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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 !!!!



PLEASE NOTE: Vol. 6, Issue - 12 (September 1-30, 2023) Print Edition was not printed due to Covid-19 related problems, the inconvenience caused is regretted. You can see the same digitally on our website: www.datewithhealth.com

- Editor



Editorial

DIL SEY THANK YOU

Today looking back one gets a feeling of immense satisfaction that we have been providing health and fitness related articles uninterrupted thanks to the wonderful and enthusiastic contributors. A big thank you to them, no less effort was also put in by the younger lot who contributed with creative activities which they had done during the year.

Our journey has just begun as we have much more to do by creating a healthier and greener environment. Plantation initiative is one area where we need special focus of the society. Every opportunity should be utilised for the same. Lets plant saplings and encourage others to do the same on all important events of our lives, may it be birthday marriage anniversary social functions etc.

Each year the pleasure of completing a fruitful period is satisfying but with it comes more responsibility to do even better. Without your support and motivation it won't be possible. So please bestow the love and blessings as you all have been in the past too. Your views feedback and suggestions would help us improve.



Donate Red



Spread Green



Save Blue

Relationships and Separations



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Mom Dad U R Wonderful
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I have been often asked by many clients who are on the verge of a divorce or breakup to help them with keep it civilized and not get ugly.

In my columns I would not just like to make you aware regarding the maintaining of relationships, but also let us be aware of how to manage when there are breakups, separations or even a divorce.

There may be at times also severing of relationships with some people who would have been otherwise toxic to our well-being.

There are two very major steps involved while dealing with separations if they are to be kept civilized and far from getting ugly. One is a proper closure and the second is the act of forgiveness.

To get a proper closure, it is always better to take the help of professionals or elders of the family who are considered to be good mediators and wise members of the family.

A good step by step process of why two people want to separate and go their own ways needs to be clarified without getting into bitter arguments and respect the feelings of each other. Because in some situations it is better to let go and part ways rather than stay in the relationship and make it bitter and ugly day after day.

By writing, speaking out the points of discord clears the air and the mediator or the counsellor needs to help by helping them to respect the points of discord and help them to feel that it is ok. For example, if one of the point of discord is addiction which is disturbing the other person for many years and the spouse or friend or partner is not taking any serious steps to get out of the habit or addiction. When this is mentioned by the partner as one of the many causes of breakup, it needs to

be mentioned as ok by the partner who is addicted and that he or she is ready to accept that it is a cause but he or she would not like to let go of the habit.

Another example could be that there are many incidences of infidelity and the partner accepts that it is the cause, but he or she is not ready to let of the habit of being unfaithful.

So in short the causes may be mild or severe in their nature, but they need to be accepted and closed.

The next step is to help both the partners to forgive themselves and each other for this unpleasant situation to happen in their lives. This helps to not carry the ill feelings or keep talking and thinking about how unfair it was.

Taking the above two steps helps the people who separate and also the family and friends to respect the behavior of the two people who have separated and are not torn between them. Especially the parents, children and the friends.

This also helps life to go on and both the partners even though

they have separated can at times meet during family get together or festivals along with the family and have a cordial and respectful relationship.

It is also advised to not speak ill about each other after the separation and maintain the dignity of the relationship.

The biggest benefit of the above is it completely eliminates the stress and the issues which could come if the separation is not amicable. In case there is a child or children, then they too are not caught between the two and they also have respect for the way the divorced parents handle the post separation situations.

Sometimes separations are just inevitable and they are bound to happen no matter how much effort is put into the relationship. Therefore, it is very much essential to keep it civilized and pleasant.

In my experience the people who have adopted the steps above have remained good friends despite being separated and often even help each other in times of need.

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DATE WITH HEALTH

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Science has proven that low grade inflammation can be a silent killer which contributes towards cardiovascular diseases, cancer, type 2 diabetes, IBS and other conditions.

FIGHT INFLAMMATION before it compromises your health.

1) EAT TO BEAT

Follow a good nutrition plan as per your body requirement under the guidance of a qualified Nutritionist.

