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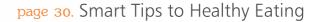
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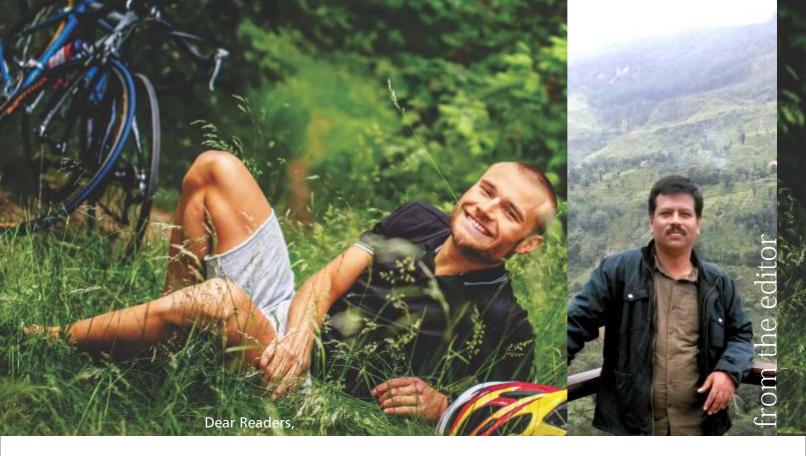




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HEALTH, just a WALK away!

Regular walking can have a tremendous positive impact on overall health and wellbeing. There are additional benefits in taking these walks in natural environments, such as parks, trails, and other green spaces.

Walking in Nature promotes total health, both physical and mental. An example of this can be seen by looking at the body's relationship with stress after walking through an urban and a green environment.

In one study, groups of university students were taken on walks through a forest and the city. Saliva samples taken from the participants before and after each of the walks demonstrated that the experience of walking through the forest reduced the participants' levels of cortisol, the body's stress hormone, to a greater extent than did the city walk. These results were echoed in a study where researchers looked at EEG readings of participants as they walked through a shopping district, a leafy green area, and then a busy commercial site. The brain activity recorded on this walk demonstrated a reduction in tension and stress as the participants entered into the natural area, coupled with increased levels of calm and relaxation.

Walking in Nature can have additional positive impacts on disposition and memory – researchers have found that students with moderate to severe depression demonstrated a significant increase in both mood and short-term memory after a walk through a natural setting, as compared to a walk through the city.

For children with ADHD, a walk through a park, compared to walks of equal length through a neighborhood and an urban setting, had the greatest success in improving the attention span of the children on frustrating tasks.

Just 30 minutes of walking, five times a week, is enough to improve our overall health. Now, getting to better health may be just a WALK away!

Let's get active & Stayfit!

GKN Reddy

WE WELCOME ARTICLES!

From Doctors, Healthcare professionals, feature writers, on HEALTH, FITNESS, WELLNESS, NUTRITION & LIFESTYLE- related issues for Publication in STAYFIT Magazine. you can reach me at: editor@stayfitmagazine.com



Pilates is a workout that focuses on strengthening and toning core. Sedentary and seated office jobs lead to weak core and back. Pilates can be very beneficial.

It does not need much space or equipment. Like yoga, it can even be done on a mat.



Ms. Kiran Sawhney Personal Fitness Trainer

Oblique Twist

Sitting on the front of a swivel chair, place your hands palms down on your desk. Ideally, your knees should squeeze together tightly and your feet should be lifted 1 inch off the floor. Without moving your chest from its lifted and straightforward position, begin twisting the chair from side-to-side, simultaneously stretching and toning your oblique muscles. Imagine you are wearing a heavy armor suit and helmet and are unable to move your upper extremities as you perform the twist from your lower body. Do 10 to 20 rotations.



