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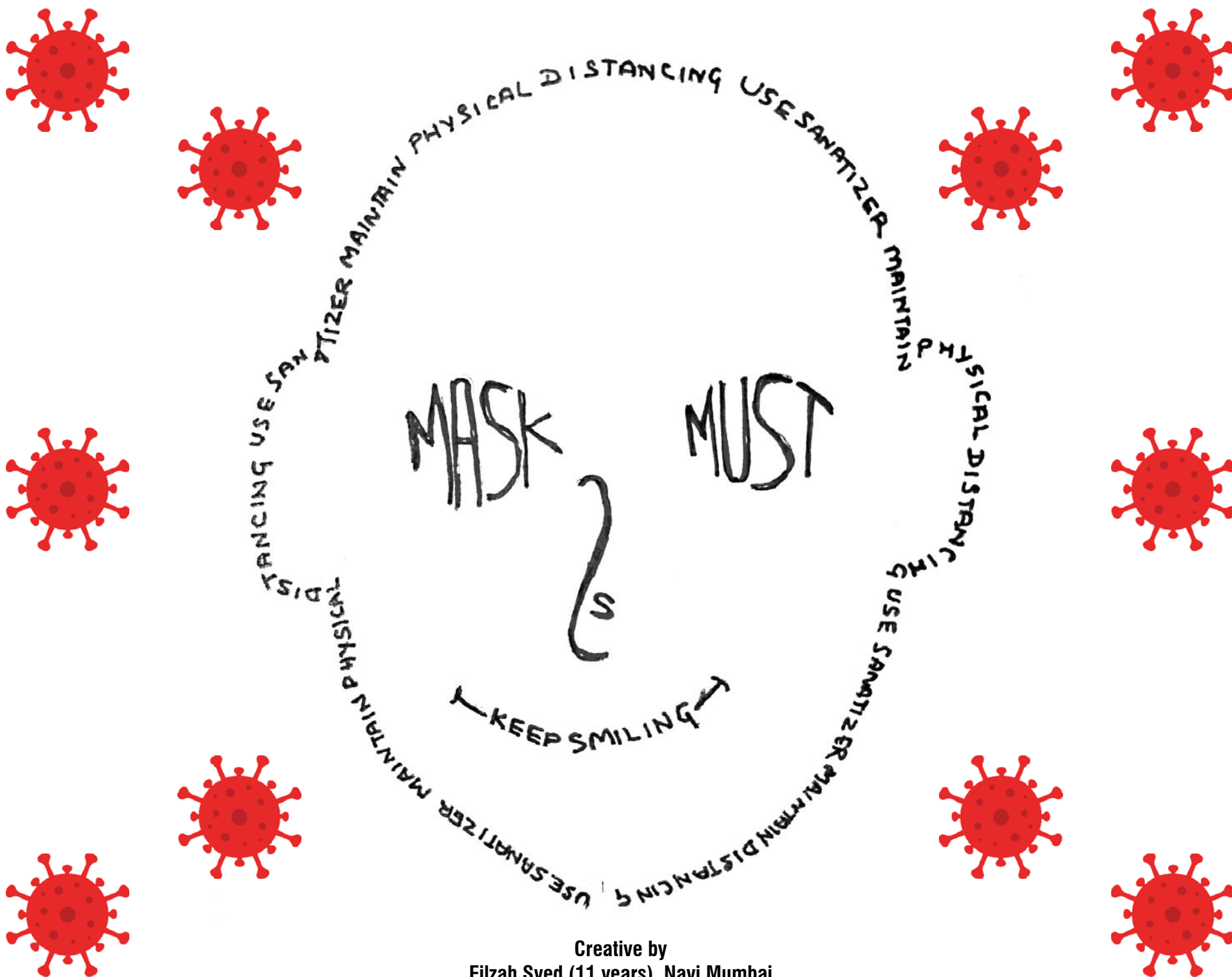
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Saniya Mukri: 9552096084
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We will carry the same in our coming issue. Don't forget to send your Name and full postal address. We will send you a complimentary copy of that issue. So plant a sapling today as your contribution for a better tomorrow !!!!



Creative by
Filzah Syed (11 years), Navi Mumbai

PLEASE NOTE: Vol. 5, Issue - 4 (January 1-31, 2022) 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:

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- Editor



Editorial

STICK TO THE BASICS !!!!

It is said in cricket that the one with basics is the one who can survive in all formats of the game be it test match or an ODI or a T20. Similarly the one who is going to stick to the basics of Covid protocol has the chances of surviving the longest and not catch the virus then be it Covid or its shorter but fast spreading variants viz Delta and Omicron. A cricketer is advised to play in the V not play lofted shots and play as late as possible. Similarly one has to stick to the basics of Covid protocol viz Mask Physical Distancing and Hand Wash.

Things are opening up and there lies the big challenge. Just like in cricket the best of techniques fail when one becomes complacent and the batsman gets out. Similarly in Covid and its variants the moment one lowers the guard and becomes lazy and casual, it makes the person vulnerable. The only difference between the two is that in cricket one gets another chance even after getting out but if Covid strikes and it gets fatal one may not get another chance.

Let us all remain careful and vigilant the match is almost won. Let's not throw away the wicket and rue all the hardwork done on a daily basis for almost two years now.

Victory is not far away just maintain your patience and stick to the basics !!!!