Include anti inflammatory foods like...

Tomatoes, green leafy vegetables, nuts, fatty fish, berries, oranges, high fibre cereals etc in your daily diet.

Hydrate yourself sufficiently

EAT SLOWLY AND CONSCIOUSLY

Limit refined carbohydrates, sodas, red meat, margarine, processed foods, trans fats etc.

STOP SUGARS IN ANY FORM

2) GET MOVING

20 to 30 minutes of medium intensity movement/exercise

Reduce Inflammation Improve Health

daily will help reduce Cytokine TNF (responsible for abdominal fat) and facilitate

WEIGHT
Being overweight is "PRO INFLAMMATORY"

robs you of energy and productivity and increases inflammation During sleep our

5) STOP SMOKING
Kicking the habit will result in dramatic reduction in Inflammatory levels within a few weeks.

6) LIMIT ALCOHOL USE
Your joint pains, fatigue and anxiety levels will reduce and body will be better hydrated and sleep patterns will improve.

7) CONQUER CHRONIC STRESS
Stress over a prolonged period of time elevates inflammation and can cause flare ups of Rheumatic Arthritis, Cardiovascular disease, Depression, IBS etc

Seek help from Counsellors, do Yoga, Meditation, Deep Breathing etc

We have one life
Aspire to do better, but also be happy for what you have and enjoy each day

ANTI-INFLAMMATION FOODS

- Tomatoes**
- Fruits**
Strawberries, blueberries, oranges and cherries.
- Nuts**
Almonds, walnuts, and other nuts.
- Olive oil**
- Leafy greens**
Spinach, kale, collards, and more.
- Fatty fish**
Salmon, mackerel, tuna, and sardines.

INFLAMMATION FOODS

- Fried foods**
- Sodas**
- Refined carbs**
- Lard**
- Processed meats**

endorphin release (feel good hormone)

3) MANAGE YOUR

4) GET ENOUGH SLEEP

Inadequate sleep

body releases PRO-LACTIN to reduce inflammation.

YOGA AND DANCE MOVEMENT THERAPY AT A GLANCE



Ms. Veena Iyer
Founder of Khoj, Holistic Healing Therapist as DMT practitioner

In continuation of my writeup on Alternate Therapies, here is a glimpse of similarities and individual benefits of Yoga and DMT, with due respect to both modalities in my own humble manner.

Yoga, the most ancient and Traditional offers spiritual form of healing through Asa-

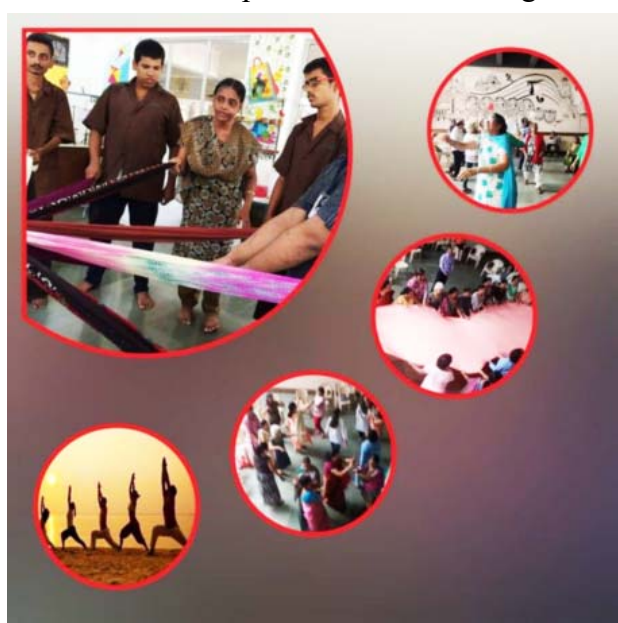
nas for Body Mind and Soul. It is very structured and requires practice to achieve the goal of wellness.