Spine Twist

Sit up very tall with your arms stretched out to either side of the room and press the crown of your head up to the ceiling (top). Squeeze your knees together tightly and plant your feet firmly on the floor. Inhale and press your navel up and into your spine as if you were being cinched at the waist. Exhale and twist your torso to the right staying perched on top of your hips and squeezing your buttocks and legs together tightly (bottom). Imagine you are a twisting vine growing taller from your roots. Increase the stretch by lifting up in the chest as you increase the exhalation. Inhale deeply as you return to your starting position. Keep your shoulders pressing down and your arms outstretched. Repeat the movement to the left and try to imagine you are wringing the air out of your body as you would in the water from a wet towel. Do 3 sets.

Shaving the Head

The "shaving the head" exercise focuses on the muscles at the back of the upper arms, known as the triceps. Remain seated on the front edge of your chair with your torso pitched on a very slight angle forward. Your feet are planted firmly on the floor and your knees are squeezing tightly together. Hold your hands in a triangle behind your head (top). Do not lift your shoulders as you perform these movements. Inhale and press your hands upward on a slight diagonal forward. Imagine you are rolling a large boulder up a steep mountain with your hands. Exhale and slowly bring your hands back behind your head, imagining the weight of the boulder hovering over your head as you do. Use your core to control your movements. Repeat this sequence 5 times.



Do 3 to 5 sets of lifting and lowering your circling arms.

Arm Circles

Remain seated on the front edge of your chair with your torso pitched on a very slight angle forward. Your feet are planted firmly on the floor and your knees are squeezing tightly together. Begin making small, controlled circles with your arms as you raise them in front of you. Make sure you are circling your entire arm from your shoulders, not from your wrist or forearm. Imagine you are holding a heavy bucket in each hand. Continue circling until your arms are above your shoulders and then reverse the circles as you lower them back to your side. Make sure that your shoulders are pressing down and away from your ears as you perform the lifting and lowering motions.





Ms. Reema Sarin Founder 'BOLLYFIT'

MUSCLE soreness or stiffness may set in after participating in activities like running or lifting weights, for the very first time or when performed at a higher intensity. For example, aching calf muscles after a long run or sore muscles after a strenuous workout. Generally, the soreness reduces after the muscle gets accustomed to the activity.

1. Cause of muscle soreness:

The burning of the muscles on the next day of your workout is a sign that you are damaging or tearing your muscles. As we exercise, muscles extend and contract. The contraction causes the disruption of the filaments that hold the muscle fibers together as they slide over each other.

2. The necessary evil:

Muscle soreness is perfectly normal and should not be a reason to discontinue the activity. The tearing of muscle cells results in repair and regeneration of new stronger muscle cells to prepare for the activity again. In short, our muscles try to adapt to the new activity. Muscle soreness can be called a sign of a successful workout. After the recovery of the muscles (generally 2-3 days), they perform more efficiently and are more resistant to tearing damage.

3. Effective recovery process:

Drinking lots of water is a great aid in alleviating muscle soreness. Repairing damaged muscle and initiating rebuilding of muscle cells requires protein in your diet. Our body generally requires 1 - 1.5 grams of protein per pound of body weight. During the recovery process, if you eat right and drink lots of water, you will put on quality muscle cells which will result in good-looking muscles and great looking skin as well.

4. Prolonged muscle soreness:

The average time period for our muscles to heal is 2-3 days. It is important to allow a period of 2-3 days of rest to the sore muscle after strenuous activity. Muscle soreness is a positive sign but if the soreness and pain persists, it may be a sign of over-use. Severe injuries like muscle tendon ruptures can occur if muscles are over-worked.

Muscle soreness is just a natural outcome of any kind of a physical activity and it is prevalent in the beginning stages of a workout program. Even bodybuilders experience muscle soreness. So, don't get discouraged, keep on sweating it out! Next time, when your muscle is sore, pat yourself on the back for working out right!

SO DON'T STOP...Keep Working Out....



Mr. Shaik Moyeenuddin ACE Certified Personal Trainer

A Workout Routine

No matter if you're a man or a woman, muscle building is a fun and beneficial way to get in top form. it's not just a matter of a few bench presses and squats, however, you must do it right! Take note of the following tips to learn how to do muscle building right and get yourself in great shape!

it's important to eat foods and meals with carbohydrates after your workout and on your rest days. This will help you to rebuild and grow your muscles faster. The reason for this is that consuming carbohydrates causes the production of insulin in your body which in turn slows down the rate at which your body breaks down proteins. Even something as simple as a banana or a peanut butter sandwich will help.