BENEFITS OF AVOCADO

Lower Risk of Cancer

Avocados encourage cancer cells to stop growing and die.

flesh that's closest to the skin.

Blood Pressure Regulation

Avocado's relative-



Avocados are rich in cancer-fighting carotenoids, which are most plentiful in the dark-green portion of the

ly high levels of potassium can help keep blood pressure under control. This is because

Contd. to page 3

SEX EDUCATION FOR CHILDREN



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

The field of Psychology introduces one to the father of Psychoanalysis, Dr. Sigmund Freud who has been largely instrumental in helping us understand the role of sex, our attitude towards sex, and the importance of understanding this basic need of living being.

Another famous Psychologist Abraham Maslow has helped us understand the needs and how sex is a primary need along with food, shelter and sleep.

This article is about insuring that our children learn about sex and its importance in our lives the right way. We in India have the famous temples of Khajurao and have a history of sex being a very sacred and pure form. What is important is how we teach our children about it.

There are two myths I would like to clarify through this article.

Myth No 1: Sex education begins at

Puberty: This is a myth as sex education begins the first time you tell your child about the sexual organs, or the child asks what is this part of my body? All the parents begin to teach their children eyes, nose, hands, legs, etc. This is where the first sex education begins by also saying the right words for the right body part or organs. So while teaching the function of the body parts, it is important to teach the gender difference and also the function regarding the pathway of the body waste. We have to educate them according to the age. When the children are small the sex organs are explained as a physiological part, when they turn 9 and 10, it is time to teach them regarding the sexual functions of the organs.

The important part is to make them comfortable with their body. Most of the time children learn to be shameful about their body. We also need to explain that our bodies are beautiful. We wear clothes as they protect us and they make us look more smart and beautiful, but clothing originated for protection and not to hide the body. When children are comfortable with their bod-

ies, they grow up to respect themselves and others and also have good intimacy with their partners.

Shame and Guilt are two very damaging emotions in humans and they give rise to more mental discomfort than any other emotion.

So it is recommended to have conversations about our body parts as any other part of the body. This openness also leads to less curiosity and children grow up to be teenagers who do not need porn to learn about sex, but can explore it the healthy way.

For children to be made comfortable, the parents have to first be comfortable with the word and the conversation around it.

Myth No. 2: Sex Education should be imparted in school

This expectation is in fact which causes a great delay in imparting sex education to the children as the school begins sex education sessions in the secondary by which it is very late and children have often found their own ways of exploring information regarding sex.

When the topic is kept hush hush, it is human tendency to be more curious about it and want to know it from what-

ever source available. It is true, today the internet gives all the information, however the very basic act of searching for something without the parents being aware creates a feeling of guilt and this is something to be ashamed of feeling sets in. It is also possible that while searching the internet takes them to unhealthy sites. Therefore as I have explained in the clarification of the first myth, one must not wait for the school, it is not the school's responsibility to teach our children about sex. The school can definitely also keep a facility with counselors to address the queries of the children and also teach the parents how to educate the children at home and also create a comfort level with body parts and their thoughts.

Lack of communication leads to many problems and misunderstanding, when the communication is provided with appropriate body language, then the communication is said to be in perfect flow.

I recommend that as parents, do keep learning more and more about the way to communicate and help the children have a healthy mental and physical life.

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CRAZY OVER COFFEE



Shalini Mukherji
FITNESS & NUTRITION

mukherji.shalini@gmail.com

Master Functional
Trainer

Muscle Rehab
Practitioner

Blackroll & Barefoot
Specialist
Mobility Specialist

Nutrition Consultant
For
Weight management
Sports & Clinical
Nutrition

WhatsApp
+918591288168

BENEFITS OF COFFEE

- Enhances brain function
- Boosts metabolism
- Breaks down body fat for use as fuel during training
- May reduce risk of stroke
- Reduces risk of Alzheimers and Parkinson's disease
- May lower risk of Type 2 diabetes mellitus

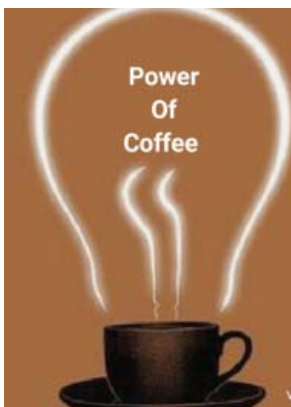
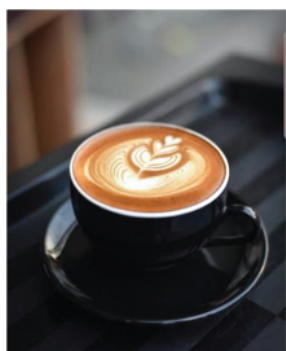
RISKS

- It can increase your blood pressure and heart rate
- It is addictive
- Bad quality coffee can be toxic
- May cause digestive issues
- May cause anxiety
- Decaffeinated does not have the same benefits as regular coffee
- Can cause insomnia and restlessness

CAFFEINE can impair absorption and facilitate excretion of certain vitamins and minerals like

- Calcium, Vit D, B vitamins, Magnesium

CRAZY OVER COFFEE



www.shalinimukherji.com 2022

- Reduces risk of certain cancers
- Contains antioxidants
- Has essential nutrients like Riboflavin (B2), Pantothenic acid (B5), Manganese, Potassium
- Boosts physical performance
- Brightens your mood
- Lowers risk of depression
- May protect your liver against cirrhosis

WHAT TO DO

- Have Coffee 1 hour before or after your meals and supplements.

