your neck to fall
- Focus your gaze towards your chest

Benefits

- This asana is a good posture for relaxation
- It also mobilises and flexes the back and neck muscles
- It facilitates deep inhalation and exhalation



As we imitate each posture, it is an attempt to connect with the wisdom of that particular animal. Yoga asanas demonstrate that the animal kingdom has so much to offer to man and each of us in return can reciprocate this abundance. Let us imbibe this practice of mutual love and respect both on the mat and off it. 



Joint-Friendly Power Exercises

W

hen you work out hard and are determined to get a toned fit body, you tend to ignore the fact that certain exercises may not be joint-friendly. The pain you experience while doing these exercises - on your knees, hips, elbows or shoulders may be overlooked until it becomes unbearable! So here's what you may be up against - firstly you may be in for arthritis, tendonitis, bursitis etc. and secondly, a bad experience may just force you to end your exercises.

How To Exercise Without Hurting Your Joints ?

- **Warm-Up Before Starting Your Workout:** While this is a standard warning its benefits are many. Warming up relaxes the tissues and muscles in the joints that enhance flexibility. At the same time, it boosts blood flow and activates the muscles during a heavy workout.
- **Exercise Without Any Jerks:** Ensure controlled body movements while exercising, as this will ensure the natural forbearance of greater weights on your body.
 - **Use Free Weights:** At the beginning, you may use weights for doing some exercise actions but remember, weights permit you to work only in a single direction, so as a

WHENEVER YOU WORK OUT USING THE BARBELL ROWS, THERE WILL BE EVERY CHANCE OF HAVING A LOWER BACK PROBLEM DUE TO CONCENTRATED STRESS IN THIS AREA.

result, your joints don't get enough freedom. Therefore, using barbells or cables will offer you the freedom and your joints will be stress-free.

- **Don't Lock Your Joints:** While doing multi-joint chest exercises and leg exercises, the implication shifts on your joints. This is because your joints are where you have maximum surface contact and causing tension to your joints results in aches and pain.
- **Don't Focus On Failure While Training:** This phenomenon constantly brings with it mild breakdowns and if not done using the proper technique, joint issues are bound to occur.

Joint-Friendly Power Exercises

- **Sled Power Row:** Whenever you work out using the barbell rows, there will be every chance of having a lower back problem due to concentrated stress in this area. However, the full-body move-sled power row puts you in an upright position and distributes your weight across your back, hamstrings and glutes.

- **Plyo Push-up:** Whenever you throw weights on a bench press, your shoulder, especially the joint which is the ball and socket of the shoulder, gets affected. But doing the plyo push-up instead can help in elevating your torso and as a result, less stress is put on your joints.
- **Medicine Ball Rotational Throw:** This technique trains the body to work as a unit and not as separate entities. During this activity, the rear leg movement produces power that influences the upper limbs and core, resulting in using power from different body parts to work as one entity.
- **Dumbbell Snatch:** During this exercise, you use your whole body to lift the weight from your hips to your head; a dumbbell in a single arm is a lighter and more comfortable option as you can easily manage the load.
- **Landmine Jerk:** The overhead position in a usual push press and jerk power exercise can cause pain in your joints once the weights are loaded. This can be avoided by practising the landmine jerk, wherein the load is transferred to the front of your body in this overhead lift. So by practising this technique, you will be angled on the weight rather than the other way around.

Always remember that is very common for many to consume painkillers before their workouts to keep joint pain at bay, an overdose of painkillers can have a detrimental impact on your liver. So say no to painkillers and instead opt for joint-friendly power exercises to experience better results. **B**



The Fundamentals Of Exercise

We all are aware of the importance of staying fit to sustain a healthy and more fulfilling life.

However, it is sometimes easy to get carried away with the latest diets, fitness regimens such as intense obstacle course programmes and more. Furthermore, many of us may embark on a fitness journey without even knowing if it is suitable for us. This is because we fail to consider our current lifestyle, fitness levels and what certain fitness regimes may do

to our body. But what if we knew the formula of getting results without indulging in aggressive diets, intense workout regimens and poor lifestyle choices?

By learning the fundamentals of exercise, we can determine what works for our body without overexerting it. Whether it is the food we eat or the current exercise regimen we are enrolled in, we will be able to get the results we want by implying the right technique and approach. This is where ADL – Activities of Daily Life come into the

picture. So, let's try to understand how we can go that extra mile in our fitness goals with just a little effort.

Understanding Your Body

Here's how you can get it right. Get a complete body analysis done to learn more about your body as this will help you understand your body's current fitness levels and the precautions that need to be taken if you have been previously injured. A complete body analysis will also provide a better understanding of how far you can

push your body without injuring and exerting yourself. Moreover, learning more about your body will assist your fitness trainer to make the right choices for you to achieve your fitness goals. Additionally, understanding your body helps you avoid extra stress to existing injuries, pains and aches.

Furthermore, a complete body analysis will help your trainer determine which exercises are suitable for you to attempt and include in your daily workout. By doing so, you can avoid any additional stress on your body and most importantly, you will not opt for intense regimens that can do more harm to your body than you know. So, let's learn the basics and get the best results at all times!

Things To Consider Before Opting For Any Workout Regimen

- Current Body Analysis - BMR- Basal Metabolic Rate
- Daily lifestyle analysis
- Medical history and daily medicinal intake
- Previous injuries or physical health issues, if any
- Diet and habits

As every individual is different, all of these aspects listed above will help determine how far your fitness trainer can push you to attain your fitness goals without exerting your body. By being aware of these aspects can also help you and your fitness trainer shape your fitness journey by implying the right techniques and by including precautionary steps such as, what to avoid while working out. For example, if you experience back pain frequently, your exercises will be designed accordingly. As all of these attributes are very crucial, they should be understood properly and taken into account before starting any long-term or short-term exercise regimen.

Three Fundamentals Of Exercise

The core fundamentals of exercising is built on strength, agility and stability. So the truth is that the core of your fitness routine should be strength, agility and stability, all of which work on every muscle of your body, enhance your body's coordination skills and strengthen your body's core. Therefore, any exercise regimen should incorporate the perfect combination of all three of these aspects which will also help you and your trainer understand how far you can push yourself in your workout regimen.

Here are the three fundamentals of exercise that you can include in your workout sessions, without exhausting your body:

1. Strength Training

This exercise is not just about looking bulky and gaining more muscle mass. Strength training exercises help you burn additional calories so that you can keep unwanted weight away. The best part is you don't require much equipment when you are doing strength training. Props such as inflatable balls, dumbbells and more can help enhance your muscular endurance.



2. Agility Training

This exercise generally refers to your body's ability in stopping, starting and being able to change and manipulate your body's reflexes quickly while maintaining the right posture. Agility training includes exercises such as ladder drills, cone drills, running and more.

3. Stability Training

These exercises include a combination of exercises that utilise your body's resistance to induce muscle contractions. Therefore, this helps build and enhance your body's strength, skeletal muscle and overall strength. These exercises also help condition and improve your body's balance.

Strength Training	Agility Training	Stability Training
Deadlifts	Forward running, high-knee drills, step-ups and box jumps	Squats
Bench presses	Parachuting	Jump Squats
Jerk, squats, snatch and bench press	Water aerobics	Lunges, Pilates
Weight training	Shuttle runs	Single-leg deadlifts, single-leg squats, single-leg squats on Bosu ball
Push-ups, pull-ups and other body weight exercises	L- drills, dot runs and cone drills	Squat on wobbling pad

Functional Training

This training involves a series of exercises which synchronises your cardiovascular, nervous, musculoskeletal and respiratory system together. It is one of the oldest methods of physical training without the use of any equipment and was first introduced in the field of physical rehabilitation by physiotherapists, to help patients recover from any previous injuries or physical disabilities. Functional training stimulates movements in your body in order to enhance your daily performance, so that your body functions like a well-oiled machine.



The Leverage Of Functional Training

- Cardiovascular endurance
- Muscular endurance
- Strength
- Flexibility
- Speed
- Agility

Starting An Intense Training Programme

Not everyone can opt for an intense workout programme. An individual needs to have certain necessary physical activities in their daily routine to qualify for an intense training programme. For example, if an individual has no physical exercise in their daily routine, it would take more time to achieve a specific fitness goal. CrossFit training is mostly chosen by athletes and fitness enthusiasts who are usually used to intense workout sessions. So just blindly opting for CrossFit training sessions can cause unnecessary injuries, which is usually not recommended or encouraged by fitness trainers for individuals who are new to exercising.

Working out is entirely dependent on your daily activities. As simple as this may sound, your current fitness

FUNCTIONAL TRAINING STIMULATES MOVEMENTS IN YOUR BODY IN ORDER TO ENHANCE YOUR DAILY PERFORMANCE, SO THAT YOUR BODY FUNCTIONS LIKE A WELL-OILED MACHINE.

levels also helps determine the type and level of workout regimen your fitness trainer may recommend for maximum results. Thus, it is best to increase your endurance and stamina slowly, as it takes time for your body to adjust to any form of exercise regimen.

Nutrition Is Key

No matter which age group you may belong to, or the body type you may have, the most important thing to keep in mind is your nutritional intake, as it assists you in maintaining your overall health. Also, creating

a wholesome lifestyle is key to achieving the fitness goals you have in mind. So, don't get carried away with the latest trends when all you need to know is the fundamentals of exercising.

Be Aware

- Every individual should be aware of the training they are opting for, which can or may not be inclusive of their current fitness goals and achievements
- Don't push yourself or exert yourself, as this can cause unnecessary complications, injuries and discomfort
- Ensure your trainer is certified and has renewed his or her license before the expiry date
- Check with your doctor whether it is suitable for you to enrol in an exercise regimen, before you begin
- Fitness is a journey, so allow your body to adjust to the new movements that assist in improving your flexibility, coordination, balance and overall strength
- Track your fitness goals and journey with the help of your trainer, or by recording your achievements in a diary **B**

The Fighting Philosophy Of Krav Maga

Known for its efficiency and simplicity, Krav Maga is a military, self-defence system that was developed to train the Israeli combat forces during the 1940s. This system evolved over time and became a new trend in fitness. Krav Maga is not restricted to one kind of fighting philosophy. It borrows the best strategies from styles like boxing, wrestling, judo, Karate, and so on. The mix of different attack/defence strategies makes it physically demanding as well as efficient.

Krav Maga For Fitness

The fitness industry has been innovating and finding new ways to inspire people to get fit and healthier and Krav Maga seems to be trending among fitness freaks, because of its multidimensional impact on the body. Gone are the days where getting fit was limited to just treadmills and dumbbells. Since its inception, this fighting style has undergone a lot of deviations and modifications and the newest application of this style is to help people get fit. Moreover, the fitness version of this fighting style is extremely popular among those who like to explore different modes of training.

Benefits Of Krav Maga

Unlike other modes of exercise, Krav Maga offers exposure to a wide variety of fitness qualities that otherwise would have been unexplored. For example, if you lift weights or choose a treadmill as your preferred mode of exercise, the adaptations that it creates is very specific to the stimulus. In this case, the stimulus is to get strong and increase aerobic capacity. These two

IN THIS CASE, THE STIMULUS IS TO GET STRONG AND INCREASE AEROBIC CAPACITY.

adoptions are just two of the many possible fitness qualities that can be developed via exercise sessions.

On the contrary, a session of Krav Maga, by its very nature, incorporates multiple components of fitness. The demands of this fighting style are such that it focuses on your strength, endurance, cardiovascular capacity, balance, flexibility, coordination, reaction speed and so on, at the same time. And that's exactly how a training session should look like - a higher cost-benefit ratio.

In addition to helping you get fit and strong, Krav Maga is a martial art form teaches you an additional skill of self-defence/attack strategies that could help you in the long run. Krav Maga classes involve kicks, punches, defence/attack moves that helps you deal with situations that merit a defensive or attacking response. Being fit is just a byproduct of getting involved in high-intensity efforts during a Krav Maga session.

Holistic fitness includes having a sharp mind along with a fit body. The mixing of different elements of fitness may not be possible if you restrict and narrow your training sessions to just weights and cardio. Throwing in a few sessions of Krav Maga will ensure you tick all the boxes of fitness. Many gyms are also now offering sessions of this fighting style as a part of their packages. Try it to know what the hype is all about! 



Moving from Compulsiveness To Consciousness

There are many dimensions to hatha yoga. One fundamental aspect of it is to knead the body. For instance, when you make bread or chapatti, you need to knead the dough well for it to turn out well. Similarly, the quality of your meditation depends on how well-kneaded you are, not only through hatha yoga or asanas, but by life. Life is kneading you in so many ways. You can either enjoy it or suffer, you can either mature or blossom, or get crushed by the process. The choice is yours.

Hatha yoga is a kind of kneading - not just of the muscles but of every aspect of who you are. What you refer to as karma is embedded in every cell of your body and in every aspect of your energy. This becomes apparent when in the same process or activity, the energies of different individuals behave differently depending on the type of memory their energy system carries. Kneading means, trying to make your system so malleable that it has no power to influence you - you taking charge of your life through your body.

How To Take Charge Of Your Life

There are different ways to take charge of your life and one way is through the body. Physically, it may be a little harder, but it is a sure path because you immediately know what works and what does not. If you try to take charge of your life through the mind, you do not know whether you are going forward or backwards. You do not know whether you are becoming malleable or crusty. You may think you are doing well, but people around you may say, otherwise.

The body never lies. However, the mind tells you all kinds of lies, all the time. People who do not trust the mind, start off with the body. Hatha yoga can be an ultimate path because body, mind, and energies are not separate entities. You can approach the same from different ends. The physical entry is a sure way, but a longer one. It is not even harder, except if you practice hatha yoga only every now and then. If you only do it once in a way, then bending may be a problem. If you do it every day, you will see sadhana is not hard at all.



Asana Siddhi And Meditation

Hatha yoga is just one more doorway to ultimate liberation, but it is physical in nature. If you are in good physical shape, it is an effortless and beautiful way to go. If you have asana siddhi, which means you can stay in a posture comfortably and stably for long periods of time, meditation will be effortless. If you struggle with meditation, it is because certain parts of your body and certain aspects of your mind do not cooperate as they should.

The problem is you have not trained your body and mind. Sitting down on the floor, you realise in what state your body is. Hatha yoga means keeping everything in the system flowing. If you do the right kind of hatha yoga, you will live long because you do not allow death to crop up in your system. Otherwise, rigor mortis is slowly creeping in - slowly, the body is becoming stiff.

Hatha yoga can lead to asana siddhi. If you attain asana siddhi, your body becomes still.

Hatha yoga can make meditation a joy. Likewise, if you train your mind to stay focused on something, meditation will be effortless. If both your body and your mind are well-trained, meditation will not be difficult. Thus, hatha yoga can lead to asana siddhi.

Stillness is of many different levels. If you become totally still, you are in meditation, without any effort. The only effort is managing to sit in one place and to keep your mind where you want it. Right now, both the body and the mind are not listening to you as they are hopping all over the place.

THE PHYSICAL NEEDS OF THE BODY ARE PRESENT, BUT YOU SLOWLY OVERCOME THE COMPULSIVENESS. IF THERE IS NO COMPULSIVENESS IN YOUR SYSTEM AND YOU SIT WITHOUT THE NEED FOR INSTRUCTIONS, YOU ARE IN MEDITATION.

Furthermore, if you sit for one-and-a-half hours, your legs will be telling their own story. If you sit for two hours or more, your bladder will be telling its own story. You will not care about heaven or enlightenment anymore and there will be only one place you want to go! For some people, it is food, for others, it is sexuality or some other physical compulsion that rules their lives. Once these compulsions come up, everything else gets obliterated. However, there are many ways to fix this.

Breaking Compulsions

People display compulsions in so many different ways. When you have a body, you also have some compulsions; you have to eat, sleep, go to the toilet and things like that, but this should not determine the direction of your life. One meaning of the word hatha is being adamant. It doesn't matter if your body, mind, emotions, or your family likes it or not, you get up in the morning and do your hatha yoga.

It takes a certain degree of being adamant to break the compulsiveness of your physical body, as the body

is backed by a million years of evolutionary history. Therefore, it has its own tendencies, intentions, and compulsions and will not give in easily!

At the ashram, generally, there are two meals a day. Between the first meal, at ten o'clock in the morning and the second one at seven o'clock in the evening, people tend to get hungry. They gather in the hall and sit for dinner which is served by volunteers. As expected, once the food is placed in front of them, they want to eat it. But they wait for everyone to be served, then everyone performs an invocation and only then they eat. All this is part of hatha yoga. You are adamant about not only keeping the body aware but the mind too.