Yoga and Dance Movement Therapy are both physical activities that promote wellness and enhance mental and emotional well-being. However, they differ in several ways:

1. Focus:

Yoga primarily focuses on uniting the mind, body, and spirit through physical postures (asanas), breathwork (pranayama), and meditation. It aims to improve strength, flexibility, balance, and relaxation. The very heart of Yoga

practice is said to be ABHYASA meaning Practice. Dance Movement Therapy, on the other hand, empha-



sizes self-expression, creativity, and emotional release through movement and dance.

It aims to explore and address emotional, psychological, and social aspects of a person's well-being.

2. Methodology:
Yoga follows a systematic approach with specific poses and se-

quences that have been refined over centuries. It includes various styles such as Hatha, Vinyasa, or Kundalini yoga. Dance Movement Therapy is less structured and more personalized, adapting movement and dance techniques to meet individual needs and facilitate personal growth.

3. Benefits:

Both practices offer physical, mental, and emotional benefits. Yoga improves physical strength, flexibility, and posture while reducing stress, anxiety, and depression. It also enhances mindfulness and concentration. Dance Move-

ment Therapy, on the other hand, focuses on emotional release, body awareness, and self-confidence. It can help with various mental health conditions, trauma recovery, and interpersonal skills.

4. Setting:

Yoga can be practiced individually or in group classes, often in a quiet and peaceful environment duly guided by an expert Teacher. It promotes self-reflection and introspection. Dance Movement Therapy typically takes place in a therapeutic setting with a trained therapist. It may involve

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MUESLI: KING OF BREAKFAST



Sahrish Akhtar

A nutritious diet plays an important role in keeping you and your mind healthy. It is crucial that you get all your meals right, especially your breakfast. And what better way to do it than by adding nutrient-rich muesli to your diet. Besides adding flavour, muesli is a combination of rolled oats, fresh and dried fruits, seeds and nuts., which gives you the extra energy and vitality to go about your day efficiently.

A bowl of muesli hardly takes any time and is very healthy to boot. Add some fresh fruits, nuts, fresh dried fruits, healthy seeds and your morning bowl of nutrition is ready! When it is not made using added sugar, or accompanied by too much cream, a healthy bowl of muesli for your breakfast can be the best way to start your day on a healthy note. Sugar, in any form, in your muesli can be a bad idea.

Health Benefits of Muesli Cereal

To have maximum muesli benefits, it should have a less quantity of sugar and consumed with milk. The extra sweetness can

kill muesli benefits. If you need sugar, it meant to be added with fresh fruits such as apples, pear, grapes and not sugar, in any form. Any fruit that you add in muesli will be healthier and will increase muesli benefits automatically.

You can also add a spoonful of fresh dried fruits like apricots, dates, nuts for a chunky and chewy texture. This healthy mix of ingredients, along with oats and nutrients present in muesli, makes it one of the healthiest cereals and best breakfast options as compared to other breakfast cereals.

You can also say that protein is the building block of muscles, bones, skin, blood, etc.

1. An Excellent Source Of Protein

Benefits of muesli increases when it has oats, protein along with omega-3 fatty acids, which makes it one of the best breakfast. Being full of protein and omega-3 fatty acid is one of the muesli benefits. The higher protein content makes muesli benefits more and more suitable choice for anyone who is trying to eat healthy and remain fit.

Protein is responsible for fast metabolism and quick burning of fat, and muscle growth. Protein helps body to build and further repair tissues, which is one of the most important factors to

be healthy. Protein also helps to make enzymes and hormones along with other chemicals in the body.

2. Is Healthiest Option Among Others

The taste of cornflakes or wheat flakes and other cereals may tempt you a little bit, but their nutritional value is low when compared to muesli benefits, which is loaded with oats. Due to its low sugar content as well as low calorific val-



ue, muesli benefits can give you a very healthy lifestyle.

Muesli can be considered one of the best and healthiest cereals that one could choose in the morning. Both food sources, including cornflakes or wheat flakes and granola along with the addition of any fruit, have higher calorific value as compared to muesli.

