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PLEASE NOTE:
Vol. 4, Issue - 4 (January 1-31, 2021) Print Edition was not printed due to the pandemic and its related problems, the inconvenience caused is regretted. You can see the same digitally on our website:
www.datewithhealth.com
- Editor

LET'S PLANT A TREE TO CELEBRATE EVERY FESTIVAL WITH TRUE SPIRIT!!!



Tina Acharya
E-mail: tina_acharya@yahoo.co.in
INDIA

What are the things that come to our mind when we hear this word India? Within a moment the silver screen of our mind rolls down the images of our variety culture, the ritualistic traditions the colourful celebrations of different festivals & the beautiful co-existence of contradictions. Not only that ours is the oldest culture and tradition in the world but also, we never hes-

itate to accommodate new things, new ideas & have the guts to discard outdated concepts, isn't it, and yes, that's true.

Festivals out of all, defines India's soul. We Indians love to celebrate every small thing & our festival mostly is connected to nature. And if I am correct then trees are the most important part of almost all our festivals, rituals, or traditions.

Let's think of an Indian festival where the plants or trees are not part of it ... can we find one?

I guess ... rarely so? So if tree or plants are always an inseparable part of our festivals then how about PLANTING A TREE while celebrating every festival!!!



This year, fortunately I was invited to be a part of a Plantation Drive by Lioness Club, Seawoods by my friend on the day of LOHRI!!!

It is believed that the festival LOHRI commemorates the passing of the winter solstice. Lohri marks the end of winter & is a traditional welcome of longer days and the

SUN's journey to the northern hemisphere. One of the important parts of Lohri celebration is worshipping bonfire. Why do we burn fire on Lohri?

Folklore of Punjab believes that the flames of the bonfire lit on the day of Lohri carry the messages & prayers of the people to the Sun God to bring warmth to the planet to help crops

grow. In exchange, the Sun God blesses the land & ends the days of gloom and cold. Not only Lohri, whether it's HOLIKA or Havan, Diwali or

death or wedding or cremation, for every ritual or festival we believe in Flames of Fire. And a tree (read part of a tree) is lit to Flame that pious fire & exactly that's where I feel that "We Should Plant a Tree" in the same day when we use it as a part of our celebration.

Trees and the Soul "A tree is our most intimate contact with nature."

Moreover, Trees are a link between the past, present and future. With exponential decrease in forest cover worldwide, the only way we can save trees is by consciously acting towards environment conservation.

Looking at the
Contd. to page 4

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

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Editorial

STRESS THE SILENT KILLER

When a 48 year old sports person who has been active and conscious towards fitness, non smoker and a known teetotaler suffers a heart attack, it really is an issue of deep concern. People take up to diet, exercises, Gyms and other such activities to remain fit, then what is it that makes them suffer ailments which a few decades back were associated with people having poor diet, and lack of physical activities. They were supposed to happen only after 60s. Does it mean that we have been giving more importance to physical health and paying no attention to the mental one? Health and Fitness seems to have been popularised and a six pack body is supposed to be the sign and symbol of a fitness. Sadly, we have been concentrating on the outer beauty and fitness instead of the inner one.

Real health probably lies inside an individual, though external health and fitness are important too. We have been giving more importance to the performance on a treadmill or with the weights in a Gym, not realising that body will be fit only if you are mentally fit.

Stress is one aspect that probably each one of us is carrying, some consciously, others unconsciously. When the mind is under stress one actually does more harm than good to the body even though he/she may look relatively fit. Does our rat race, be it in schools / colleges to excel or at work to outshine our peers leave us mentally fatigued. We try to forget that everyone is designed uniquely and is a "one of a kind" masterpiece of Almighty. Competition is good, but till the time its a healthy one. Know your strengths and weaknesses, concentrate on the former and try to improve on the latter. Be happy in what strengths God has provided you, instead of competing unnecessarily where you end up achieving nothing but stress and a few internal ailments, some of which may alter your life forever, robbing you of pleasures which you could have derived concentrating on your strengths. Have a healthy diet, exercise regularly and see to it you don't fall into the rat race trap.

**HEALTHY COMPETITION
WILL MAKE YOU PERFORM BETTER
A STRESSFUL ONE WILL SURELY
LEAD YOU TO DISASTER
(probably a hospital bed or even beyond)**

MENTAL HEALTH ESSENTIALS – PART 8 COPING MECHANISMS



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Clinical Psychologist Career
Counselor and Author of
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Mom Dad U R Wonderful
and You are My Star
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I am sure that each one of you have your own way of coping with day to day challenges and you may not even be aware that you are using that. The right way actually is to identify, acknowledge the coping mechanisms and make it an integral part of your life. For example, people take a break from their routine by going for a holiday to cope and rejuvenate. But I feel, it is essential to go for holiday actually every day in the form of doing what you like. For some people it is not possible to go for holidays. Someone like me and my spouse who have elderly care responsibilities or someone who does not have the finance to take long holidays also need to get a break from their routine to keep themselves

fresh and able.