ACUPUNCTURE FOR HAIR LOSS: HOW DOES IT HELP?

There is probably nothing more frustrating than witnessing the gradual thinning of your crowning glory, while you stand there helplessly, taking out the strands of your hair stuck in the hairbrush. Our hair remains an extremely crucial part of our identity and it can be devastating to notice bald spots and receding hairline.

Sadly, we do not realise that everyday habits like improper diet to chronic stress can wreak havoc on the quality of the hair and even contribute to hair fall. If you think that investing in a costly shampoo and conditioner is going to do the job of you, you are sorely mistaken.

Some of the most common causes of hair fall include:

1. Thyroid disorders
2. Lack of proper nutrition
3. Chronic stress
4. Iron deficiency
5. Prolonged usage of harsh chemicals
6. Poor diet

While there are several anti-hair fall products available in the market, it is important to understand that hair fall is not a superficial problem and requires a multi-faceted approach. This is why it is a good idea to consider alternative therapy as a solution. The research still re-



Dr. SHABNAM ALI
M.D. Acupuncture
(Colombo), M.I.A.Ac.S,
C.S.G.M(Homeopathy)
Mobile: 9892696700
Consulting acupuncturist
in Lohana Medical Centre,
Koperkhairane.

mains less conclusive on whether acupuncture treats hair fall or not, it still finds scientific support in case of curing back and neck pain.

Can acupuncture be used to treat hair fall?

Acupuncture is a form of ancient Chinese medicine and is one of the major com-



ponents of traditional Chinese medicine (TCM). This procedure involves inserting extremely fine needles through a person's skin at targeted body parts. The primary aim of acupuncture is to balance the person's energy (Qi) to promote overall well being.

According to this traditional Chinese remedy, if the Qi (pronounced as Chee) is blocked, it may cause several health conditions. Which is why

acupuncture focuses on clearing the blocked energy by inserting fine needles into specific AcuPoints to open them up. Once the blockage is clear, the pathways or meridians can again carry essential nutrients and the vital force energy (Qi) throughout the body. It is said that regular acupuncture sessions can help in stimulating hair growth and restore the balance in the body. Experts recommend

at least 10-20 sessions of acupuncture, given that it is not a quick fix and takes its own time to treat the root cause of the problem. Additionally, it is also said to reduce follicle inflammation and increase blood circulation in the scalp to promote hair growth.

Remember

Remember that everybody reacts differently to different treatments and while acupuncture does not have any side-effects.

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BENEFITS OF AVOCADO..

Contd. from page 2

potassium balances the effects of sodium (table salt), which can increase your blood pressure, and 200g of avocado contains 21% RDA potassium.

Maintain a Healthy Heart

A high level of homocysteine is associated with a higher risk of heart disease, but Vitamin B6 and Folic Acid

found in avocados help to regulate it.

Avocados are high in monounsaturated and polyunsaturated fats, which may help reduce blood cholesterol levels and decrease the risk of heart

disease.

A seven-year study published in 2013 in Nutrition Journal found that eating avocados was associated with a reduced risk of metabolic syndrome, a group of symptoms shown

to increase the risk of diabetes, stroke and cardiovascular disease.

Healthy Skin

The Vitamin C and Vitamin E in avocados helps keep skin looking nourished and healthy. Vitamin E acts as an

antioxidant to neutralize the oxidative effect of free radicals and can slow down the skin-aging process. Avocado (and avocado oil in particular) may even be useful in treating psoriasis.

SPREAD OF OMICRON!



Sahrish Akhtar

Starting from December 2021 again, novel coronavirus disease 2019 (COVID-19) pandemic again has caused tremendous economic loss and unprecedented health crisis across the globe. While the development of cure is at full speed, less attention and fewer effort have been spent on the prevention of this rapidly spreading respiratory infectious disease.. Although so far, several vaccine candidates have advanced into clinical trials, limited data have been released regarding the vaccine efficacy and safety in human, not mention the long-term effectiveness of those vaccines remain as open question yet.

With seven countries in South-East Asia Region confirming cases of the new COVID-19 variant Omicron, the World Health Organization today emphasized on urgent scale up of public health and social measures to curtail its further spread.

Coronavirus vaccines came at the time when the entire world was battling the implications of the SARs-COV-2 virus. They proved to be a boon during the most uncertain times and many continue to place their trust in the same.

In a very short time, the highly infectious Omicron COVID-19 variant has upended many aspects of our lives. Countries can – and must – prevent

the spread of Omicron with the proven health and social measures. Our focus must continue to be to protect the least protected and those at high risk.

The new, heavily mutated variant, although said to be 'mild', is believed to escape vaccine-induced immunity, which is one of the primary reasons behind the surge in the number of Omicron cases, even among fully vaccinated individuals., preliminary research suggests that COVID-19 vaccines administered in most countries offer insufficient or no defence against the highly infectious Omicron variant. However, it was found that the existing vaccines seemed to provide protection against severe Omicron illness.

While Pfizer and Moderna vaccines, when supported by a third booster dose, showed some success at preventing infections from Omicron, unfortunately, these two mRNA vaccines are not available in most countries.