3. Benefits For Weight Loss

Benefits of muesli are very popular for

weight loss. Muesli is a good source of fiber as well as protein, and they both are very important aspects for healthy weight loss. You can have muesli health benefits by having it in the morning. Normally, people love to have a healthy bowl of muesli because it keeps you full and energetic. If your stomach is full for a long period of time, then you tend to eat less, which leads to a lesser intake of calories.

While following weight-loss diet, keep in mind to take less or no sugar. Being low in calorie is one of the muesli benefits. If you want to have muesli benefits in the right way, then avoid adding sugar.

4. Helps In Managing Cholesterol

Benefits of muesli can help you manage your cholesterol level. Many studies have shown that eating a right amount of muesli can lower

bad cholesterol level that may lead to many more health benefits. Cholesterol level indicates heart health, which leads to overall health of body. So it's very important to have muesli benefits in the right way and amount.

5. Keeps You Energetic

A healthy breakfast must include good sources of carbohydrates, especially because your body needs to come out of 'fasting' with healthy energy sources, and that's why it is normally advised to eat muesli, which is loaded with oats, as a healthy breakfast cereal.

Benefits of muesli help to start your day in a more energetic and productive way. You can add dried fruit, nuts and seeds to increase muesli benefits. These seeds and nuts will provide a healthy start of your day.

6. Are Good Source Of Fiber

Muesli benefits are popular because it contains oats, making it good source of fiber, further making it nutritionally rich. The benefits of having a high fibre diet like oats and seeds may include lowering of cholesterol levels and normalizing of bowel movements.

Food such as muesli is rich in fi-

ber like oats that may help digestion process smooth by adding bulk. When mixed with fresh fruits like apple and pears, with their peels on, you can have muesli benefits to its fullest. Fibrous foods also include nuts, dried fruits along with oats, which will help you to enhance your breakfast in a healthy way.

Fiber can be of two types: soluble fiber and insoluble fiber. Soluble fiber is mostly found in foods like oats, apples, as well as fresh citrus fruits. Soluble fiber is a form of fiber that tends to dissolve in water and takes more time to digest. Insoluble fiber generally encourages the increase in stool bulk and is great for those who are constipated.

7. Benefits During Constipation

Do you know muesli benefits may help you with constipation issue also? This is because muesli is rich in fiber and diet full of fiber keeps your digestive system healthy.

Healthy bowl of muesli is light on stomach and is easy to digest. Thus, benefits of muesli keep your stomach healthy and far away from constipation.

8. Has High Mineral Content

Muesli is a good source of mineral concentration, making it highly nutritional. Minerals like

Contd. to page 7

'The art of teaching is the art of assisting discovery'

This quote of Mark Van Doren beautifully highlights the significant role that a teacher has to play in shaping the destinies of our children. Every child is gifted and capable of achieving great things in life and it is here that a teacher comes in to help children discover their strengths, talents and skills and lead them towards self-discovery. Teacher's role is therefore not merely lecturing or transmitting information and facts but to offer every child a rich, rewarding, and unique learning experience to become creators of knowledge and realise their own potential.

Being a teacher is one of the most challenging yet respectable careers which is vital for the welfare of our young citizens and progress of our country at large. We are living in a time where education is going through a paradigm change and huge restructuring. In India the new National Education Policy (NEP) has given a road map to nurture not only employable citizens but also researchers and entrepreneurs through education that is holistic, accessible, equitable and research based. At this juncture, teachers have to rethink, unlearn and relearn to reinvent themselves to be equipped and well prepared to help students to bring out the best in them.

As we celebrate teachers' day on the birth anniversary of Dr. Sarvapalli Radhakrishnan, the second president of India, who was a renowned teacher and a wonderful educationist, we remember all our dear teachers for their spirit of sacrifice in fostering students' development with sincere commitment. Malcolm X has rightly said that "Education is the passport to the future..." Enhancement of society and students' lives largely depend on the quality of education that they are provided with. The need of the hour is to provide our children with experiential learning opportunities; Practical Learning with cultivation of 21st Century Skills of Critical thinking, Creativity, Collaboration,

Communication, Technology Literacy, Leadership, Social Skills are essential aspects for their holistic growth. Teachers do remain an integral part of the entire educational process. Also, on this day, it is so fitting to acknowledge the many unsung heroes who took the role of reaching out on their own, bearing personal responsibility, to the underprivileged, poor and those who are in need of education. The need of the hour for India to stay relevant is to develop teachers who are willing to rise above the challenges and work towards student welfare and development and equipping them with encouragement and confidence for the dynamic future.