The best routine is here: I have paired the muscle groups in opposite muscle groups like agonist and antagonist way.

Specific workouts are as below:

Session 1 - chest and back:

Bench press, incline bench - chest dumbbell press, chest cable and/or dumbell flyes, barbell deadlifts, barbell rowing, barbell hinging, lat pull down, assisted pull ups, machine lat rowing. Add some core workouts along with this.

Session 2 - ARMS - shoulders overhead press, assisted paralled dips, shoulder lateral fly, shoulder front fly, shrugs, bicep barbell and /or dumbbell curls, preacher curl, hammer curl, concentration curl, triceps overhead dumbbell extension, triceps pushdown, triceps bench dips, triceps kickbacks.

Session 3 - LEGS

smith machine squats / dumbbell squats, walking lunges with dumbells, abductor/adductor machine, leg extension, leg curls, step ups with weights, calf raises.

Different rep range will stimulate different muscle fibers.

Using Different Exercises for Different Muscles

When you do your bodybuilding routines, remember to work on each muscle group. There are some very basic routines that should be easy for you to follow even if you're just a beginner. For example, you can do squats, leg curls and leg extensions. For shoulders, you could do shrugs or lateral rises. If you do three or four repetitions of these each on the days you have these muscle groups scheduled to be worked on, you'll see results in no time.

No matter what muscle group workout you schedule or how many reps you do, what's most important to a successful routine will be the dedication that you show when you work out and how dedicated you are to sticking with your plan. Whether you want your bodybuilding routine to actually sculpt you or simply to tone specific muscles, you need to continue with your routine to see the results you want.

When you develop your bodybuilding workout routine, you'll need to focus on what is more important for you. Whether you need more work on your triceps and biceps than on your chest or back muscles, you'll need to stick with it to see results. You can also change your routine to work on new muscle groups as needed. If you work out in a gym with a professional trainer, this can be an additional help to you as you develop your own routine that will work specifically for you.

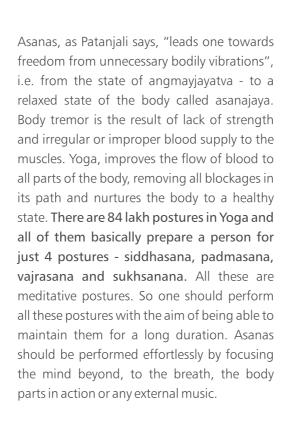






Bharat Thakur Founder - Artistic Yoga

Forms of SAMOS



Forms of Asanas

There are 3 forms of asanas:

Cultural asanas -

to strengthen and tone the muscles.

Meditative asanas -

to move from awareness of the physical body to awareness of the consciousness.

Relaxing asanas -

to relax the body and rejuvenate it.

The right combination of these asanas ensures the body remains healthy, light and energized.



How do Asanas Work?

An asana is a combination of movements that lead one into a final posture. Each movement works on your body by contracting specific muscles and expanding or stretching other muscles. To support a posture the body functions through two muscle groups antagonist and agonist. For example, when you curl the hands at the elbows, the biceps become the agonist and the triceps become the antagonist. Asanas should be performed for both muscle groups. If you perform a forward-bending posture, it should be followed by a backward bending posture. A posture should be held as long as possible, but if you lack strength, you can perform each posture twice or thrice until you gain the strength to hold it for a longer duration of time. Normally one breathes in a shallow manner, not inhaling large amounts of oxygen-rich-air and not fully exhaling the unwanted air from the lungs. Regulating the breath is important to nourish the body with plenty of oxygen.

One should practice yoga in a quiet space with plenty of sun and fresh air. But in today's scenario of high pollution levels, it is not advisable. Instead choose a nice and clean room to practice yoga.

