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Follow these 8 Practices to Lose Weight Fast

Losing weight is not a onetime mission to be accomplished. If you have a tendency to gain weight then it's going to be a 24-hour job to keep your body in shape. The best way to lose weight is caution in everything you eat and how you live your life. Keep an Eye on Your Consumption No two bodies are alike and everyone sooner or later develops an intuition for their own special needs. Listen to your body. If you tend to overeat sit down alone at a meal and pay close attention to what your stomach tells you. Are you full but still want to eat more because it tastes good? Stop when you have reached that plateau. You do not have to clean your plate. While you're at it also take note of how many extra calories you consume other than regular meals. Do you tend to sip on aerated drinks often? How much alcohol do you take? These and many other questions on your daily consumption should give you a fair idea of the excess. To be more aware get your body mass index calculated. The number of calories you need will depend on your height, weight, and age. **Exercise Moderately:-** Simply controlling your diet is not going to help. Since your body has already acquired unnecessary fat you need to move your muscles to burn it. Brisk cardiovascular workouts with weight training are the best way to go about it. However, if you have a medical condition stick to light exercises that your doctor approves of. Know that there is no such thing as targeting an area and losing fat there. It simply does not work and you will be wasting your sweat concentrating on your flabby parts. You will need to work the entire body so it can shed the weight and restore you back to a healthy form. There is a variety of exercises to choose from. If you cannot afford professional help opt for basics like jogging and skipping a rope. Any daily exercise for 30 minutes can only aid you. **Control Hunger Pangs:-** Hunger may not always strike at the appropriate hours. To fight those extra hunger pangs keep healthy snacks so you do not cross your calorie count much. Carrots, celeries, nuts, seeds, and fruits make for healthy snacks. If the idea does not seem very satisfying you can go for options like sprouts salad with lots of lemon and powdered spices. If you have an aching sweet tooth that demands satisfaction try yogurt with honey or frozen grapes and chikoos. Avoid the sugar-free labelled processed food. They are likely to come with more harmful artificial sweeteners. Also low fat and fat-free labelled products can be misleading too with dubious ingredients. Use Your Body's Fat to Burn Fat! you are trying to once again lose kilos that you had lost about a few months ago, you are not alone. Almost 50 percent of women who have had tried to lose weight before and in fact, lost it for good, regained it in less than a month or two. Regrettably, more than a quarter of these women have dieted so many times that they almost lost track of the number. The good news is that our bodies contain good fat as well as bad fat. The good fat is called brown fat which contains mitochondria; the part of cells that generates heat and once activated through exercise it can eat away the bad fat. **Pop Vitamin D:-** Researchers in a study at the University of Minnesota found that people, who began their weight loss program with higher levels of vitamin D consumption, lost more than those people who did not take enough of the super nutrient. Vitamin D boosts leptin's effectiveness. Leptin is a hormone that tells the brain that you are full when you are eating food. Since vitamin D is difficult to extract from food, it may be beneficial to take it with the help of dietary supplements. **Ditch Sociotropy:-** Sociotropy is giving in to the requests of your peers or family members to eat something that is full of fat such as desserts after a dinner party. It is important to feel the urge to not eat something that is harmful to your body and counterproductive to your plans. When your peers force you to join them in bingeing unhealthy food, remember to say no and sternly. **Chew on Your Food:-** A lot of us eat quickly and avoid chewing food. Slow down your chewing time and we guarantee that you will slim down. According to a study, those who chewed each bite at least 40 times ate a lot less i.e. almost 12 percent less than those who chewed as less as 15 times. As you take time to chew, your body produces less of ghrelin, the hormone that increases one's appetite and increases the production of the peptide, the hormone that curbs hunger. **Be Close to Nature:-** According to a study done in North Carolina, those countries that had more of natural amenities like lakes, mountains, and hills had low obesity rates. Besides, several types of research have shown that people feel happier when they walk outdoors compared with those who walk or exercise indoors.

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used for ages by Indian mothers to soothe their kids' chapped lips. Applying ghee once in a while might be a good idea to get that flawless skin. **Antioxidant and Antiviral:-** Ghee made from milk of cows who are grass-fed has CLA, or Conjugated Linoleic Acid, which is an antioxidant. It is also known to have antiviral properties which might benefit you in case of a minor flu.

गर्दन पर जर्मी मैल को सिर्फ 20 मिनट में दूर करता है ये उपाय

सुंदर दिखने की चाह हर किसी की होती है, हर कोई चाहता है कि उसका चेहरा साफ और सुंदर हो, लेकिन लोग अक्सर अपनी गर्दन को अक्सर अनदेखी कर देता है. जबकि चेहरे की सुंदरता में गर्दन का भी अहम रोल होता है. गर्दन की त्वचा बहुत ही कोमल और संवेदनशील होती है. हम अक्सर अपने शरीर की सफाई करते वक्त गर्दन को सफाई पर विशेष ध्यान नहीं दे पाते हैं और धूल मिट्टी की परत हमारी गर्दन पर जमने लगती है, जिस कारण हमारी गर्दन का रंग काला पड़ने लगता है और समय के साथ-साथ हमारे चेहरे की अपेक्षा गर्दन का रंग काला और रफ दिखाई देने लगता है. इसके अलावा सूरज की रोशनी में अधिक देर तक रहने की वजह से भी हमारी गर्दन का रंग काला पड़ने लगता है. तेज गर्मी के दिनों में हमारी त्वचा सूरज के संपर्क में आती है और झूलसने लगती है. इससे वह काली पड़ने लगती है. अगर आपकी भी यही समस्या है तो इस आर्टिकल में दिया उपाय गर्दन की गर्दगी को सिर्फ 20 मिनट में दूर कर सकता है. विश्वास नहीं हो रहा तो यह उपाय कैसे काम करता है. घर पर गर्दन को सफाई करने के इस उपाय में 3 स्टेप शामिल हैं: ● **स्टीमिंग:-** पहले स्टेप यानी स्टीमिंग में आप एक छोटा तौलिया लेकर उसे गर्म पानी में डीप करें. फिर तौलिये से अतिरिक्त पानी को निचोड़कर, तौलिये को अपनी गर्दन पर लपेटें. 5 मिनट तक तौलिये को ऐसे की गर्दन पर लगा रहने दें. यह त्वचा को नमी देने के साथ बंद पोर्स खोलता है. स्टीम से गर्दन पर जमी गर्दगी और मृत त्वचा बाहर आ जाती है. ● **एक्सफोलीएटिंग:-** दूसरे स्टेप यानी एक्सफोलीएटिंग को करने के लिए एक चम्मच नमक, एक चम्मच बेकिंग सोडा और तीन चम्मच नारियल तेल लें. फिर इन तीनों को एक बाउल में लेकर मिक्स कर लें. ध्यान रहें, नमक और बेकिंग सोडा तेल में घुलता नहीं है. अब इस मिक्सर को लेकर अपनी गर्दन पर लगा लें और 5 मिनट के लिए अपनी उंगलियों से गर्दन के आस-पास धीरे से मसाज और एक्सफोलीएट करें. यह आपकी गर्दन की त्वचा से गर्दगी और मृत कोशिकाओं को हटाने में मदद करता है. ● **वाइटनिंग:-** इस उपाय में वाइटनिंग पेस्टम शामिल है. इस पेस्टी को बनाने के लिए एक चम्मच चंदन पाउडर, एक चम्मच मुलतानी मिट्टी, एक नींबू का रस और आधा कप कच्चे दूध की जरूरत होती है. एक छोटा बाउल लेकर इन सब चीजों को मिक्स कर लें. नींबू का रस, दूध में मिलाने से दूध जम जाता है और पेस्ट गाढ़ा बन जाता है. इन सब चीजों को मिलाने से पेस्ट हल्का पीला बन जाता है. पेस्ट बनने के बाद इसे गर्दन पर लगाकर, 10 मिनट के लिए छोड़ दें. मसाज की कोई जरूरत नहीं है. यह पैक प्राकृतिक ब्लीच की तरह काम करता है और गर्दन की त्वचा को निखाने में सहायक है. इस तरह से आप इन तीनों स्टेप को 20 मिनट में करके चमकदार और साफ गर्दन पा सकते हैं.