The physical needs of the body are present, but you slowly overcome the compulsiveness. If there is no compulsiveness in your system and you sit without the need for instructions, you are in meditation. What you are trying to work through are the compulsive cycles of karma. It may take a certain amount of time and effort to break all compulsiveness by using your body alone, but it is a fantastic thing to do and achieve.

Hatha yoga is not just about bending and twisting the body. It is essentially about consciously working towards eliminating all that is compulsive in us, compulsions that we have carried on over millions of years of evolution. This is what distinguishes human beings from animals, or in other words, the essence of being human is the possibility to move from compulsiveness to consciousness.

Only if you transcend your compulsiveness completely you are a full-fledged human. Or else, you are not a human being - you are a 'human becoming' and we could call it, 'Project Human.' **B**

Keeping Up The Spirit Of Sport



Why We Celebrate National Sports Day?

As technology advances and supports in the growth of a country, the spirit of sports and physical activity tends to diminish. Therefore, we need to inculcate the habit of playing and participating in sports among children, to ensure that the sporting culture and tradition of a nation is maintained.

Besides, a very common misconception that prevails is that a child cannot manage academics and sports simultaneously. But interestingly, there have been quite a number of cases within the sporting world where excellent results have been achieved academically while an individual pursues his/her game of choice.


NATIONAL SPORTS DAY IS CELEBRATED IN SCHOOLS AND SPORTS ACADEMIES ACROSS THE NATION.

Events organised as a part of National Sports Day reminds the public about the achievements of individuals and teams at the national and international level which in turn encourages and creates awareness among people regarding the possibilities of pursuing a career in sports. Moreover, events and days like these are necessary for citizens to get a glimpse into the life of sports personalities and their journeys.

How This Day Is Celebrated

National Sports Day is celebrated in schools and sports academies across the nation. Various games and sporting events are organised as a part of the celebrations. The Indian government hosts events in which athletes with outstanding achievements are presented awards like the Dhyanc Chand Award, Arjuna Award, Khel Ratna Award etc.

Every nation has a significant sporting history and culture, but along with the development of the country, it is highly possible that the importance of participating in sports remains overlooked, as the younger population of the nation drift towards a lifestyle that lacks physical activity. Therefore, we need days like these to be reminded about the nation's sporting achievements and inspire the upcoming generation to take up sports and physical activity seriously.

Furthermore, we as a nation need to let our children play and choose the games and sports they wish to play, without holding them back. So here's hoping that this National Sports Day we can all come together and make a decision as a nation, to promote sports and encourage the younger generation to get fit, by playing more! 

Every year on August 29th we celebrate 'National Sports Day' across the nation, in schools and sports organisations in memory of the loving hockey legend Dhyanc Chand. This great sports nation, sports the loving hockey legend Dhyanc Chand. This great hockey player's birthday also happens to be on this date. Many decades ago, our National Flag and the name of our country was held high by this individual for his extraordinary performances in the game of field hockey.

Diverse sporting activities and celebrations are carried out on this day, to cultivate the spirit of sport among the youth and citizens of the country. Indians have had a good run in the hockey circuits, internationally for many years, as Dhyanc Chand earned three Olympic gold medals in the years 1928, 1932 and 1936 for hockey. This is one of the greatest achievements of an Indian sportsperson.



LIVE A HEALTHY LIFESTYLE


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The body and mind need to be in a state of constant activity for proper functioning. This helps not only in maintaining our body but also helps us to keep lifestyle-related diseases away. In this fast-paced world with the rise of sedentary lifestyles, we are often afflicted with muscle and joint pain due to a lack of activity in our daily life.

Every joint has its range of motion and the lack of exercise deteriorates this condition as the joints become stiff and the muscles, tight. Conditions such as these can lead to a sudden muscle pull, causing ligament injury, joint pain and other complications.

Moreover, the increase in weight due to lack of exercise can cause great harm as it can lead to diabetes and a heart attack. Excess weight gain can also lead to insecurities and poor self-esteem, thereby troubling the mind and causing stress.

However, in our eagerness to try out new exercises and to get on without existing workout routines, we may forget two integral steps of a complete workout - the warm-up and cooling down sessions. Also, more often than not, it is seen that people jump in and out of multiple workouts not giving their body the required time to process the activities, ruining the purpose of working out and creating opportunities for fitness-related mishaps to occur.

Why Warm-Ups And Cool Downs Are Important

Why You Should Warm-Up And Cool Down

The functioning of our body is similar to any machine - it needs to 'start' to get into the flow of any activity, while post the activity or exercise, it needs to cool down. Warm-up includes activities that prepare our body for effective exercises. It expands or

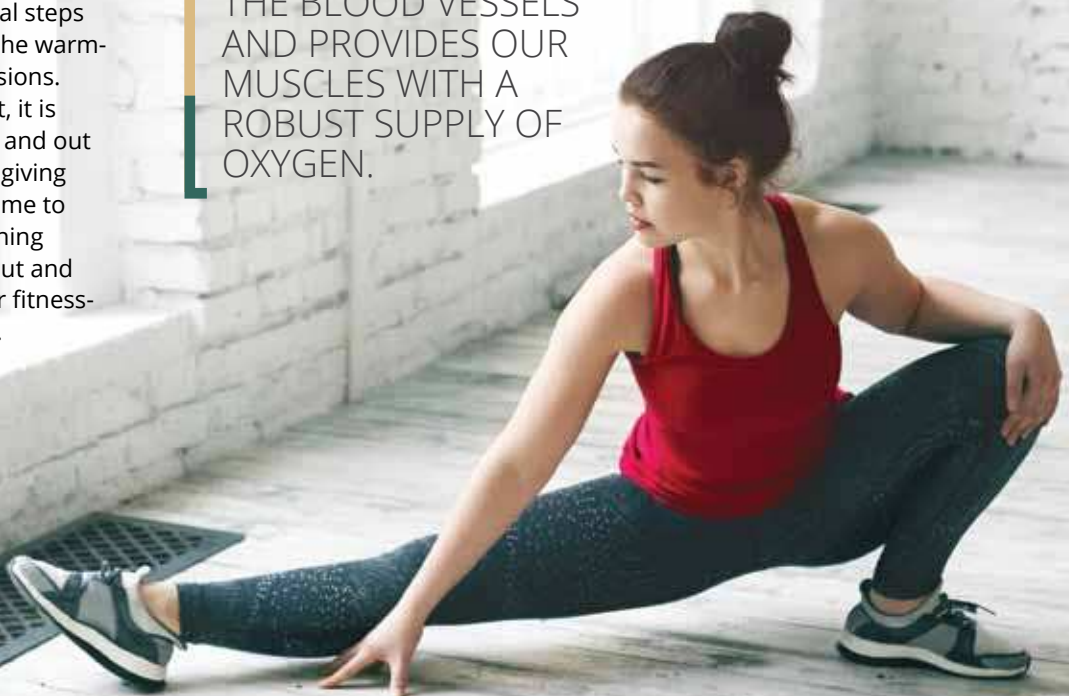
WARM-UP INCLUDES ACTIVITIES THAT PREPARE OUR BODY FOR EFFECTIVE EXERCISES. IT EXPANDS OR DILATES THE BLOOD VESSELS AND PROVIDES OUR MUSCLES WITH A ROBUST SUPPLY OF OXYGEN.

dilates the blood vessels and provides our muscles with a robust supply of oxygen.

By raising the temperature in the muscles, our body's flexibility is optimised, increasing efficiency while minimising stress on the heart. Most importantly, warm-ups are essential for preventing injury to our joints and muscles before engaging in any rigorous activity.

On the other hand, cooling down is essential as it gives our body space and time to process and implement the effects of a particular set of exercise while providing a calming effect throughout. An overheated body needs at least five to ten minutes to cool down and function properly.

*When exercising is stopped suddenly, it can cause blood pressure to fluctuate, causing a feeling of being lightheaded and sick. Cooling down relaxes our body by bringing the heart rate back to normal while also reducing muscle soreness. **B***



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Choose the good life



Sleep apnea (AP-ne-ah) is a common disorder in which you have one or more pauses in breathing or shallow breaths while you sleep.

Sleep apnea can affect diabetes control in many ways. Struggling for air may put your body into fight-or-flight mode, releasing stress hormones that can raise blood glucose levels. If you're tired, you won't want to take that walk around the block after lunch. While you're at work, you might keep snacking to stay awake.

According to a recent study performed by the University of Tokyo at the European Association for the Study of Diabetes, researchers found that the risk of developing Type 2 diabetes increased by 56 per cent in those who were extremely tired during the day.

Sleep has a major role to play for diabetic patients. There are

some hormones in our body that get affected due to sleep disturbance. A sustained lack of sleep spikes the blood levels of fatty acids in our body, which lowers the ability of insulin to regulate blood sugar. On the other hand, counter-regulatory hormones like cortisol, adrenaline etc. increase and in turn also increase the blood sugar level.

Some studies have pegged India as the diabetes capital of the world and it is said that by 2030, the number of diabetics in India will grow to 100 million. Nearly half of diabetics suffer from undiagnosed sleep

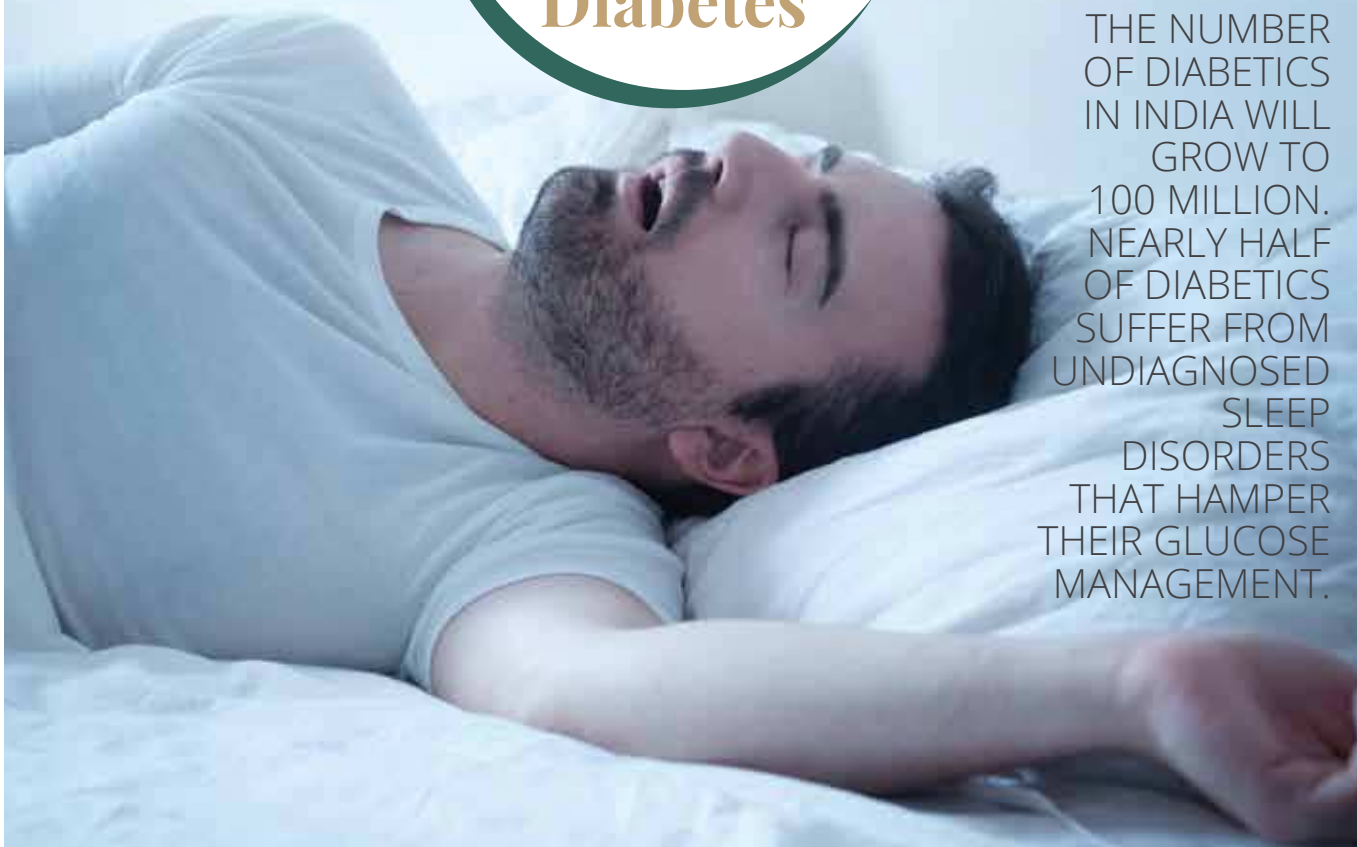
disorders that hamper their glucose management. The estimation of Obstructive Sleep Apnea (OSA) in patients with diabetes is 30-40%. Diabetes and sleep apnea have a bi-directional association. These disorders often coexist because of the presence of shared risk factors such as obesity and can lead to serious consequences like cardiovascular morbidity or mortality.

OSA is often the culprit when an obese individual with diabetes struggles with glucose control. Diagnosis and treatment of OSA in a diabetic individual can improve glucose control.

Recently, the world celebrated "World Diabetes Day 2015" and the message spread was "healthy eating as a key factor in the fight against diabetes and a cornerstone of health and sustainable development." Since both OSA and diabetics patients struggle with weight loss, healthy eating and regular exercise are indispensable. **B**

Don't Let Your Lack of Sleep Catch up with your Diabetes

THE NUMBER OF DIABETICS IN INDIA WILL GROW TO 100 MILLION. NEARLY HALF OF DIABETICS SUFFER FROM UNDIAGNOSED SLEEP DISORDERS THAT HAMPER THEIR GLUCOSE MANAGEMENT.





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Tea is known to boost the mood, improve health, heal emotional wounds and also dissolve cultural barriers. Therefore, just a cup of tea can energise and stimulate you and even uplift your mood. So while some people drink tea to enjoy the flavour, many drink this beverage for the benefits it offers to one's mood and health – it's like your very own magic potion, but finding the exact blend for your current state of mind is essential for enhancing your mood.

Benefits Of Tea

Helps You Wake Up

When your alarm rings in the morning are you motivated to start your day or desperate to sleep a few more minutes? Though the market is full of different varieties of tea, not all products can help you obtain a healthy boost. Green, black and yerba mate tea can help you to start your day with enthusiasm. Green tea is loaded with antioxidants and makes you feel better and energised without feeling nervous.

Supports Immunity

Maintaining a healthy immune system is crucial for good health. Some of the popular teas that boost the immune system are green tea, tulsi, echinacea and elderflower tea. All these teas are a powerhouse of antioxidants that are designed to support your immune system. Moreover, a healthy dose of antioxidants can help you maintain overall health and well-being.

Helps You Fall Asleep

Good sleep plays a crucial role in overall health and herbal tea is perfect when it comes to relaxing and unwinding. To enjoy a good night's sleep, you can opt for chamomile, lavender and valerian tea.

Can A Cup Of Tea Improve Your Health?



A BASIC CUP OF TEA CAN SOLVE THE PROBLEM, BUT WHY SHOULD WE SETTLE FOR LESS WHEN WE HAVE SOMETHING APPEALING TO DRINK TO ENHANCE OUR WELLNESS?

Enhances Emotional Wellness

All you need is a soothing cup of tea when you want to take a break from your busy schedule. A basic cup of tea can solve the problem, but why should

we settle for less when we have something appealing to drink to enhance our wellness? Try saffron and turmeric herbal tea as these teas are known to enhance emotional wellness.


Aids In Digestion

Whether you have overeaten or eaten something new, a cup of tea can help you resolve digestion issues. Tea also helps maintain a healthy metabolism. However, you need to opt for green tea or peppermint tea. Green tea contains EGCG (epigallocatechin gallate), which is beneficial in speeding up the metabolism. It also helps burn additional calories. On the other hand, peppermint tea helps stimulate bile, promotes healthy bowel movements and digestion.

Manages Nerves And Stress

Problems related to work, family and personal obligations lead to stress. Thus, managing nerves and stress is essential for living a happy and healthy life. Fortunately, there are teas that can help. Try valerian, ashwagandha or passionflower teas to calm brain activity and to de-stress. Lavender, ginseng, lemon balm and peppermint teas are also helpful to reduce stress to a great extent.

Detoxifies The Body Naturally

No matter which health issue you want to manage, tea is a natural and safe option for any individual. Whether you drink tea to enjoy the weather, uplift your mood, or consume it for various health benefits, there is always a cup of tea waiting to assist you. So if you are not yet a fan of drinking tea, you can consider various the various teas mentioned here to reap the health benefits of tea. 