DURATION

There are two aspects to duration in yoga. One is the total duration for the performance of yoga and the second is the duration for each asana. One can practice yoga for 20 minutes, 40 minutes or 5 hours a day. As far as the duration of maintaining a posture is concerned one could start with ten seconds and increase this up to 30 seconds or a minute.

EQUIPMENT

There are no specific equipment required as such for the practice of yoga. However, one can use ropes, bricks, round pillows, elastic belts, and of course, the yoga mat.



FRAGRANCE

You should always light an incense stick or an aromatic candle in the Yoga room. This will make you feel more relaxed and focused.

MUSIC

As mentioned earlier, external music can be used to fix the mind on the Beyond while performing asanas. You can listen to devotional music and if you appreciate Indian classical music, then ragas can be played.

BREATHING

Breathing right is very important for the practice of Yoga. A simple rule to follow is to inhale when you bend backwards and exhale while bending forwards. Whenever you perform a posture, breathe normally except when indicated otherwise.

PACE

The pace of changing yogic postures except for surya namaskar, should be very slow and should be performed in steps. To move from one basic posture into another, within the same asana, is an asana itself.

TIME BETWEEN FOOD AND YOGA

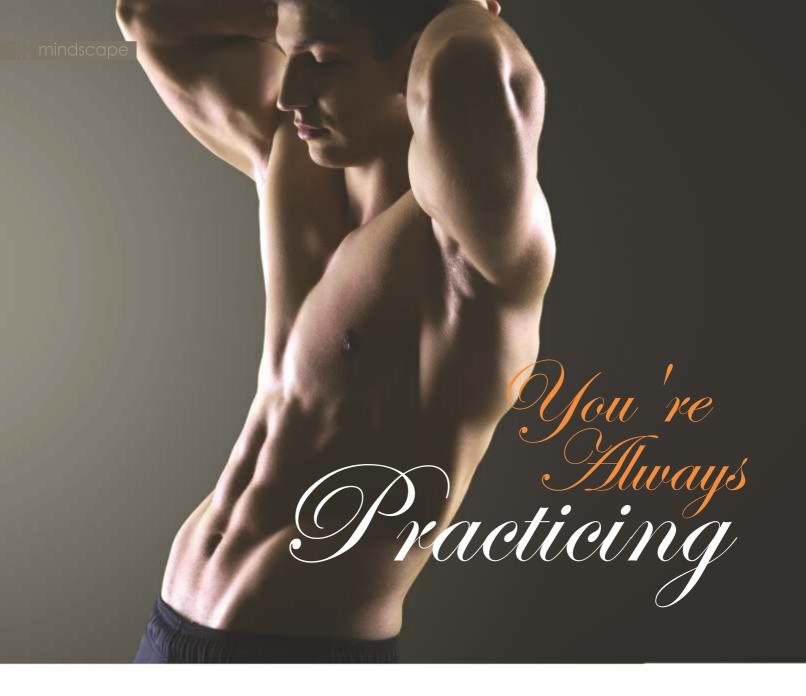
One should not perform difficult or intense yogic postures soon after a lunch or dinner. A minimum gap of 2 Hours after heavy meals and half an hour after breakfast is recommended. It is advisable to practice yoga on an empty stomach for best results.

CLOTHES

One should wear clothes that allow plenty of freedom of movement in all directions. These could vary from being skin tight to very loose as per personal convenience.

REGULARITY

One has to be very regular with yogic practices as muscles and joints take a lot of time to become flexible. Practicing for four days and missing one day means going back to square one. Therein lies the importance of regularity.



he word practice gets some
of us thinking about some
sort of repeated
performance or systematic
exercise. And perhaps fields like
music, dance, theatre, sports or
martial arts prominently surface
when we think about where
practice is done the most. In
reality, we are all practicing
something or the other all the time.

ome
A lot of the work that I do is about understanding and using human behaviour. "A Behaviour Is Anything That You Do". That's one of the best definitions of behaviour that I have come across in recent times. If you wake up early, that's a behaviour. If you make eye contact, that's a behaviour. Not only is a behaviour something that you do physically, it might well be something that you do in your mind. If you tell yourself "Oh no! Not again" only in your mind. That's a behaviour. Or if you daydream during a meeting. That's a behaviour too. Now all of us are practising some behaviour or the other all the time. The question is, what behaviour are you practising?