I recommend to include your hobbies and areas of interest in everyday life. For that first step would be to first and foremost identify your areas of interests. Take a paper and write down all the activities that you like to do. List them, you shall notice that what you like the most will be on the first and so on and so forth. For example you may like reading, gardening, music, Fashion, painting, working with machinery, making furniture, cooking, solving crosswords or puzzles, playing an instrument, listening to others, creating items out of waste etc.

Second step is to make sure that you are aware of the deep aspects of it. For example, if it is cooking, what type of cooking, if it is gardening, what plants you like most, what activity you prefer. Knowing this will give you more joy and enthusiasm.

Third step is get organized, keep things you need in its proper place and keep all the tools, items or the ingredients required, because when one does

not find the tools required, one may get frustrated and give up. If I like gardening, I like to have tools, disposable bags, etc., around me, so I do not waste time and energy.

Fourth step is most important. Schedule the time or allot the time for that activity in your day to day work. For example music you can hear while you are doing the other chores, gardening can be in the morning before beginning other tasks, woodwork or machinery can be morning, afternoon or after office hours, reading can be before bedtime. Once the time and schedule is set, it becomes an integral part of your life and you do not even realize what it is doing to take away the stress you have from the other aspects of life. You are also able to do the other chores efficiently because you are energized due to integrating your likes into your daily life. You may have multiple likes and you may fulfill them all. Some over the weekend and some every day.

What is important is do not wait for the

day you shall be free, do it every day with your regular activities. This helps tremendously not just to cope but also to do the things which you do not like with ease. As in our daily life we have many activities which we do not like, but we have no option but to carry them out too. Coping mechanisms help us to maintain our calmness and help us to look forward to the day.

Our activities may keep changing and be seasonal too. Maintain a discipline of the routine, but do not get too rigid about it as rigidity will cause additional stress. For example if some days there are guests and you cannot carry it out, it is ok, as you may pick up where you left, when they leave and you are free again.

Wish you all find your coping mechanisms and take a holiday each day. Because it is very easy to sit in front of the screen and feel that it is a stress buster. The fact is that screen time satisfaction is momentary, whereas adding activities of your likes gives a deep sense of satisfaction.

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Handwriting vs typing: is the pen still mightier than the keyboard?

‘Computers may dominate our lives, but mastery of penmanship brings us important cognitive benefits’



By Shruti Tamse
Student, Koparkhairane

In the past few days you may well have scribbled out a shopping list on the back of an envelope or stuck a Post-it on your desk. Perhaps you added a comment to your child’s report book or made a few quick notes during a meeting. But when did you last draft a long text by hand? How long ago did you write your last “proper” letter, using a pen and a sheet of writing paper? Are you among the increasing number of people, who are switching completely from writing to typing?

No one can say precisely how much handwriting has declined, but in June a British survey of 2,000 people gave some idea of the extent of the damage. According to the study, commissioned by Docmail, a printing and mailing company, one in three respondents had not written anything by hand in the previous six months. On average they had not put pen to paper in the previous 41 days. People undoubtedly write more than they suppose, but one thing is certain: with information technology we can write so fast that handwritten copy is fast disappearing.

In the United States they have already made allowance for this state

of affairs. Given that email and texting have replaced snail mail, and that students take notes on their laptops, “cursive” writing – in which the pen is not raised between each character – has been dropped from the Common Core Curriculum Standards, shared by all states. Since 2013 American children have been required to learn how to use a keyboard and write in print. But they will no longer need to worry about the up and down strokes involved in “joined-up” writing, less still the ornamental loops on capitals.

This reform prompted lively controversy. In an editorial published on 4 September 2013, the Los Angeles Times hailed a step forward. “States and schools shouldn’t cling to cursive based on the romantic idea that it’s a tradition, an art form or a basic skill whose disappearance would be a cultural tragedy. Of course, everyone needs to be able to write without computers, but longhand printing generally works fine. Print is clearer and easier to read than script. For many, it’s easier to write and just about as fast.”

Some people, have decided to go on teaching cursive writing in school. Without this skill, they assert, young Generations will no longer be able to read birthday cards from their grandparents, comments by teachers on their assignments or the original, handwritten text of the constitution.

This minor revolu-

tion is causing quite a stir but it is by no means the first of its kind. Ever since writing was most likely first invented, in Mesopotamia in about 4000BC, it has been through plenty of technological upheavals. The tools and media used for writing have changed many times: from Sumerian tablets to the Phoenician alphabet of the first millennium BC; from the invention of paper in China about 1,000 years later to the first



codex, with its handwritten sheets bound together to make a book; from the invention of printing in the 15th century to the appearance of ballpoint pens in the 1940s.