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making it very difficult to gauge how severely the condition is damaging your arteries, heart and other organs. Uncontrolled high blood pressure can lead to: ● Heart attacks or stroke ● Aneurysm ● Heart failure ● Weakened and narrowed blood vessels in your kidneys ● Thickened, narrowed or torn blood vessels in the eyes ● Metabolic syndrome ● Trouble with memory or understanding ● Sex life Read to know about dangers and complications of high and uncontrolled blood pressure. **ALTERNATIVE REMEDIES:-** Hypertension or high blood pressure is a chronic condition in which the arterial blood pressure is elevated (normal blood pressure is 120/80 mm Hg). Although antihypertensive medications are available to treat high blood pressure, they are usually associated with many side-effects. Hence, hypertensive individuals prefer natural alternatives instead of conventional medications as they are not only effective but are comparatively safe. Some of the widely used alternative measures for lowering high blood pressure are - **Dietary changes:** The DASH (Dietary Approaches to Stop Hypertension) diet includes eating foods with potential antihypertensive activity like fresh fruits and vegetables (amla juice, beetroot garlic and radish), whole grains, milk, etc and lowering the intake of salt and processed foods. Read about 10 fruits and vegetables that are good for people with hypertension. **Exercise:** Regular physical activity of 30 to 60 minutes lowers your blood pressure level by 4 - 9 mm Hg. Read about top 8 reasons to start exercising today. **Natural herbs:** The commonly used natural remedies with antihypertensive property include garlic, custard apple, celery, ajwain, carrot, flaxseeds (alsi), tomato, drumsticks, basil (tulsi), pomegranate, sesame (til), cocoa bean, wheat bran, black plum and ginger. Read about herbal remedies for hypertension **Stress management:** Stress is one of the key factors responsible for hypertension. The various relaxation techniques used to relieve stress and lower high blood pressure are controlled breathing, reiki, acupuncture and meditation. **Probiotics:** Probiotics, which contain good bacteria, were known to promote a healthy digestive system in addition to improving immunity. But research studies have shown that these 'helpful bacteria' exert antihypertensive potential by improving lipid profile, function of the enzyme renin (responsible for normal blood pressure) and insulin resistance in the body. **TREATMENT:-** Hypertension can be treated with medicines and lifestyle changes. **Medication:** Drugs used for treating hypertension are called anti-hypertensive drugs. Anti-hypertensive drugs are needed lifelong because hypertension can only be controlled and not cured. However, this is true only in case of essential hypertension or primary hypertension,' says Dr Sanjeev Chaudhary, Associate Director & Unit Head, Cardiology, FMRI, Gurgaon. Here's a detailed account on medicines for hypertension and their side-effects. **Lifestyle changes:** Dr Sanjeev highlights that lifestyle changes should be tried first before taking medication in case of mild hypertension. These changes also apply if you want to prevent hypertension. Lifestyle changes include - ● Regular exercise ● Maintaining healthy weight ● Reducing salt intake ● Lowering fat intake ● Managing stress Here are a few more diet tips for people with hypertension. **DIAGNOSIS:-** The only way to know whether you have high blood pressure is to get it measured. The physician will measure your blood pressure with an instrument called sphygmomanometer. The normal blood pressure reading is 120/80 mmHg. The first number is the measure of pressure exerted on the walls of arteries when the heart contracts and pushes blood in the arteries. This is called systolic blood pressure. Normal systolic blood pressure is below 120 mmHg. Read about how your heartbeat affects your BP. The second number is the diastolic pressure or the pressure exerted on the walls of the arteries when the heart is at rest between beats. The normal diastolic blood pressure is less than 80 mmHg. Recently, new guidelines released by the U.S. revised the normal range of blood pressure to 150/90 for people above 60 years of age. Read more about the guideline - 150/90 is the new 'normal BP' for people over 60. **SYMPTOMS:-** High blood pressure is a silent killer and does not have any symptoms as such. So then how does one suspect high BP? Here are a few signs that are closely associated with hypertension and are seen in quite a few people. If you have any of these signs, it is good signal for you to go to a doctor and get your BP checked. ● Headache ● Breathlessness ● Nosebleed ● Vision problem ● Increased heart rate Apart from the above signs, few people may also feel dizzy and experience body stiffness and loss of interest in daily activities. But none of the mentioned symptoms individually confirm that a person is suffering from high blood pressure. You need to visit a health professional to confirm if you have high HP. Read more about symptoms of high blood pressure. **CAUSES:-** Hypertension mainly develops as you grow older. The primary cause of high blood pressure remains unknown in almost 90% of the cases. But there are several secondary causes of hypertension such as: ● Kidney disease ● Diabetes ● Blocking of arteries ● Irrational use of medicines like pain killers, supplements ● Thyroid problems ● Heavy alcohol intake ● Sleep disorders **RISK FACTORS:-** There are several known factors that increase the risk of hypertension. These include -**Age:-** On an average, people above 40 years of age have a higher risk of developing hypertension. **Family history:-** If you have a family member with high blood pressure, you're also likely to suffer. **Stress:-** Several studies have linked stress with high blood pressure. Hormones released by the body under stress affect the blood vessels and blood flow, causing a temporary rise in BP. **High salt intake:-** Salt contains sodium that causes fluid retention in the body, leading to increased blood pressure. Read about how to reduce salt intake and control your BP. **Smoking:-** Smoking causes narrowing of the arteries, thereby increasing the pressure exerted by blood flowing through them. Here are 25 things that happen inside your body when you smoke. **Heavy alcohol intake:-** Heavy drinking generally has a known bad effect on crucial organs like liver, kidneys and the heart. It also affects the blood pressure. Are you aware of these side effects of alcohol? **Chronic diseases:-** While hypertension is a risk factor for chronic diseases like heart disease and kidney disease, chronic diseases can also lead to hypertension.

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दौंडला 351 महिलांची आरोग्य तपासणी

दौंड:- दौंड नगरपालिकेच्या महिला व बाल कल्याण समितीच्या पुढाकाराने आयोजित करण्यात आलेल्या शिबिरात 351 महिलांची विनामूल्य आरोग्य तपासणी करून औषधोपचार करण्यात आले. दौंड शहरातील पानसरे वस्ती येथे पार पडलेल्या शिबिराचे उद्घाटन पुणे जिल्हा मध्यवर्ती सहकारी बँकेचे अध्यक्ष रमेश थोरारत यांच्या हस्ते करण्यात आले होते. दौंड मेडिकल असोसिएशन, दौंड केमिस्ट असोसिएशन, रोटरी क्लब ऑफ दौंड व उपजिल्हा रुग्णालय यांच्या वतीने या शिबिराचे संयोजन करण्यात आले होते. नगराध्यक्षा शीतल कटारिया, उपनगराध्यक्षा हेमलता परदेशी, गटनेते बादशहा शेख, नगरपालिका सदस्य रिजवाना पानसरे, संध्या डावखर, संजय चितारे, ज्योती वाघमरे, मोहन नारंग, केमिस्ट असोसिएशन अध्यक्ष सुभाष झावरे, नगरपालिकेचे अधिकारी हनुमंत गुंड, सडक संस्थेच्या सिस्टर ओलिविया अगस्टिनो आदी यो वेळी उपस्थित होते. शुश्रूषा नर्सिंग स्कूलच्या विद्यार्थ्यांनी सहकार्य केले. शिबिरात स्त्रियांना होणाऱ्या विविध रोगांची लक्षणे, तपासणी व पथ्यांसंबंधी माहिती देण्यात आली.

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स्नेही

आज के युग में सच्चा मित्र बड़ी मुश्किल से मिलता है। आप सफल हैं तो चापलूस मित्रों की लाइन लग जाएगी। किसी का मतलब पड़े तो मित्र बन जाएगा। हमको सच्चा मित्र ढूँढना चाहिए। सच्चा मित्र वही है जो सचको नहीं तोलता, और मित्र की गलती मुह पर साफ-साफ बोलता। तभी बेहतर समाज बनेगा. डॉ० नरेन्द्र नाथ लाहा ग्वालियर (मंत्र०) मो० 09753698240.