Life is all about learning and in this process of learning, teachers themselves ought to be lifelong learners and play a role of assisting and facilitating the best out of every student. While teachers adapt



to new teaching-learning environments and adopt new practices through technology integration for the intellectual growth of our students, it is imperative for them to ensure children's Social-emotional and spiritual growth. All my dear teachers, God has bestowed on you a very vital role which requires a lot of sacrifice but God is not unjust; He will not forget your work and the love you have shown Him as you have helped His children and continue to help them. Be dedicated to your calling as mentors, guides, facilitators, and co-learners in order nurture our students as passionate lifelong learners.

**Wish you a very
HAPPY TEACHERS' DAY!
Dr Grace Pinto,
Managing Director,
Ryan International Group
of Institutions**

HEART HEALTH AWARENESS

Kedarnath Ghorpade
(Navi Mumbai
Unblocked Ambassador)

In the radiant glow of Mumbai's morning sun, a sea of impassioned individuals gathered to stride with purpose and vigor, united under a singular mission — to steer the course towards a heart-healthy nation. Spearheaded by Novartis in conjunction with Times of India and the fervent Heart Health India group. The dynamic Sunday walkathon marked a pivotal stride in the campaign against the silent yet pervasive adversary, Atherosclerotic Cardiovascular Disease (ASCVD).

Eminent personalities graced the event, leaving an indelible mark with their perspectives and engagement. The encouraging voice of actor Soha Ali Khan echoed resonantly amongst the crowd. "I do it because I have a young daughter, and my goal is to remain fit for her," the actor affirmed, emphasizing the gravity of taking vigilant steps today for a heart-healthy tomorrow.

The pivotal figure behind this sweeping movement, Ram Khandelwal, an indomitable spirit who rebounded from a major myocardial infarction (MI) at just 33, tirelessly orchestrates initiatives such as this, fostering an enriching ecosystem through the Heart Health India community. "This group serves as a sanctuary of empathy, strength, and shared experiences, illuminating pathways of resilience for each heart warrior," Ram Khandelwal voiced, instilling hope and fortitude as he guided the walk with Unblocked ambassadors and heart aficionados alike.

Kedarnath Rao Ghorpade, a bypass

surgery conqueror and a stalwart member of the Heart Health India group, epitomized the very essence of resilience and shared camaraderie that the group fosters. "It's more than just a support group; it is a family guiding you through the tumultuous journey, infusing you with knowledge, understanding, and the strength to face tomorrow," he expressed, encapsulating the group's core ethos grounded in shared experiences and

a testament to our collective spirit of resilience, a convergence of brave hearts navigating through the complex terrains of heart health, channeling empathy, respect, and the rich tapestry of diverse experiences into a holistic approach towards combating ASCVD."

With World Heart Day on the horizon, the organizers eagerly anticipate a series of similar galvanizing events across the nation, the details of which remain



vibrant Indian context. Kedarnath is a Rotarian from Rotary Club of Satellite City Navi Mumbai and involved with many community and environmental organisations and projects.

A powerful endorsement came from one of the Unblocked ambassadors who accentuated, "The Heart Health India group stands as

to be unfurled in the coming month. This revolutionary journey towards a heart-healthy India rides on the fervent hope and concerted efforts of heart warriors, health-care aficionados, and enlightened citizens.