On the contrary, coronavirus vaccines developed by AstraZeneca, Johnson & Johnson Janssen and in China and Russia are said to do little to nothing to prevent Omicron infection.

Vaccines are an important tool in our fight against the pandemic, but, as we know, vaccines alone will not get any country out of this pandemic. We must scale up vaccination and at the same time implement public health and social measures, which have proven critical to limiting transmission of COVID-19 and

reducing deaths in the future time.

1. Wearing masks, maintaining social distance is crucial

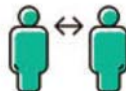
Vaccinated or not, currently everyone is prone to Omicron infection. Considering the new variant is



WEAR A MASK



WASH YOUR HANDS



KEEP YOUR DISTANCE



USE HAND SANITIZER



STAY HOME



WEAR GLOVES



highly transmissible and can evade vaccine immunity, one must stay on guard, wear masks and maintain social distance from other people. In areas with high numbers of COVID-19 cases, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated. The Doctor urges people to stay 6 feet away from others and to avoid close contact with people who are sick.

2. Say 'no' to social gatherings, avoid crowded areas

It is important to note that the Omicron variant is lurking in and spreading like wildfire. Having said that, make sure to avoid social gatherings, do not host indoor parties, and refrain from visiting crowded areas. The SARs-COV-2 virus is highly unpredictable and can infect anyone.

3. The role of booster shots amid Omicron outbreak

As COVID cases surge around the world, vaccine boosters have gained much momentum and demands for the same have shot up.

Vaccine manufac-

turing companies like Pfizer-BioNTech and Moderna have recently released data suggesting the effectiveness of their vaccines and booster doses against the Omicron variant.

Indian government is monitoring the situation closely and is issuing suitable guidelines from time to time. Meanwhile, the scientific and medical community is geared up for developing and deploying diagnostics, carrying out genomic surveillance, generating evidence about viral and epidemiologic characteristics, and development of therapeutics but they are more concern towards the Rallys of upcoming Uttar pradesh 2022 elections and agenda to defeat other political parties.

For decades, vitamin C has been utilized for both its preventive and healing properties. This is especially true in relation to viral illnesses. Daily consumption of the vitamin, whether through supplementation and/or diet, can ward off viruses and reduce the duration of illness.

Citizens are advised that in addition to masking, avoiding crowds, Sanitized your hands and house also. Testing is also another protective step. COVID-19 testing is recommended for anyone who has Covid-19 symptoms or was exposed (in any way) to the virus. It could assist in ensuring security before gatherings, even though everybody is vaccinated.

People can treat mild cases of COVID-19 at home. They should ensure that they remain hydrated, get plenty of rest, and take OTC medications to reduce fever and pain.

If a person is experiencing shortness of breath, they should try to remain calm and try different positions to make it easier to breathe. If the shortness of breath is persistent or worsens, they should seek medical attention.

CREAMY CHICKEN SOUP



NASEEM KHAN
Navi Mumbai

Ingredients:

- Chicken-1/2 kg – boneless
- Garlic-paste: 1 teaspoon
- Ginger-paste: 1 teaspoon
- Milk 1 cup of milk,
- 2 teaspoon of butter & grounded pepper
- Veggie:
- Carrot

- Corn
 - Spinach
- Put chicken ginger garlic (GG) paste pep-



Side by side in a pan add some butter and then sauté the veggies in the pan for one or two minutes. After that add pepper and some milk to the pan with veggies and keep stirring it for at least 4 to 5 minutes.

When the chicken has been boiled, add the veggies sautéed with milk to the chicken soup.

Mix them together. After 10 minutes serve hot (add pepper if you

per and salt with 1 litre of water in it while chicken is boiling.

want to, it's optional) Enjoy it with your family and friends.

TRADITIONAL INDIAN WISDOM



Bhavani Swaminathan
Mob. 7021648382
Nutritionist & Founder
of AAKANKSHA:
Desire For Wellness.

DRINKING WATER FROM A COPPER POT

Copper is an essential nutrient for the body. Together with iron, it enables the body to form red blood cells. It helps maintain healthy bones, blood vessels, nerves, and immune function, and it contributes to iron absorption. Sufficient copper in the diet may help prevent cardiovascular disease and osteoporosis, too. It helps maintain a healthy metabolism, promotes strong and healthy bones and ensures your nervous system works properly. It helps maintain a healthy metabolism, promotes strong and healthy bones and ensures your nervous system works properly.

Common signs and symptoms of copper deficiency include fatigue and weakness, frequent sickness, weak and brittle bones, problems with memory and learning, difficulties walking, increased cold sensitivity, pale skin, premature grey hair and vision loss. While copper deficiency is rare, it seems that fewer people today are getting enough of the mineral.

5 Signs and Symptoms of Copper Deficiency

1. Fatigue and Weakness: Copper

deficiency may be one of the many causes of fatigue and weakness. Copper is essential for absorbing iron from the gut. When copper levels are low, the body may absorb less iron. This can cause iron deficiency anemia, a condition in which the body is unable to carry enough oxygen to its tissues. A lack of oxygen can make you weaker and feel tired more easily.

2. Weak and Brittle Bones: Osteoporosis is a condition characterized by weak and brittle bones. It becomes more common with age and has been linked to copper deficiency. Copper is involved in processes that create cross-links inside your bones. These cross-links ensure bones are healthy and strong.