Hypertension

The heart pumps blood to various organs with a force, which exerts pressure on the walls of the arteries. Hence, blood pressure is defined as the pressure exerted by the blood flow upon the walls of the blood vessel and is measured in millimetres of mercury (mmHg). 120/80 mmHg is considered as the normal reading for blood pressure, where 120 is the pressure when the heart beats to pump out blood (systolic pressure) and 80 is the pressure when the heart rests between beats (diastolic pressure). A person is said to have hypertension higher. Read about 10 myths blood pressure still because the condition time. According to the three individuals sure. Here are 10 **Primary hypertension** cause. resulting from an betes, blocking of painkillers, supple-sleep disorders. in high blood pressure **sion:** This type of hyper-lifestyle changes. Here are **Isolated systolic hypertension:** In this type, the arteries become stiff and causes a rise in systolic blood pressure but the diastolic blood pressure remains normal. Here's why you should not neglect borderline hypertension. **YOGA FOR HYPERTENSION:-** Sitting and supine positions that place the spine in a horizontal position, and exert less strain on the heart can be therapeutic and help you to control your blood pressure. Here are some recommended yoga asanas for people suffering from hypertension - ● Sukhasana ● Bhramari pranayama ● Janusirsasana ● Paschimotanasana ● Shavasana ● Setubandhasana ● Pawanmuktasana ● Shishuasana **COMPLICATIONS:-** Simply put, uncontrolled high blood pressure (HBP) can injure or kill you. Also known as 'the silent killer', high BP has no symptoms.



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खाली निकल रही हैं स्ट्रिप



रिटेलर परेशान हैं शहर की लक्ष्य फार्मा प्रा. लि. द्वारा बनी दवाओं से कम्पनी की दवाइयों की



स्ट्रिप में दवाई नहीं है. अन्दर डिब्बों में स्ट्रिप बिना गोली के खाली निकल रही हैं. यह जानकारी हैदराबाद के गोयल फार्मा के श्री राम प्रकाश अग्रवाल मो. 09391014283 ने दी है.

How to Prevent Addiction to Substance Abuse Depressants or Sedative Hypnotic Drugs?

What is Substance Abuse:- Sedative-hypnotic drugs which are commonly referred as depressants are responsible for slowing down the activity of the brain or make it depressed. The most commonly known depressants include (Amytal, Nembutal, Seconal, phenobarbital) and benzodiazepines (Ativan, Halcion, Librium, Valium, Xanax, Rohypnol). Other drugs in this group include chloral hydrate (which when mixed with alcohol was once known as "knockout drops" or a "Mickey Finn"), glutethimide (Doriden), methaqualone (Quaalude, Sopor, "ludes") and meprobamate (Equanil, Miltown and other brand names). Alcohol is also a known depressant but, as its use is very common the experts like to address alcohol-related problems separately. When these drugs are used regularly it leads to drug tolerance. This means that the body adjusts to the use of these drugs and it starts needing more dosage to reach the desired effect. Regular usage of drugs can also cause dependence which means withdrawal symptoms start showing up if the drug usage is suddenly stopped. The usage of many of these sedative-hypnotic drugs is legitimate. There is not much of difference between the desired dose and overdose. A little miscalculation can lead to coma, respiratory distress and death. Stopping the use of barbiturates is sometimes similar and in some cases more severe than stopping the use of alcohol. The addiction may also lead to seizures and consequently to death. There are many people who mix these drugs with alcohol to enhance the effect. Doing so may cause dangerous effects.

What are the Symptoms of Dependence on Depressant Drugs:- The signs and symptoms which indicate that a person is addicted to drugs include: ● An urge to consume drugs which often leads to unsuccessful attempts to reduce its usage. ● Physical dependence. ● Continued usage of these drugs despite the psychological, interpersonal or physical troubles. There has not been an amount of medicine set to determine whether the person is dependent on depressants. People who are dependent on these drugs eventually develop physical tolerance. When a person stops the usage of drugs, the internal environment of the body undergoes some drastic changes. This leads to withdrawal symptoms like anxiety, tremors, nightmares, insomnia, lost appetite, rapid pulse and breathing, blood pressure abnormalities, dangerously high fever and seizures.

How to Prevent the Addiction:- To prevent the addiction, you must strictly follow the prescription. You must also avoid taking more of the medication than prescribed by the doctor. The biological, social and psychological factors that lead to the addiction are not preventable though. If you feel that there is a need for you to continue with the medication longer than the prescribed duration, the doctor must be consulted before doing so. Taking medication prescribed to someone else should also be avoided completely.

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Try these Healthy Breakfast Ideas to Lose Weight

Breakfast is the most important meal of the day. It provides the nutrients and energy required to start a day. Since a breakfast is the most important meal of the day, one must never skip it. Sometimes, people tend to skip breakfast in order to lose some weight. A good idea would be to instead opt for breakfast recipes that help lose weight. Following are some breakfast ideas to lose weight: ● A hot cereal in the morning, mixed with low-fat variants, such as low-fat muesli, and low-fat milk are good options for getting into the habit of having a breakfast ● Another idea would be to add some fruit or reduced calorie syrup to provide a full breakfast with some zing. ● Some people consider eggs as a diet disaster. On the contrary, eggs are a rich source of protein, vitamin B and vitamin K, folic acid - especially important for a woman's health, and may be eaten with bacon, sausages or even a slice of whole wheat bread ● Make those high-calorie foods jewels in the crown. For example, you may make that spoonful of ice cream as the jewel sitting atop a bowl of fruit ● Once you are through with your breakfast, make water your primary drink. While an orange juice would be a good option after the meal, consumption of soda, juice or any other sugary drink adds to the body's existing weight. Moreover, these drinks do not give the body a sense of fullness and barely suffice the hunger pangs ● Downsizing your meal plates would help further. Due to its low capacity, a comparatively small plate would contain less food. Moreover, since you would be more calorie conscious, you would opt for more healthy food items on that small plate, leaving less space for the non-healthy, fattening options ● Binge eating in cases when one goes over emotional, such as in cases of sadness, remorse, happiness, is not good for the health. Avoid this habit as it would lead you to regret later ● A positive state of mind towards your goal of losing weight, walking or jogging in the morning, eating a health-oriented breakfast would definitely help you achieve it ● Eat a fruit instead of drinking fruit juice. Whole foods keep you satisfied much longer than a box of apple juice, so you will eat less overall ● Opt for eating water-rich food such as tomatoes, zucchini, even cucumbers during meals to reduce overall calorie consumption ● If you want to have coffee or tea with your breakfast, take a cup of regular coffee with skimmed milk, which has only a small fraction of calories. which double due to whole milk, whipped cream, sugar, and sugary syrups when had had those fancy coffee joints ● Eat cereal for breakfast five days a week to reduce the likeliness to be obese and have diabetes Therefore, the key is to consume small portions of food and make sure you chew them well. Try taking out some time for breakfast and include only healthy food items in it. Eating fast food must be avoided because not only are they least nutrient but also responsible for building unhealthy fat in the body. One may, therefore, look at these weight loss ideas for breakfast.

खून की खराबी से होती है थकान, पिंपल और वजन की समस्या, ये हैं 5 आसान उपाय

शरीर में खून यानि ब्लड ही है जिसके सहारे शरीर का हर अंग काम कर पाता है. ये शरीर के अंगों तक ऑक्सीजन पहुँचाता है और शरीर का तापमान कंट्रोल करता है. इसके अलावा ब्लड छोटे-छोटे न जाने कितने काम करता है, जिनके बिना जीवन मुमकिन नहीं है. दरअसल हम जो कुछ खाते-पीते हैं उसमें मौजूद पौष्टिक तत्वों को अलग-अलग अंगों तक पहुँचाने का काम ब्लड ही करता है, जिससे शरीर सुचारु रूप से काम कर पाता है. गलत और अनहेल्दी आहार खाने से हमारे ब्लड में कुछ ऐसे तत्व भी पहुँच जाते हैं जो शरीर को नुकसान पहुँचाते हैं. इसी को खून खराब होना कहते हैं. ब्लड में गंदगी से फोड़े-फुंसी, पिंपल और चर्म रोग हो जाते हैं. इसके अलावा जल्दी थक जाना, वजन कम हो जाना, पेट की समस्याएँ आदि भी ब्लड में गंदगी की वजह से हो जाती हैं. लेकिन ब्लड में मौजूद विषैले तत्वों को कुछ आहारों और जीवनशैली में परिवर्तन की मदद से बाहर निकाला जा सकता है।

खूब पानी पियें:- हमारे शरीर का एक-तिहाई हिस्सा पानी से बना हुआ है. ब्लड साफ करने का सबसे आसान तरीका है कि खूब पानी पियें. अगर आप रोजाना 3 से 4 लीटर पानी पीते हैं तो ब्लड में गंदगी की समस्या आपको कभी नहीं होगी. पानी से शरीर में मौजूद विषैले पदार्थ और हानिकारक बैक्टीरिया यूरिन और मल के माध्यम से निकल जाते हैं.

