

Date with Health

Monthly Newspaper on Health & Fitness

RNI Reg. No. MAHENG/2017/76690

Vol. : 3 • Issue : 2 • Pages : 8 • Price : ₹ 20/-

November 1 - 30, 2019



DATE WITH HEALTH'S INITIATIVE FOR A BETTER TOMORROW!!!

Plant a Sapling, click a picture with it and send it to us on datewithhealth@gmail.com

We will carry the same in our coming issue. Don't forget to send your Name and full postal address. We will send you a complimentary copy of that issue. So plant a sapling today as your contribution for a better tomorrow !!!!

PINK DAY - NAVI MUMBAI LIMIT EXISTS ONLY IN THE MIND



Everest Cycling Culture (ECC), the Biggest and Active Cycling Group of Navi Mumbai, celebrated "Pink Day" and conducted a Session on "Breast Cancer Awareness" and "Women Health" on Sun, 20th October 2019. The Magician Physio Couple were invited

as speakers for the Session. They have changed lives of countless patients without Medicines/Operations and are the Official Physiotherapist of ECC Cycling Group.

Dr. Komal Kakkar & Dr. Vivek Kakkar from "Kakkar's Physiotherapy & Rehabilitation Centre"

mesmerized the Women Riders on various topics like Breast Cancer, Menstrual Pains, Pre-Post Pregnancy Issues, Coital Pains, Swelling in Feet, Varicose Vains, Knee Pain, Flat Foot, Toe Deviation, Heel Pain, Jaw Pain, Migraine etc.

Many couldn't attend

the Session due to rains and hence the entire talk was video recorded and will be shared on Social Media to benefit and touch lives of many. We will keep conducting such session in future for Navi Mumbaikars.

We wish all the Women of Navi Mumbai a Healthy Lifestyle.

SLIMFIT MULTI GRAIN SATTU

Wellness Discovery Club
Eat Healthy, Feel Healthy

START YOUR BEAUTIFUL DAY WITH MULTI GRAIN SLIM FIT / DIABOFIT SATTU

It can be a good substitute of meal replacement cooked food, thereby saving a lot of valuable time.

BENEFITS

- ◆ Helps in Reduce bad cholesterol.
- ◆ Helps in Blood Pressure.
- ◆ Helpful for Cough.
- ◆ Boost energy.
- ◆ Provides Relief From Constipation & Piles.
- ◆ Good For Pregnancy.
- ◆ Helpful for stomach gas problem.
- ◆ Helpful for Stress .
- ◆ Improve Brain Function.
- ◆ Repair Damaged Sperms

Sattu is a highly valuable nutrient-rich food that is 98% gluten-free and a rich source of protein. Its benefits include weight loss, improved heart health, detoxification of the body, and improved digestive health.

OUR TOP BEST SEALING RANGE

NUTRITION

- ◆ SLIMFIT MULTI GRAIN SATTU
- ◆ DIABOFIT MULTI GRAIN SATTU
- ◆ BABYFIT MULTI GRAIN SATTU
- ◆ SKINGLOW MULTI GRAIN SATTU
- ◆ CHANE KA SATTU
- ◆ JAU KA SATTU
- ◆ RAGI KA SATTU

JUICE

- ◆ ZERO CALORIE
- ◆ SHIKANJI PLUS
- ◆ AMRITJAL PLUS
- ◆ SKIN ACTIVATOR
- ◆ OMEGA-3
- ◆ DIBOFIT
- ◆ SLIMFIT
- ◆ AAB-E-HAYAT
- ◆ HERBAL SALAD
- ◆ SHIKANGI-G-PLUS

WEIGHT LOSS CHALLENGE

100% MONEY BACK GUARANTEE

स्वास्थ्य वर्धक एवं वायुपीडितों के लिए लाभदायक

Wellness Discovery Club
HyperCITY, Inorbit Mall, Vashi, Vashi, Navi Mumbai 400705.
CONTACT : 8080557170
Follow us on
www.wellnessdiscoveryclub.com

Diary, Wall & Table Calendar 2020 and Corporate Gifts



Mobile/whatsapp : 90046 21858 e-mail : variety4u.in@gmail.com


Editorial

DISCIPLINE IN LIFE IS IMPORTANT!!!!

A life that isn't disciplined cannot achieve much. We have seen so often people complaining of not getting time for exercise or playing a sport. They always sight lack of time and probably pretend of how busy they are. But what actually happens with most of them is that they find no time for health activities because they haven't planned their days properly. Those who exercise or go to a Gym or play a sport don't have twenty six hours a day. They too have twenty four hours just like anyone of us. What probably makes them do all what they want to, for their health, is proper planning of the day.