3. Sensitivity to Cold: People with copper deficiency may feel more sensitive to cooler temperatures. Copper, along with other minerals like zinc, helps maintain optimal thyroid gland function.

Studies have shown that the T3 and T4 levels of thyroid hormones are closely linked to copper levels. When blood copper levels are low, these thyroid hormone levels fall. As a result, the thyroid gland may not work as effectively.

4. Pale Skin: Skin color is greatly determined by the pigment melanin.

People with lighter skin usually have fewer, smaller and lighter melanin pigments than people with darker skin. Interestingly, copper is used by enzymes that produce melanin. Therefore, copper de-

ficiency could affect the production of this pigment, causing pale skin

5. Vision Loss: Vision loss is a serious condition that may occur with long-term copper deficiency.

Copper is used by many enzymes that help ensure the nervous system works properly. This means that copper deficiency can cause problems with the nervous system, including vision loss.

Nuts, seeds and

eases will disappear. The best way to drink copper charged water is upon rising without brushing your teeth. Fill the copper container or bottle with water and keep it on a wooden surface.

THE ROLE OF COPPER IN CLEANSING WATER

Our ancient medicine Ayurveda strongly recommends drinking water stored in copper vessels daily for boosting immune system and for balanc-

When water gets stored for upto 8 hours in a copper bottle or a vessel, it undergoes oligodynamic effect, which means it gains the ability to kill several microbes, fungi besides maintaining the natural pH levels.

Prevents Cancer

Cancer has unfortunately become a common occurrence and this dangerous condition has been constantly challenging the medical fraternity for many years. Water stored in copper bottle or copper vessel is an excellent source of antioxidants, that can combat free radicals responsible for tumours and stimulating cancer cells. If you are often exposed to sun rays, make it a point to carry a copper bottle along, as the water stored in it produces melanin – a natural skin pigment that shield skin from harmful ultraviolet rays.

Stimulates Thyroid Function

Thyroid is a tiny, butterfly shaped gland responsible for the production of various hormonal functions. Thyroid related problems

have become quite common these days affecting both male and female alike in all age groups. Hormonal imbalances can play a havoc in your life and the water imbued with the goodness of copper can correct thyroid dysfunction. However, if you are suffering from hyper or hypo thyroid, exercise caution while drinking this water as too much copper in the system can cause other troubles.

Boosts Haemoglobin Count

Haemoglobin, the protein molecule present in the red blood cells is extremely crucial for body functioning. Lack of haemoglobin can cause anemia leading severe fatigue, brittle bones, disorientation besides other chronic conditions. Studies reveal that copper water aids in breaking down of food for the production of haemoglobin and helps in the better absorption of iron into the body. Copper being an important trace mineral is required by the body in right amounts to prevent certain haematological conditions.



some of the fruits are high in copper content. But consumption of water from copper utensils or bottle provides a number of health benefits. The above mentioned copper deficiency dis-

ing all the three doshas – vata, pitta and kapha

In addition, copper comes with significant amounts of antimicrobial properties making it ideal for eliminating disease causing bacteria, fungi and viruses.

CREATIVE SPACE



Moon drawing by Filzah Syed, Vashi, Navi Mumbai



Nikhil Krishnan (8 years), Sanpada, Navi Mumbai

INSOMNIA - ITS PREVENTIVE MEASURES

It's been a long day that has left you dead tired, downright bushed. Yet it's happening again. You lie in bed, wide awake in the middle of the night. You hit the hay three hours ago, but try as you might, there's no way you can catch the dreamland express. Your mind is racing a mile a minute, but the alarm clock next to the bed keeps ticking and each minute passes by like hours. You'd do anything for a good night sleep.

Insomnia ranks right behind the common cold, stomach disorders and headache as a reason why people seek a doctors help. The term insomnia denotes a complete lack of sleep. It indicates a relative inability to sleep, difficulty in staying asleep, early awakening or a combination of any of these complaints. Insomnia deprives the person of mental rest and thereby interferes with his activities in the day time. It constitutes a severe health hazard when it becomes a habit. Sleep is a periodic state of rest for the body which is absolutely essential for its efficient functioning. It is the indispensable condition to the recuperation of energy. It gives relief from tension, rests the brain and body and a person wakes up in the morning fresh and relaxed. Sleep has been aptly called the "balm of hurt minds and the most cheering restorative of tired bodies".

The amount of sleep varies within very wide limits from individual to individual. Normally, seven to eight hours of sleep every night is adequate for most people. Some, however, do well with four to five hours because their sleep is deeper and more refreshing. Insomnia is common among the elderly for a variety of reasons. The sleep of the elderly is often punctuated by brief periods of wakefulness during the night. In such cases it is the quality rather than the quantity which is most affected. With age, there is a gradual reduction of periods of deep sleep. Sleep requirements also diminish with ageing.

Insomnia can be transient

(less than a week), acute (short term), chronic (long term). Although difficulty in staying asleep is the most common symptom of insomnia, the single symptom that frequently marks the onset is the difficulty in falling asleep. Premature waking with the feeling of sleep deprivation, night time wakefulness at the slightest external stimulus, prolonged nocturnal wakefulness are indicative. The signs of pathological insomnia are dramatic changes in the duration and quality of sleep, persistent changes in the sleep patterns, lapses of memory and lack of concentration during the day. Other symptoms are emotional instability, loss of co-ordination, confusion and a lingering feeling of indifference.