सौंफ खाएं:- सौंफ खून की सफाई के लिए सबसे अच्छा विकल्प है. रोजाना सौंफ के इस्तेमाल से शरीर का ब्लड डिटॉक्सिफाई होता रहता है और गंदगी शरीर से बाहर निकलती रहती है. सौंफ में कई तत्व होते हैं जो शरीर को स्वस्थ रखते हैं और आँखों की रोशनी बढ़ाते हैं. इसके लिए आप रोजाना खाने के 5 मिनट बाद एक चम्मच सौंफ में आधा चम्मच मिश्री मिलाकर खाएँ.

शारीरिक मेहनत या व्यायाम करें:- अगर आप शारीरिक मेहनत वाला कोई काम करते हैं तो ठीक और अगर नहीं करते हैं तो थोड़ा सा समय एक्सरसाइज के लिए जरूर निकालें. घर के काम करने वाली महिलाओं को भी शारीरिक व्यायाम करना चाहिए. इससे उनका शरीर फिट रहता है और शरीर गंभीर रोगों से दूर रहता है. व्यायाम करने या शारीरिक मेहनत के समय शरीर से जो पसीना निकलता है, उसके सहारे भी शरीर की तमाम गंदगी शरीर से बाहर निकलती है. इसलिए व्यायाम को अपनी दिनचर्या में शामिल करें.

ग्रीन टी पियें:- ग्रीन टी भी आपके ब्लड को प्यूरिफाई करने का गुण रखती है. ज्यादातर लोग ग्रीन टी को वजन घटाने के लिए ही पीते हैं जबकि ये आपके मेटाबॉलिज्म को ठीक करती है और शरीर में मौजूद अशुद्धियों को बाहर निकालने में मदद करती है. इसके अलावा ग्रीन टी पीने से तनाव और डिप्रेशन से भी राहत मिलती है.

फाइबर और विटामिन सी युक्त आहार:- खून की अशुद्धियों को दूर करने के लिए आपको फाइबर और विटामिन सी युक्त आहार लेना चाहिए. फाइबर के लिए हरी सब्जियाँ, गाजर, मूली, चुकंदर, शलजम, फल, ड्राई फ्रूट्स और मोटा अनाज ले सकते हैं. विटामिन सी के लिए नींबू, संतरा, आँखला और पपीता आदि ले सकते हैं. ये सभी आहार खून को शुद्ध करने के साथ-साथ आपके शरीर को भी स्वस्थ रखेंगे. चुकंदर खाने से ब्लड में हीमोग्लोबिन की मात्रा बढ़ती है.

मूँगफली सेवन के फायदे

मूँगफली ज्यादातर लोग टाइम पास के लिए खाते हैं. बस अड्डा, रेलवे स्टेशन, मेला, आदि जगहों पर यह आसानी से उपलब्ध होती है. मूँगफली खाने में जितनी स्वादिष्ट लगती है, यह स्वास्थ्य के दृष्टि से उतनी ही लाभकारी है. इसमें पर्याप्त मात्रा में प्रोटीन शारीरिक वृद्धि के लिए लाभकारी है. इसके अलावा आयर्न, कैल्शियम, जिंक, विटामिन ई और विटामिन बी 6 आदि तत्व पाये जाते हैं. इसके सेवन से दिल, दिमाग स्वस्थ रहता है. मूँगफली खाने के कुछ फायदे हैं- मूँगफली के नियमित सेवन से कब्ज की समस्या दूर होती है, मूँगफली खाने से पाचन क्रिया बेहतर होती है, जिससे पेट संबंधी समस्याओं से मुक्ति मिलती है. मूँगफली खाने से दिल से बीमारियाँ होने का खतरा कम हो जाता है, मूँगफली के नियमित सेवन से खून की कमी नहीं होती है, गर्भवती महिलाओं के लिए मूँगफली खाना बहुत फायदेमंद है. इससे गर्भ में पल रहे बच्चे का विकास बेहतर तरीके से होता है, इसमें कैल्शियम और विटामिन डी पर्याप्त मात्रा में होती है, इससे हड्डियाँ मजबूत होती हैं, ओमेगा 6 से भरपूर मूँगफली खाने से त्वचा में निखार आता है.

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Patients Undergoing Breast Cancer Therapy Need to Stay Away From These Foods

A study has advised against the consumption of breads, soyabean and a range of commonly consumed grains for those undergoing breast cancer therapy, saying that it can reverse the effects. As per the study, these foods contain estrogen-mimicking compounds known as xenoestrogens and exposure to them may significantly reduce the effectiveness of anti-oestrogen treatments for cancer. "Breast cancer patients taking palbociclib/letrozole should consider limiting their exposure to foods that contain xenoestrogens," said Gary Siuzdak, from The Scripps Research Institute (TSRI) in the US. The palbociclib/letrozole combination therapy was approved by the US Food and Drug Administration (FDA) in 2015 after a clinical trial showed it doubled the progression-free survival time in post-menopausal women with oestrogen receptor (ER) positive, metastatic breast cancer. Letrozole blocks the production of oestrogen, thus reducing the growth-promoting stimulation of ERs on breast cancer cells. Palbociclib blocks a different signalling pathway to impede cell division. The combination is now one of the standard therapies for ER-positive breast cancers. Researchers used advanced metabolomics technology to analyse the effects of palbociclib/letrozole on breast cancer cells. Metabolomics studies detail cells' metabolomes? populations of metabolites, the small-molecule end products of cellular processes. "By profiling cell metabolomes with and without drug treatment we can get very useful information, for example about the biological pathways perturbed by the drug," said Siuzdak. The analysis revealed that neither palbociclib alone nor letrozole alone had a strong effect on metabolites in an ER-positive breast cancer cell line. However, the combination had a strikingly large impact. "The combination had a much more pronounced effect on cell-growth-related metabolites, which is consistent with the clinical trial results," said Benedikt Warth, a researcher at the Siuzdak Lab. Cancer researchers are increasingly concerned that xenoestrogens in food and water may enhance the growth of oestrogen-fuelled cancers, and may also hamper the effectiveness of anti-oestrogen drugs such as letrozole. Scientists examined breast cancer cells treated with palbociclib/letrozole to see how their metabolite populations changed when they were also exposed to two common dietary xenoestrogens: zearalenone and genistein. Zearalenone is produced by fungi that colonise maize, barley, wheat and other grains. Genistein is produced in certain plants including soybeans and is often highly concentrated in phytoestrogen-rich food supplements. Even using very low doses, similar to typical dietary exposures, researchers found that both model xenoestrogens largely reversed the metabolomic impact of the cancer drug combination. Under the influence of either xenoestrogen, the breast cancer cells also resumed proliferating at a rate comparable to that seen in the absence of drug treatment. "It's intriguing that even a low, background-level exposure to these xenoestrogens was enough to impact the effect of the therapy to this degree," said Warth.