One thing that probably one learns from picking up a sport or going to a Gym or for that matter doing Yoga is discipline. People who adhere to time know that they have to do that particular thing during that time only. Picking a sport probably goes a step further, teaching us to play in a fair way and by sticking to certain rules. With all these activities, one does not just help keep their body healthy, but also broadens their vision of thinking positively.

Sport also teaches us discipline viz how to plan so that one achieves the best out of the stipulated time and in the rules of the game. Leading a haphazard life may be easy, as one doesn't have to stick to any fixed rules. But then in the long run it's not only harmful for the self, but disturbs the entire family fabric.

So pick a sport or go to a yoga class, not just to build a healthy mind and body, but to inculcate discipline in life.

It doesn't matter whether you are pursuing success in business, sports, the arts, or life in general: The bridge between wishing and accomplishing is discipline. - Harvey Mackay



Dr Yasmeen Mujawar
BHMS, D Accupunct (Bom)
Mobile : 9892423986

Your daily intake of delicious foods might not be enough for a healthy life. Your health largely depends on the consumption of right amount of vitamins. You can be protected from a plethora of disorders by the intake of foods rich in vitamin B12 and D. Here's why you need vitamin B12 and D:

1. Prevention: Vitamin B12 prevents us from certain cancers, including cancers in prostate glands, lungs, breast and colon. It also provides protection against heart diseases. Vitamin B12 also helps in prevention against Alzheimer's disease. Intake of vitamin D reduces the risk of developing multiple sclerosis,

heart disease and flu.

2. Booster of happiness and health: It has been found that vitamin B12 boosts up your energy levels to a great extent. There are health drinks enriched with Vitamins to provide energy to your tired body. But it is best to have foods rich



in vitamin B12 and other vitamins.

3. Forget depression: Vitamin D and B12 are known to benefit your health by keeping away depression. Therefore, it is very important to keep a check on the vitamins level of your body.

4. Helps protein metabolism: One of the primary functions of vitamin B12 is to boost protein metabo-

lism in your body. If you are suffering from vitamin B12 deficiency, you will suffer from improper protein metabolism. However, the symptoms may get noticed after several years.

5. Protect your bones: It is the most essential function of

vitamin D to absorb calcium and promote the growth of bones. Deficiency of vitamin D can lead to bone related diseases like rickets.

6. Help your brain: Vitamin B12 is good for the overall health of the human brain. It can prevent you from developing dementia in old age or brain shrinkage.

7. Good for di-

gestive system: Vitamin B12 helps in the smooth functioning of digestive system. It provides protection against constipation.

8. Beauty matters: Vitamin B12 and D are known for their contribution towards gifting you a healthy skin, shiny hairs and beautiful and strong nails.

Next time if you are feeling any of the above and stress has caught up with you think your supplements are gone for a toss, rather than going to a physician take proper rest and increase the fruits (juicy) and vegetables in your diet.

Personally I suggest my patients to start with cucumber carrot and tomato juice. Grind them all then strain the pulp and drink the content instant energy booster for today's fast stressful lives.

In one week your energies are revitalized, start today for a better inside leads to perfect outside.

HEALTH TIPS

Walk for Health: There is nothing better than walking. Walking a mile daily or taking reasonable exercise three times a week, promises to reduce the risk of heart disease, as well as strengthens bones and keeps them strong

Being overweight is dangerous: Loose the extra kilos. Overweight people cut 20 weeks of their life for every excess kilogram, according to new research. Keeping a personal weight machine at home really helps, so Buy one now.

10 AMAZING HEALTH BENEFITS of DATES



1. HEAL THE DIGESTIVE TRACT
2. PROVIDE BONE-STRENGTHENING MINERALS
3. GREAT BLOOD-BUILDERS
4. NATURAL ENERGY BOOSTER
5. ALLERGY RELIEF
6. HELP PREVENT CANCER
7. MAINTAIN A HEALTHY WEIGHT
8. NERVOUS SYSTEM SUPPORT
9. REDUCE THE RISK OF STROKE
10. REMEDY FOR SEXUAL WEAKNESS

Note : Contributors are responsible for the content, views and opinions expressed in their articles/ advertorials. While every care has been taken to avoid errors and omissions. Though we take care for acceptance of advertising copy materials, it is not always possible to verify its contents. Date with Health will not be liable for the consequences arising from contents, nor any loss or damage incurred as a result of transactions with companies, firms, associations or individuals advertising/editorial in its books. All trademarks in the publication belong to the respective owners.