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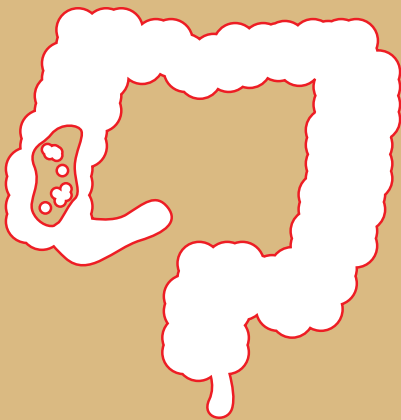
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Can Crohn's Disease Be Cured?



A chronic inflammation that potentially involves the gastrointestinal tract starting from the mouth to the anus is what is known as Crohn's disease. Inflammation in this disease is often irregular along the intestine and can involve all layers from mucosa to serosa. Also, the affected individuals usually experience diarrhoea and abdominal pain, often accompanied by weight loss. Numerous extra-intestinal manifestations also may be present. The cause of Crohn's disease is not fully understood and though therapy is generally effective in alleviating the symptoms, it is not curative.

What Is Crohn's Disease?

Crohn's disease is an autoimmune disease. It causes the body's immune system to attack the healthy tissues in the body, instead of fighting infections. The cause of Crohn's disease is not known, though heredity increases the risk of developing the condition. When a individual with this inherited risk is exposed to a trigger (an illness or something in the environment), the immune system is activated. As a result, the immune system recognises the lining of the digestive tract and attacks it, causing inflammation.

This inflammation causes the lining of the digestive tract to develop ulcers and bleed. It usually affects the last part of the small intestine (called the 'ileum') and some of the large intestine (colon). However, it can also affect the entire digestive tract, right from the mouth to the anus.

Crohn disease, like ulcerative colitis, is a type of Inflammatory Bowel Disease (IBD) which should not be confused with Irritable Bowel Syndrome (IBS). Crohn's disease typically follows a repeating cycle of intermittent

flares (when the condition worsens and symptoms are present) followed by periods of remission (when inflammation is controlled and symptoms are absent).

Clinical Features

The most common symptoms of Crohn's disease involves the digestive tract and includes:

- Abdominal pain
- Diarrhoea
- Fatigue
- Unintentional weight loss
- Anal pain

All of these symptoms can occur alone or in combination

Diagnosis Of Crohn's Disease

- Blood tests
- Stool tests
- CT scan of the abdomen
- Upper gastrointestinal endoscopy
- Colonoscopy
- Enteroscopy histopathological confirmation

Causes Of Crohn's Disease

There are combinations of multiple factors playing a role in the cause of Crohn's disease. Here are a few:

Genetics

IBD begins with the observation of family members who are at a greater risk of developing IBD. The relative risk among first-degree relatives is 14 to 15 per cent higher than the general population.

Environment

The rising incidence of Crohn's disease over the decades suggests an environmental contribution to the expression of this disease. Crohn's disease is associated with higher socioeconomic status, presumably because of the underexposure to diverse environmental antigens during childhood.

Prescribed Drug Side-Effects

Nonsteroidal anti-inflammatory drugs (NSAIDs) have not only been implicated in exacerbations of IBD, but also as a potential precipitant of new cases, by increasing the intestinal permeability. Believe it or not, the increased intake of refined sugars and

a lack of fresh fruits and vegetables in the diet have also been linked to the development of Crohn's disease.

Treatment

Various medicines and injections may assist in reducing the symptoms of Crohn's disease. The prescribed medicines work by reducing inflammation and the body's immune response.

Surgery

Surgery is usually the only option when medicines fail to control symptoms or cause medicinal side-effects. Though surgery cannot cure the disease, it can help an individual to feel better and resume normal activities. Two of the most common surgeries to treat crohn's disease are:

- Removal of the diseased part of the colon
- Re-opening parts of the colon that are blocked

Preventive Measures

People with Crohn's Disease often need lifelong treatment, but many people with this condition can also live fairly normal lives with the treatment and by adopting certain lifestyle changes like the following:

- Cut down on foods that make the symptoms worse. For instance, awareness that certain fibrous foods such as fruits and vegetables may not agree with all
- Quit smoking, as this habit worsens symptoms and increases the chances of needing surgery
- Avoid medicines such as ibuprofen and naproxen

Crohn's disease is treatable, provided the diagnosis is made at an early stage. Once diagnosed, there should be strict adherence to pharmacotherapy and regular follow-ups. Also, a healthy lifestyle should be maintained. **B**



Dealing With Dyslexia

Dyslexia, also referred to as a reading disability affects areas of our brain that process language. It is a learning disorder that causes difficulty in reading and occurs due to difficulties in identifying speech sounds and the understanding of how they correlate to letters and words (decoding).

Symptoms

Signs of dyslexia may be difficult to recognise before a child starts going to school, but being aware of the symptoms can help parents identify this problem. Here are some early signs that a young child may indicate due to dyslexia:

- Slow speech
- Learning new words slowly compared to other children
- Difficulty in forming words correctly, such as reversing sounds in words or confusing words that sound alike
- Problem in remembering or naming letters, numbers and colours
- Finding it hard to learn nursery rhymes or playing rhyming games

Once a child with dyslexia reaches the appropriate school age, the child's teacher may be the first person to notice a problem. However, the severity of the symptoms varies as the condition often becomes apparent as a child starts learning to read. Here are some more symptoms to look out for:

- Reading well below the expected age level
- Difficulty in

understanding and processing thoughts

- Finding it harder than usual to get the right word or articulating answers
- Forgetting the sequence of things
- Inability to identify similarities and differences in words and letters
- Unable to pronounce new and unfamiliar words
- Experiences difficulty during spelling any word
- Struggles to complete tasks that involve reading or writing
- Avoids activities that involve reading

Common Signs And Symptoms Of Dyslexia In Teens And Adults

- Difficulty in reading, including reading aloud
- Labour-intensive reading and writing
- Problems in spelling
- Avoiding activities that involve reading
- Mispronouncing names or words, or facing issues while recollecting words
- Unable to understand jokes or expressions such as (idioms), for instance 'piece of cake' meaning 'easy'
- Spending an unusually longer time completing tasks that involve reading or writing
- Difficulty in summarising a story
- Trouble learning a foreign language
- Difficulty in memorising
- Finding the attempting of math problems hard

When To See A Doctor?

Even though most children are eager and ready to learn to read by kindergarten or first grade, children



THE DOCTOR MAY REFER YOUR CHILD TO AN AUDIOLOGIST OR SPEECH SPECIALIST WHO IS PROFESSIONALLY TRAINED TO EVALUATE HEARING LOSS OR A NEUROLOGIST WHO SPECIALISES IN BRAIN AND NERVOUS SYSTEM DISORDERS.

with dyslexia often cannot grasp the basics of reading by this time. So consult a doctor if your child's reading level is below what is expected for his or her age or if you notice other signs of dyslexia.

The doctor may refer your child to an audiologist or speech specialist who is professionally trained to evaluate hearing loss or a neurologist who specialises in brain and nervous system disorders. When dyslexia goes undiagnosed and untreated,

childhood reading difficulties continue into adulthood. Therefore, it is best to discuss your child's concerns with a paediatrician or speech specialist, to ensure that other unnecessary health concerns don't arise.

Questions The Doctor May Ask You

- When was the first time you noticed your child experiencing trouble while reading?
- Did your child's teacher bring it to your attention?
- How is your child performing academically at school?
- What age did your child start speaking?
- Did you attempt any reading interventions? If yes, please specify?
- Did you notice any behaviour changes or social difficulties you suspect could be linked to your child's trouble in reading?
- Does your child have any vision problems?
- Describe your child's daily diet, including the amount of caffeine and sugar intake [E](#)



Understanding Brain Aneurysms

Aneurysms are caused by constant pressure from blood flow and usually develops at the branching points of the arteries. They get enlarged gradually and ultimately become weaker as they grow, just like a balloon gets weaker when stretched. Therefore, brain aneurysm is an outpouching or ballooning of a part of the blood vessel inside the brain due to weakness in the wall.

Risk Factors

- High blood pressure
- Smoking
- Drug abuse - especially cocaine, amphetamines

Risk Factors Beyond Your Control

- **Ageing:** Age increases the risk of aneurysm formation as it occurs due to the longstanding exposure of the blood vessel wall

- **Gender:** Women are more likely to develop a brain aneurysm than men
- **Trauma:** Head or neck injury resulting in a tear or weakness in the wall of the blood vessel
- **Inflammation:** Uneasiness in the blood vessel (multifactorial) resulting in feebleness of the blood vessel wall
- **Infections:** These could be caused in the blood or valves of the heart
- **Familial/genetic:** The defect in the strength of the wall around the blood vessel is an inherent risk for certain individuals and families

Indications Of Brain Aneurysms

Generally, cerebral aneurysms do not reveal any indications until they grow large or rupture. Also, an unruptured aneurysm may remain undetected during a person's lifetime and may not source any indications.

An impulsive beginning thunderclap headache (typically described as the 'worst headache one has experienced' in his/her lifetime) is suggestive of bleeding from rupture of an aneurysm. The headache may be accompanied by nausea, vomiting, sensitivity to light, stiffness in the neck, seizures or fainting, which termed as a medical emergency. Therefore, the impact of aneurysms can be like ticking time bombs in the brain.

A progressively developing aneurysm may press on adjacent brain tissue and nerves causing:

- Pain behind the eye
- Drooping of the upper eyelid
- Double vision
- Incapability to perceive objects visibly
- Unresponsiveness or weakness of one half of the body or one limb
- Difficulty in balancing while walking
- Seizures

AN IMPULSIVE BEGINNING THUNDERCLAP HEADACHE (TYPICALLY DESCRIBED AS THE 'WORST HEADACHE ONE HAS EXPERIENCED' IN HIS/HER LIFETIME) IS SUGGESTIVE OF BLEEDING FROM RUPTURE OF AN ANEURYSM.

Causes Of Aneurysm Bleeding

There is no exact cause for the rupture of an aneurysm. However, strong emotions such as being upset or angry, straining during stools (in patients with chronic constipation) or sexual activity can lead to an unexpected rise in blood pressure and as a result a pre-existing aneurysm might rupture.

Diagnosis

In a situation whereby bleeding due to the rupture of an aneurysm is suspected, a CT scan of the brain is executed, followed by one of the following three modalities to confirm the presence of an aneurysm in the brain:

- CT Angiography
- MR Angiography
- Digital Subtraction Angiography (DSA) of the brain helps to investigate all types and sizes of cerebral aneurysms

Under certain circumstances, a spinal tap may be executed to collect and analyse cerebrospinal fluid to confirm the presence of subarachnoid haemorrhage.

In approximately five to ten per cent cases, the source of bleeding may not be seen on the initial angiogram. So in this situation, one has to undergo a repeat angiogram after six-eight weeks to rule out an underlying aneurysm.

Treatments

Medical Therapy

- Control of blood pressure
- Anti-seizure medications to control fits
- Medications to lessen the threat of vasospasm (narrowing of blood vessels)

Open Surgery

- Clip obstruction to avoid blood from entering the aneurysm
- Clip reconstruction of the parent vessel – for problematical aneurysms
- Trapping of the segment of a blood vessel containing the aneurysm (with or without the addition of a by-pass procedure)

Endovascular Techniques

- Sealing the aneurysm sac by filling coils within it (may require stent or balloon assistance)
- Flow diversion
- Parent (main) blood vessel occlusion

Outcomes Of A Ruptured Aneurysm

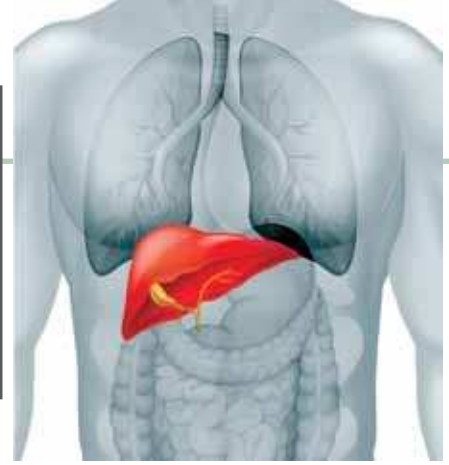
Approximately 15-20 per cent of individuals with a brain haemorrhage from a ruptured aneurysm does not survive the first 24 hours. About 25 per cent develop narrowing of blood vessels, which can result

in minor or major strokes. Even with the best possible care, complete recovery following brain haemorrhage from a ruptured aneurysm may take weeks to months in certain individuals. Therefore, the outcome of a successfully treated aneurysm depends on the following:

- **Age:** Elderly patients do not respond well to the best possible treatment
- **Associated medical conditions:** Diabetes mellitus and heart disease cause a delay in recovery
- **Level of alertness at the time of being admitted in the hospital:** A person with a good level of alertness following the first episode of bleeding is likely to fare well
- **The extent of bleeding:** The prognosis following massive bleeding is guarded
- **Location of the aneurysm:** Patients with aneurysms in the front of their head fare better compared to those patients who have aneurysms located at the back of their head
- **The time-lapse between rupture and medical attention:** The earlier one gets medical attention, the lesser is the chance of rebleeding

Follow-Up

Aneurysms tend to regrow even after treatment, though it occurs only in five-ten per cent of patients. Moreover, new aneurysms can develop in other sites in predisposed individuals. Likewise, aneurysms may not heal instantly, hence following certain treatment modalities like flow diverter placement becomes mandatory. The doctor chooses the interval for follow up and the imaging modality on a case-to-case basis. **B**



Liver Disease & Diet

Liver health plays a vital role in our health. Present on the right side of our body, the liver is a vital organ that is responsible for the elimination of waste from the body. The liver is in charge of processing everything we eat and drink. There is also a link between prolonged anger and imbalance in the liver. After all, the liver is often referred to as the 'seat of anger.'

Many seemingly unrelated symptoms trace back to the health of our liver. A modern life full of stress, overwork, environmental toxins in our food, poor diet, alcohol, prescription drugs, caffeine etc. can burden our liver. Therefore, if you have any combination of the following symptoms, it may be time to get it addressed by cleansing your liver.

Signs You Need To Detox Your Liver

- Acid reflux/heartburn
- Allergies (food or environmental)
- Anxiety
- Bloating/gas
- Bruising easily
- Constipation
- Dark urine
- Depression
- Excessive sweating
- Fatigue
- High blood pressure
- Menstrual issues
- Mood swings
- Rosacea
- Weight gain/can't lose weight
- Yellowish skin/eyes

What Is A Liver Disease Diet?

A liver disease diet provides the right amount of calories, nutrients, and

liquids that may help your liver work better and also prevent other health problems. The dietary changes you will need depend on the type of liver disease and health problems you have. Your dietician or nutritionist will tell you about the kind of diet that is best for you.

What To Avoid Or Eat While On A Liver Disease Diet?

The foods that you technically need to avoid or reduce eventually depends on the type of liver disease you may have or current health conditions. Here are some of the dietary changes that you might need to follow:

Sodium: You might need to decrease the amount of salt in your diet as it causes your body to hold on to liquids. This retention of fluids causes swelling in the body. Your doctor will tell you to limit or altogether avoid high sodium foods and will provide you more information about a low sodium diet. Here is a list of some foods high in sodium:

- Bacon, sausages and deli meats
- Canned vegetables and vegetable juice
- Frozen dinners
- Packaged snack foods like potato chips and pretzels
- Soy, barbecue and teriyaki sauces
- Soups
- Table salt

Liquids: If you have any swelling, you will have to reduce your liquid intake - all juices, sodas, water, milk, soup etc.

Alcohol: Alcohol may make your liver disease worse. So avoid alcohol at all cost.


What To Eat On A Liver Disease Diet?

Eat several small meals throughout the day instead of large meals to make sure you consume enough calories. It is essential to eat the right amount of protein when you have liver disease. Your dietician or nutritionist will enlighten you regarding the amount of protein you should have each day.

Many who suffer from liver disease have problems with digestion, i.e. using fat. The fat that is not broken down and used by the body is lost in bowel movements. So in case you have this health issue, you need to eat less fat. Liver disease may also cause blood sugar levels to be too high or too low in some individuals. Therefore, you may need to make changes in your diet if you are facing this issue. Eating a fixed amount of carbohydrates at every meal will help to keep your blood sugar levels in check.

Recipe For A Healthy Liver

Our GHA liver cleanses series of spice mix recipes that targets liver health. One of these mixes has the following ingredients:

- 4 tbsp. of flaxseed powder
- 4 tbsp. of mint powder
- 1 tbsp. fenugreek seed powder
- 1 tbsp. sesame seed powder
- 5 powdered bay leaves
- Mix well and have 2 tsp after each meal 

QA



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Q As I gave birth to a beautiful baby boy six months ago, I wanted to know whether doing Kegel exercises will help in retracting my uterus to its original size or do you recommend some other exercise?