DID YOU KNOW?
A staggering 85% of all CVD deaths are a

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CREATIVE SPACE

MAKE CHILDREN MORE CREATIVE



Photograph clicked by Maisha Syed (Student) Vashi Navi Mumbai with her mobile



In a creative world children are the future of this country and that was fully revealed when 25 children turned curators and proved that the Museum belongs to them totally. In this competitive world, students will work hard to get on in their career at the best by facing tough

competition. Awareness to the students has to come from parents as well as teachers who need to make them aware of historical facts of the country, current issues, social issues, international issues, development in science and technology. This makes the students go

through the general knowledge books, magazines, news papers with keen interest to know what it is then and what happens next. Nikhil Subramaniam (9), tried his hand in drawing during summer vacation and some of them getting highest recognition as well.



NIKHIL SUBRAMANIAM (9 years)
Reliance Foundation School, Koparkhairane

HEART HEALTH AWARENESS...

Contd. from page 5

result of ASCVD, yet the proactive measures advocated by movements such as Unblocked can play a crucial role in mitigating this statistic, fostering a world unencumbered by ASCVD.

Heart Health India extends a warm invitation to one and all to join their community, to share, learn, and build a heart-healthy India together. Stay tuned for more

updates on the forthcoming events at their Facebook page and to become a part of this nurturing network, visit their Facebook group.

Embark on this revolutionary voyage towards fostering a nation with unblocked arteries and hearts brimming with hope and health. Let's make every heartbeat count, for together, we are not just stronger, but invincible.

LAURELS TO LAWRENCE

Yashika Gupta from St. Lawrence High School- Vashi has brought Laurels to the School as she secured the first position in 3km walking. The event was conducted by Thane District Athletics Meet 2023. Yashika is now qualified for state level to be held in Ratnagiri.

“One of the 12 point vision of our Chairman Sir is Sports and every opportunity is given to the students to grow and excel”, said the Head Mistress of the School, Mrs. Saira Kennedy.



YOGA AND DANCE MOVEMENT...

Contd. from page 3

individual or group sessions, often incorporating music, props, and improvisation to facilitate emotional expression and exploration.

5. Training and Certification:

Becoming a Yoga instructor requires completing a recognized teacher training program, usually ranging from 200 to 500 hours. Certification is available through various yoga organizations. Dance Move-

ment Therapy requires a Master's degree in Dance Movement Therapy or a related field from a Recognized Institution. Both Yoga and DMT can be done across age, gender and Strata. Yoga means unity, yoga means way of life, yoga is not only Asanas and pranayamas, yoga more works on

While I accompanied my grandson at his Gymnastic class I felt quite many activities were similar to

Yoga Asanas, though they were done as physical exercise. That is how Yoga is adapted in one of many ways.

In summary, while both Yoga and Dance Movement Therapy promote physical and emotional well-being, Yoga focuses more on spiritual connection, body awareness, and meditation, while Dance Movement Therapy emphasizes self-expression, emotional release, and therapeutic exploration. Both aim at Holistic Wellness.



Cotton Suits and Phulkari Kurties and Stoles

Contact : **99308 13821 (Navi Mumbai)**

RYAN CHRISTIAN SCHOOL – VASHI TEACHERS' DAY CELEBRATION

The day began with a heartfelt and warm welcome extended by the students to their beloved teachers in the school's auditorium. This gesture set the tone for a day filled with appreciation and recognition of their dedication.

The event commenced with spiritual moments as students initiated proceedings with the Lord's Prayer, a Special Prayer, and a reading from the Bible. These moments reminded everyone of the values and spirituality that underlie the process of education.

The stage came alive with captivating performances by Grade 7 and 8 students, who showcased their talents through engaging dance performances that left the audience spellbound.

Grades 6, 7, and 8 collaborated to perform a skit that beautifully depicted the harmonious and positive interactions between students and teachers. It emphasized the vi-

tal role teachers play in fostering a conducive classroom environment for learning. They expressed their gratitude for all the teachers.

Principal Miss shared inspiring



words from Dr. Madam Grace Pinto, the Managing Director of Ryan Group of Institutions, reinforcing the profound significance of education in shaping the future.

A delightful orchestra performance by students showcased their

musical talents, filling the air with melodious tunes played on a variety of instruments.

In a light hearted and fun-filled moment, students organized a game

unwavering dedication, hard work, and mentorship.