EFFECT OF FAULTY DIETARY HABITS



Bhavani Swaminathan
Mob. 7021648382

Today ethnic cuisine and unique traditional food habits have been replaced by western culture of eating fast foods, indulging in more soft drinks and increased meat consumption. This has increased the risk of both obesity and micronutrient deficiencies. Foods high in saturated fatty acids, sugar and sodium are beginning to emerge as markers of poor diet quality. Eating out lot of starters or desserts in the restaurant, and the food that can be higher in fat and sugar and comfort eating if anyone feels depressed or have low self esteem may provoke obesity. Diseases like hypertension, osteoporosis, cancer are growing day by day due to faulty food habits and wrong dietary patterns.

Hence food plays a very important role in creating the internal chemical environment and cooking food makes it palatable, digestible and assimila-

ble. Indian food is filled with herbs and spices that has its own medicinal properties thereby taking care of our body. Alkaline body chemistry is an important key to good health and long life. All foods should create a balance that the body chemistry is predominantly alkaline. With age our body becomes more acidic and the wear and tear mechanism becomes more powerful. If older people introduce alkaline foods or cooked foods

in a jar. Add cucumber and lemon slices to it. Keep it covered whole night. Next morning strain this water and store it in a bottle. You can drink this water whole day.

NOTE :

1. Do not drink alkaline water before and after lunch or dinner. There should be a gap of atleast 1 hour.
2. Do not drink alkaline water immediately after consuming tea / coffee.

BENEFITS OF ALKALINE



whose post digestive action is alkaline into their diets, they can remain healthy. You can make alkaline water without emptying your pockets.

RECIPE OF ALKALINE WATER

Ingredients

Cucumber : 1 Medium size

Lemon : Half

Water : 1 Litre

Method

Take 1 litre water

WATER

1. Most efficient way to neutralize the body.
2. Reduces the risk of major health hazards such as blood pressure, diabetes.
3. Prevents ageing
4. To some extent helps in weight loss.

The writer is Nutritionist & Founder of AAKANKSHA : Desire For Wellness.



Salma Prabhu
Clinical Psychologist
Career Counselor and
Author of Parenting book
Mom Dad U R Wonderful
and You are My Star
salmaprabhu7@
gmail.com

Call 9322851484

As we all know that healthy mind and healthy body are the elixir to good life. And in the above two the mind is the most powerful navigator. We can make the body also function accordingly with the help of the mind.

For a sports person a very healthy body is needed. And a very powerful mind which will help discipline and dedication towards achieving that level of fitness. After a certain level it is mind over body to finish, to keep going in the hot sun, to stretch the limits of the body.

So in my columns every month let us touch on the aspects which can make a mind strong, happy and healthy.

As we all know that we constantly keep thinking and thoughts are like the formation of our reality. When we think we feel, for

MIND AND BODY

example if we think we are sad we feel sad and then we cry. When we think we are happy we feel happy and then we laugh. So thoughts lead to emotions which then leads to actions.

Therefore it is the thoughts we need to pay attention to. In a minute we have hundreds of thoughts which go through our mind and especially in this age of social media the variety and number of thoughts which our brain receives is huge. We also have a RAS (Reticular Activating System) at the base of our skulls which helps us filter information and keep our attention on what is required. For example while I am writing this there are many other things happening like a motorcycle sound, sound of the fan whirring, someone talking, a grinding machine etc all is in the background because the RAS is filtering it and my focus is on writing. But at other times I may think of trying to identify the make of the bike from the sound or pay attention to the fan etc. Therefore preservation of this RAS is very crucial for improving our focus and always filter out what is not necessary.

For every individual the following would be good to keep this sys-

tem intact.

1. When you wake up in the morning. Keep your eyes closed and before reaching for your phone sit quietly and say affirmations like
“I am calm, peaceful, loving intelligent person”
“I am grateful for the amazing day ahead which will be full of joyful experiences”
“I love to meditate and exercise”
“I respect my body and mind”
2. I would suggest that you continue the affirmations while brushing your teeth and looking in the mirror. Now also stay away from the phone.
3. Have your tea or coffee, enjoy every sip. Stay away from the phone.
4. Enjoy your bath breakfast and dressing.

After this you may look at the phone. You shall realize not much has really happened in the world. Same old messages and forwards, but by keeping the bombarding of the information you don't need in the morning when your mind is in Alpha brain waves, you have sharpened your RAS.

I shall explain ALPHA Brain level in next column.

HAVE SOME HEART FRIENDS!!!!