The uterus comes back to its normal size in six weeks after delivery. Kegel exercises are for pelvic floor strengthening and should be practised during pregnancy subsequent to delivery for prevention of urinary incontinence, uterovaginal prolapse (uterus coming down) and also for tightening of pelvic floor muscles. Moreover, this exercise should be practised on a regular basis.

Q My paternal grandmother was diagnosed with uterine cancer. Does this increase my risk of uterine cancer as well?

Uterine cancer runs in the family where hereditary colon cancer is present. Families with Lynch syndrome also called hereditary non-polyposis colorectal cancer, run a higher risk for uterine cancer. Approximately, two-five per cent of women with endometrial cancer have Lynch syndrome. Therefore, the testing for Lynch syndrome is important if any woman in the family has had uterine cancer.

Q What can I do to get rid of odour emitting from my groin? Why does this occur and what should I do to get rid of this condition?

This condition can be age-related, related to obesity and can also be genetic in nature. Diabetes is also one of the causes for hyperhidrosis and bromhidrosis. Consumption of certain substances and foods increases this condition as well, therefore they should be avoided. These include alcohol, tobacco, fish, asparagus, and bromides.

Skin bacteria can be decreased by following a few measures such as the use of gentle cleansers over solid soaps, shaving of excess hair to remove bacteria, changing of clothes frequently, taking a shower frequently and using prescription deodorants. Also, include lemons, oranges, green leafy vegetables, fresh herbs and whole grains in your diet to fight odour.

Q Is it healthy to use an intimate hygiene wash regularly? Does it disrupt the natural pH balance?

The vagina has a defense mechanism of its own and has bacteria which keeps the vagina clean and infection-free, but when we disturb this mechanism by using any antibacterial substances we disrupt the normal pH balance and this mechanism is lost, making one more prone to infections. Washing with water and soap is all that is needed to keep your vagina healthy. **B**

Facts About Genetic Mapping

The development of a genetic map of an organism provides a picture of the arrangement of genes in the chromosomes of the organism. Therefore, gene mapping, as the name suggests is a map of an individual's genome present in the chromosomes of the individual. Genome mapping is used to identify and record the location of genes and the distance between genes in the chromosomes.

Genetic maps are species-specific and can offer firm evidence that a disease transmitted from a parent to child is usually linked to one or multiple genes. The genetic maps are composed of markers that may be genes controlling visible phenotypic traits (classical markers) or molecular markers whose phenotype is revealed by using modern molecular biology techniques (e.g., DNA markers).



The Objective Of Gene Mapping

The objective of gene mapping is to study the regulation and expression of genes. Gene mapping and the construction of genetic maps is central to the genetic analysis of any organism. For man, these methods

also have significant medical consequences. For example, the chromosomal location of a disease gene can be exploited for prenatal diagnosis. Advances in genetic mapping of human diseases have led to the identification of single-locus susceptibility for several

common disorders like psychiatric disorders manic-depressive illness and schizophrenia. However, none of these linkage reports are uncontested.

Types Of Genome Mapping

Genetic Linkage Maps

These genetic maps show the relative locations of specific DNA markers along the chromosome.

Physical Maps

These type of genome maps analyse the physical distance between known DNA sequences (including genes). There are three different techniques for constructing a physical map:

1. Somatic cell hybridization
2. Radiation hybridization
3. Fluorescent in situ hybridization (FISH)

How Is Genome Mapping Conducted?

Early genetic maps indicate how often various characteristics are inherited together. A map shows where the genes are in a relationship with each other only when the chromosomes can then be drawn is recognised as a

genome linkage map. Genes that are on the same chromosome are said to be 'linked' and the distance between these genes is known as 'linkage distance.'


Modern Genetic Maps

- Blood or tissue samples from members of a family, some of whom have a specific disease or characteristic is collected in order to produce a genetic map
- The researchers then isolate the DNA from these samples and carefully examine the patterns that are not present in the DNA of the individuals who do not have the disease/characteristic.

BLOOD OR TISSUE SAMPLES FROM MEMBERS OF A FAMILY, SOME OF WHOM HAVE A SPECIFIC DISEASE OR CHARACTERISTIC IS COLLECTED IN ORDER TO PRODUCE A GENETIC MAP.

Applications Of Genome Mapping

- Provide and develop accurate reading, rapid diagnostics and design customised treatments
- Risk assessment to assess health risks caused by radiation, carcinogenic chemicals exposure and mitigating the probability of heritable mutation
- Agriculture applications knowledge of genetic maps of plants and animals leads to the development of a plant that is more resistant to droughts, insects and animal breeds that are more disease-resistant, nutritious and productive
- Energy and environment: Scientists are using genetic maps of microbes to harness the energy of bacteria for biofuel production and neutralization of toxic waste and also in the industrial process
- Identification of genes responsible for traits like disease-resistance and the colour of the skin
- Analysis and examination of the gene responsible for a particular disease such as cancer and other hereditary diseases like diabetes
- The first human disease gene mapped was Huntington's disease

The Human Genome Project was undertaken to provide geneticists with a complete list of all human genes, knowledge of their location and structure and a catalogue of some of the millions of variants in DNA sequence found among individuals in different populations. Some of these variants are common, others are rare and differ in frequency among different ethnic groups. Whereas some variants have functional consequences, others are undoubtedly neutral. 



The Lamaze Method Of Childbirth

Lamaze International was established by Marjorie Carmel and Elisabeth Bing in honour of Dr. Fernand Lamaze from which the term Lamaze was derived. Dr Fernand trailed a procedure in labour and childbirth called psychoprophylaxis, i.e. elimination of the notion of pain.

Education related to the physiological process of labour and delivery patterned breathing, which increases the supply of oxygen for the mother and baby and intervenes with the transmission of pain signals from the uterus to the brain. Thus was the beginning of the Gate Control Theory of Pain Management that has been elaborated in detail in the Lamaze sessions.

What Is Lamaze?

One has to remember that pain is an experience and not an impact from the tissues of the body. There are many ways to reduce the perception of pain, which is mostly because the mother is fearful about labour. In Lamaze, the mother and baby are considered as one unit and what works for the mother will automatically work for her baby.

The Lamaze sessions also try to ensure that the mother and baby don't get into the pain - tension and fear cycle. Childbirth is a natural healthy process, which has a profound effect on the parents and their family, especially in India. Therefore, Lamaze classes help the mother gain confidence in her innate ability to give birth.

From the 1960s, women wanted their husbands to be with them during labour and childbirth, supporting and helping them through the entire process. Therefore, there is much emphasis put on the birth partner. Another essential aspect



of Lamaze is that the mother has the right to make informed choices.

The Lamaze Way

Lamaze believes in labour beginning on its own, wherein it is the baby that starts the process of energy. Once this materialises, a natural flow of hormones are unconstrained in the mother's body and then to the baby, which supports her during childbirth. All the Lamaze sessions are quite interactive to help new parents absorb the different methods to the best of their capabilities.

The birth partner is expected to provide support, courage, strength and encouragement to the mother. The birth partner is therefore required to attend all the Lamaze sessions with the mother, bringing a positive shift in her emotions. Apart from breathwork, moms and their birthing partners are taught how to relax and regulate their breathing.

Different breathing techniques work in labour, i.e. during the pauses between contractions, during contractions and the pushing stage. There are also several massage techniques taught to the birthing partner which combines breath work with massages. This tool can help release the discomfort of contractions, soothe the mother and help her relax in between contractions.

Birth ball is another essential tool as it helps in relaxing and releasing tension and tightness in the hips and pelvic area. Many exercises that need to be practised together are taught and the couple eventually understands which activities are the most comfortable during labour.

Healthy Birth Practises

There are six healthy birth practises that are equally important, as these give immense clarity and support to the couple. Visualisation, which is discouraged in-depth is another technique that helps the mother stay relaxed.

In the last trimester, the mother requires to nourish her body. Therefore, it is recommended that she has a good amount of vitamin C and B12, iron, calcium, folic acid, protein, and unsaturated fats that are naturally available in fresh fruits and vegetables, dairy products, nuts and grains, lean meat and fish.

The goal of Lamaze is to assist and support the mother to get the best possible birthing experience but in case of any complications, the pros and cons are explained by the attendant to the mother. Here, it is the responsibility of the caregiver to ensure that the new mother and baby are in good health. In such a situation, the judgement of the attendant i.e. the obstetrician is relied upon. **B**

Urinary Tract Infections In Women

Urinary tract infection (UTI) is much more common in women than men. UTI involves infection of any part of the urinary tracts like the kidneys, ureter, bladder and urethra. Most of the cases affect the lower urinary tract, that is the bladder and urethra. If the infection is restricted to the lower urinary tract, it can be treated entirely with antibiotics, but if it spreads to the upper urinary tract like the ureter and the kidneys, then severe long-term consequences can occur.

Causes Of UTI In Women

Women are prone to UTI's because they have a short urethra creating easy access for bacteria to reach the bladder, after which, it can go up to the kidneys as well. Therefore, as a precautionary measure, women are always instructed to wipe from the front to back, to prevent UTI, as bacteria such as E. coli present in the anus can get easy access to the urethra. Also, due to the short urethral length, sexual activity too increases the chances of UTI in women.

Symptoms Of UTI

UTI may not always cause symptoms but when symptomatic, it can usually cause the following:



- Frequency of urination
- Urgency
- The hesitancy of urination (passing a small amount of urine)
- Pain in the lower abdomen
- Burning sensation during urination
- Fever with chills, if severe
- Pelvic pain
- Cloudy urine
- Reddish or brown urine due to blood in the urine

Risk Factors For UTI

- Catheterisation is a risk factor for developing UTI
- Female anatomy (a shorter urethra)
- Women who use diaphragms and spermicidal agents for contraception are at a higher risk
- Sexual activity and having a new partner increases the chances of UTI
- Due to estrogen deficiency (caused by menopause) women are at risk of developing UTI
- Kidney stones and other blockages
- Decreased immunity
- Urinary surgery or procedure increases the chances of getting UTI

Complications

When treated completely, the infection subsides after a while, but if left untreated it may cause serious consequences:

- Recurrent infections
- Kidney damage in longstanding cases
- In pregnant women, if left untreated, it may cause low birth weight and preterm labour
- In severe infections, UTI may lead to sepsis as well


Ways To Prevent UTI

Drink plenty of liquids - most UTI's are due to insufficient intake of water and juices

Avoid deodorants and other feminine douches

Empty your bladder after intercourse and also drink a glass of water to flush out the bacteria

Use condoms and change any spermicidal agents and diaphragms if you are using them as primary contraceptive methods

Avoid synthetic underclothing and wear loose-fitting clothes to keep the area dry and prevent infections 

WOMEN ARE PRONE TO UTI'S BECAUSE THEY HAVE A SHORT URETHRA CREATING EASY ACCESS FOR BACTERIA TO REACH THE BLADDER

Facts About Hip Joint Replacement


Arthritis, commonly known as wear-and-tear in the joint can be caused by normal ageing where the cartilage, which is the protective covering on the bones is naturally worn out. The problem occurs due to post-traumatic arthritis after the fracture and also by avascular necrosis which could be steroid-induced, sickle cell disease, or idiopathic and also because of inflammatory pathologies like rheumatoid arthritis and hip disorders of childhood like perthes disease.

An arthritic hip develops stiffness so an activity like getting out of the chair becomes painful. The post-exertion pain gets followed by rest pain and normal activities like bending down, walking or putting on shoes becomes difficult. If medications and changes in daily life activities do not adequately alleviate symptoms, one must consider hip joint replacement surgery to be able to carry out daily activities, alleviate pain and increase range of motion.

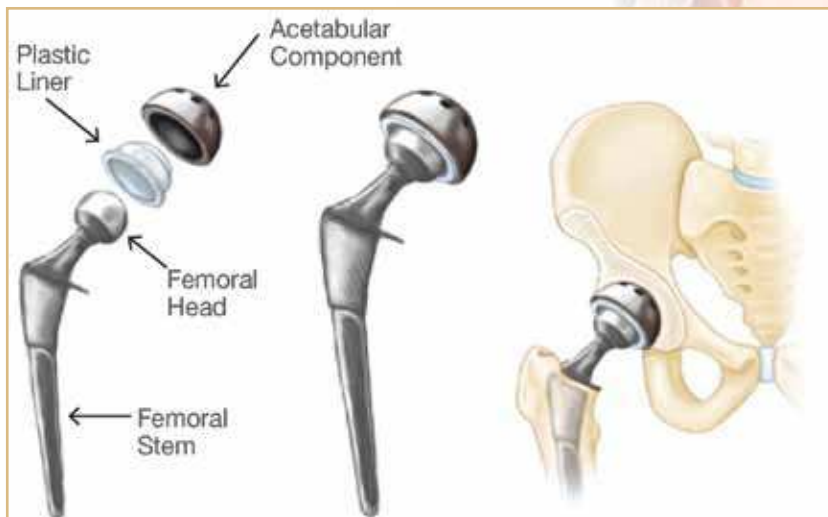
Total hip joint replacement is a procedure whereby a surgeon replaces a worn out or damaged

joint with an artificial joint. There is no absolute age or weight restrictions for total hip replacements.

Hip joint replacement involves putting a metal peg into the shaft of the thigh bone which could be cemented or press-fit and on socket size, putting a metal shell with ceramic or plastic liner in an uncemented version. The uncemented version is generally preferred for the younger age group, whereas cemented versions of cup and stem are preferred for the older age bracket. The ball of the hip joint could be metallic or ceramic.

Infection and dislocation are rare complications associated with joint replacement surgery but are less than two per cent along with other complications like slight limb leg discrepancy and deep vein thrombosis. Exercise is a critical component of home care, particularly during the first few weeks after surgery. The patient will be able to resume most normal light activities as part of daily living within three to six weeks following the surgery. 

TOTAL HIP JOINT REPLACEMENT IS A PROCEDURE WHEREBY A SURGEON REPLACES A WORN OUT OR DAMAGED JOINT WITH AN ARTIFICIAL JOINT.



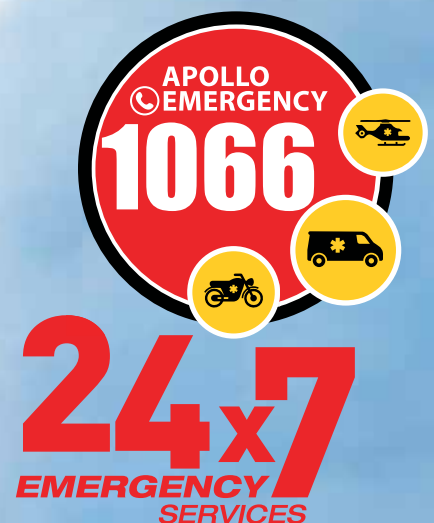
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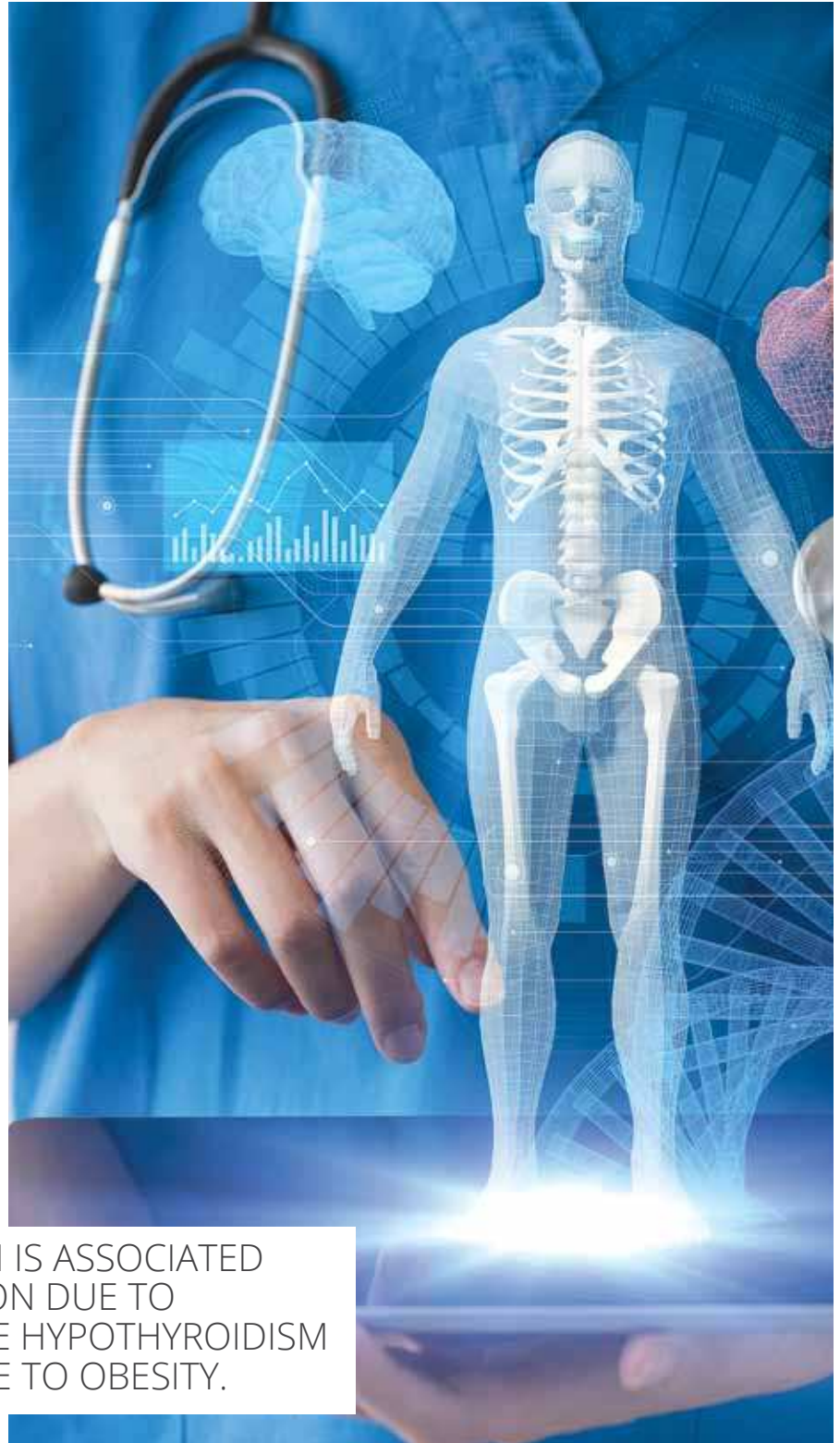
What Your Body Is Trying To Tell You?