So at first sight the battle between keyboards and pens might seem to be no more than the latest twist in a very long story, yet another new tool that we will end up getting used to. What really matters is not how we produce a text but its quality, we are often told. When we are reading, few of us wonder whether a text was written by hand or word-processed.

But experts on writing do not agree: pens and keyboards bring into play very different cognitive processes. “Handwrit-

ing is a complex task which requires various skills – feeling the pen and paper, moving the writing implement, and directing movement by thought,” says Edouard Gentaz, professor of developmental psychology at the University of Geneva. “Children take several years to master this precise motor exercise: you need to hold the scripting tool firmly while moving it in such a way as to leave a different mark for each

letter.”

Operating a keyboard is not the same at all: all you have to do is press the right key. It is easy enough for children to learn very fast, but above all the movement is exactly the same whatever the letter. “It’s a big change,” says Roland Jouvent, head of adult psychiatry in Paris. “Handwriting is the result of a singular movement of the body, typing is not.”

Obviously you can change the page layout and switch fonts, but you cannot invent a form not foreseen by the software. Paper allows much greater graphic freedom: you can write on either side, keep to set margins or not, superimpose lines or distort them. There is nothing to make you

follow a set pattern. It has three dimensions too, so it can be folded, cut out, stapled or glued.

An electronic text does not leave the same mark as its handwritten counterpart either. “When you draft a text on the screen, you can change it as much as you like but there is no record of your editing,” Bustarret adds. “The software does keep track of the changes somewhere, but users cannot access them. With a pen and paper, it’s all there. Words crossed out or corrected, bits scribbled in the margin and later additions are there for good, leaving a visual and tactile record of your work and its creative stages.”

Some neuroscientists are not so sure. They think that giving up handwriting will affect how future generations learn to read. “Drawing each letter by hand substantially improves subsequent recognition,” they explain.

An experiment was held at the cognitive neuroscience laboratory at Aix-Marseille University, have carried out a study of 76 children, aged three to five. The group that learned to write letters by hand were better at recognising them than the group that learned to type them on a computer. They repeated the experiment on adults, teaching them Bengali or Tamil characters. The results were much the same as with the children.

Drawing each letter by hand improves our grasp of the alpha-

bet because we really have a “muscle memory”. “Some people have difficulty reading again after a stroke. To help them remember the alphabet again, we ask them to trace the letters with their finger. Often it works, the gesture restoring the memory.”

Although learning to write by hand does seem to play an important part in reading, no one can say whether the tool alters the quality of the text itself. Do we express ourselves more freely and clearly with a pen than with a keyboard? Does it make any difference to the way the brain works? Some studies suggest this may indeed be the case. In a paper published in April in the journal *Psychological Science*, two US researchers, Pam Mueller and Daniel Oppenheimer, claim that note-taking with a pen, rather than a laptop, gives students a better grasp of the subject.

The study focused on more than 300 students at Princeton and the University of California, Los Angeles. It suggested that students who took longhand notes were better able to answer questions on the lecture than those using a laptop. For the scientists, the reason is clear: those working on paper rephrased information as they took notes, which required them to carry out a preliminary process of summarising and comprehension; in contrast, those working on a keyboard tended to take a lot of notes, sometimes

Contd. to page 5

OPINION: What new skills did you pick up (besides dish washing) during the lockdown?



The new skill I developed during lockdown is from kitchen ofcourse, when I started missing street food which we used to have everyday. Obviously first few attempts were not so great but it didn't take much time to become professional and also there's great influence came from social media as well.

Shaikh Abbas, Mira Road

I think not only me but also many people have developed the new skill of cooking in lockdown from dalgona coffee to home made pani puri was very common during lockdown for all.

Aliraza Merchant, Ulwe Navi Mumbai



The new skill I developed during lockdown is fitness. I understood from lockdown that how important it is to stay fit as a small infection can also take up your life anytime so I made a routine of exercising which is still going on and helped me a lot.

Rohit Panikar, Mira Bhayandar

The lockdown has taught a lot last year. Everything except the essential stores were closed. I think everyone in this lockdown did something or the other they never tried or if they tried but probably left for may be lack of time. Like me I wanted to always learn a new language but failed to do so but because online schooling started I had a lot of time to learn a language. I did learn basic of Spanish and I am still improving everyday.

Maisha Syed, Student, Navi Mumbai



I haven't got any new skills, but yes in this pandemic period felt self realisation on what are the essential things in our life to live and what all are the luxuries that we get attracted to which are merely short lived.

How we can survive with very minimal and how our bad habits of having junk food outside have taken a toll on our health.

How the household chores have helped us remain fit and also realised the value of our maids. Have decided never to complaint about the work they do.

Thank you Pandemic you took many things but you also gave us many things.

Sukhwinder Sanjay, Homemaker, Navi Mumbai

WHAT IS YOUR SUGGESTION TO REDUCE POLLUTION ESPECIALLY IN CITIES?