FILZAH SYED (Std. IV),
St Mary ICSE School,
Koparkhairane

It was really so sad to know about chopping off thousands

of trees in Mumbai's Aarey jungle. I felt like crying for them. How can we be so cruel to cut down green trees which had life? Is it not a crime, but then who cares about trees when death of human

don't disturb us. A sapling takes years to become a young tree after much caring and watering them and we cut them down mercilessly in a few minutes. Are we really humans with a heart?

Subscribe Now!
Monthly Newspaper

DATE WITH HEALTH

Please contact: **9987309006**



Shabana Mashraki
shabanamashraki@gmail.com

DIGESTION AND MINDFUL EATING

DIGESTION Why is digestion important?

Digestion is important because your body needs nutrients from food and drink to work properly (energy) and stay healthy (build, repair and rejuvenate). Proteins, fats, carbohydrates, vitamins, minerals, and water are nutrients. Your digestive system breaks nutrients into parts small enough for your body to absorb and use for energy, growth, and cell repair.

Proteins break into amino acids

Fats break into fatty acids and glycerol

Carbohydrates break into simple sugars

<https://www.niddk.nih.gov/.../d.../digestive-system-how-it-works>

In our day to day hubbub we do not realise that our body, while supporting all our routine external activities must also continue with several activities internally, one of them being digestion. The process of muscular movement aiding digestion involves several organs and a bit of work too.

A one-minute educative video about Peristalsis (muscular activity supporting digestion) can be found at –

<https://medlineplus.gov/ency/anatomyvideos/000097.htm>

How do we know when the body needs nutrition?

Hunger is indication that the body needs nutrition.

How do our brains know when the time for our next meal has come?

Hunger serves an obvious purpose: it tells us that we need to eat to keep our bodies fueled. Yet most of us live in a world where food is ever-present and meals are scheduled around social conventions. Do we really need a reminder to eat breakfast, lunch, and dinner?

Apparently so while our society may have evolved to provide us with endless opportunities to eat, our bodies are primarily concerned with keeping the machine going.

This means that we start to feel hungry once our stomach is empty. However, the sighting of a tasty treat being shared in the office may tempt us, even though we're not technically hungry.

That's because our brains are on the lookout for energy-rich foods, just in case we need to go without later on.

And the key word in this sentence is "brain," because our gray matter is in charge of hunger.

Hunger and an empty stomach

After a meal, our gastrointestinal tracts slowly

empty by pushing food through the stomach and the small and large intestine.

Specialized contractions called the migrating motor complex (MMC) sweep up undigested food, which is a process that takes around 130 minutes. The final phase of the MMC is regulated by a hormone called motilin. Motilin-controlled contractions cause the rumbling in our stomachs and coincide with hunger pangs in humans.

Another hormone implicated in hunger control is ghrelin. In mice, ghrelin activates neurons called agouti-related peptide (AgRP)-expression neurons in the hypothalamus region of the brain, which tell us that we are hungry.

These neurons are the control center for hunger. When AgRP neurons are artificially switched on in mice, they gorge themselves on food.

So, our brains pick up messages from our stomachs and tell us that it's time for our next

meal. The impression that they had eaten a smaller breakfast ate a larger lunch and more daily calories than those who thought that they had eaten a bigger breakfast.

So, our brains control our hunger based on what we eat, whether or not we feel that what we've eaten is enough to make us full, and the availability of extra calories.

This system may have worked while humans were hunter-gatherers, but these days, it contributes to overeating and the steady rise of obesity.

Maintaining a healthful diet and weight may therefore be a battle between what we tell our brains and what our brains tell us.

<https://www.medicalnewstoday.com/articles/319921.php>

Eating in awareness is the key to maintaining this balance. As I have repeated in almost all my posts so far "Body is Boss" (quote by Dr. Vijaya Venkat, The Health Awareness Center).

1. Listen to the body for a clear indication of hunger.

2. By sending hunger signals the body indicates that it needs food input as well as that it is ready to support ingestion and digestion too. This means all the organs and hormones are ready for the process.

3. When the body is ready and it is supported with the right input (the best one being fruit) the body can quickly replenish itself and release energy for us to use for our external activities too.

4. If the body is not supported with food when it is hungry, or not provided with healthy inputs from which it cannot derive its nutritional needs, it is likely to then draw those nutrients from reserves within the body (organs and bones) which if repeated can result in damage.

5. Equally important is to avoid/control eating when the body is not hungry. The reason for this is that the body does not want to, and is therefore not prepared for digestion. It may be resting or may be performing some other tasks. Eating out of turn (without hunger) increases the digestive burden and stress on several organs, in the body and causes energy to be diverted from other important tasks.