Your body is the mirror of your health and well-being. It works tirelessly for you and also often gives you clues regarding your physical condition - sometimes much earlier than any clear-cut manifestation of any disease. Here are some simple pointers that can help you recognise early abnormalities in your body.

Ways To Detect Health Concerns

To some extent, the physical appearance of individual changes with their nutritional state and the presence of illness. A lean build with loss of muscle mass indicates recent weight loss due to illness. Sudden weight gain is associated with water retention due to various factors like hypothyroidism and may also be due to obesity.

When it comes to identifying if an individual is in pain or has some neurological abnormality, the gait of a person plays a significant role. In the same way, how we sit and how we lie down depends mainly on our locomotor system. Surprisingly, it can also point towards any respiratory and cardiac abnormalities. For example, patients with signs of cardiac failure cannot lie down flat and prefer to be propped up. In case of respiratory illnesses too, sitting up and leaning forward helps in breathing.



SUDDEN WEIGHT GAIN IS ASSOCIATED WITH WATER RETENTION DUE TO VARIOUS FACTORS LIKE HYPOTHYROIDISM AND MAY ALSO BE DUE TO OBESITY.



Warning Signs Your Body Exhibits

Face

The skin over the face may show pigmentation related to age, hormonal changes or other conditions including systemic lupus erythematosus (SLE) which manifests as a reddish rash in a butterfly pattern. The cheeks appear significantly puffed up in renal conditions and also in patients taking steroids over a long time. Some characteristic abnormalities of the face may be seen with hypothyroidism including puffiness of the face, thinning of the eyebrows and hair etc. Early neurological signs are seen as mild drooping of one side of the mouth and sagging of the nasolabial fold (the fold of the skin from the base of the nose to the corner of the mouth).

Eyes

The conjunctiva, the outer layer of the eye gets inflamed and reddish with eye infections. It looks pale in anaemia and early yellowness can be observed in the upper part of the eyes when one is afflicted with jaundice. People with very high haemoglobin, including smokers, have marked congestion of the conjunctiva. The eyes look sunken with dehydration and puffy with fluid retention, hypothyroidism etc. Disorders of the eye muscles can lead to restriction of movement of the eyeballs and may be noticed as double vision. Hyperthyroidism shows a characteristic wide open, bulging eye.

Oral Cavity

Lesions around the lips include cracks at the corners of the mouth with anaemia, recurrent mouth ulcers in certain deficiencies and connective tissue conditions. The health of the teeth and gums indicates both the extent of oral hygiene and are also related to illnesses. The tongue shows the level of hydration of



Face



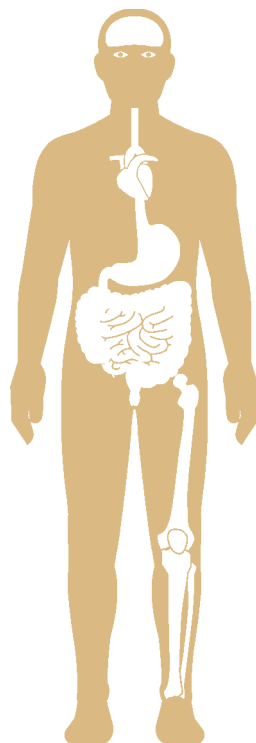
Eyes



Oral Cavity



Neck



Chest



Limbs



Abdomen



Spinal Cord

the person and may manifest with ulceration, white patches with fungal infections like candidiasis and with loss of papillae just like in vitamin deficiencies. The tonsillar glands may be chronically inflamed in people prone to respiratory infections.

Neck

Thyroid nodules, lumps or a generalised overall swelling over the thyroid gland, which is situated in front of the neck may start insidiously and progress over time.

Chest

The rib cage including the chest wall muscles may sometimes be painful in costochondritis, myofascitis or even with vitamin D deficiency. The onset of any lump in the breast, especially if increasing in size, associated with pain or discharge with or without any changes over the skin, should be examined and evaluated. Rash or inflammation over the skin below the breasts is seen as part of fungal infections.

Limbs

Abnormalities over the skin and limbs may manifest as rashes - either localised or diffused. The joints of the limbs may be swollen, painful and stiff in various forms of arthritis including osteoarthritis (degenerative arthritis mainly of the knees, hips, ankles). Unusual pain or swelling over a bone should be evaluated. Some lumps sometimes develop in the soft tissue or muscles like in the case of lipomas, neurofibromas. Some of these may be infection-related like carbuncles, sebaceous cysts - more commonly seen in diabetes. Varicose veins and venous oedema with occasional ulcers are common in the lower limbs.

Abdomen

Unusual sites of pain anywhere over the abdomen including the sides or flanks of the abdomen may indicate underlying pathology related to the stomach, intestines, the hepatobiliary or the renal system. Symptoms like vomiting, change in bowel habits, bloating, or urinary disturbances may be associated. Hernias are common over the abdominal wall, especially around the umbilicus and are noticeable as a bulge. Fluid in the abdominal cavity can show up as distension of the abdomen.

Spinal Cord

Tenderness over the spine with paraspinal spasms can occur anywhere from the upper spine (cervical) to the lower spine (thoracic-regions). Small lumps called carbuncles are common over the upper and mid-back.

The list of abnormalities is extensive and not complete. Also, the features mentioned above are just indicators of possible underlying problems that can help as early warning signs. If one is aware and informed about these signs early medical help can be sought and a healthy active life can be maintained. **B**

Why Mammograms Are Essential?



Breast cancer is one of the leading causes of cancer deaths in women, worldwide. It is the main cause of cancer-related deaths in women in developing countries (where many have advanced disease at presentation) and is the second leading cause of death in women in developed countries.

Breast cancer may be detected through mammography, high-resolution ultrasound, Magnetic Resonance Imaging (MRI), Positron

Emission Tomography (PET), scintimammography, optical imaging, electrical impedance-based imaging and Computed Tomography (CT). Amongst all of these techniques, mammography is the most common modality for detecting early-stage breast cancer before the lesions become clinically palpable.

What Is Mammography?

Mammography uses low energy X-rays to examine the human breast for screening and diagnosis. The goal of a mammogram is the early

detection of breast cancer, typically through detection of characteristic masses (or) micro-calcification. For every 1000 women who have a screening mammogram, 100 are recalled to get more mammograms (or) ultrasound images, 20 are recommended for a needle biopsy and five are diagnosed with breast cancer.

The Procedure

During a mammogram, a skilled technologist compresses the patient's breast between two clear plates.



When Should One Get A Mammogram?

- Routine screening mammography is not recommended for women under the age of 40 because the risk of breast cancer is low
- If one is at high risk of breast cancer (i.e. one has a strong family history of the breast (or) ovarian cancer (or) has had radiation treatment to the chest in the past, it is recommended that she have annual mammograms at a younger age (often beginning around age 30)
- Women with a breast implant(s) should get regular mammograms
- Breast self-examination is a life-saving habit and is always recommended for adult women, irrespective of age and risk factors as it is the best defence one has against breast cancer

How Mammograms Help?

Women are at far greater risk for developing breast cancer than men. Also, the risk of breast cancer increases with age in women and the breast cancer rates are highest in women over 50 years of age. Not all breast cancers are life-threatening, but like most cancers, breast cancer will grow if left untreated.

Annual mammograms can detect cancer early when it is most treatable. In fact, mammograms show changes in the breast up to two years before a patient (or) physician can tell them. They also prevent the need for extensive treatment for advanced cancers and improve chances of breast conservation.

Finding breast cancer early with mammography has also meant that many more women being treated for breast cancer are able to keep their breasts. When caught early, localised cancers can be removed without resorting to breast removal (mastectomy).

Facts About Mammography

Screening mammography is the internationally accepted gold standard for the early detection of breast cancer in asymptomatic women and it is

the only imaging modality proven to significantly lower breast cancer mortality.

Mammography involves very small doses of radiation, even

less than a standard chest X-ray. This is equivalent to six months of background radiation exposure in normal daily life.

No screening test is perfect and mammography is no exception. Therefore, it must be remembered that factors like age (or) breast density may affect the diagnosis and lead to a misdiagnosis.

There is no scientific evidence that compression of the breast during mammogram increases the risk of breast cancer. **B**

The plates are attached to a highly specialised camera which takes two pictures of the breast from two directions. The technologist then repeats the technique on the other breast. Each mammography session lasts for just a few seconds.

Other than being mildly uncomfortable, there are very few side effects during the mammography procedure and radiation exposure is minimal. However, some women complain of pain due to breast compression during the procedure.





IT ALSO
MAY BE
INTERESTING
TO KNOW
THAT ONE
ORGAN
DONOR CAN
SAVE UP TO
EIGHT LIVES!

Why Organ Donation Is The Need Of The Hour?

Organ Donation Day is observed every year on August 13th to motivate and encourage individuals to donate their organs to the ones in need. Organ transplantation is often the only option for end-stage organ failures such as the liver and heart failure and the non-availability of organs is the cause of many deaths every year.

In India, more than half a million people are estimated to be in dire need of an organ transplant. So it's important to understand that though death can take you away, your organs can stay on and save another life. It also may be interesting to know that one organ donor can save up to eight lives!

Even though end-stage renal disease patients can get treated

via renal replacement therapies, kidney transplantation is the best option for enhancing the quality of life of the patient. Also, according to the WHO, it is one of the most frequently carried out transplantations, globally.

Importance Of Organ Donation

Unfortunately, there are millions of people who suffer from an end-stage failure of organs. People lose their lives because they neglect it, instead of opting for an organ transplant. This could be because many patients are not aware of organ donation or the option of organ donation.

Facts And Figures

- Every year, approximately 20-25 organ donations take place in Gujarat and Madhya Pradesh, whereas in North India it is almost negligible.
- On the other hand, 30 per cent of the Indian population, i.e. approximately 30 crore of the population in states such as Tamil Nadu, Maharashtra, Telangana, Andhra Pradesh and Karnataka cater to the cadaver organ donation needs of the entire country.
- Spain and Croatia are known to be the highest organ donors in the world - there are 30 donations per million of the population.
- In India, organ donation only occurs in the south and in states such as Maharashtra at a rate of five per million. But for the whole country, the figure stands only at 0.2 per million.
- Within Maharashtra, most of the organ donations are made outside Mumbai with contributions coming in from Pune, Nashik, Nagpur, Solapur and Satara. **B**

QA



Q While travelling, we often buy bottled water. How can we be sure that the water we are consuming is safe?

Bottled water is generally considered safe to drink and one usually depends on it while travelling. However, the bottles should always be checked for any visible particulate matter. The packaging date should also be checked. As it may be challenging to test the water for any microorganisms, relying on the reputed brands of packaged drinking water is possibly the best bet.

Q I do everything within my control to avoid getting sick and also maintain good general hygiene. Is there anything else I can do to avoid falling sick, especially during the monsoons?

Our health depends on what we do and what we eat, i.e. our lifestyle and food habits. An active lifestyle is always good for the body as a sedentary life leads to multiple health-related problems. You can exercise indoors during the rains. A nutritionally well-balanced diet is equally important. So try to incorporate adequate proteins and natural vitamins with minerals in the form of pulses and seasonal fruits like pears, pomegranate, jamuns, etc.

You can also maintain an adequate fluid intake with boiled or filtered water. Avoid excess salt and processed foods high in salt, as these foods cause fluid retention. Restrict eating street food,

Q My family and I are planning to go out of the country for a monsoon break. Since there seems to be a lot of viral infections doing the rounds, is there any specific vaccination that we should consider to avoid getting sick?

The vaccinations required depends on the places you are travelling to. Generally, it is safer to be vaccinated against typhoid, hepatitis A and B and influenza infections. Travellers to some South African countries are advised to get vaccinated for yellow fever. Besides, pneumococcal vaccination is a regular requirement for certain individuals, even if not travelling. Your doctor will be able to advise and prescribe the necessary vaccines. So, ensure you ask your doctor the best way to safeguard your family and yourself against viral infections.

Q Can a plant-based diet prove to be more beneficial to live a healthy lifestyle with DLE-lupus? What according to you is the best alternative?

A plant-based diet is reasonably beneficial in lupus and related conditions, including Discoid Lupus Erythematosus (DLE). The advantages include adequate iron, folic acid and some vitamins and minerals with the additional benefit of natural antioxidants. However, exclusive plant-based diets have to be supplemented with dairy products for added calcium intake. Patients on a plant-based diet may also develop a vitamin B12 deficiency, which will need to be supplemented preferably through injectable preparations. **B**



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SCREWS WERE ALWAYS MEANT TO FIX THINGS AND THEY STILL ARE! MARKING THEIR NEED TO REHABILITATE AND FIX BROKEN THINGS, SCREWS HAVE EMERGED AS DENTAL IMPLANTS, SERVING AS A BOON FOR DENTAL REHABILITATION.

All About Dental Implants

A dental implant comes in a metal or ceramic component that serves as an artificial root (the part of the tooth submerged in the jaw bone) that resembles the structure of a screw. When placed, the dental implants get osseointegrated with the jaw bone and support the artificial tooth component on them.

Screws were always meant to fix things and they still are! Marking their need to rehabilitate and fix broken things, screws have emerged as dental implants, serving as a boon

for dental rehabilitation. Implant replacements of teeth extend from single tooth replacements of missing teeth to replacing all missing teeth with a fixed set of teeth, or a denture which clips onto the implants. Other implants commonly used in medicine are hip and knee joint replacements.

Why Go For Implants?

Dental implants are being successfully used in dentistry for over 30 years. So far, they are the best devices available to replace missing teeth and support oral functions. They also look

and function as natural teeth. When performed by an experienced and trained dental implantologist, dental implant surgeries and outcomes are one of the safest and dependable dental procedures.

Other alternatives such as bridges may mean having to destroy a significant amount of adjacent teeth. Implants, on the other hand, are self-supporting and feel like real teeth. The only option of dental restoration that serves the functions of the tooth as well as stimulates the growth of the bone is the dental implant.

Perfect Candidates For Dental Implants

To be considered for implants, one must be healthy, especially with no untreated tooth decay, or active periodontal (gum) disease. If implants are fit in the presence of active periodontitis, there is a danger that an infection may develop around the implant, which will lead to its failure and loss.

Other medical conditions that are contraindicated in the use of implants include blood clotting disorders, certain bone diseases, deficiencies in the immune system, severe systemic illnesses and drug abuse. Smoking is also an important consideration because smokers heal less efficiently than non-smokers and are more likely to experience loosening of the implants. The best part is once these implants are well osseointegrated with a bone, they are left for life.