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Forth Coming Events

February 7-12, 2018 PLASTINDIA (Ahmedabad, Gujarat, India.) 10th International Plastics Exhibition, conference and convention will be held at Gandhinagar, Ahmedabad, Gujarat, India. The Event will focus plastics in Medical and Healthcare (Medical Devices, Pharmaceuticals, Diagnostics, Medical Packaging etc.) For details contact: Plastindia Foundation, 401, Landmark 'B' Suren Road Off Andheri Kurla Road, Andheri (E) Mumbai-400093, India. **Tel.:+91-22-26832911/14, Fax: +91-22-26845861. E-mail: Plastindia@vsnl.com;Web.:www.plastindia.org**

February 9-11, 2018 ICHCA 2018 (Valencia, Spain.) An international Congress on hypertension in Children and adolescents is scheduled to be held in Valencia, Spain. For details contact: Paragon Group, 18 Avenue Louis-Casai, 1209 Geneva, Switzerland. **Tel.:+41-22-5330-948, Fax: +41-22-5802-953. E-mail; secretariat@htpaediatrics.com Website:www.htpaediatrics.com**

February 15-17, 2018 India Medical Device 2018 (Bengaluru, India.) The 3rd edition of international exhibition and conference on medical device sector is scheduled to be held at Bangalore international Exhibition Centre in Bengaluru, India. For details contact: Federation Of Indian Chambers Of Commerce And Industry (FICCI), Karnataka State Council VITC Building, 1st Floor, Kasturba Road, Bangalore 560001, India. **Mobile:+91-9945790735 Email:bk.nayak@ficci.com;Website:www.indiamediexpo.in**

February 16-17, 2018 Annual Case Based Approach to Controversies in Cardiovascular Diseases 2018 (Dubai, U.A.E.) The 8th edition of case based approach to controversies in cardiovascular diseases is scheduled to be held at Mohammed Bin Rashid-Academin Medical Center in Dubai U.A.E. For details contact; infoPlus Events LLC, Suite 1406 Lake Central Tower, Al Abraj Street, Burj Khalifa Community, P.O.Box 71108, Dubai, U.A.E. **Tel.:+971-4-4218996, Fax:+971-4-4218838. E-mail: marketing@infoplusevents.com; Website:www.cvuae.com**

February 22-23, 2018 EMEL 2018 (Dubai, U.A.E) The 4th edition of Emirates Endometriosis League (EMEL) conference on Endometriosis and Uterine Disorders is scheduled to be held at Marriott Hotel, Dubai, U.A.E. For details contact: InfoPlus Events LLC-Dubai, Suite 1406, Lake Central Tower, Al Abraj Street, Burj Khalifa Community P.O. Box 71108, Dubai, UAE. **Tel.: +971-4-4218996, Fax:+971-4-4218838. E-mail Marketing@InfoPlusEvents.com;Website:www.endometriosisuae.com/4thEMEL**

February 21-23, 2018 Medical Japan 2018 (Tokyo, Japan) The 4th edition of international expo and conference, Medical Japan, dedicated to products/services/technologies for healthcare, clinical testing, diagnostics and medicine is scheduled to be held at INTEX Osaka in Japan. For details contact: Reed Exhibitions Japan Ltd., 18F Shinjuku-Nomura Bldg., 1-26-2 Nishishinjuku, Shinjuku, Tokyo 163-0570, Japan. **Tel.:+81-3-3349-8509, Fax :+81-3-3349-4922. E-mail: medical:www.medical-jpn.jp**

February 22-24, 2018 MEDITEC 2018 (Mohali, Chandigarh, India.) India's pioneer medical equipment and technologies exhibition is scheduled to be held at NIPER, SAS Nagar, Mohali in Chandigarh India. For Details contact: Orbit Exhibitions Pvt. Ltd., 103 Navyug Industrial Estate, TJ Road Sewri (W) Mumbai-400015, India. **Tel.:+22-2410-2801/03. E-mail: harikrishnan@orbitexhibitions.com; Website:www.meditec.co.in**

February 23-25, 2018 MEDICALL 2018 (Hyderabad, India) The 19th edition of India's B2B Medical Equipment and Hospital needs exhibition is scheduled to be held at Hitex Exhibition Centre on Hyderabad, India. For details contact: Medexpert Business Consultants Pvt Ltd, 199, 7th floor, Lez Churh Road, Mylapore, Chennai, 600-004 Tamilnadu. **E-mail:info@medicall.in :Website: http://www.medicall.in**

February 26-28, 2018 IFM 2018 (Dubai, U.A.E.) The 5th International Family Medicine Conference & Exhibition (IFM) will be held at Dubai International Convention & Exhibition Centre, Dubai, UAE. For details contact: INDEX Conferences & Exhibitions Org. Est., INDEX Holding Headquarters, P.O. Box: 13636, Road # D-62, Opp. Nad Al Hamar, Dubai, UAE. **Tel.: +971-45208888 Fax:+971-43384193. E-mail: index@emirates.net.ae; Website:www.index.ae**

February 17-March 1, 2018 Duphat 2018 (Dubai, U.A.E) The 23rd edition of Dubai International Pharmaceuticals and Technologies Conference and Exhibition is scheduled to be held at Dubai International Convention and Exhibition Centre in Dubai, U.A.E. for details contact: INDEX Conferences & Exhibitions Organisation Est, Headquarters, Road# D-62 Opposite Nad Al Hamar, Dubai, United Arab Emirates **Tel.:+971-4-520-8888 Fax: +971-4-338-4193. E-mail: info@duphat.ae : Website:www.duphat.ae**

March 2-4, 2018 Medicare Colombo 2018 (Colombo, Sri Lanka.) The 9th edition of Sri Lanka's only national healthcare exhibition, 'Medicare 2018' is scheduled to be held at the Sirimavo Bandaranaike Memorial Exhibition Hall in Colombo, Sri Lanka. For details contact: Global Trade Fairs, No. 70-A,

R.V.L. Nagar Uppilipalayam (post), Coimbatore 641015, Tamilnadu, India, Mobile:+91-960-020-0400, **Tel.:+91-422-259-0407. E-mail:gtfcb@gmail.com and/or madhawa@aitkenspence.lk Website:www.medicare.lk**

March 3-5, 2018 MedHealth Kenya 2018 (Nairobi, Kenya) An International trade exhibition on Hospital supplies, Medical, Surgical, Laboratory equipment, Pharmaceutical etc is scheduled to be held at KICC in Nairobi, Kenya. For details contact:Gtow Exhibitions, P.O.Box 103574, Dubai, U.A.E. **Tel.:+971-4-3964906, Fax:+971-4-3964904. E-mail: Maggie.z@growexh.com ; Website:http://www.growexh.com/medhealth**

March 5-7, 2018 Africa Healthcare and Dental Summit 2018 (Olympia, London, U.K.) The 5th edition of Africa Healthcare Week is scheduled to be held at Olympia in London, United Kingdom, This business event shall provide high-level discussion and meetings into the investment opportunities and technology opportunities and technology procurement requirements of Africa's healthcare industry. A concurrent Dental summit shall also be held along with Africa Healthcare Summit 2018 For details contact: Oliver Kinross, 1-3 Worship Street, London, EC2A 2AB, U.K **Tel.:+44-203-058-2381. E-mail: Victoria.fields@oliverkinross.com ; Website: www.africahealthcareweek.com**

March 7-10, 2018 Tunisia Health Expo 2018 (Tunis, Tunisia.) An event for public and private medical fraternity to know the most recent technologies and development in all the branches of the health sector is scheduled to be held at Exhibition park and the International Trade Centre in Tunis, Tunisia. For details contact Society Doe Foires International De Tunis, parc DesExpositions Et Centre De Commerce International B.P. N1 2015 Le Kram, Tunis, Tunisia. **Tel.: +216-71-973-111/976-111, Fax: +216-71-971-666. E-mail: itf.com@fkra.com.tn; Website:http://www.tunisia-healthexpo.com.tn**

March 13-14, 2018 Future Healthcare (London United Kingdom.) An International exhibition and conference on future healthcare is scheduled to be held at London, Olympia in United Kingdom For details contact: Pri-Med Global Plc, 14 Hanover Street, Hanover Square, London W1S 1YH, U.K. **Tel.:+44-0203-470-4666. E-mail: info@futurehealthcareuk.com**

March 13-15,2018 Intermed 2018 (Moscow, Russia.) The 9th edition of International Exhibition dedicated to medical treatment abroad, InterMed, is scheduled to be held at Expocentre Fairgrounds in Moscow, Russia For details contact: Prime Expo, 24A Yakubovicha st. Sr Petersburg, 190000, Russia. **Tel.:+7-812-380-6000. E-mail:med@prim-expo.ru; Website: www.intermedexpo.ru**

March 15-19, 2018 KIMES 2018 (Seoul, Korea.) The 34th edition of Korea International Medical and Hospital Equipment Show is scheduled to be held at COEX in Seoul, Korea. For details contact: E & Ex Inc.(KIMES 2018 Secretariat), Rm.2001, WTC,511, Yeongdong-dearo, Gangnam-gu, Seoul, 06164, Republic of Korea. **Tel.:+82-2-551-0102, Fax:+82-2-551-0103, E-mail: kimes@kimes.kr; Website: www.kimea.kr**