Causes: The most common cause of sleeplessness is mental tension brought about by anxiety, worries, overwork and overexcitement. Suppressed feelings of resentment, anger and bitterness may also cause insomnia. Constipation, dyspepsia, overeating at night, excessive intake of starches, sweets, tea or coffee and going to bed hungry are among the other causes. Smoking is another unsuspected cause of insomnia as it irritates the nervous system, especially the nerves of the digestive system. Environment factors such as overcrowding, excessive noise, too much light and poor bedding or housing conditions may also lead to transient sleep difficulties. Often, worrying about falling asleep is enough to keep one awake. Flying to a different time zone can trigger a bout of insomnia that lasts for several days Or weeks by re-setting the biological clock.

Shift work: working at night and trying to sleep during the day also disrupts the biological clock. Chronic insomnia often accompanies the onset of depression but can also be caused by several major ailments including narcolepsy, gastro-esophageal reflux, over active thyroid, atherosclerosis, asthma, kidney disease, Alzheimer's disease, sleep apnoea.



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

PREVENTION

- **Set a rigid sleep schedule:** Sleep is an unavoidable interval in 24 hrs. It is insisted to be as regular with the sleep habits as possible. It is important to get enough sleep so you can make it through your day without drowsiness. To help achieve that goal, try to get to bed at the same time each night, even on weekends so you can set your systems circadian rhythm, the so called biological clock that regulates most internal functions. Just as important is arising at the same time each morning. Avoid sleeping during the day to catch up with the lost sleep.

• **Don't turn your bed into your work place:** If you want to go to bed, you should be prepared to sleep. If there's something else you do, you won't be able to concentrate on sleep. Don't engage in any kind of office work, upsetting conversations or perform any mundane task in bed.

• **Set aside some quiet time before bed:** Some people are so busy that when they lie down to go to sleep, it's the first time in all day that they've had a chance to think about what happened that day. An hour or two before going to bed, sit down for atleast 10 mins or so. Reflect on the days activities and try to put them into some perspective. Review your stresses and strains, as well as your problems. Try to work out solutions. Plan the activities for the next day. This exercise will help clear your mind of annoyances and problems that might keep you awake once you pull up the covers.

• **Avoid stimulants after twilight:** Coffee, tea, colas and even chocolates contain caffeine, the powerful stimulant that can keep you up, so try not to consume them past 4 pm. Don't smoke either, nicotine is a stimulant too.

• **Avoid consuming alcohol few hours before bed time:** Alcohol does depress the central nervous system, but it also will disrupt your sleep. In a few hours, usually during the middle of the night, it's effects will wear off, your body will slide into withdrawal and you'll wake up.

• **Create a comfortable sleep setting:** Redecorate your sleeping space with your favourite colours, hang dark curtains to keep out the light. Make sure the rooms temperature is just right- not too hot, not too cold. Replace the mattress if it's sagging or lumpy. Wear loose fitting sleeping clothes. Keep your electronic devices far off sight.

• **Learn and practice relaxation techniques:** The harder you try to sleep, the greater the chances are that you'll end up gnashing your teeth all night rather than stacking some zz's. That's why it is important to relax once you're in bed. The one problem with insomnia is that people often concentrate too much on their sleep. The key to successfully falling asleep is to reduce your focus and avoid working yourself into a frenzy. Biofeedback exercises, deep breathing, muscle stretches or yoga are of good help. Exercise daily even if it is going for a walk as it increases the odds of a good nights sleep because it helps control stress. However do not exercise during the three hours before going to bed as this may energize the body too much to sleep.

• **Question your medication:** Certain medication such as decongestant sprays can disrupt sleep. If you take prescription medication routinely, ask your doctor about the possible side effects. If he suspects the drug could be interfering with your sleep, he may be able to substitute it with another medication or adjust the time of the day you

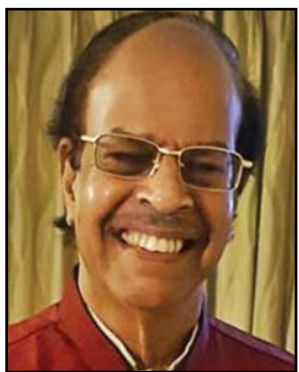
take it.

• **Diet:** It is an important factor in the treatment of insomnia. It is known that people with chronic insomnia almost have marked deficiency of such key nutrients as B complex vitamins and vitamin C and D as also calcium, magnesium, manganese, potassium and zinc. The sleep mechanism is unable to function efficiently unless each of these nutrients is present in adequate amounts in the diet. Of the various food elements, thiamine and vitamin B1 is of special significance. It is vitamin for strong and healthy nerves. A body starved of thiamine for a long period will be unable to relax sufficiently to induce natural sleep. The valuable sources of this vitamin are whole grain cereals, pulses, nuts. Fresh juicy fruits like oranges, grapes, apple, pears, peaches and pineapples should be consumed as they help cleanse the blood stream and relieve possible digestive and intestinal disturbances. Celery is also considered beneficial in this case. It's characteristic smell arising from the concentration of plant hormones and essential oils induce sleep. Melatonin hormone helps regulate the biological clock. Foods such as milk and certain types of meat, cheese and pumpkin seeds contain a compound called Me tryptophan, an amino acid that helps induce sleep by leading to the production of melatonin. Milk sweetened with honey is thus proven beneficial at bedtime.