Send your opinion in not more than 50 words to datewithhealth@gmail.com on or before 15th February, alongwith your Name Age and Occupation.

Don't forget to send in your profile picture too.

LET'S PLANT A TREE TO...

Contd. from page 1

perilous impact that rampant deforestation, fueled by development and infrastructure projects, has over the environment, it has become a necessity, actually a dire need to plant more trees anyways.

And what would be the best occasion when we celebrate our favorite festival. By clubbing festivals & rituals with trees, not only we can change the face of India but the entire globe!!!

LET'S PLANT

A TREE IN EVERY FESTIVAL OR OBSERVING RITUALS TO CELEBRATE IT IN TRUE SPIRIT!! LET'S TAKE IT TO ANOTHER LEVEL OF CELEBRATION!!! And Trust me It's Immensely Soul Gratifying Also!!!



Sahrish Akhtar

For all loving and caring parents especially the first time parents, having a child is not only exciting and pure bliss but also means big responsibility.

For Baby, it's cold outside! Here's how to keep your little one safe from the elements this winter.

For new moms, you'll probably get a bit stir crazy with your little one, especially during the cold weather months. But it's important to safely step outside when you can.

"Babies and new parents need fresh air. Unless it's dangerously cold, being outdoors helps infants acclimate to the seasons and the day-and-night cycle, and it often calms fussiness."

Even so, new parents must follow safety precautions. Once the temperature gets below freezing, you shouldn't take your baby out, except for quick trips back and forth to the car. Even when it's above freezing, wind chill can make it dangerous. Newborns and infants do not yet have the ability to self regulate their core temperature. Infants lose heat faster than adults and the younger their age, the less able they are to cope with cold.

HEALTHY WINTER'S FOR INFANTS

Here are expert ways to keep your baby warm and safe this winter :

1) Dress your baby in layers:

If you are comfortable with a jacket on top of your clothes, you should have your baby in a jacket or snowsuit and a blanket. The bottom layer can be snug, like leggings and a bodysuit. On top of that, you can put another layer of pants and a long sleeve shirt. Finish up with a jacket, hat, mittens, and warm booties to keep hands and feet warm. Choose breathable fabrics such as cotton and muslin so you can take clothes

compress, leaving a big gap between the harness and child, upping her chance of injury. Instead, click your baby into the car seat first, and then layer." If you're using a car seat cover, you should buy one that doesn't come between the baby and the car seat—it should be over the lower part of the baby, like a blanket. Alternatively, you can use a blanket or coat (placed on top), and then remove it once the car warms up so the baby doesn't get overheated."

3) Wear your baby for warmth:

Carriers are a great way to use your body heat to provide extra coziness for baby in the cold weather—but then he probably doesn't need that extra sweater. Even so, "always keep their head and feet covered as that is how they lose heat.



on and off as needed.

2) Ditch the coat in the car:

Taking off your baby's coat in the car may seem counterintuitive. But the problem with that cute puffy coat is if there's too much material between the baby and the car seat straps, the material could compress during an accident, leaving space for your baby to become unsecured. "Coats are unsafe because you need to loosen the car seat harness in order to accommodate them, but in a crash they can

4) Be careful when covering your baby's stroller:

In an abundance of caution you might want to throw a blanket over your baby's stroller, or protect it with those old-fashioned plastic covers. Many strollers have covers especially fitted to that brand to allow appropriate air circulation. Otherwise, put your baby in a jacket, hat, mittens, and booties, and then tuck her under a blanket to chest level to keep her warm and snugly in the stroller.

Contd. to page 7

ACUPUNCTURE FOR FERTILITY & IVF TREATMENT

Can acupuncture boost your fertility and help you get pregnant?

A small study found that acupuncture performed before and after an in vitro fertilization (IVF) embryo transfer were more likely than women who just made lifestyle changes to get pregnant. A review of 23 studies showed that acupuncture improved the chances of conceiving in women undergoing IVF.

What are the benefits of trying acupuncture for fertility?

Acupuncture has been shown to help reduce depression, which can be a problem for women struggling with infertility. It can also decrease stress and anxiety that can contribute to fertility problems. What's more, high levels of cortisol (the stress hormone) have been shown to increase the risk of miscarriage in women once they become pregnant.

Are there any risks of doing acupuncture when you're trying to conceive?

The practice is usually safe, but it's important to seek out a certified and licensed professional who's familiar with infertility care. Ask your reproductive endocrinologist if he or she can refer you to anyone.

As an extra precaution, ask to look at the needles that will be used in your treatment to make sure they're individually packaged, single-use needles. Your practitioner should also use an alcohol swab on

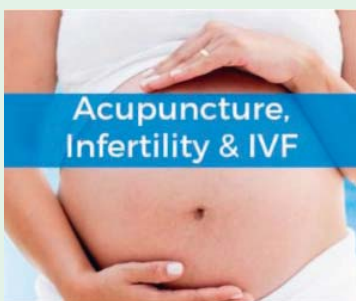


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the skin each time before inserting a needle.