Time Taken To Restore Teeth With Dental Implants

Every dental implant treatment is unique like every individual. Therefore, any individual attempting the treatment is unique for a dentist. The initial appointment provides the patient with the specific treatment plan and the costs incurred and also the duration of the dental surgery, which in turn depends on the patient's medical and dental needs and the condition of his/her jawbone (age factor is taken into consideration here) - the method of the surgery as well as the specifications of the implant used for the particular patient.

Dental implants are a great choice for those born with no teeth or for those who have lost their teeth owing to an injury or infection and other pathologies. Once the growth is completed, these implants serve to be the best treatment option for rehabilitation.

SMOKING IS ALSO AN IMPORTANT CONSIDERATION BECAUSE SMOKERS HEAL LESS EFFICIENTLY THAN NON-SMOKERS AND ARE MORE LIKELY TO EXPERIENCE LOOSENING OF THE IMPLANTS.

The Dental Implant Surgery

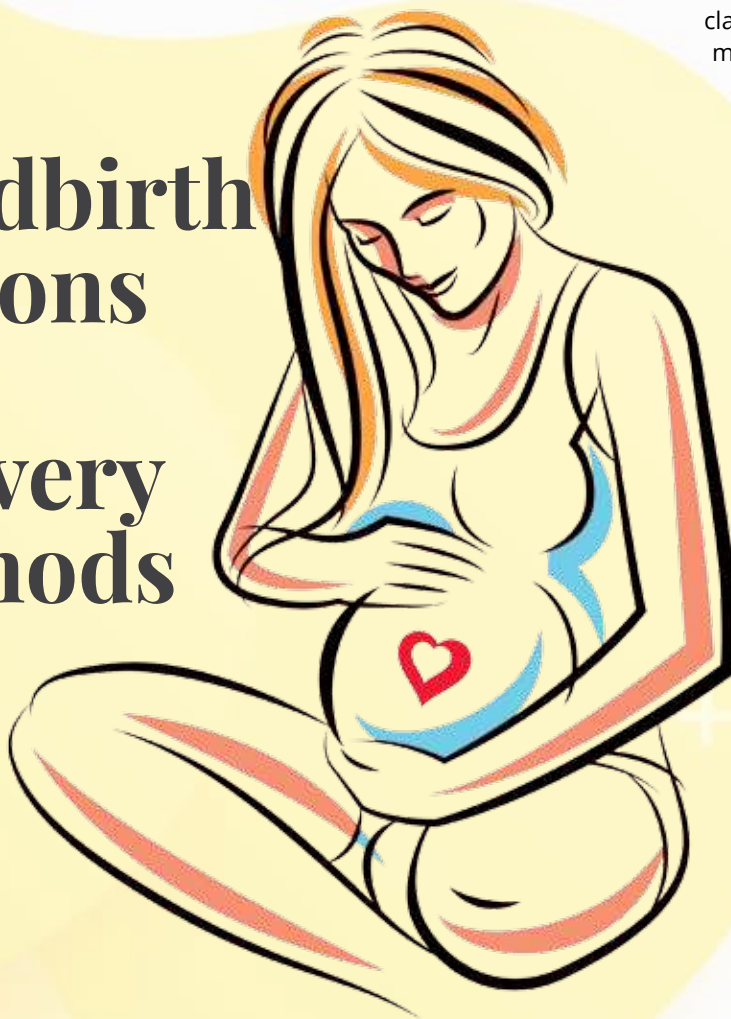
The dental implant surgery is performed with local anaesthesia, ensuring the comfort of the patient with the post-surgical medication being followed. However, good oral hygiene and adherence to post-surgical instructions provided by the dentist should be strictly followed.

Advantages Of Implants

- They resemble the natural teeth in their appearance and function
- Available in different sizes and requirements to provide customer satisfaction
- It is attached to the jawbone to form a united entity
- When properly take care of, implants are long-lasting and functionally satisfying
- Implants contribute to the psychological wellness of the patients by building confidence
- Implants stay in the bone and enhances its health and longevity **B**



Childbirth Options And Delivery Methods



The increasing size of your belly, feeling your baby kicking and the stretch marks on your tummy are some of the reminders that you will soon be experiencing the most precious moment of your life - holding your little one in your arms! However, before you are able to set your eyes on your baby or cuddle your bundle of joy, you will have to go through one of

the different modes of childbirth. However, the risks and benefits of each method depend on your medical condition and the risk factors involved.

Types Of Childbirth

- Natural unassisted childbirth
- Assisted childbirth
- Delivery by cesarean section

Vaginal Delivery Without Any Medication

Also known as the natural childbirth option, this can be a smooth process if the partners learn breathing exercises by attending Lamaze classes and also by the Bradley method. If you ask any woman who has experienced labour pain, she will say it is very painful!

However, she will also mention that it's short-lived. So the good news is there are now many options available for reducing pain during labour and one of these methods is epidural analgesia.

Advantages Of Vaginal Birth

- Babies have less respiratory issues
- Maternal morbidity is very less and recovery is very fast as compared to cesarean

- Shorter hospital stay and fewer rates of infection

Disadvantages Of Vaginal Delivery

- For medical indications sometimes vaginal birth may not be allowed
- Tearing of the perineum

Lamaze Method

This is a technique of breathing and relaxation exercises during labour which significantly reduces the perception of pain. It can be learned through Lamaze trainers by attending the classes and practising the techniques. Lamaze also helps to decide birth plans. However, all birth plans should be made with the help of the obstetrician.

Bradley Method

This method mainly focusses on preparing a couple for a vaginal birth without medication. It takes at least 12 weeks to learn and also educates about nutrition and other aspects of childbirth.

Water Birth

Water birth means a woman spends some time or a stage of the labour in water. The baby can be delivered in water or the woman may take on a different posture during delivery. The delivery is done in a kind of a big bathtub, attended by trained personnel to handle the water birth. This method significantly reduces pain, is more relaxing and makes it easier for a mother to deliver naturally.

Benefits Of Water Birth

More relaxing and less painful and a woman can take on many relaxing postures during labour; her partner too can accompany her in the water tub

Precautions

- This method cannot be followed in some situations like pre-labour rupture of membranes where there is the leaking of amniotic fluid
- A water birth can only be carried out in places where trained personnel is available
- There should be temperature regulation for a water birth

Assisted Births

Natural childbirth is not always an option. Sometimes due to prolonged labour, the exhausted mother may need assisted instrumental delivery and for some women, cesarean section is planned in advance because of medical or obstetrical indications.

FOR SOME CASES, IT CAN BE AN EMERGENCY CESAREAN AND FOR SOME, IT CAN BE A PLANNED CESAREAN WHERE VAGINAL DELIVERY IS NOT ALLOWED OR FEASIBLE.

Vacuum Extraction

This involves placing a small cup at the baby's scalp and extracting the baby with the help of negative pressure. This is usually used in second stage prolonged labour cases or fetal distress. The advantage of this method is that it reduces cesarean sections in cases of second stage fetal distress. However, there is a risk of minor scalp injuries to the baby.


Forceps Delivery

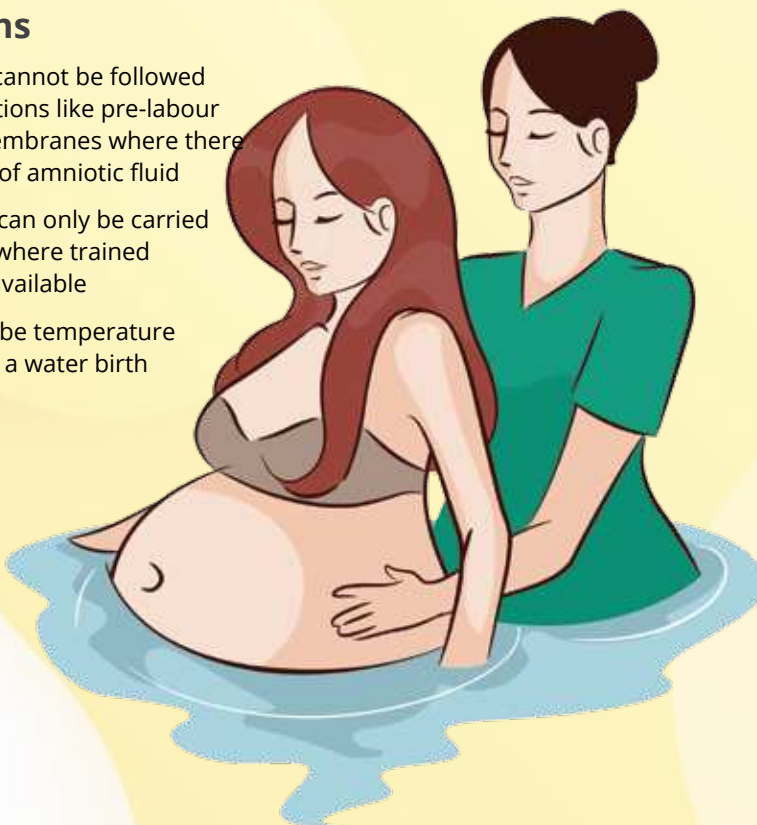
This is an instrumental delivery like a vacuum whereby an instrument is introduced in the vaginal canal around the baby's head to hold it and extract it in cases of fetal distress and prolonged labour cases. However, before adopting this method certain conditions need to be fulfilled before it can be used successfully. As any instrument delivery needs certain criteria to be fulfilled, the obstetrician is the best judge to decide which method would be suitable.

Cesarean Section Delivery

This childbirth method involves making an incision on the abdomen and uterus of the mother and delivering the baby abdominally. For some cases, it can be an emergency cesarean and for some, it can be a planned cesarean where vaginal delivery is not allowed or feasible. According to the World Health Organization, the cesarean rate should be around 15 per cent of deliveries.

Vaginal Birth After Cesarean (VBAC)

Not all women can attempt VBAC, but some women after cesarean also can deliver vaginally and this is called VBAC. 





ADHD

What Is Attention Deficit Hyperactive Disorder?

Children with ADHD often have trouble expressing themselves when compared to other children. There are many signs which can showcase their struggle with ADHD some might include trouble getting along with siblings, or other children at school and time in adjusting and adapting to different settings. A few of the long-term repercussions for this health concern could also impact their education, relationships and also create an inability to sustain a job (in adulthood).

Attention deficit hyperactive disorder (ADHD) is not an issue of laziness or willpower. Children with ADHD often try as hard as they can to pay attention and sit still, but in ADHD, the brain works in a way that makes certain tasks a bit challenging.

Almost all children experience times when their behaviour veers out of control. They may speed about in constant motion, make noise

nonstop, refuse to wait their turn, and crash into everything around them! At other times, they may drift and not pay attention or not finish what they start. But when this behaviour is frequent, severe and can interfere with any child's ability to live a healthy life. The fact that ADHD can be managed by medication and therapy is the silver lining.

Michael Phelps, the eminent Olympic swimmer, is an ideal example of a child with ADHD. The key to helping a child is by early diagnosis, parental acceptance of the diagnosis and the consistency in therapy. Awareness of this health concern and its therapy is the game-changer in the present era and in future.

The biggest hurdle in this therapy is parental acceptance of this health concern. Though it is surprising, it is one of the most common conditions of childhood which affects around four to twelve per cent of school-aged children. Also, it is three times more commonly found in boys, than in girls. This

disorder largely includes three groups of behaviour: inattention, hyperactivity and impulsiveness.

Symptoms

Inattention (Often has a hard time paying attention and tends to daydream). Some other symptoms are as follows:

- Does not seem to listen
- Easily distracted from work or play
- Often doesn't seem to care about details and makes careless mistakes
- Frequently doesn't follow through on instructions or finish tasks
- Disorganised
- Frequently loses a lot of essential things
- Forgetful
- Frequently avoids doing things that require ongoing mental effort

Hyperactivity (In constant motion as if driven by a motor). Some other symptoms are as follows:

- Can't stay seated in one place for long
- Frequently squirms and fidgets
- Talkative
- Often runs, jumps and climbs when it isn't permitted
- Can't play quietly

Impulsivity (Frequently acts and speaks without thinking). Some other symptoms are as follows:

- May run into the street without looking for traffic first
- Frequently has trouble taking turns
- Cannot wait for things
- Often calls out answers before the question is complete
- Frequently interrupts others

Some children may display symptoms of ADHD in preschool. But for many, there are no apparent signs of ADHD until third or fourth grade. Some children don't showcase any signs of ADHD until they face the challenges of middle school or high school. This might be due to the demands on executive function i.e., organising, planning and managing time, which gets more intense as children progress in school.

Additionally, contrary to what parents think not all children with ADHD have all the symptoms; they may have one or more of the symptom groups listed above and depending on symptom groups, they are classified as the following types of ADHD.

Inattentive (formerly known as attention deficit disorder ADD) - Children with this form are not overly active. Also, as they do not disrupt the classroom or other activities, their symptoms may not be noticed. This form is more common among girls with ADHD.

Hyperactive/Impulsive - Children with this type of ADHD show both hyperactive and impulsive behaviour, but they can pay attention. They are the least common group and are frequently younger.

Combined Inattentive/Hyperactive/Impulsive - Children with this type of ADHD show several symptoms in all three dimensions. It is the type that most people think of when they think of ADHD.

It is usual for all children to show some of these symptoms from time to time. However, if your child has shown signs of ADHD regularly for



more than six months, discuss this with your paediatrician.

What Leads To ADHD?

Though this is not known, it is a neurobiological condition, the symptoms for which are also dependent on the child's environment.

As ADHD is fundamentally an issue with executive function, children with ADHD often have trouble with the following:

- Managing time
- Staying organised
- Managing emotions
- Paying attention and recollecting things
- Shifting focus from one thing to another
- Thinking before saying or doing things

Children who lack focus most of the time often can 'hyperfocus' or focus well on tasks, or activities they find interesting. Toxins in the environment may lead to ADHD. For instance, lead in the body can affect a child's development and behaviour. Sometimes, it may also be a result of an head injury.

Premature children conceived through infertility treatment remain at a greater risk. Moreover, the new menace of excessive screen time (mobile, laptop, TV, etc.) is being investigated for its potential to induce ADHD and autism-like behaviour.

Difficulties That Can Co-Occur

ADHD often co-occurs with common learning disabilities like dyslexia, dyscalculia and dysgraphia. Many kids with ADHD also struggle with anxiety and depression. ADHD is generally diagnosed after making a thorough evaluation with the help of an ADHD evaluation test/

questionnaire given to the parents and teachers.

However, the mainstay of treatment is psychotherapy and requires medication. The most common type of medication used is called stimulant, which works by increasing the brain chemicals called dopamine and norepinephrine. All of which, play essential roles in thinking and attention. Also, parenting skills training, stress management training and support groups go a long way in managing ADHD.

Preventive Tips For Parents

- Keep the same routine everyday- from the time they wake-up till bed-time
- Use homework and notebook organisers - noting down homework every day should be emphasised
- Be transparent and consistent with regard to rules
- Praise or reward when rules are followed

Tips For School Authorities

- Keep a daily routine and schedule for activities
- Utilise a system of clear rewards and consequences such as a point system
- Use small groups for activities
- Encourage students to pause a moment before answering questions
- Keep assignments short or break them into sections
- Supervise closely with frequent, positive cues to stay on task

The children who might be lazy, destructive and who lack willpower could be struggling with ADHD, which can be helped by diagnosis and managed properly. It's never too late! **B**

Urinary Incontinence & Kidney Disease



Causes

- Stress incontinence occurs due to the weakness of the pelvic muscles following multiple pregnancies, pelvic surgeries and ageing
- Urge incontinence is often due to spinal cord injury, which results in damage to the nerves supplying the bladder
- Mixed incontinence is a combination of spine and bladder outlet dysfunction
- Overflow Incontinence is caused due to incomplete bladder emptying as a result of bladder muscle weakness or bladder outlet obstruction. The causes of weak bladder muscles are: diabetes, disc prolapsed, spinal cord damage and sexually transmitted diseases. The causes of bladder outlet obstruction are prostate enlargement and urethral strictures (narrowing of the urethra).

- Functional Incontinence - The causes can be enumerated by a wonderfully apt and descriptive mnemonic: 'DIAPERS'

- D** = Delirium or confusion
- I** = Infections (urinary)
- A** = Ageing or atrophic urethritis or vaginitis
- P** = Pharmacologic agents (i.e. medications)
- P** = Psychiatric illness (depression, psychosis)
- E** = Excessive urine formation (diabetes, alcohol, caffeine, excess water intake)
- R** = Restricted mobility (limits ability to reach a bathroom on time)
- S** = Stool impaction (constipation)

When you've got to go, you've got to go! But what happens when you don't want to go, you've got to go? This is classical urinary incontinence which is defined as 'an uncontrolled or involuntary leakage of urine.'