• **Other therapies:** There are several alternate approaches that may be helpful with inducing sleep, reducing stress. Aromatherapy with essential oils like lavender and chamomile may help encourage falling asleep.

Indeed there are quite a few common sense approaches you can try to correct the problem yourself. It may take just one therapy, may take a combination. In any case, the key to success is discipline. 'Sleep is a natural phenomenon, but it's also a learned behaviour'.

NEW YEAR AND COUNTING



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai

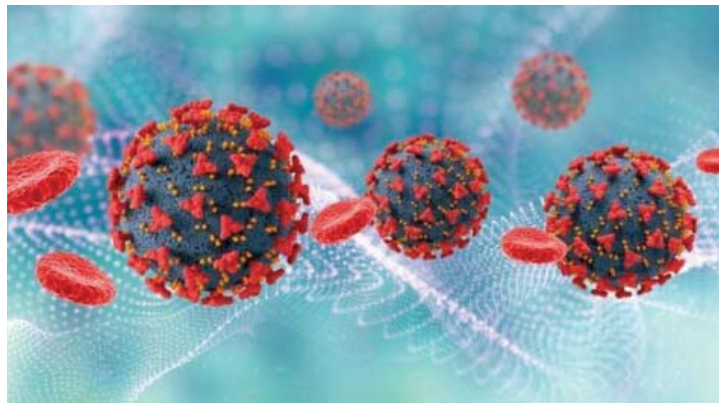
OMICRON NOT AN OMINOUS SIGN

New year set the ball rolling, a new variant already took its appointed place and the Omicron now taking its toll is not an ominous sign for an auspicious beginning. After all, we were all waiting for the new year to show a sign of relief and counting upon pandemic days to pass by sooner or later.

India reported more than 20000 cases and the experts estimates that nearly half the emerging cases are likely to be Omicron variant and that is causing concern.

This is a stern warning and the rise in cases seen globally and in India could put stress on health infrastructure as we felt during the first and the second phase of Covid19. Mumbai metro suffers the most with a 60% increase in cases. As a matter of great concern, the fresh impetus comes with ten ministers and 20 MLAs in Maharashtra testing positive and the state administration in the verge of collapse. Omicron pseudovirus multiplied 70 times faster

than Delta and the original SARS-CoV-2 strain in human bronchus tissue in the lab. Yet it replicated nearly 10 times less efficiently in lung tissue than the original strain, which may be an indicator of lower disease severity. Increased risk of reinfection and/or breakthrough infection does not necessarily correlate with increased disease severity. While Omicron symptoms ranging from mild to severe, and even death have been reported, the most common symptoms associated with the first 43 Omicron cases investigated in the U.S. were cough, fatigue, congestion and runny nose. It is time to be cautious as before and follow the government



guidelines strictly.

While the world over there is panicking about Omicron, India seems to have not got caught up on this variant. While reasons and theories may be, it is heartening to see that the doomsayer's predictions have not become true. But it doesn't mean we can lower our guard and do all the crazy things we are good at. Let's not tempt fate with our foolishness and get ourselves in an avoidable and unnecessary third wave. More than 160 crores

vaccinations till date and counting. One of the most significant achievements by the country as a whole. And the interesting point is that we haven't gone the whole hog and got all the vaccines utilized. The states are supposed to be sitting with almost 20 crores of vaccines and there is really no urgency to use these vaccines and protect more people. It is time that we shed our political affiliations and ensure that everyone is vaccinated. The year 2021 has finally come to an end. The past year has been a great ride that was filled with surprises and shocks. All of us had our share of joy, sorrows, love and animosity. After a year of smiles, tears, laughter,

health, sickness and most importantly, another year of the pandemic, we are finally entering 2022. The New Year, although seemingly a harbinger of another wave of the pandemic, marks the start of another year which is a storehouse of new opportunities and new beginnings and can turn out to be as good as you wish to make it. We hope to have a healthy, peaceful and blissful year ahead. May God continue to protect us from all evils and keep us safe and healthy.

WATER IS THE BEST BEVERAGE FOR YOUR TEETH



Dr. Ruhina Khan (BDS)
Abu Dhabi
ruhinakhan1121@gmail.com

It doesn't matter if your glass is half-empty or half-full: Drinking water is always good for your health. Our bodies are made of 60% water, and staying hydrated

Drinking water is good for your teeth because it keeps your mouth clean! Plaque can't build up in a clean, hydrated mouth. Acids from plaque, food, and beverages can harm your tooth enamel, but drinking water dilutes acids to help protect your teeth. A simple glass of water can wash away residue that might cause stains, reduce the bacteria that cause bad breath, and protect your tooth enamel. The more water you drink, the brighter you'll be smiling!

susceptible to damage. Drinking water helps your mouth stay hydrated and stimulates saliva production.

Drinking Water Helps Restore Tooth Enamel

Remineralization is another reason that drinking water is good for your teeth. Your tooth enamel has an even higher mineral content than your bones. Drinking water with trace minerals and fluoride helps to restore and strengthen your enamel. However, minerals and fluoride



helps your system distribute healthy nutrients, gets rid of waste, gives your skin a healthy glow and keeps your muscles moving. Along with regular brushing and flossing, drinking water is one of the best ways to prevent cavities and gum disease. You can stop plaque build-up and protect your tooth enamel just by drinking water throughout the day – especially if it's fluoridated.