What to expect at your appointment?

Your initial visit should include an in-depth consultation. Questions may not immediately seem to be related to infertility but are important for the practitioner to determine the ideal therapy for you.



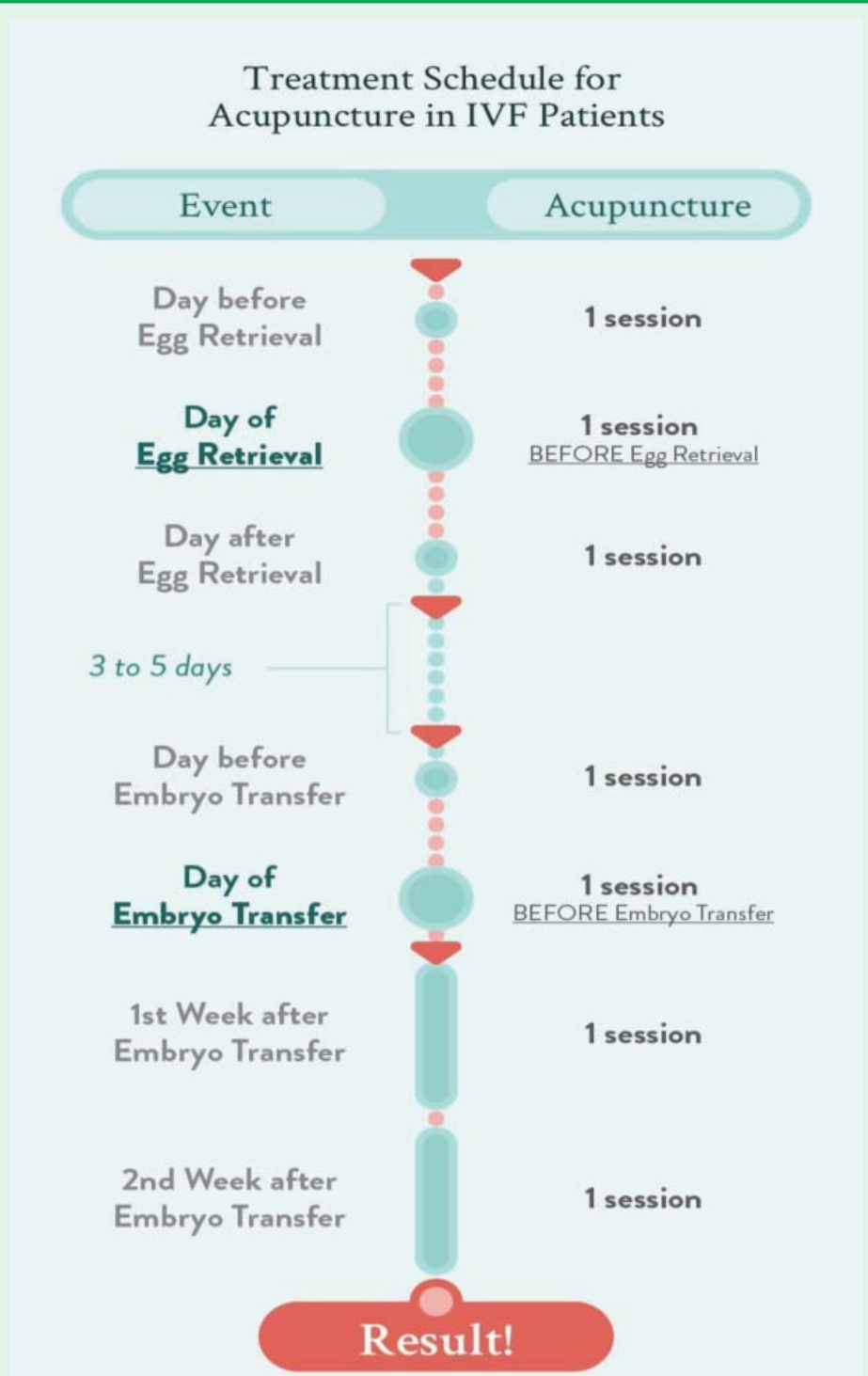
After the consultation, the acupuncturist will use a variety of points in an effort to enhance fertility or blood flow to certain organs. Pressure points on the head promote relaxation,

while points around the stomach help open up the supply of fresh blood to the ovaries. Other points around the lower legs are used to promote blood flow to the reproductive organs, which starts at the feet.

Needles are left in for around 20-25 minutes while you relax in a room. Follow-up visits are shorter and usually don't include a consultation.

Success rates of doing acupuncture when TTC

Some studies have shown that acupuncture helps increase fertility, especially in women who are having trouble conceiving. A recent study has shown that acupuncture in conjunction with other fertility



treatments increases success rates by 50 percent.