6. Add to this the feeling of gratitude with which we eat, which is why almost every culture follows some ritual supporting it.

7. Eat with people as far as possible as a social setup goes a long way in increasing the satisfaction derived from food. We are, after all, social animals.

My rules for eating - "Eat when hungry. Eat with gratitude. Eat with people/animals"

Image credit : <https://www.mindful.org/6-ways-practice-mindful-eating/>

6 Ways to Practice Mindful Eating

Mindless Eating

- 1 Eating past full and ignoring your body's signals
- 2 Eating when emotions tell us to eat (i.e., sad, bored, lonely)
- 3 Eating alone, at random times and places
- 4 Eating foods that are emotionally comforting
- 5 Eating and multitasking
- 6 Considering a meal an end product

Mindful Eating

- Listening to your body and stopping when full
- Eating when our bodies tell us to eat (i.e., stomach growling, energy low)
- Eating with others, at set times and places
- Eating foods that are nutritionally healthy
- When eating, just eating
- Considering where food comes from

List created by Christopher Willard PsyD

meal, occurring around 2 hours after we've eaten. But that doesn't explain the irresistible draw of a delicious snack between meals.

Appealing snacks and the brain

Here, we need to differentiate between homeostatic hunger, which is related purely to balancing our energy reserves short-term, and hedonic hunger, which makes use of opportunities to gather extra energy. Hedonic hunger is less well understood than homeostatic hunger.

When our eyes detect something that we have previously enjoyed eating, our brain is notified.

If we are full, we might take a rain check. However, our brains are hardwired to avoid running out of energy. The offer of extra food can therefore override our feeling of fullness and lead us to grab that tasty snack after all.

How we feel about our previous meal may also have something to do with it.

Medical News Today recently reported on a study that showed that participants who were un-

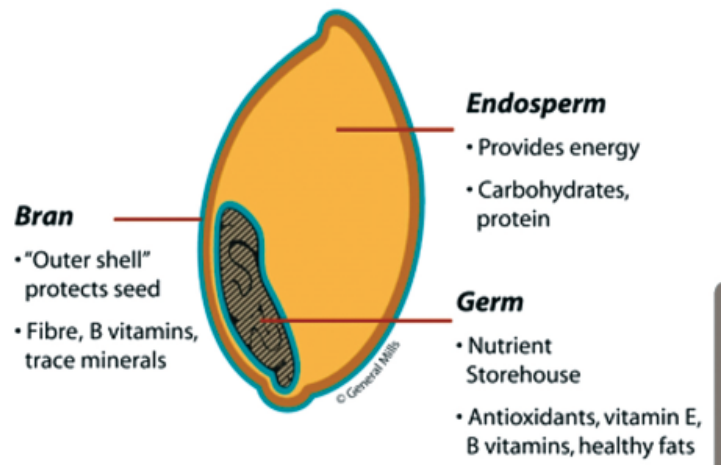
IS THERE ANY GRAIN OF TRUTH?



Dr. Shalini Mukherji
(Master functional trainer, Nutrition consultant and expert, Muscle Rehab Trainer)
Mobile : 9323178637
mukherji.shalini@gmail.com

is made from corn.
“WHOLE GRAIN VS REFINED GRAIN”
A **WHOLE** grain consists of 3 parts...
BRAN... it's the hard outer layer which contains fibre, minerals, antioxidants.
GERM... it's the nutrient rich core which contains carbs, fats, proteins, vitamins, minerals, anti-

is the biggest part of the grain mostly made up of carbs (in the form of starch) and some proteins.
A **REFINED** grain has the bran and germ removed,



Cereals and Grains are the world's single biggest source of food energy. The health effects of grains are quite controversial. Some think they are an essential part of a healthy diet, while some think they cause harm.

With the rising popularity of Paleo and Keto diets, which eliminates grains, people worldwide are now avoiding grains.

In case of “Nutrition from grains”, there are good arguments on both sides.

They are a staple food in most countries.

Foods made from grains include breads,



Brown Rice



Whole-wheat couscous



Whole Wheat



Quinoa



Whole Oats

muesli, oatmeal, tortillas, pastas, junk foods like cookies, biscuits, pastries etc. For example, high fructose corn syrup which is a majorly used sweetener,



Buckwheat

oxidants and various phytonutrients. Germ is the embryo of the plant that gives rise to a new plant.

ENDOSPERM...



Whole Rye

leaving just the endosperm.