Drinking Water Keeps Your Mouth Clean

By rinsing away harmful bacteria and food debris, drinking water fights cavities and gum disease.

Drinking Water Fights Dry Mouth

Dry mouth, or xerostomia, is a condition where plaque builds up because the mouth does not produce enough saliva. Saliva plays an important role in helping to protect your teeth and gums. Like water, saliva washes away food debris and fights cavity-causing bacteria. Acid from plaque build-up damages teeth and causes lesions that can develop into cavities, but saliva helps to prevent acid attacks from plaque. Minerals in your saliva also help to strengthen and rebuild tooth enamel; without adequate salivary, your teeth are more

are usually only found in tap water and mineral water. Filtered water and bottled water often lack essential minerals, while distilled water and reverse osmosis water have no minerals or fluoride at all.

It's Calorie-Free

Sweetened drinks that are high in sugar and calories, create a perfect storm that puts you at risk for cavities and other unhealthy consequences like weight gain. In fact, studies have shown that drinking water can help you lose weight. So, the next time you need a drink, go guilt-free with water to take care of your body and your smile.



JAYANTHI SUBRAMANIAM
Navi Mumbai

IS THERE A NEED FOR A SMOKING LOUNGE IN AIRPORTS?

Cigarette smoking is injurious to health as per the statutory warning message. However, so many people taste smoking and spoil their health in the process. In airports a special enclosure is made to encourage the smokers to pursue smoking in a closed place. Even though the prices of cigarettes are increased in every budget, the interest in smokers is not coming down drastically. One more cause for accepting this cigarette smoking habit is seeing their superstars smoking on the silver screen. The caution is totally ignored and we see the role model super stars smoking cigarettes.

After all, we are slowly caught in the death trap for a pleasure lasting a few minutes. Again, your monthly earnings are unnecessarily diverted to such a bad vice. Instead, that amount can be invested on Children's Education or for the Welfare of the Family. There lies your will power to abstain from smoking. Even children follow in the footsteps of their parents. It is time to take care of life from the vagaries of bad vices. Life is really precious. And we should educate children to take the right route and not to get spoiled from a young age. Preven-

tion is better than cure is true.

The World Health Organisation's theme this World Tobacco Day (May 31) focuses on the impact of tobacco on cardiovascular health. Tobacco is a key risk factor for coronary heart disease, stroke and peripheral vascular disease. But awareness on tobacco being a leading factor in heart ailments is low. This year's WHO campaign seeks to promote awareness on the link between tobacco and heart and other cardiovascular diseases (CVD), including stroke which, combined, are the world's leading causes of death; encourage feasible actions and measures that key audiences, including governments and the public, can take to reduce the risks posed by tobacco to heart health.

As the world gears up for World Tobacco Day, the campaign needs to move from larger pictorial health warnings to plain packaging. Tobacco is the only consumer product with no useful or beneficial qualities, instead it causes death and disability. An interaction with an oncologist or his patient on tobacco products will leave you extremely grim and concerned at the dangerous prospect of India sitting on a fast-ticking cancer time-bomb. Tobacco is the only product that loses one-third of its consumers to death or disability. The warning "Cigarette smoking is injurious to health" sounds good.

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per the statutory warning message. However, so many people taste smoking and spoil their health in the process. In airports a special enclosure is made to encourage the smokers to pursue smoking in a closed place. Even though the prices of



cigarettes are increased in every budget, the interest in smokers is not coming down drastically. We propagate that Cigarette smoking is injurious to health but at the same time providing space for smokers to enjoy themselves. The very purpose of emphasizing caution is defeated thereby.

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for the Welfare of the Family. There lies your will power to abstain from smoking. Even children follow in the footsteps of their parents. It is time to take care of life from the vagaries of bad vices. Life is really precious. And we should edu-

cate children to take the right route and not to get spoiled from a young age.

Prevention is better than cure is true. As a matter of fact, there is no treatment if caught in the smoking web.

Only an early diagnosis can improve survival chances. Tobacco use is one of the major reasons for Oral Cancer. It is a slow death for a smoker and chain smokers rarely survive from oral cancer. When you buy a pack of cigarettes you find statutory warning loud and clear. With more and more people joining the IT Industry they have the means to pay high cost for cigarettes. Further, we can see young girls smoking cigarettes by the side and spoiling their health. They do it for style or to reduce stress. The increase in appointments in call centres saw them sitting late nights and thus cultivating a bad habit.

After all, every cigarette smoke spoils your lungs and the respiratory system. It is one way of consuming poison for slow death. Even the person sitting in front of you will be getting the smoke going inside his nostrils. So the part of the cost

can be claimed from the person enjoying a portion of the smoke. We follow Western style blindly and spoil our health totally. Women smoking cigarettes face the risk of getting cancer and that may affect foetus also. The uterus will be affected as well preventing further pregnancies.

The main cause for cultivating this bad habit is stress. However, cigarette smoking is practised by youngsters and they fall prey to the habit afterwards. They become chain smokers. There are rehabilitation centres for cigarette smokers to come out of the deadly habit. Some people take Paan Parag and other items to curtail the bad smell emanating out of Cigarette smoking. So two bad vices are practised to retain one habit. Cigarette smokers should fix an auspicious day like New Year's Day to forego smoking and lead a healthy life. After all Health Is Wealth.