Treatment Schedule for IVF patients going for acupuncture

Seven sessions of acupuncture treatment are done.

- 1st session A day before egg retrieval
- 2nd session On the day of egg retrieval

- 3rd session A day before embryo transfer
- 4th session A day after embryo transfer
- 5th session On the day of embryo transfer
- 6th session 1st week after transfer
- 7th session 2nd week after transfer

HANDWRITING VS TYPING... Contd. from page 3

even making a literal transcript, but avoided what is known as "desirable difficulty".

Some handwriting advocates regret the disappearance of these ornamental effects. "It's not just a question of writing a letter: it also involves drawing, acquiring a sense of harmony and balance,

with rounded forms," Jouvent asserts. "There is an element of dancing when we write, a melody in the message, which adds emotion to the text. After all that's why emoticons were invented, to restore a little emotion to text messages."

Writing has always been seen as express-

ing our personality. In his books the historian Philippe Artières explained how doctors and detectives, in the late 19th and early 20th century, found signs of deviance among lunatics and delinquents, simply by examining the way they formed their letters. "With handwriting we come closer to the intimacy of the author," Jouvent

explains. "That's why we are more powerfully moved by the manuscript of a poem by Verlaine than by the same work simply printed in a book. Each person's hand is different: the gesture is charged with emotion, lending it a special charm."

Which no doubt explains the narcissistic relationship we often entertain with our own

scrawl.

Despite omnipresent IT, Gentaz believes handwriting will persist. "Touchscreens and styluses are taking us back to handwriting. Our love affair with keyboards may not last," he says.

"It still plays an important part in everyday life," Bustarret adds. "We write by hand more often than

we think, if only to fill in forms or make a label for a jar. Writing is still very much alive in our surroundings – in advertising, signing, graffiti and street demonstrations." Certainly the graphic arts and calligraphy are thriving.

Perhaps, in their way, they compensate for our soulless keyboards.

THE BASICS OF HYPERTENSION..!



Dr Maheen Memon
(Naturopath ND,
Alternative system of
medicine, Dietetics)

The heart pumps the equivalent of 7,500 litres (2000 gallons) of blood each day through 60,000 miles of arteries, veins and capillaries with a particular force. That force is known as the blood pressure. Blood pressure is merely the pressure that the blood exerts on the blood vessels while circulating. When the rhythmically beating heart contracts, it forcefully drives the blood in the arteries. The pressure at this time is high and is termed as 'systolic blood pressure'. When the heart relaxes, the pressure is comparatively low and is termed as 'diastolic blood pressure'. Blood pressure varies greatly. Some of the variations are natural. For example, blood pressure is lowest at night during sleep and highest in the morning; lower at rest and higher during activities. Variations that fall outside the normal range can be dangerous. Abnormal increase in the blood pressure on the arteries of an individual is medically termed as HYPERTENSION. High blood pressure has become increasingly common in

industrialized nations around the world. One of the most dangerous aspects of Hypertension is that you might not know you have it. It can be symptomless at least in the earlier stages. Hypertension is nicknamed as the silent killer or the fooler of a disease. This disease works insidiously inside the body, damaging most of the organs and systems without producing a single symptom. The person, unaware of the process, considers himself at the peak of

tension, by far the most common type, is diagnosed when the cause of high blood pressure cannot be identified. It may be influenced by genetics. Other factors that can contribute to high BP include obesity, a sedentary lifestyle, smoking, high salt diet and heavy drinking. Emotional factors such as stress, anxiety and depression and environmental factors such as cold weather may also play a role. Secondary Hypertension is caused by some other disease or

hypertension include- Headache, giddiness, palpitations, lack of sleep, breathlessness on exertion, easy fatigability, buzzing in the ears, occasional dizzy spells.

Hypertension is a chronic disease; it can be controlled with medications but cannot be cured. Therefore, it is necessary to continue the treatment with some lifestyle modifications. Lifestyle changes can prevent problems with hypertension. The following measures can help those

- Restrict salt intake- The connection between high BP and high salt intake is well known. Salt intake should be brought down to less than 5gms/day. Stop using salt on the table. Cut down the consumption of salted peanuts, wafers etc. Refrain from eating pickles. Watch out for hidden sources of sodium. Things like mustard seeds, pepper and lemon can lend great taste to food and make

High BP. But all such asanas in which the body is held upside down are strictly to be avoided.

- Cut down on alcohol and quit smoking.
- Switch to healthy eating- Eat more fruits, vegetables and fibres. Add potassium rich foods to the diet. These include bananas, cantaloupe, grapefruit, oranges, prunes, molasses, potato, tomato. Add good proteins to the diet. Avoid hydrogenated oils and deep fried food stuff. Avoid sugars and processed foods. Check with your intake of carbs. Consume green tea (antioxidant rich). Also, add ginger to your daily food intake.
- Be a happy person- Even after taking all the necessary dietary precautions for high BP would do no good if a person lacks mental peace. Avoid overthinking, excessive worrying. Do not compete with the clock. Let go of the negatives. Try meditating and having a healthy social connect.

