

GOOD HEALTH MATTERS

World Heart Day 2019

Contents

Page1

- My Heart, Your heart

Page2

- Rainproof Your Lifestyle With Right Diet Foods To Avoid this Monsoon
- Vegetables That Are A Must-Have During Monsoon

**World Heart Day 2019 – 29th Sept
We can all be Heart Heroes by
making a promise ...**

**to our friends, our loved ones,
our patients, our employees`**

My Heart, Your Heart

This year on World Heart Day, we want to create a global community of Heart Heroes ... people from all walks of life who are acting now to live longer, better, heart-healthy lives by making a promise ...

- A promise to our families to cook and eat more healthily
- A promise to our Children to exercise more and help them to be more active, to say no to smoking and help our loved ones to stop
- A promise as a healthcare professional to help patients give up smoking and lower their cholesterol
- A promise as a policymaker to support policies that promote healthy hearts
- A promise as an employee to invest in heart-healthy workplaces

A simple promise ... for MY HEART, for YOUR HEART, for ALL OUR HEARTS.



That's a third of all deaths on the planet and half of all non-communicable-disease-related deaths. Around 85% of these deaths are due to heart disease and stroke. But it doesn't need to be this way. By making just a few small changes to our lives, we can reduce our risk of heart disease and stroke, as well as improving our quality of life and setting a good example for the next generation. It's about saying to yourself, the people you care about and individuals all around the world, "what can I do right now to look after MY HEART ... and YOUR HEART?"

Cardiovascular disease is the leading cause of death and disability in the world, killing 17.9 million people a year.

"When we want to do something, we do it. When we don't want to do something we say it's Gods will. — Sri Sri Ravi Shankar



Wonders of Wellness

Vegetables That Are A Must-Have During Monsoon



Lauki
(Bottle Gourd)



Karela
(Bitter Gourd)



Tinda
(Indian Squash)



Parwal
(Pointed Gourd)



Tubers like
Potato or
sweet potato



Kantola
(Teasel Gourd)

Rainproof Your Lifestyle With Right Diet - Foods To Avoid this Monsoon

1. Leafy Vegetables



In the monsoon, they are best avoided. The grime and dampness present in them makes them highly susceptible to germs. Say no to vegetables like spinach, cabbage and cauliflower this season.

2. Sea Food



Monsoon is the breeding season for fish and prawns so they are best avoided this time of the year. Stick to chicken and mutton to satiate your craving for non-vegetarian food.

3. Fresh Juice and Fruit from Roadside Vendors



Any fresh food items that have had a long exposure to the monsoon air should be avoided. Roadside vendors have the fruits cut up well in advance, which could have come in contact with contaminated air. Stick to fresh fruit juice prepared at home and consume it instantly.

4. Fried Food



Yes, you read that right.

Fried food is one of the food items you should absolutely avoid this rainy season and science backs me up on this too.



The highly humid monsoon weather causes our digestion process to slow down. However irresistible that spread of pakodas, samosas and kachodi may seem, they could cause gastronomical complications like bloating and stomach upset. Extra salty food also causes water retention.

5. Fizzy Drinks



Fizzy drinks reduce minerals in our body, which in turn leads to reduction of enzyme activity. This is highly undesirable with an already weak digestive system. Keep a bottle of water or nimbu paani handy or stick to warm beverages like ginger tea.

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True freedom is lightness from within, a genuine smile & lack of stiffness
— Sri Sri Ravi Shankar



Wonders of Wellness