Types Of Urinary Incontinence

Five major types of urinary incontinence:

- 1. Stress Incontinence:** Urine leakage occurs when the pressure inside the abdomen increases due to coughing, laughing, sneezing or straining. This raised abdominal pressure is transmitted to the bladder leading to incontinence.
- 2. Urges Incontinence:** There is a strong desire to pass urine followed by a free passage of urine, usually

a large volume. This happens when there is an overactive bladder.

- 3. Mixed Incontinence:** This is a combination of stress and urges incontinence. There is leaking of urine with exertion, sneezing, coughing as well as with urgency followed by sudden voiding.
- 4. Overflow Incontinence:** When the bladder outlet is narrowed, the bladder fills up to more than its normal capacity and urine dribbles with a slow flow and poor urinary stream.
- 5. Functional Incontinence:** Inability to hold urine due to problems other than those of the urinary tract or spine. This happens in conditions like delirium, psychiatric problems and impaired mobility.

Sometimes, all five types can occur in a single person.

Symptoms

Symptoms vary depending on the type of urinary incontinence and the cause. Generally, the symptoms are the leaking of urine, the sensation of incomplete voiding, urgency, dribbling, bladder fullness and discomfort or pain while urinating. Certain other symptoms are specific to the underlying cause.

For example, spinal cord injury would result in urges incontinence, which would be accompanied by loss of sensation, weakness of limbs, bowel disturbances and possibly back pain. A post-surgery injury would lead to stress incontinence along with surgical scarring, lower abdominal pain and sometimes herniation/descent of other intra-abdominal organs into the pelvis.

Treatment And Prevention

Successful treatment must be tailored to the specific type of incontinence and its cause. The usual approaches are as follows:

- **Stress Incontinence:** Pelvic floor physiotherapy, anti-incontinence devices and surgery
- **Urges Incontinence:** Changes in diet, pelvic floor exercises, behavioural changes and medications
- **Mixed Incontinence:** Pelvic floor exercises, medications and surgery
- **Overflow Incontinence:** Urinary catheters or surgery

Functional Incontinence: Treatment of the underlying cause - Remember the mnemonic 'DIAPERS'

A trial of medical therapy must often be done before considering surgery. Diapers should be used only as a last resort when all other methods have failed. This is because diapers can cause rashes, abrasions, skin sores and secondary infections. Weight loss, acupuncture, reduction of

coffee, alcohol and spices, electrical stimulation and behavioural changes also help in the treatment of incontinence.

Behavioural approaches are useful in both treatment and prevention. Bladder training is more useful in young women than older women. This involves relearning how to urinate, especially for those with urge, stress or mixed incontinence. When the patient responds to the urge and goes to the bathroom, they find that they do not urinate much as their bladder is not full. Bladder training requires the patient to resist the urge to urinate and postpone voiding. They urinate according to a scheduled timetable rather than the symptoms of urge.

Even dietary tactics can be used like adjustments in fluid intake and avoidance of urinary stimulants like alcohol and caffeine. Distraction and relaxation techniques allow delayed voiding to help distend the bladder. By using these strategies, patients can induce the bladder to accommodate progressively larger volumes. The intervals between voiding are initially set at two-three hours and gradually increased till a maximum of three-four hours. Typically, they are increased by 15 minutes per week. (Not enforced at night).

WHEN THE PATIENT RESPONDS TO THE URGE AND GOES TO THE BATHROOM, THEY FIND THAT THEY DO NOT URINATE MUCH AS THEIR BLADDER IS NOT FULL. BLADDER TRAINING REQUIRES THE PATIENT TO RESIST THE URGE TO URINATE AND POSTPONE VOIDING.


Simultaneously, pelvic floor muscles can be strengthened by doing kegel exercises. They are easy to perform and full details of how to do them can be obtained from various sites on the internet.

How Urinary Incontinence Impacts Kidney Function?

Urinary incontinence can cause retention of urine which further leads to bladder distention. This can apply back pressure on the kidneys causing kidney injury and damage over some time. Incontinence can also predispose to urinary tract infections which if untreated, can result in bloodstream infections and even death!

Urinary incontinence is a common problem affecting nearly 80 per cent of older adults. It is twice as common in females. However, it can be managed appropriately. So don't lose hope - all you have to lose is just a few drops of urine!

Tips To Make Life Easier

- Certain foods can worsen the symptoms of incontinence. These include spicy foods like chillies, pepper and mustard. Citrus foods like oranges, lemons and grapefruit can also worsen symptoms. Chocolates and caffeine too worsen incontinence. Therefore, these foods should be avoided
- Fluids should be limited to six-eight glasses per day and artificial sweeteners should not be consumed
- Constipation can also contribute to incontinence. Hence, a high-fibre diet should be consumed
- Obesity also leads to incontinence. Therefore, every attempt must be made to lose weight by a judicious combination of diet, exercise and lifestyle modifications 

Preservatives, Additives & Artificial Flavours In Food

Food Preservatives

Food preservation makes use of various unit operations and technologies to convert bulky, perishable and typically inedible materials into more useful shelf-stable and palatable foods.

Micro-organisms can spoil the food we eat. The treatment and handling of food to greatly slow down or to stop the spoilage caused or accelerated by micro-organisms is known as food preservation. Maintaining or improving nutritional value, texture and flavour is important in preserving its value as food.

Ways Of Preserving Food For A Longer Period

- Drying, spray drying, and freeze drying
- Freezing, vacuum-packing, canning
- Preserving in syrup, sugar crystallisation, food irradiation
- Adding preservatives or inerting gases such as carbon dioxide

Types Of Preservation

Natural

- Sun drying
- Freezing
- Preservation by salt
- Preservation by sugar



- Preservation by citric acid (acids)
- Chemical
- Benzoates
- Nitrites
- Sulphites
- Sorbates

Impact On Health On Usage Of Food Preservation

Preservatives Can Effect

- Sulfites Fruits - Headaches, palpitations, allergies, cancer.
- Nitrates and Nitrites curing agents in meat products - Stomach cancer
- Benzoates antimicrobial preservatives - Allergies, asthma, skin rashes
- Sorbates/sorbic acid antimicrobial preservatives - Urticaria and contact dermatitis
- Propyl gallate meat products, pickles, sauces, chewing gums - Liver damage
- Sulphites canned, preserved dry fruits - Palpitation and allergies

Food Additives

Food additives are substances which food manufacturers intentionally add to the food in small quantities during production, or processing to increase the shelf-life of food, trying to reduce the stress of daily shopping or cooking.

Food additives must be added in regulated quantities otherwise they can have some devastating effects on the consumer. Eg: Colors, preservatives, synthetic sweeteners, stabilizers and emulsifiers.

Declaration Of Food Additives

Food additives are classified as acidity regulators, acids, anticaking agents, antifoaming agents, antioxidants, stabiliser, bulking agents, colours,



colour retention agents, emulsifiers, firming agents, flavour enhancers, foaming agents, gelling agent, glazing agent, humectants, preservative, propellant, raising agent, stabiliser and sweeteners.

Substances Added To Foods

Natural Colours: B-Carotene, chlorophyll, annatto, saffron etc

Inorganic Pigments: Titanium dioxide

According to their source, food additives are grouped into two.

Natural additives are derived from natural sources like plants, animals and minerals. Eg: soybeans and corn used to maintain food consistency; beets, which provides beet powder and caramel derived from caramelised sugar are used as colouring agents.

Synthetic additives are synthetically manufactured from one or several chemical substances. Eg: Aspartame derived from aspartic acid is used in food preservation, erythrosine which is the disodium salt of tetraiodofluorescein and Tartarazine are used as colouring agents.

Eg: **Red-** Ponceau 4R, Carmoisine,

and erythrosine.

Yellow- Tartrazine, sunset yellow FCF.

Blue- Indigo carmine, brilliant blue FCF

Green - Fast green FCF.

Use Of Additives & Preservatives

- Spoilage of food due to the growth of bacteria and fungi is prevented
- Quality and consistency of the food is maintained
- Maintains palatability and wholesomeness of the food
- Improves or maintains its nutritional value
- Controls appropriate pH
- Provides leavening, colour & enhances the flavour

Impact Of Additives And Preservatives

Constant exposure to additives or accumulations of additives in the body can be harmful in the long-run if one has short-term effects

that include headaches, change in energy levels, alterations in mental concentration, behaviour, or immune response. Risk of cancer, cardiovascular disease and other degenerative diseases have long-term effects.

Two main sources of additives have been found to be dangerous or threatening. The first includes the preservatives, colourings, flavour enhancers, sweeteners, texture agents and processing agents while the second source is from packaging, storing and handling of food and this information isn't normally included on the label of the food.

Health Impact On Usage Of Preservatives

Tartrazine - Synthetic Pigments

Tartrazine has genotoxic potential towards human lymphocytes and could bind directly to our DNA. This could lead to adverse effects on neurobehavioral parameters.

Butylated Hydroxytoluene (Bht) And Butylated Hydroxyanisole (Bha)

Butylated Hydroxytoluene (BHT) and butylated Hydroxyanisole (BHA) are synthetic monocyclic phenolic compounds. They are commonly used in many food formulations as food preservatives for their antioxidant properties-BHA and BHT have been suspected of inducing health risks such as ADHD, damage to liver and kidneys.

Research has shown that BHA and BHT can be carcinogenic in high doses and a concentration of BHA greater than 3000 ppm has been known to induce forestomach squamous cell carcinomas in rodents while BHT at 250 mg/kg/day increases.



Heavy Vinegar

Hypokalemia, hyperreninemia (Gitelman syndrome) and osteoporosis can be caused by long-term ingestion of heavy vinegar.

Acesulfame K

Acesulfame K contains the carcinogen methylene chloride. Long exposure to methylene chloride can cause headaches, depression, nausea, mental confusion, liver effects, kidney effects, visual disturbances and cancer.

Artificial Flavours

Artificial flavours are artificial extracts, essences and flavours that are prepared by bringing into solution with alcohol and glycerol or propylene glycol various synthetic flavouring agents.

These are the largest class of additives their function is to make food taste better or to give them a specific taste they are used to

complement the flavour of certain foods. Synthetic flavouring agents such as benzaldehyde for cherry or almond flavour might be used to simulate natural flavours. Flavour enhancers such as monosodium glutamate (MSG) helps intensifies the flavour of other compounds in food.

Generally, most synthetic flavours are mixtures of a number of different substances. For eg, one imitation cherry flavour contains fifteen different esters, alcohols and aldehydes.

One of the best known most widely used and somewhat controversial flavour enhancers is monosodium glutamate (MSG), the sodium salt of the naturally occurring amino acid glutamic acid.

The various regulating agencies should ensure the use of food additives which are generally recognised as safe (GRAS). All foods which include additives with carcinogenic, mutagenic and teratogenic properties should be clearly labeled with the appropriate warning. All food additives should be banned from foods, which might be consumed by infants and young children.

Regulating agencies should ensure that Good Manufacturing Practices (GMP) adhere to by various food-producing and processing industries.

The government should re-introduce free nutritious school meals, preferably using organic foods, which will be available to all school-children to discourage them from patronising these colourant food additives.

Local education authorities should include in their health education curricula specific lectures stressing the prime importance of good nutrition in both physical and mental health of children. ■

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5 Best Monsoon Destinations In India

With the onset of the monsoons, the entire country is transformed into a magical land. Although most travellers prefer not to travel during monsoons, there is a certain charm that every place exudes during this wet season. Furthermore, there are quite a few destinations that are ideal for relaxing and sightseeing during the monsoons. The gentle blow of winds, the trickling raindrops and the alluring earthy smell are sure to make you want to come back for more! So here's a list of five such places in India that are best experienced during the rains!

1

COORG - Karnataka

Coorg is one of the most picturesque hill stations in India and its charm increases two folds during the monsoons. The gorgeous scenery of this hill station is dotted throughout with vast coffee plantations, making it the perfect monsoon getaway. When it is raining, the Jog and Abbey waterfalls flow with full force, creating an impressive sight for onlookers. If you are an adventure enthusiast, a trek to the highest peak in the region, Tadiandamol, is a must.

Other sites that are worth a visit during this season include the Madikeri Fort and Bylekuppe, among several others.



2

SHILLONG - Meghalaya

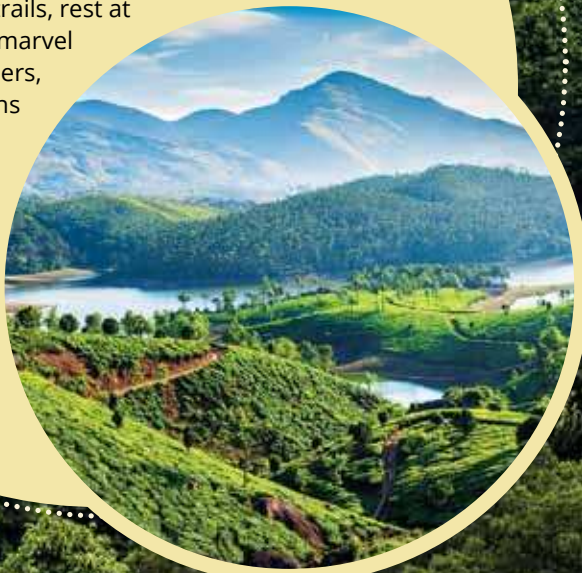
Nestled beautifully amidst the clouds, Shillong is considered to be one of the best places to visit during the monsoon season. The captivating beauty of this hilly region looks much more enchanting when there rain is pouring everywhere. During the rainy season, the entire landscape of Shillong is covered in lush greenery, misty clouds and the roaring noise of the mighty waterfalls. The breathtaking sights offered by the Spread Eagle Falls and the Elephant Falls must be experienced during this season. There is a blissful feeling that radiates throughout the entire town of Shillong which calms and refreshes your mind, body, and soul.



3

MUNNAR - Kerala

If you ever want to visit paradise on earth, visit Munnar during the monsoons! This beautiful hill station in the Western Ghats turns into a romantic getaway whenever it starts raining. Being one of the prime tea-growing regions, Munnar is enveloped in a lush emerald-coloured carpet of tea plantations. Embark on an adventurous trek through the several trails, rest at some of the best resorts, marvel at the natural scenic wonders, walk amidst the tea gardens and gorge on a variety of local food. The mountain tops covered in mist, the exciting waterfalls and the slight drizzle of rain together make a perfect recipe for a wholesome holiday.



THE GENTLE
BLOW OF
WINDS, THE
TRICKLING
RAINDROPS
AND THE
ALLURING
EARTHY SMELL
ARE SURE TO
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WANT TO
COME BACK
FOR MORE!

4

VALLEY OF FLOWERS - Uttarakhand

Known to be one of the most mesmerizing places in the world, the 'Valley of Flowers' in Uttarakhand is one place which must be visited during the monsoon season. Flowers of almost every possible shade bloom throughout this place in vast expanses. This valley is a protected area of a national park which can be reached after an enjoyable trek amidst a thick forest. If you are someone who loves trekking and hiking, this place offers all you need for a fun-filled adventurous trek.



5

ALLEPPEY - Kerala

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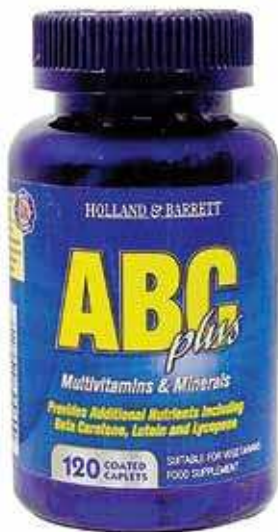


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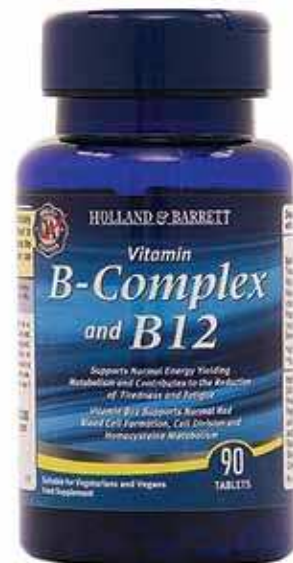


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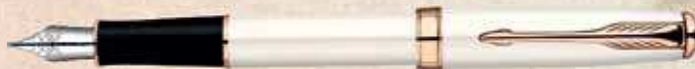
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Happenings

Apollo Hospitals Group Launched Samsung-Apollo Mobile Clinic To Provide Access To Healthcare In Rural Areas.