The celebration ended on a patriotic and emotional note with the school anthem followed by the national anthem, serving as a reminder of the vital role of education in building a strong and united nation.

Teacher's Day at Ryan Christian School Vashi was a memorable celebration filled with love, appreciation, and recognition for the remarkable role teachers play in shaping the future. It served as a beautiful reminder that teachers are not merely educators; they are guiding lights in the journey of knowledge and wisdom. As Albert Einstein once said, "It is the supreme art of the teacher to awaken joy in creative expression and knowledge." This event succeeded in doing just that, leaving a lasting impression of gratitude and respect for teachers in the hearts of all who were present.

MUESLI: KING OF BREAKFAST...

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calcium, phosphorus, and also magnesium are commonly associated with muesli benefits. Foods high in minerals can help our body to remove excess water, as it can also help in the movement of the excess water into the bladder by reversing the effects of salt.

A mineral rich diet will include food sources like mushrooms, whole grains, dark leafy greens and dried fruits. For good health, it is very important to eat mineral rich food sources. Always ensure loading up on essential minerals and vitamins, including large amounts of selenium, magnesium, and potassium as well.

9. It Is A Good Source Of Vitamin

Muesli is a great source of vitamins, making it nutritionally rich. The vitamins which are commonly present in a bowl of

muesli are vitamin K, vitamin A, vitamin E and vitamin C. Thus, due to the presence of these different types of vitamins and minerals, a bowl of muesli will make you healthier and it also has a good effect on your overall health and wellness.

To have muesli benefits, it's very important to include it in your diet in the right way.

10. Good For Eyesight

Muesli is a good source of many nutrients. Ingredients, including seeds like flax seeds, sunflower seeds or fruits like cranberry, are commonly found in muesli. These are filled with antioxidants. Nutrients as well as anti-oxidants are absolutely essential for healthy eyes.

Muesli is also a great source of omega-3 fatty acids and is responsible for keeping your eye health in check. Omega-3

fatty acids also maintain your skin and hair health. To keep your eyes healthy for longer run, don't forget to include muesli in your diet.

One of the best muesli benefit is that it's high in protein. Protein aids in improving bone health and also helps im-



prove your hair. Apart from that, the milk you add in muesli adds up to the calcium, which further helps to keep bones stronger.

12. Benefits Of Eating Muesli For Healthy Heart

You can add milk in muesli to increase its benefits. Milk is a

great source of manganese and is low in saturated fats. These help in keeping the heart healthy.

13. Muesli Benefits In Diabetes

Benefits of muesli can be taken by people who have diabetes but under expert supervision. Muesli is known to be diabetic friendly

food as it does not contain sugar. Muesli may help in maintaining blood sugar level. So if you are diabetic, then you may have muesli in your diet but under expert supervision only.

Well, the bottom line is that muesli, being a mix of different

kinds of nutrient-rich items, is a storehouse of minerals and vitamins. In fact, this food is not only an item that can be eaten in the morning, being light and easy-to-make, but also allow muesli to be enjoyed anytime during the day as a quick, healthy on-the-go-meal.

So, if you need to maintain your weight, increase your metabolism, or live a healthy lifestyle, then make sure that you grab yourself a bowl of muesli every morning. Just make sure your bowl has all the right ingredients in it, like fruits, yogurt, nuts, and seeds.

14. Improves Cognitive Power

Muesli is a good source of iron. Iron in the body plays a key role in proper functioning of brain since it transports oxygen to the brain cells. Iron rich food like muesli ensures proper flow of oxygen to the brain, thereby ensur-

ing proper functioning of the brain. So make sure to add muesli in your diet to include these important minerals.

You've heard it before, and you'll hear it again. Breakfast is kind of a big deal.

Well, the bottom line is that muesli, being a mix of different kinds of nutrient-rich items, is a storehouse of minerals and vitamins. In fact, this food is not only an item that can be eaten in the morning, being light and easy-to-make, but also allow muesli to be enjoyed anytime during the day as a quick, healthy on-the-go-meal.