From a nutrition point of view there is **NOTHING** positive about **REFINED**



grains. **REFINED GRAINS** are high in carbs, they get digested and absorbed very quickly, leading to rapid spikes in blood sugars and

subsequent rapid drop of sugars which causes hunger pangs and cravings. They are linked to insulin resistance, obesity and metabolic disorders.

WHOLE GRAINS have numerous health benefits. They are high in fiber, vitamins and minerals.

People who eat whole grains have higher longevity and lower risk of obesity, Type 2 diabetes, heart disease and colon cancer.

TAKE HOME MESSAGE

If you like grains and feel good eating them, then there doesn't seem to be any good reason to avoid them as long as you are eating whole grains.

ADVERTISEMENT RATES
(WEF FROM 1st OCTOBER 2018)
COLOUR : ₹ 100/- per sq cms
B/W : ₹ 50/- per sq cms
Please call: **9987309006**
or mail: **datewithhealth@gmail.com**
Material deadline is 15th of Every Month

Wanted Marketing Executives for a newspaper in Navi Mumbai. A couple of years experience in the field would be appreciated but not mandatory for smart outwardly person. Salary cum commission basis. If interested please mail your latest CV to **datewithhealth@gmail.com**

Date with Health
Monthly Newspaper on Health & Fitness

SUBSCRIPTION FORM
(Please fill in CAPITAL LETTER)

YES! I WOULD LIKE TO SUBSCRIBE FOR A PERIOD OF (Please tick any one option below)

1 Year ₹ 220/- 2 Year ₹ 440/- 3 Year ₹ 660/- 4 Year ₹ 880/- 5 Year ₹ 1100/-

I herewith enclose Rs. _____ by Cash / Cheque No. _____ Dt. _____

bank _____

Mr/Mrs/Ms/M/s _____

_____ Date of Birth _____

House / Office No _____ Bldg./Society Name _____

Area/Locality/Sector _____ City/Town/Village _____

Taluka _____ District _____ Postal Code _____

Tel _____ Mob _____ Whatsapp _____

E-mail _____ Signature _____

Cheques to be drawn in favour of : DATE WITH HEALTH
Mobile / Whatsapp : 9987309006 E-mail : datewithhealth@gmail.com

Additional 10% discount will be offered on annual bulk subscription (Minimum 25 copies per month)

UNDERSTANDING TEETH WHITENING



Dr. Ruhina Khan (BDS)
WHAT IS TEETH WHITENING?

Teeth whitening is the most common cosmetic dental procedure sought by people primarily to remove the accumulated stains on the teeth. These stains can be removed quickly, safely and with minimal discomfort utilizing In-Office whitening systems or custom home trays. Your dentist or dental hygienist will be able to determine which treatment or combination of treatments is the best for you after a thorough examination.

IS WHITENING SAFE?

Teeth whitening has become one of the most frequently requested dental procedures by the public. The public has come to demand whiter, more perfect smiles and in response many choices for teeth whitening have been made available. These include home-based products such as toothpastes, gels, and films, as well as in-office based systems where products containing highly concentrated bleaching agents are applied under professional supervision. The profession and public have been aware of certain risks related to teeth whitening such as increased tooth sensitivity and gingival



irritation. New research has shown that there are other risks such as tooth surface roughening and softening, increased potential for demineralization, degradation of dental restorations, and unacceptable colour change of dental restorations. The new research is also focused on optimizing whitening procedures to reduce tooth sensitivity and to increase the persistence of the whitening.

WHICH IS A BETTER WAY TO WHITEN YOUR TEETH- IN-OFFICE OR AT-HOME?

For people who have limited time and want instant

results, In-Office whitening is the better choice. Most patients do the In-Office whitening in combination with custom home trays in order to continue the whitening process, or to help lock the shade that was achieved. With the newer whitening system, the treatment time is shorter and more comfortable because the system allows us to vary the intensity setting accordingly, to accommodate patients with more sensitive teeth. The entire chair-side whitening process, including preparation, can take up to

2 hours.

While At-Home whitening includes custom trays delivered to the patient along with the whitening material and proper instructions for use, this method lasts about 7-14 days, and may vary according to the result that the patient wants. This method provides a steady result for about 2 years. Patients can keep the product in the fridge and use it later on for a touch-up before a special event or to just maintain the result.

HOW LONG DOES THE WHITENING LAST BEFORE I HAVE TO DO IT AGAIN?

With good oral care, the procedure's results may last over two years. Of course, those patients who smoke, drink dark teas and coffee are more

likely to relapse sooner and require additional whitening sessions. These patients can benefit more from the At-Home system which provides steadier results.