March 16-18, 2018 Meducal Fair India 2018 (Mumbai, India.) The 24th edition of International Conference and exhibition is scheduled to be held at Bombay Convention and Exhibition Centre in Mumbai, India For details contact: Messe Dusseldorf India Pvt.Ltd., 302-302 A. 3rd Floor, Salcon Aurum, Plot No 4, Jasola District Centre, Near Delhi-110025, India. **Tel.:+91-11-4855-0057 and/or TyagiS@md-india.com ; Website:www.medicalfair-india.com**

March 22-25 2018 Expomed Eurasia 2018 (Istanbul, Turkey.) The 25th edition of the event dedicated to Medical Analysis, Diagnosis, Treatment, Rehabilitation Paduct, Device, System, Technology, Equipment and Hospitals Fair is scheduled to be held at Tuyap Fair and Congress Centre in Turkey, Istanbul. For details contact: Reed Tuyap Fuarcilik A.S., E-5 Roadway, Gurpinar Crossroad Reed Tuyap Fuarcilik A.S., E-5 Roadway, Gurpinar Crossroad 34500, Buyukcekmece, Istanbul, Turkey, **Tel.:+90-212-867-1100, Fax:+90-212-886-6698. E-mail:info@reedtuyap.com.tr;**

April 2-4, 2018 Medlab Asia 2018 (Suntec City, Singapore) An international event which shall bring together leading laboratory experts, scientists, researchers and clinicians to exchange and share their experiences and research clinicians to exchange and share their experiences and research results on all aspects of laboratory medicine and clinical research is scheduled to be held at suntec Singapore Convention & Exhibition Centre in Singapore. For details contact: Informa Life Sciences Exhibitions Office No. 20:01. Level 20, Sheikh Rashid Tower, Work Trade Centre, Dubai U.A.E. **Tel.:+971-4-407-2574and/or+971-4-336-5161, Fax:+971-4-336-4021. E-mail :marlon: +971-4@informa.com ; Website: http://www.medlabasia.com**

April 2-4, 2018 Rehacare & Orthopedic China 2018 (Guangzhou, China.) The biggest event on Rehabilitation, Rehacare and Orthopedic dedicated to specially challenged

People is scheduled to be held at poly World Trade Centre in Guangzhou, China. For details contact: R&OC committee, f/4,406, Tower B, Poly World Trade Centre, No. 1000 Xin Gang Dong Road, Haizhu District, Guangzhou, China. **Tel.:+86-20-66224913, Fax:+86-20-66318832. E-mail: Maggie@cantonrehabcare.com ; Website: http://en.cantonrehabcare.com**

April 3-5, 2018 Kuwait Health 2018 (Mishref, Kuwait.) The Second edition of the largest healthcare event in Kuwait is scheduled to be held at Kuwait International Fair Grounds in Mishref, Kuwait. For details contact: ATEX International Exhibitions L.L.C., P.O Box 413520 Business Bay, Dubai, United Arab Emirates, **Tel.:+971-4-424-9988and/or Mob.:+971-55-775-1524. E-mail: love@atexinternational.com and/orinfo@atexinternational.com. Website: http://www.kuwaithealthexhibition.com**

April 3-5, 2018 ISF Kuwait 2018 (Mishref, Kuwait,) Kuwait's international trade exhibition dedicated to sports, Fitness and Health is International Fair Ground in Mishref, Kuwait. For details contact: ATEX International Exhibitions L.L.C., 301 Opal Tower, Tesla Group, Business Bay, P.O. Box 413520, Dubai, United Arab Emirates. **Tel.: +971-4-424-9988, Fax:+971-4-374-6014. E-mail: love@atexintrnational.com ; Website: www.isf-me.com/kuwait**

April 4-6-, 2018 Lab Indonesia 2018 (Jakarta, Indonesia.)The 5th edition of Indonesia's Laboratory, Scientific Analytical Equipment and Services Exhibition and Conference is scheduled to be held at Jakarta Convention Centre in Jakarta, Indonesia. For details Indonesia, Jl. Maritim No . 4A3, Cilandak Barat Jakarta, 12430, Indonesia. **Tel.:+62-21-7590-2647/6812, Fax:+62-21-7590-1572. E-mail: info.ptite@ite-asia.com ; Website:www.lab-indo.com**

April 5-7,2018 ECCC 2018 (Dubai, U.A.E.) The 14th edition of Emirates Critical Care Conference (ECCC) is scheduled to be held at event Centre in Dubai Festival City, U.A.E. For details contact: Infoplusevents LLC, Suite 1406, Lake Central Tower, Al Abraj Street, Burj Khalifa Community, P.O. Box 71108, Dubai, UAE. **Tel.:+971-4-4218996, Fax:+971-4-42188638. E-mail: marketing@infoplusevents.com Website:www.accc-dubai.com**

April 13-15,2018 IDEM 2018 (Singapore.)The 10th edition of the leading Dental exhibition and conference in the Asia Pacific is scheduled to be held at Suntec Singapore Convention & Exhibition Centre in Suntec, Singapore For details contact: Koelnmesse Pte Ltd. 152 Beach Road. #25-05 Gateway East, Singapore 189821. **Tel.:+65-6500-6700, E-mail: idem-singapore@koelnmesse.com. sg(Andrea Berghoff). Website:www.idem-singapore.com**

April 14-16 2018 Mediconex 2018 (Cairo, Egypt.) The 11th edition of international exhibition dedicated to medical advancements and network with the industry innovators and leaders is scheduled to be held at Cairo International Convention Centre in Cairo, Egypt. For details contact: Arab-African Conferences and Exhibitions. 32 Road 7, Maadi, Cairo 11431, Egypt. **Tel.:+202-23594110. E-mail: info@arabafrikanegypt.com Website:http://www.mediconex-exhibition.com**

April 17-19,2018 Korea Lab 2018 Korea Lab 2018 Korea Pharma 2018 (Seoul, Korea.) Korea Lab 2018 -An International exhibition dedicated to Laboratory and Analytical Equipment and Korea Pharma 2018-An International Pharmaceutical & Bio-Pharma Industry Exhibition dedicated to Pharma and Bio are scheduled to be held at KINTEX in Seoul, Korea. For details contact: Kyungyon Exhibition Corp., Rm. 1101, Geumsan Bldg., 750 Gukhoe-daero, Yeongdeungpogu, Seoul, 07236, Korea. **Tel.:+82-2-785-4771, E-mail:gskim@kyungyon.co.kr Websites: www.korealab.org and www.koreapharma.org**

April 17-19, 2018 Medtec Europe 2018 (Messe Stuttgart, Germany.) The leading Medical Technology show in Europe is scheduled to be held in Messe Stuttgart, Germany. The exhibition serves not only as trading & networking event, but also a learning platform, while providing with an access to the latest market update, regulatory news and more. For details contact: UBM EMEA, Elisabethstrasse 13, 53721 Siegburg, Germany. **Tel.:+49-2241-95-9781-0, E-mail:medteceurope.marketing@ubm.com Website: www.medteceurope.com**

April 18-20, 2018 Exposanita 2018 (Bologna, Italy) The 21st edition of International Healthcare Exhibition providing an overview of product and services for hospitals, diagnostic etc is scheduled to be held in Bologna, Italy For details contact: Senaf Srl, Via di Corticelli 181/3, 40128 Bologna, Italy. **Tel.:+39-051-325511, E-mail:exposanita@senaf.it Website:www.exposanita.it**

April 19-21,2018 Emirates International Orthopaedic Congress 2018 (Dubai) The 6th editing of Emirates International Orthopaedic Congress is scheduled to be held in conjunction with the 2nd Dubai Shoulder Course at Intercontinental Hotel, Dubai Festival City in Dubai, U.A.E. for details contact: Infoplusevents LLC, Suite 1406, Lake Central Tower, Al Abraj Street, Burj Khalifa Community, P.O. Box 71108, Dubai, UAE. **Tel.:+971-4-4218996, E-mail:marketing@infoplusevents.com ; Website:www.uaeorthro.com**

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मुम्बई:- गणतन्त्र दिवस पर विकास पार्क कोआपरेटिव सोसायटी मलाड मुम्बई में वरिष्ठ निवासी श्री डी.एन. अग्रवाल जी के मार्ग निर्देशन में ध्वजारोहण एवं गारद सलामी का कार्यक्रम सम्पन्न हुआ. इस शुभअवसर पर श्री डी.एन. अग्रवाल जी ने गणतन्त्र दिवस के महत्व को उपस्थित महानुभावों को बताया सोसाइटी के सभी निवासियों के साथ-साथ सोसायटी की कार्यकारिणी के सभी पदाधिकारी चेरमैन- श्री अशोक गडोडिया, सचिव- श्री ब्रजभूषण जायसवाल, ट्रेजरर- श्री कैलाश खेतान, विकास अग्रवाल के साथ-साथ वरिष्ठ पुलिस अधिकारी श्री सन्तोष भंडारी भी अपने दलबल के साथ मौजूद रहे.