People for whom medicines are necessary also cannot do away with the basic lifestyle changes. Such measures work to keep the dosage of the medicines to a minimum. This obviously minimizes the risk of side effects.

Blood Pressure Stages

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Elevated	120-129	and	less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Seek Emergency Care)	higher than 180	and/or	higher than 120

Source: American Heart Association

health. One gloomy day, the process suddenly and almost always unexpectedly surfaces and with a cruel blow, shatters the person's illusion about his good health. The complications of hypertension are quite serious, can cause stroke, damage to the blood vessels, heart attack, aneurysm, kidney failure and loss of vision. There are particularly two types of high blood pressure: Essential (primary) and secondary. Essential hyper-

disorder in the body. One of the most common causes is kidney disorder. Other conditions that may be responsible are hormonal disorders, certain drugs such as birth control pills and appetite suppressants, steroids, pregnancy and arteriosclerosis. Stress often gets blamed for causing high blood pressure, but the increase is usually temporary and BP returns to normal when the person is calm again. Some of the symptoms of

with mild hypertension to attain good control over their condition.

- Watch your weight- Hypertension and obesity are intimately related. It is twice as common in obese people and losing weight may be the only treatment needed to reduce BP to a safe level. Even with relatively minor amount of weight loss, one can see a measurable fall in blood pressure.

- Physical exercise- Exercise can aid in weight loss while strengthening the heart. It should be noted that only isotonic exercise are beneficial, such as walking, jogging, swimming, cycling, stretching. Isometric exercise which requires lot of force in spurts eg- weight lifting do more harm than good. Yogasanas are also helpful to people with

ONE "FLU" OVER THE CUCKOO'S NEST



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Another emerging flu of the Avian variety has thrown the dietary habits of non vegetarians in a tizzy.

Animal proteins are complete proteins, which means, they contain all the essential amino acids.

It makes it easier for people on animal proteins to meet their daily protein requirements.

Most plant proteins are incomplete proteins, so eating a combination of different plant based proteins across the day will provide a complete amino acid profile.

Compared to ani-

mal proteins, plant proteins have reduced digestibility and bioavailability.

The best way to measure which protein sources are more nutritionally valuable is with the

Protein Digestibility Corrected Amino Acid Score (PDCAAS).

DAIRY products come under animal proteins.

Legumes, especially SOY have the best plant source of proteins in terms of quality, amino acid profile and bioavailability. Stated below are a list of plant based proteins, which can be



Animal Protein

- Quinoa (complete protein)
 - Peas
 - Chia seeds
 - Pumpkin seeds
 - Hemp seeds
 - Mycoprotein (protein derived from fungi)
 - Seitan (complete protein made with wheat gluten)
- incorporated in our daily diet.
- Soy products like Tofu, tempeh, edamame
 - Lentils (protein, fiber, iron and potassium)
 - Chickpeas
 - Peanuts
 - Almonds
 - Spirulina



Plant Protein

- Ezekiel bread (made with barley, wheat, lentils, millets and spelt)
 - Protein rich vegetables like broccoli, dark leafy vegetables, and mushrooms.
- Proteins are the building blocks of your body. We should ensure atleast 0.8gms/kg body weight daily. Nature has provided us with alternative resources, so choose wisely and well.

HEALTHY WINTER'S... Contd. from page 4

If you can, try to walk against the wind.

5) Keep the indoor temperature right:

You may be worried about the baby being too cold, but too much indoor heat can also be a problem. "Indoor heating has low humidity, and it's that lack of moisture in the air that can dry your baby's delicate skin. To avoid that, keep your indoor temperature as cool as you can tolerate during the day—anywhere between 68°F and 72°F. When your little one is sleeping, however, you should set the thermostat lower, to between 65°F and 68°F, which will not only benefit her skin,

but can reduce her risk of SIDS, research shows. Dress your baby in a sleeper and sleep sack—a wearable blanket—to keep her warm enough.

6) Prevent dry skin:

Cold temperatures, the lack of humidity, and recirculated air can all contribute to skin. Water can dry out skin, and most babies don't really need to be washed daily in the winter anyway. Use warm water (not hot) and don't let your baby soak too long. Keep the water to about 100°F (stick your elbow in to gauge; it should feel comfortably warm, not hot) and limit time in the tub to 10 minutes, less for a newborn. "When you dry baby off, apply a good moisturizer

without a laundry list of chemicals. Reapply moisturizer as many times daily as you like so consider using ointments, which lock in moisture better than creams. If your baby's skin turns red or irritated, call the pediatrician.