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ADDING ANTIOXIDANT FOR VALUE ADDED LIFE SPAN

Ways to Rejuvenate Your Body

1. Revital with Ginseng

Detoxification or detox is a popular term used for health. Detox in simple words means following a specific diet or using special products that claim to rid our body of toxins, thereby improving health.

Some lifestyle and dietary modifications can enhance our body's natural detoxification system. Drinking too much alcohol reduces the liver's ability to carry out its normal functions, such as detoxifying. As such, limiting or abstaining entirely from alcohol is one of the best ways to keep the body's detoxification system running strong.

Here we list out some common steps to Enhance our body's natural ability to detox.

2. Drink More Water

Water does so much more than quench our thirst. It regulates our body temperature, lubricates joints, aids digestion and nutrient absorption, and detoxifies our body by removing waste products. The adequate daily intake for water is 3.7 litres for men and 2.7 litres for women. One may need more or less depending on diet, physical activity and local climate.

3. Reduce Intake of Sugar and Processed Foods.

Excess junk food consumption is linked to chronic diseases like obesity and diabetes. These conditions can cause harm to organs important to detoxifying, such as liver and kidneys.

Replacing junk food with healthier choices like fruits and vegetables is also a healthy way to reduce junk food consumption.

4. Eat Antioxidant Rich Foods.

Consuming a diet rich in antioxidants helps our body reduce damage caused by free radicals and may lower the risk of diseases that can impact detoxification. We should focus on getting antioxidants from food and not supplements; berries, fruits, nuts, cocoa, vegetables, spices, and beverages like coffee and green tea have some of the highest amounts.



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5. Eating a diet rich in prebiotics keeps our digestive system healthy, which is important for proper detoxification and immune health. Gut health is important for keeping our detoxification system healthy. Good gut health starts with prebiotics, a type of fibre that feeds the good bacteria in the gut

called probiotics. Good food sources of prebiotics include tomatoes, artichokes, bananas, asparagus, onions, garlic, and oats.

6. Decrease Salt Intake

Detoxing is also a means of eliminating excess water. Consuming too much salt can

increase water retention. One can eliminate excess water — and waste — by increasing intake of water and potassium-rich foods.

Foods rich in potassium include potatoes, kidney beans, bananas, and spinach.

7. Get Active

Regular physical activity lowers inflammation and allows body's detoxification system to work properly. It's recommended that one must do at least 150–300 minutes a week of moderate-intensity exercise — such as brisk walking — or 75–150 minutes a week of vigorous-intensity physical activity — such as running.

8. Other Helpful Detox Tips

Eat sulphur-containing foods. Foods high in sulphur, such as onions, broccoli, and garlic, enhance excretion of heavy metals like cadmium. Flavour dishes with cilantro. Cilantro enhances excretion of certain toxins, such as heavy metals like lead, and chemicals, including phthalates and insecticides.

Switch to natural cleaning products. Choosing natural cleaning products like vinegar and Baking soda over commercial cleaning agents can reduce exposure to potentially toxic chemicals.

Choose natural body care. Using natural deodorants, makeups, moisturizers, shampoos, and other personal care products can also reduce your exposure to chemicals. There lies the real values of peaceful existence and enhance your life span.

A CLARION CALL IT IS NOT CHILD'S PLAY- SEEKING SOLACE FOR SPECIAL CHILDREN

The learning curve for children is vast and one among them is with special children of this universe. If your children or grandchildren don't learn to play with children with special needs at school, maybe you should spend 10 min-



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utes tonight explaining it to them. Because, although they don't currently live with these children at school, they will find

drome being expelled from dance class because she couldn't keep up with it, I feel the need to share this. There are boys and girls that no one invites to birthday parties. There are special children who want to be part of a team but are not selected be-

cause it's more important to win than to include these children. Kids with special needs aren't weird, they just want what ev-



them in their lives for sure. In light of recent events regarding the exclusion of a child with autism from attending a school trip and a child with Down Syn-

everyone wants: to be accepted! Please teach your children to be kind to these beautiful children! Everyone needs love and kindness.

www.datewithhealth.com



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