Eat these Healthy High-Calorie Foods for Easy and Quick Weight Gain

A healthy high-calorie diet could be the best possible means to gain a couple of pounds while remaining fit with balanced weight. The diet should have an assortment of ingredients with high carbohydrate, protein and healthy fat content. When you want to gain weight, it is important to eat the right kind of food so that you build lean muscle and not mere fat. Here are some high-calorie foods that you can try in order to gain weight. **Proteins:-** Protein is a major component of every high-calorie diet as it helps in building muscles and healthy fat. Consume easily digestible sources of protein such as chicken breasts, fish and lots of milk. When you choose fish, pick up those with a darker and oilier flesh as it has greater number of calories. Salmon, nuts and beans are also important sources of protein that could be added to a breakfast menu. **Carbs:-** Carbohydrate is another important nutrient for high-calorie diets. Include an assortment of fruits such as apples and oranges in your everyday breakfast menu. Smoothies, blended with fruits and milk could be consumed as dessert for dinner. Whole grains and yams are also calorie dense carbs that are very helpful in gaining weight. Pasta, beans and potatoes are foodstuffs that you can add to your lunch or dinner menus to add the extra calories. When you choose fruit juices, pick those with minimal sugar content. **Fats:-** • Almonds. • Olive oil, sunflower oil, safflower oil, sesame oil etc. • Walnuts, cashew nuts, almonds, hazelnuts etc. • Peanuts. • Butter, low-fat milk. **Snacking:-** Having snacks in between meals could be great for those looking to gain weight. Ensure that you take these healthy snacks at regular intervals and not close to meal times as that would result in a reduced appetite. Nuts, fruits, yoghurt and granola bars are snacks that you could pack for office. Make sure that you do not slip away into unhealthy junk food. Fast food can only add unnecessary weight which will

prove to be detrimental later in life. **Break the fast:-** Breakfast is the most important meal of the day and should not be avoided at any cost. This is where you must load the maximum amount of calories in order to stay fit and refreshed the entire day. Some good options for breakfast menu are omelettes made with 3 or 4 eggs, a cup of low-fat yoghurt, a glass of whole milk and some fruits. Dinner is another essential meal where people normally eat a lot especially when they go out to restaurants. Choose meals with high protein content such as lean red meat, fish and chicken. Supplement it with a basic simple green salad made from fresh vegetables. Sandwiches could also be had with layers of mayonnaise, lettuce and tomatoes.

खर्च

चिकित्सीय जाँच के बाद जब डॉक्टर साहब पर्चा बनाते हैं तो रोगी दुखी स्वर में बोला, "कम दवा लिखिएगा. गरीब आदमी की बड़ी मुश्किल से गुजारा होता है. पर्चा बच्चे हैं. गम गलत करने के लिए दारू का ही सहारा है. जब मौका लगता है तब बीड़ी पी लेता हूँ." डॉ. नरेन्द्र नाथ लाहा, 27 ललितपुर कॉलोनी, डॉ. पी. एन. लाहा मार्ग, ग्वालियर (म.प्र.) मो. 09753698240.

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Eat these Healthy High-Calorie Foods For Easy and Quick Weight Gain

A healthy high-calorie diet could be the best possible means to gain a couple of pounds while remaining fit with balanced weight. The diet should have an assortment of ingredients with high carbohydrate, protein and healthy fat content. When you want to gain weight, it is important to eat the right kind of food so that you build lean muscle and not mere fat. Here are some high-calorie foods that you can try in order to gain weight. **Proteins:-** Protein is a major component of every high-calorie diet as it helps in building muscles and healthy fat. Consume easily digestible sources of protein such as chicken breasts, fish and lots of milk. When you choose fish, pick up those with a darker and oilier flesh as it has greater number of calories. Salmon, nuts and beans are also important sources of protein that could be added to a breakfast menu. **Carbs:-** Carbohydrate is another important nutrient for high-calorie diets. Include an assortment of fruits such as apples and oranges in your everyday breakfast menu. Smoothies, blended with fruits and milk could be consumed as dessert for dinner. Whole grains and yams are also calorie dense carbs that are very helpful in gaining weight. Pasta, beans and potatoes are foodstuffs that you can add to your lunch or dinner menus to add the extra calories. When you choose fruit juices, pick those with minimal sugar content. **Fats:-** ● Almonds. ● Olive oil, sunflower oil, safflower oil, sesame oil etc. ● Walnuts, cashew nuts, almonds, hazelnuts etc. ● Peanuts. ● Butter, low-fat milk. **Snacking:-** Having snacks in between meals could be great for those looking to gain weight. Ensure that you take these healthy snacks at regular intervals and not close to meal times as that would result in a reduced appetite. Nuts, fruits, yoghurt and granola bars are snacks that

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you could pack for office. Make sure that you do not slip away into unhealthy junk food. Fast food can only add unnecessary weight which will prove to be detrimental later in life. **Break the fast:-** Breakfast is the most important meal of the day and should not be avoided at any cost. This is where you must load the maximum amount of calories in order to stay fit and refreshed the entire day. Some good options for breakfast menu are omelettes made with 3 or 4 eggs, a cup of low-fat yoghurt, a glass of whole milk and some fruits. Dinner is another essential meal where people normally eat a lot especially when they go out to restaurants. Choose meals with high protein content such as lean red meat, fish and chicken. Supplement it with a basic simple green salad made from fresh vegetables. Sandwiches could also be had with layers of mayonnaise, lettuce and tomatoes.

How to Prevent Addiction to Substance Abuse Depressants or Sedative Hypnotic Drugs?

What is Substance Abuse:- Sedative-hypnotic drugs which are commonly referred as depressants are responsible for slowing down the activity of the brain or make it depressed. The most commonly known depressants include (Amytal, Nembutal, Seconal, phenobarbital) and benzodiazepines (Ativan, Halcion, Librium, Valium, Xanax, Rohypnol). Other drugs in this group include chloral hydrate (which when mixed with alcohol was once known as "knockout drops" or a "Mickey Finn"), glutethimide (Doriden), methaqualone (Quaalude, Sopor, "ludes") and meprobamate (Equanil, Miltown and other brand names). Alcohol is also a known depressant but, as its use is very common the experts like to address alcohol-related problems separately. When these drugs are used regularly it leads to drug tolerance. This means that the body adjusts to the use of these drugs and it starts needing more dosage to reach the desired effect. Regular usage of drugs can also cause dependence which means withdrawal symptoms start showing up if the drug usage is suddenly stopped. The usage of many of these sedative-hypnotic drugs is legitimate. There is not much of difference between the desired dose and overdose. A little miscalculation can lead to coma, respiratory distress and death. Stopping the use of barbiturates is sometimes similar and in some cases more severe than stopping the use of alcohol. The addiction may also lead to seizures and consequently to death. There are many people who mix these drugs with alcohol to enhance the effect. Doing so may cause dangerous effects. What are the Symptoms of Dependence on Depressant Drugs? The signs and symptoms which indicate that a person is addicted to drugs include: ● An urge to consume drugs which often leads to unsuccessful attempts to reduce its usage. ● Physical dependence. ● Continued usage of these drugs despite the psychological, interpersonal or physical troubles. There has not been an amount of medicine set to determine whether the person is dependent on depressants. People who are dependent on these drugs eventually develop physical tolerance. When a person stops the usage of drugs, the internal environment of the body undergoes some drastic changes. This leads to withdrawal symptoms like anxiety, tremors, nightmares, insomnia, lost appetite, rapid pulse and breathing, blood pressure abnormalities, dangerously high fever and seizures. **How to Prevent the Addiction:-** To prevent the addiction, you must strictly follow the prescription. You must also avoid taking more of the medication than prescribed by the doctor. The biological, social and psychological factors that lead to the addiction are not preventable though. If you feel that there is a need for you to continue with the medication longer than the prescribed duration, the doctor must be consulted before doing so. Taking medication prescribed to someone else should also be avoided completely.