Samsung India Electronics and Apollo Hospitals Group have launched the 'Samsung-Apollo Mobile Clinic' to provide access to quality, preventive healthcare against growing non-

communicable diseases (NCDs) to the less privileged. By this program, the two organisations aim to leverage technology to ensure citizens in rural areas in need of healthcare have access to it.

The Samsung-Apollo Mobile Clinic was inaugurated by Hon'ble Governor of Tamil Nadu, Shri. Banwarilal Purohit in the presence of Dr Prathap C Reddy, Chairman of Apollo Hospitals Group, Ms Sangita Reddy, Joint Managing Director, Apollo Hospitals and Mr Jae Young Yang, Managing Director, Samsung Manufacturing Plant, Chennai. Samsung-Apollo Mobile Clinic is well-equipped with high-end technology for an advanced screening of NCDs.



Scientists Discover A Pathway To Skin Regeneration.

Doctors use lasers and retinoic acid to treat skin damage. Scientists have now uncovered a common mechanism that links both, paving the way for new treatments. Skin damage, in the form of dark spots and wrinkles, naturally occurs as we age. Ultraviolet light from the sun is a major factor in skin ageing and causes what experts call photoaging. Cosmetic procedures, such as



laser treatment, chemical peels, and microdermabrasion, can reduce some of the signs doctors associated with photoaging.

Arogya Rakshak

Living a healthy life in our hands. Most common ailments and a lot of more serious diseases are spread through touch. Our hands pick up bacteria all day and then while we eat, touch our faces and greet our loved ones, we spread these and infect ourselves and others. Now the solution to this problem is very simple. Proper hand hygiene is the answer. All we need to do is wash our hands as often as necessary. Especially before we eat and we have been in contact with anyone who might not be very well. Ensuring a healthy tomorrow is in our hands.



New Cause Of Cell Ageing Discovered

New research from the USC Viterbi School of Engineering could be key to our understanding of how the ageing process works. The findings potentially pave the way for better cancer



treatments and revolutionary new drugs that could vastly improve human health in the twilight years.

The work from Assistant Professor of Chemical Engineering and Materials Science Nick Graham and his team in collaboration with Scott Fraser, Provost Professor of Biological Sciences and Biomedical Engineering, and Pin Wang, Zohrab A. Kaprielian Fellow in Engineering, was recently published in the Journal of Biological Chemistry.



TAROT



AUGUST 2019

Dr Madhu Kotiya
Tarot Card Reader

Aries

Lucky number: 15

Lucky colour: Purple

MARCH 21 – APRIL 20

Your perseverance and hard effort will pay off. You will enjoy good health and admiration of your friends. Your self-confidence will draw people to you like a magnet. If you are worried about hygiene, relax. There is an underlying, spiritual strength that will sustain your health. Career-wise some good news is on the cards. You are likely to shine and be in the limelight. You use your power and leadership for the benefit of others. Success in the project is on the cards. Those who are looking for a transfer, or job change, should approach an authoritative person to help in your endeavour. On the love front, doubts about a relationship may nag you. This is the time to be very clear about what you want out of life and your relationships and accordingly, take steps. This period does not favour a new relationship.

Angel Message: Be patient. Good times, good luck and good news are all in the air.

Gemini

Lucky number: 10

Lucky colour: Blue

MAY 22 – JUNE 21

You may get confused about a medical test/diagnose results. Take a second or third opinion before taking a final decision. Any health changes are likely to take place slowly. And this may be for the best, regardless of how fast you would like things to move. Take things one day at a time and note small changes. Professionally, you can win any situation by your wit and intelligence. Your logical and analytical skills will help you overcome any difficulties. This is the right time for attending interviews and writing competitive examinations. Your writing and communication skills could give you an extra edge. This is not the time to look for love as you may take wrong decisions. There could be misunderstandings in existing relationships and you could ruin the things you want the most - such as intimate relationships.

Angel Message: The Angels of wishes are working hard to help you become happy.

Leo

Lucky number: 23

Lucky colour: Green

JULY 23 – AUGUST 23

You will enjoy good health and richness in your relationships. There will be occasions when three generations of the family will get together. The youngsters are most like going to look forward to receiving a gift in the form of ancestral property. It could be money or valuable advice. On the career front, your great insight and mental clarity will generate good results. This is a good time to act and achieve your target goals. Be alert as new opportunities will knock at the door and you are likely to get promoted. This is the time to pursue new opportunities and to draw upon your creativity and mental ability for making more money. In your love life, relations will blossom and may lead to marriage. You feel at ease with your spouse/partner and take many important decisions with regard to your family. This is a good week for a family union and to enjoy the bliss of love and relations.

Angel Message: The angels of confidence will help you get through any challenging situation when you ask them.

Taurus

Lucky number: 12

Lucky colour: Mustard

APRIL 21 – MAY 21

This is the time to be grounded and do justice with your body. It is very important for you to rest and relax. Therefore, be gentle with yourself. Avoid anger and aggression. If required, release your frustration to express it rather than keeping it to yourself. Professionally, you will be stable, after a long time. Those looking for work, now is a time to be dispassionate and to step outside yourself and think about how others perceive you, from a logical point of view. People sitting for an interview or a competitive examination will find success. You need to finish pending work. Relationship-wise, this is a highly emotional time. Situations can instantly become heated or uncomfortable. Pick your battles wisely and be sure to treat your lover like a friend. Don't hurry to end or to begin a relationship.

Angel Message: A loved one in heaven wants you to know that you are looked after and you will be okay.

Cancer

Lucky number: 13

Lucky colour: Magenta

JUNE 22 – JULY 22

It is important to keep stress levels manageable in order to stay healthy. Don't avoid problems deal with them. For those of you looking for healing on a spiritual level, make sure you rest. Avoid temptations to alcohol or any addiction, else you may face health problems. On the career front, a job that you've been hoping for may suddenly come your way and you will get busy. Your accomplishments will make your peers look bad. That is mostly their problem, but don't get obnoxious about it. Some of you may attain a position where you can exert power and authority. Leash your temper when dealing with subordinates at your workplace. You could feel the negative vibes in the relationship sphere as well. Conflict with near and dear ones is likely. Think calmly and carefully about the person you are in a relationship with. Be honest with yourself and with your beloved.

Angel Message: Release the old to make room for the new to enter your life. You know it's time now.

Virgo

Lucky number: 9

Lucky colour: Black

AUGUST 24 – SEPTEMBER 23

You are likely to be worried about your health. Those awaiting test results should try not to worry too much, as there is nothing much that can be done. You will experience an underlying, spiritual strength that will sustain your health. Connect with deep joy and love of living. You are already on the right track. It is also advised to do breathing exercises and meditation now. On the career front, work can be either burdensome or non-existent and you may be feeling stuck. You don't have to stay in a situation that is unhealthy for you. Those who want to pursue higher studies and simultaneously work can go ahead. Your love life looks promising. Those who are single, meeting your love at your workplace is most likely. Keep your balance and your perspective and don't get carried away. Those already in a committed relationship will enjoy a new level of understanding.

Angel Message: We can see you are troubled but you will be helped by an earth angel very soon.

Lucky number: 9
Lucky colour: Yellow

Libra

SEPTEMBER 24 – OCTOBER 23

Your health needs attention, for those dealing with a health problem, your family doctor may not be the best one to help you. You have to look for treatments outside your local area. What you truly need is a vacation or a change of environment. Pay attention to your dreams. You are likely to find some spiritual answers that will help you a lot. On the career front, new opportunities will tempt you. New projects, deals or assignment could be signed this week, which will prove a milestone in your career. Those in business will be able to increase their networking and convert them into benefits. The accomplishment of a big deal is indicated on the card. New friendship or bonding is likely to turn in a loving relationship for you. If someone is interested in you, give him/her a chance. This relationship could be just what you are looking for.

Angel Message: Someone needs your help. Think who that may be and reach out to them as soon as you can.

Lucky number: 18
Lucky colour: Brown

Scorpio

OCTOBER 24 – NOVEMBER 22

Change is inevitable in your health. You will suddenly become aware of some spiritual answers that have eluded you for some time. You will feel energetic and self-confidence will be at an all-time high. Planning vacations and spending time amidst natural surroundings is on the cards. Be prepared for a surprise and expect someone new and exciting to make a move in your direction. Relax as everything is under control. Career-wise, you will be exerting yourself for a job change. Experts in the arts field could collaborate for the first time on a project and this will give your career a great boost. You will also get good opportunities, so promote your ideas. Good opportunity may be coming your way ensure you get intelligent advice before accepting an invitation. Romance is also likely to be going very well during this phase.

Angel Message: You are far stronger, braver and capable. You can and will get through the challenges you are facing now.

Lucky number: 22
Lucky colour: Red

Sagittarius

NOVEMBER 23 – DECEMBER 21

Health will be good. Everything will come together and you are in the right place doing the right thing. You are likely to achieve what you have wished for. New beginnings that naturally emerge out of the accomplished cycle. To balance your energies, avoid rich food and oversleeping. This month your career may not be satisfactory, and you may feel uncomfortable in your working environment. Your senior may feel that you are not putting 100 per cent effort into a project or task. Your honest nature may fetch you a suspension or some kind of displeasure. Avoid investment or a new deal in business/property. Those in love may face conflict and it may be a difficult phase. However, a balanced approach will work in your favour.

Angel Message: Release all unnecessary fears as a happy outcome is assured. Your angels want you to think and be happy.

Lucky number: 33
Lucky colour: White

Capricorn

DECEMBER 22 – JANUARY 20

You will see a complete transformation in your health. Those suffering from serious ailments will witness an unexpected change and improvement in their test results. A disciplined and controlled lifestyle is always welcomed. On the career front, be careful of the source you are making money with. Unfair deals to get quick success might put you in legal action. Be cautious as this is the time when you can use your power in a negative way. On the relationship front, love should be going very well. Those who are committed, this is very likely to be a strong relationship that is mutually supportive and beneficial.

Angel Message: You need to trust that divine timing will bring all you need in a perfect way at the perfect time.

Lucky number: 11
Lucky colour: Golden

Aquarius

JANUARY 21 – FEBRUARY 19

Those with serious ailments need to know that fear may be enslaving you, so with extreme fear you simply can't move forward. So you should confront the darker aspects of yourself. This is a good time to explore your fears, limitations and unhealthy attachments. Addictions, temptations and indulging in material pleasures in order to forget about your worries is on the cards. Career-wise, the beginning of a project in which a great deal of creative energy is invested is indicated. This is the time when you need emotional support to go forward in life. Also, you need to have a high maturity level to meet your immediate demands at your workplace. On the love front, you may get hyper about small things with the people who matter to you. Your mind will empower your heart and emotions will take a back seat. Remember, sometimes, words speak louder than action.

Angel Message: The angels of happiness will soon bring welcome news that will calm your mind and cheer your soul.

Lucky number: 5
Lucky colour: Dark grey

Pisces

FEBRUARY 20 – MARCH 20

Your health regime will be on the next level and so will be your maturity and intelligence level. You will not think twice before spending money in order to stay healthy. You are more inclined towards natural ingredients, herbs and experiencing the spiritual path. Your views in terms of health are conventional and practical and that will pay you rich dividends. On the career front, clear communication will bring many changes in your career. Travel to a foreign land on account of the job is likely. Your initiative blends with your people skills, so explore and see where it takes you. Your finances will improve considerably and you may plan a deal in property. Those who are single may find a suitable partner or get marriage proposals.

Angel Message: The angels of love can see how much love and care you give to others and are working to make sure you get the same in return.

August 2019

Thursday 1 Make A Raspberry Cream Pie	Friday 2 Eat An Icecream Sandwich	Saturday 3 Enjoy A Campfire	Sunday 4 Hangout With Your Friends	Monday 5 Play With Your Pet
Tuesday 6 Dance To Your Favourite Tune	Wednesday 7 Suprise Your Parents	Thursday 8 Give Your Sister A Gift	Friday 9 Read A Book	Saturday 10 Spend Some Me Time
Sunday 11 Watch A Horror Movie	Monday 12 Share A Laugh	Tuesday 13 Spend Time With Family	Wednesday 14 Lay Back On A Hammock	Thursday 15 Celebrate Independence Day
Friday 16 Bake Your Favourite Cake	Saturday 17 Write A Poem	Sunday 18 Stop & Smell The Roses	Monday 19 Eat French fries	Tuesday 20 Take A Selfie
Wednesday 21 Call Your Grandparents	Thursday 22 Indulge In a Cheat Diet	Friday 23 Go On a Roller Coaster	Saturday 24 Watch A Movie	Sunday 25 Mend Old Relationships
Monday 26 Empower Women	Tuesday 27 Meet Your Old Friends	Wednesday 28 Enjoy A Run	Thursday 29 Eat Less Salt	Friday 30 Make Smores

Saturday
31
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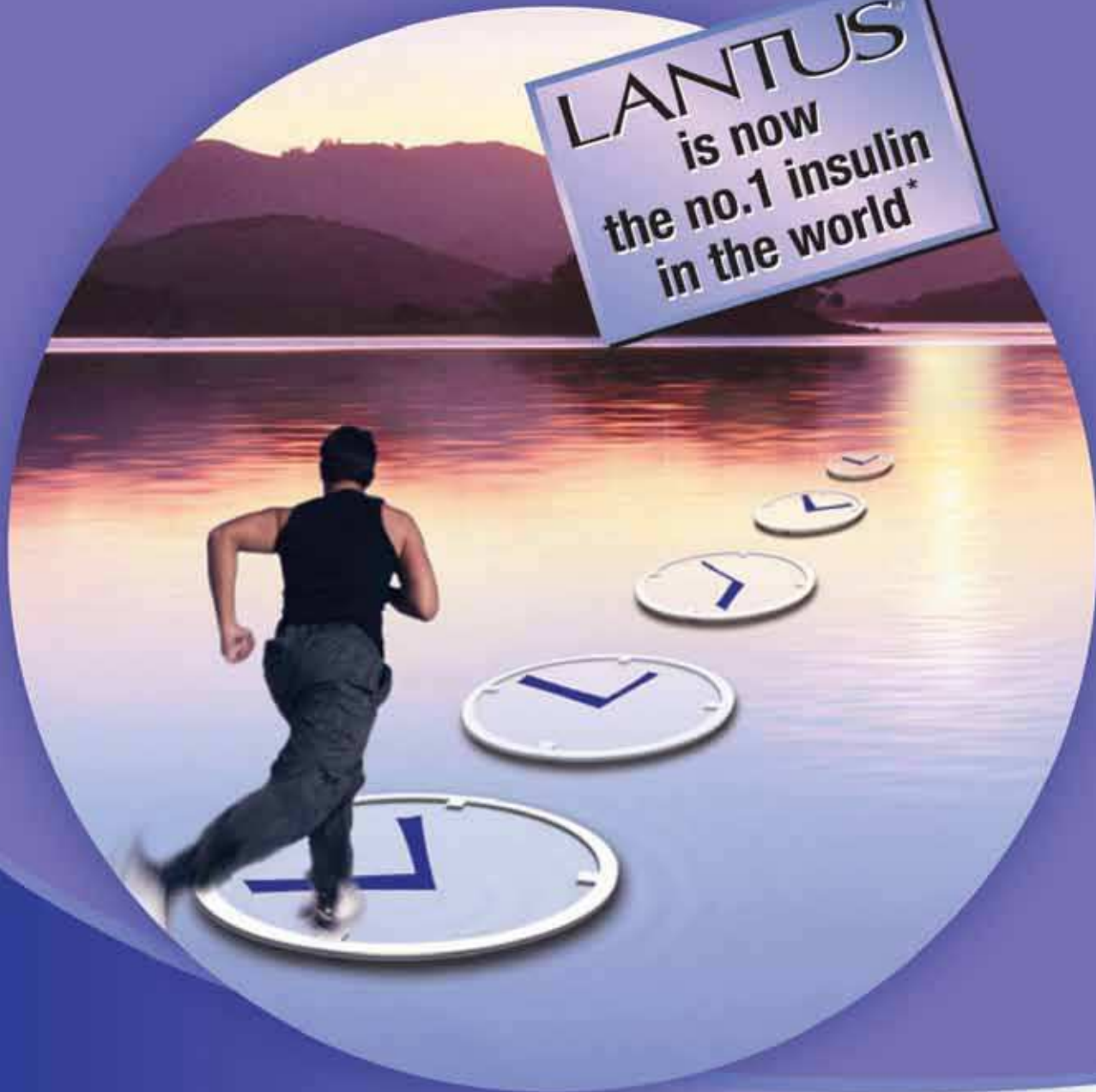
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