ARE THERE ANY ALTERNATIVES TO IMPROVING MY SMILE OTHER THAN WHITENING MY TEETH?

We recommend you to consult your dentist if you have tooth-coloured fillings, crowns or bonding in your front teeth, as it will not change the colour of these materials, causing them to stand out in your newly whitened smile.

Please note:

Dear readers, you can now contact me for your dental related queries via email at ruhinakhan1121@gmail.com

RYAN CHRISTIAN SCHOOL – VASHI: REPORT OF WORLD TOURISM DAY

Every man can transform the world from one of monotony and drabness to one of excitement and adventure. Happy World Tourism Day!

“Tourism is the most effective weapon to save the world”

As per tradition, every year this day celebrated with a particular theme and the theme of world



tourism day 2019 is” TOURISM AND JOBS: A better future for all”, to exhibit how

the social, economic, cultural, political values affecting globally. World tourism

day was celebrated by Ryan Christian school Vashi in order to cultivate values and respect

for different countries. Children came dressed up in different country costume, had

a ramp walk, they carried their memento and the popular food that originates from their country. It was an enjoyable day

As it is said by Jinato Hu “Diversity in the world is a basic characteristic of human society, and also the key condition for a lively and dynamic world as we see today”.



Sahrish Akhtar

Things to be done for maintaining balanced healthy and fit lifestyle:

1. Keeping body hydrated – Drink ample water.
2. Washing hands before and after meals – Maintain sanitation.
3. Regular exercise.
4. Intake of nutrients.
5. Regular, sound sleep.

Maintaining healthy and fit regime requires simple efforts, a few of which are listed below:

1. Regular routine of exercise is highly beneficial for our health; it helps us in controlling weight, helps in boosting the immune system, and directly increases our stamina and energy

levels. Basic metabolic rate increases if a person exercises. Though these days sparing time for exercise has become difficult for people as this is not being taken on priority, in order to still maintain the balance, each individual should walk or use cycle instead of driv-



ing at reasonable distance, use stairs instead of elevators or escalators, walk while on call and compensate the available time with the benefits of exercising

2. Yoga is another activity that lays great emphasis on both mental and physical wellbeing of humans. Yoga is an effective method for improving health and acts as a preventive measure against diseases. It reduces stress, anxiety, depression, etc which are the core natural

and mental factors that disturb health. Yoga and meditation increase energy, gives freshness and infuse confidence in a person.

3. Eating balanced

nutritional diet also directly benefits one's lifestyle. Having appropriate diet does not lead to fat; it leads to a healthy self. Eating fruits and vegetables help people to maintain adequate levels of calorie, reduce the risk of disease, maintain the balance of es-



sential minerals and vitamins, etc.

4. Hygiene and sanitation are also major factors that affect the health of a person. Sitting at a place that is not properly clean

can instantly make a person unwell and lead to various diseases. Good personal hygiene is one of the most effective ways to protect ourselves and others from many illnesses.

5. Health and fitness is determined by what we eat, how

we live our lives, our choice of leisure pursuits and what we do to keep ourselves physically fit. Keeping fit is about how we choose to live our lives as individuals and the

levels of fitness we aspire to. Maintain your health and fitness to keep your body look and feel good, but also maintain a level of physical fitness which will enable you to manage and enjoy your daily lifestyle.

Conclusion: Sound healthy not only means keeping a health body but it also includes a healthy mental condition. Our health depends upon several factors such as food, pollution, regular sleeping habits, fresh air, water, sunlight, and healthy mental condition. Morning walks and physical exercises are very helpful for ensuring the fitness of our mind and body. The way towards Healthy and Active wellbeing is to focus on making the healthy choice at any given moment, rather than postponing the things that are must to be done in the long term.

RYAN CHRISTIAN SCHOOL – VASHI, REPORT ON WORLD FOOD DAY

“A Healthy lifestyle not only changes your body, it changes your mind, your attitude and your mood”.

To inculcate the value of Healthy living among the children, Montessori to Gr.II students of Ryan Christian School, Vashi came together to declare their commitment to eradicate worldwide hunger and to honour the establishment date of



the Food and Agriculture Organization. An unhealthy diet is the main risk factor for several deaths. If you eat healthy, nutrients will reach to your body and you will remain healthy, active and strong. Physical

activity with healthy diet also plays an important role.

To know the importance of a well-balanced diet for good health, eating right is challenging in our over-processed and fast food world.

We encourage everyone to teach a kid to cook and use Food Day recipes to plan a cooking activity with children, student bought their favourite food and spoke about its benefits and how it is prepared.