Food May Influence Cancer Spread

There is mounting evidence the food on your plate can alter cancer's growth and spread, say Cambridge scientists. Animal research, published in the journal Nature, showed breast tumours struggled without the dietary nutrient asparagine. It is found in the foodies' favourite asparagus, as well as poultry, seafood and many other foods. In the future, scientists hope to take advantage of cancer's "culinary addictions" to improve treatment. Asparagine is an amino acid - a building block of protein - and takes its name from asparagus. **Spread:-** The study, conducted at the Cancer Research UK Cambridge Institute, took place on mice with an aggressive form of breast cancer. Normally they would die in a couple of weeks as the tumour spread throughout the body. But when the mice were given a low-asparagine diet or drugs to block asparagine then the tumour struggled to spread. "It was a really huge change, [the cancers] were very difficult to find," said Prof Greg Hannon. Last year, the University of Glasgow showed cutting out the amino acids serine and glycine slowed the development of lymphoma and intestinal cancers. Prof Hannon told the BBC: "We're seeing increasing evidence that specific cancers are addicted to specific components of our diet. "In the future, by modifying a patient's diet or by using drugs that change the way that tumour cells can access these nutrients we hope to improve outcomes in therapy." **Cancer:-** An initial tumour is rarely deadly. It is when the cancer spreads throughout the body - or metastasises - that it can become fatal. A cancerous cell must go through huge changes in order to spread - it must learn to break off the main tumour, survive in the bloodstream and thrive elsewhere in the body. It is this process for which researchers think asparagine is necessary. But fear not asparagus lovers, these findings still need to be confirmed in people and asparagine is hard to avoid in the diet anyway. In the long run, scientists think patients would be put on special drinks that are nutritionally balanced, but lack asparagine. Prof Charles Swanton, Cancer Research UK's chief clinician, said: "Interestingly, the drug L-asparaginase is used to treat acute lymphoblastic leukaemia, which is dependent on asparagine. "It's possible that in future, this drug could be repurposed to help treat breast cancer patients." Further trials are still necessary. Baroness Delyth Morgan, the chief executive at Breast Cancer Now, said patients should not go on drastic diets on the back of this study. She said: "We don't recommend patients totally exclude any specific food group from their diet without speaking to their doctors. "We'd also encourage all patients to follow a healthy and varied diet."



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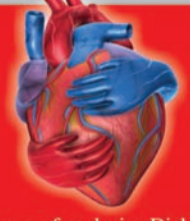
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10 Remedies to Banish Dark Circles

Dark circles steal the glow off your face. Take a look at the natural remedies for treating dark circles around your eyes. **Dark Circle Remedies:-** When the blood vessels below the eyes become dilated or when congestion puts pressure on the blood vessels, you can get dark circles under the eyes. Under-eye circles can be caused by poor skin elasticity, excessive salt intake, pollutants (such as smoke) and even genetics. It's quite simple to get rid of dark circles under eyes, you can do it naturally. **Tomato Paste:-** Make a paste by combining two grated tomatoes, a spoon of lemon juice, a pinch of gram flour and turmeric powder each. Apply the paste gently around your eyes and rinse with clean water after 10 or 20 minutes. Do this twice a week to make the skin tone around your eyes lighter. **Lemon Juice:-** Lemon can help remove dark circles under the eyes, owing to the bleaching properties of vitamin C. Apply lemon juice using a cotton ball around your eyes and rinse it off after ten minutes. Using lemon thrice a week will make the skin tone around your eyes lighter and eventually the dark circles will go away. **Cucumber:-** Putting slices of fresh cucumber or applying fresh juices of cucumber over your eyes can help reduce dark circles to a great extent. Applying the juices for entire night gives you quick and effective results. **Almond Oil:-** Another natural ingredient which is effective for dark circles under the eyes is almond oil. Before going to bed, apply a little almond oil over the dark circles. Do this for at least two weeks and dark circles will disappear completely. **Mint Leaves:-** Mint leaves can be used to soothe your eyes and also to get rid of dark circles. Apply freshly crushed mint leaves around your eyes, leave it for 10 minutes and wipe it off with a clean cloth dipped in cold water. **Orange Juice and Glycerine:-** Combine orange juice with glycerine and apply the mixture around your eyes to get rid of dark circles. Apart from being a dark circle remedy, it also gives your skin a glow and will make the skin around your eyes smoother. **Ice Treatment:-** A compress of ice or iced water has a cooling effect on the semi-transparent skin beneath your eyes. Apply ice bags daily; for 30 minutes after you wake up. Doing this streamlines blood flow and removes the extra osmosis pressure on your eyes. **Diet:-** You can get rid of dark circles under eyes through diet; taking good amount of green vegetables, vitamins and fruits in your diet. Include fruits such as banana, mangoes and oranges in your diet; additionally vegetables such as spinach, green, carrots and brinjals can have good effect on the skin around your eyes. **Daily Exercise:-** Daily exercise may not help you get rid of the dark circles under the eyes, but it can improve

circulation of blood throughout the body and the face. Daily exercise stimulates your breathing and leaves skin fresh. **Sleep and Sleeping Habits:-** A good night's sleep makes you feel better and also banish under-eye circles. Health experts advise 6-8 hours of daily sleep to have fresh and circles-free face. Moreover, you need to correct the sleeping habits to remove the puffiness of eyes.

Torrent & Novo Nordisk India Expand insulin Manufacturing Facility at Indrad

Ahmedabad:- Novo Nordisk India and Torrent Pharmaceuticals took their partnership to the next level with the inauguration of the extended insulin manufacturing facility at the latter's Indrad factory today. The facility was inaugurated by His Excellency Peter Taksøe-Jensen, Ambassador to India, Embassy of Denmark, Jinesh Shah, Executive Director, Torrent Pharmaceuticals, Frederik Kier, Senior Vice President, Region AAMEO, Novo Nordisk, and Melvin D'souza, Managing Director, Novo Nordisk India. "With the expansion of the facility at Indrad, we reiterate our commitment to ensuring the provision of affordable, quality insulin for people with diabetes. At Novo Nordisk, we are committed to addressing the growing diabetes burden by working with likeminded stakeholders to change diabetes," said Frederik Kier, Senior Vice President, Region AAMEO, Novo Nordisk. Melvin D'souza, Managing Director, Novo Nordisk India, said: "The growth of diabetes in India is alarming and people with diabetes have a right to access affordable, quality medication. Through this partnership, we will continue to ensure the provision of cost-effective yet high-quality

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medication." Torrent Pharmaceuticals and Novo Nordisk are marking 25 years of partnership in India. The journey started in 1992 with the manufacture and launch of insulin in 40 IU vials. In 2009, an integrated manufacturing and vial packaging plant was inaugurated. Jinesh Shah, Executive Director, Torrent Pharmaceuticals said: "As we embark on a new growth path at Torrent, we look forward to working more collaboratively with Novo Nordisk to ensure the diabetes challenge in India is addressed effectively." Congratulating Torrent and Novo Nordisk, His Excellency Peter Taksøe-Jensen, Ambassador to India, Embassy of Denmark said: "It's a proud moment for Indo-Danish collaboration as Torrent and Novo Nordisk mark 25 years of partnership. Denmark is committed to supporting the Indian Government's Make in India initiative and this new expanded facility is a reflection of the support." The enhanced production facility will be equipped to address the growing diabetes challenges: India is home to 72.9 million people with diabetes (according to the International Diabetes Federation 8th Atlas). The number is expected to go up to 134.3 million by 2045. As world leaders in diabetes care, Novo Nordisk partners with patients, policymakers, healthcare professionals and non-governmental organisations to address diabetes risk factors, thus ensuring that people with diabetes are diagnosed earlier. Through the Changing Diabetes® Barometer project, Novo Nordisk has partnered with seven state governments to create awareness about diabetes. As part of the project, till date, 700,000 people have been educated about diabetes and over 3700 doctors and paramedics have been trained through various capacity building programs.

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