7) Watch out for warning signs:

If your baby starts shivering, or his extremities—hands, feet and face—are cold and red, or have turned pale and hard, bring him inside right away. "You shouldn't rub the cold area to rewarm it, as this could damage, instead use warm washcloths to gently reheat the skin, then put on warm and dry clothes. If he doesn't improve in a few minutes, call your doctor.

Other signs that your infant has gotten too cold and needs medical attention are lethargy, non-responsiveness, and blue lips or face.

8) Vaccinations Can Help:

It is a good idea to get the baby vaccinated to provide protection from winter-specific diseases. Is the baby too young for a vaccination? Consult your pediatrician. They might suggest ways of passing antibodies to the infant through breast milk.

9) Bathing Rules:

Bathe the baby in water that's comfortably warm for their skin. 100 degree Fahrenheit is the right temperature. Also, make sure that the baby time in the tub is limited as too much exposure of

the skin to warm water can result in loss of the natural protective oils present in the skin. It can hasten the dehydration process.

Finally, choose a moisturizer that's best suited for the delicate skin of the baby. Choose a brand that has been developed especially for babies. Make sure you consult your family physician if you are not sure of how to deal with winter related problems that might affect your baby's health.

10) Home Remedies for baby skin care in winters:

It is extremely important for mothers to find time for their babies, take care of them, and replenish. Simply because they deserve that much-

needed pampering and care. Pay particular attention to the deep folds and skin creases especially the buttocks area. Best home remedy for baby skin care in winter is the area around the buttocks should be protected by zinc, and castor oil ointment or a petroleum jelly. All these contain essentials natural oils that will form an invisible layer to lock the moisture within and keep baby's skin hydrated. Trust me, it is very gratifying and is just what your baby's skin needs during winters.

Let your magical care do wonders for your babies and provide them with a hassle-free, happy life which they actually deserve.

CREATIVE SPACE



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GOLDEN RULES TO DRINK WATER



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Water is an essential component of every cell of our body. There is a variation in the water content of various tissues. Metabolically active tissues such as brain, liver, blood and muscles contain more water than bone and fat tissue, which are less active. For example, blood plasma has 90 per cent, muscle tissue 75-80 percent and fat tissue 20 percent water. Water serves as a building material for each cell of the body. Water is a universal solvent and is able to dissolve all the products of digestion. Further as it is a constituent of all body fluids, it helps in the transport of the products of digestion to the appropriate organs. For example, blood which contains 90 percent water, carries carbon dioxide to the lungs, nutrients to the cells and waste nitrogenous material and salt to the kidneys. Urine which contains 97 percent water has all the waste material dissolved in it and the body is thus able to excrete soluble waste products of metabolism. Water is needed for many chemical reactions to occur in the

body. For example, the breakdown of sugar to simpler substances needs the presence of water. Water acts as a lubricant preventing friction between moving parts of the body. The body temperature is regulated through the evaporation of water from the skin and lungs.

Normal Losses

Kidneys and **lungs** carry out water from the body. Water is also lost as perspiration through the skin and as part of excreta from the bowel. The minimum excretion of urine is about 600 ml to keep all the solutes (salt, urea, etc) to be excreted in solution. Water is lost as vapor through the skin (insensible perspiration) and also as visible perspiration in hot weather and after strenuous activity.

Water Balance

The body normally maintains a water balance precisely, that is,

the amount of water ingested is equal to the water excreted or lost from the body. This water balance is maintained even though the fluid intake may vary widely from day to day. How exactly this regulatory mechanism works is not known, but certain regions of

your health, how active you are and where do you live. No single formula that fits everyone. By knowing more about our body's need for fluids will help you estimate how much water to drink each day. Most healthy people can stay hydrated by drinking water and other fluids whenever they feel thirsty.

Myth 2 :

Drinking water before eating food aids in weight loss

No as digestion becomes poor adding more toxins to the body due to indigestion.

Myth 3 :

Drink lots of water to clear toxins

Fact: Drinking large amounts of water surprisingly tends to reduce the kidney's ability to function as a filter.

Myth 4 :

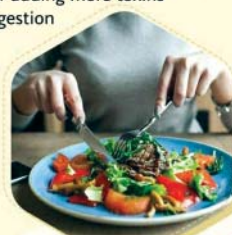
It's easy to get dehydrated during workouts. Therefore need to keep sipping water

Fact :

Not necessary. Just drink water when it is necessary.

Drinking water before eating food aids in weight loss

FACT: Digestion becomes poor adding more toxins to the body due to indigestion



the hypothalamus are believed to regulate the intake. The water excretion is controlled by hormones.

GOLDEN RULES TO DRINK WATER

Myth 1 :

Drink 8-10 glasses of water everyday

Fact : There is no such rule. It depends from person to person and the type of activities which he/she is performing. Individual water needs depend on many factors including

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