We would love to hear from you about any extraordinary health and fitness stories you wish to share, also welcome are health and fitness articles and write ups. Please mail the same to datewithhealth@gmail.com with your Name, complete postal address and a passport size photo.



Ranju Satia

Time To Cook

- Preparation Time = 10 mins.
- Cooking Time = 20 mins.

Serving

- 2 Persons

Measures

- 1 Cup = 250 ml.
- 1 Teaspoon = 4 g.
- 1 Tablespoon = 15 g.

Ingredients

For Dhokla Batter

- Split Green Gram (Moong Dal), Soaked In Water For 2 - 3 Hours - 1 Cup
- Curd, Thick - 2 Ta-

- blespoons
- Gram Flour - 1 Tablespoon
- Salt To Taste
- Green Chilli, Chopped - 1/2 Teaspoon
- Ginger, Chopped - 1 Teaspoon
- Fruit Salt To Taste

For Tadka

- Oil - 3 Tablespoon
- Black Mustard Seeds - 1/2 Teaspoon
- Asafetida Powder - 1/4 Teaspoon
- Curry Leaves - 10-12 Nos.
- Red Chilli Powder For Colour

- White Sesame Seeds - 2 Teaspoon

For Garnish

- Coconut, Grated
- Coriander Leaves

Method

- Take soaked and drained split green gram in a jar of mixer grinder
- Add 1/2 teaspoon of chopped green chilli
- Add 1 teaspoon chopped ginger
- Simultaneously, keep water for boiling in a wok or a steamer
- Check for the consistency of the batter, it should be thick
- Add 2 tablespoon



- Add little oil
- Mix the batter well
- Meanwhile, grease a deep dish with oil
- Add 1 teaspoon of fruit salt to the batter
- Mix the batter lightly, avoid vigorous mixing
- Pour it in a greased deep dish
- Tap the dish to evenly spread the batter
- Keep a round ring stand in boiling water in a wok
- Place the deep dish on top of it
- Cover the wok with a lid
- Allow it to cook on steam for 10-12 minutes
- After 10-12 minutes using a fork check whether the batter is cooked
- If fork comes out clean after pricking, the batter is cooked
- If it is cooked remove the deep dish from the wok
- For tadka keep a wok on a gas
- Add 3 tablespoon of oil
- After oil heats add black mustard seeds
- Add 1/4 teaspoon asafetida powder
- Add 10-12 curry leaves
- Add 2 teaspoon white sesame seeds
- Add little red chilli powder for colour
- Spread the tadka on dhokla
- Garnish it with coriander leaves
- Garnish dhokla with grated coconut
- Dhokla can be cut in any shape
- Remove dhokla from the deep dish
- Cut it into small pieces
- Put the cut pieces in a serving dish
- Moong Dal Dhokla is ready to serve
- It can be served with green chutney

Global Handwashing Day 15th October



On the occasion of Global Hand Washing Day - Rotary club of Millennium City conducted 1st two round WinS Awareness session in Mahatma Gandhi Hindi High School, Airoli at 10 am and 2nd session in New Model School at Kopar Khairne at 1300 hrs in 4 divisions with 4 rounds.



Total 950 students and staff members attended the session.

Naturocare is into manufacturing and distribution of Fresh, Raw and Natural Health Drinks every morning at your doorstep.

Salient Features :

- 100% Fresh and Natural
- No Preservatives
- Daily Morning Delivery at your Doorstep
- Hygienic Processing and Packaging
- Wide Range of Products. (Veggies and Fruits)
- Customized Packs - Children Pack, Weight Management Pack, Detoxification Pack, Skin and Hair Pack, Chronic Disease Pack, General Fitness Pack, etc.
- Monthly Post Paid System
- FSSAI Certified
- Specialized in Wheatgrass
- 1 Day Free Sample of your Choice.

DRINK HEALTHY!! STAY HEALTHY!!

For further details, contact: 9619181090, 8652797088

UFS UFit Fitness Studio

81082 20222 / 81084 40222

The Most Result-Oriented Fitness Studio in Vashi

Our group workouts combine Cardio, Strength & Flexibility for all skill levels.

- ZUMBA
- AEROBICS
- STRONG BY ZUMBA
- FUNCTIONAL TRAINING
- BOOT CAMP
- CARDIO KICK BOXING

FOLLOW US ON: [Facebook, Instagram icons]

@ufitgymstudio

F-7/B-4, 2nd floor, Rainbow Apt, Above Sanjay Lunch Home, Near Trimurti Restaurant, Sector-10, Vashi