Mr. Vinesh Sukumaran **Application Expert** Neuro Linguistic Psychology

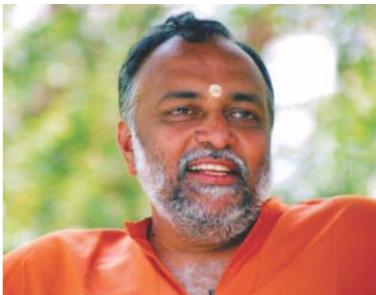


Another fact is that we get better at what we practice. If you miss going to the gym once, it is easier to miss it again. If you wake up early once, it is easier to wake up early again. There are fewer instances of people starting or stopping a behaviour in one shot. Like smoking your very first cigarette in life and from then on, becoming a daily smoker for the rest of your life. Or dropping out of a fitness class. Very few people miss one day and stop altogether. There is mostly a transition from very regular to missing a class once in a while to missing classes often to stopping altogether.

Living the life you want involves regularly doing the things that will get you there. Practising the desirable behaviours more often than the undesirable ones. If you want to become a guitarist one year from now, you should be practising playing the guitar often enough for the next one year. You can't spend all your time sleeping, working, commuting, watching TV, eating or meeting friends and expect to become a guitarist after one year. I know that seems rather obvious, but that's exactly what some people do. I recently coached a gentleman in his late thirties, who was a manager at a fairly large technology Firm. He would wake up in the morning, feeling lousy about the day ahead. So he would snooze some more and wake up with not enough time to have a relaxed morning. He would then go through the discomfort of running late for office and thinking about the possible traffic jam and consequences of reaching office late. While driving to work, he would think about the long arduous day ahead and already start feeling heavy inside. While at work, he would go about the day feeling sick about his job and wondering what he's really doing in that company. He said that when he leaves office, there's a brief period when he feels good. That is soon shrouded by thoughts of the treacherous drive back home and when he gets home, he feels stuck with household chores and responsibilities, till he finally hits the sack. So here's someone who spends most of his day practising feeling bad. I must admit that it might not be easy for someone like this to do a complete turnaround and start feeling elated for most of the day. In fact, what eventually worked well for this gentleman was starting with one hour a day, of doing something that he loves to do, enjoying it and feeling good about it. This was slowly spread to longer periods, coupled with redefining his life and career goals, making a job change and consciously practising feeling good every day.

The point is that people don't feel miserable overnight. It is the outcome of a lot of practice. And so are feelings of wellbeing, elation and fulfilment. So go after what you want in life and practice the behaviours that will get you there!





Swami Sukhabodhananda

Jeevatma and Paramatma

hat is the secret of successful people's enthusiasm?

In us there is a 'lower-self' called Jeevatma and a 'higher-self' called Paramatma. One can either operate from the 'lower self' or from the 'higher self.' When one operates from the 'lower self,' one finds his/her life is not powerful whereas operating from the 'higher self' results in the opposite. This is the choice before us.

If one operates from the 'lower self,' life opens up as a threat. While operating from the 'higher self,' the life opens up as opportunity. Operating from the 'higher self' consistently generates enthusiasm.

Why does such a thought emerge wherein I look at the external situation as a threat?

Any situation viewed as threat is an example of one involving the 'lower self.' The 'lower self' operates as an interfering thought or an obstructing thought. The 'higher self' operates as a supporting thought, not as an obstruction. In any situation in life, if seen as opportunity, it is supportive. If seen as an obstruction, it is like a danger or a threat.... it is a function of the 'lower self.'

Our bodies have an immune system; if it is weak, the body is prone to disease. So too, we have a psychological immune system. If our psychological immune system is weak... we are upset, hurt, frustrated. Like genes in our bodies, our minds are also products of evolution of many years. When our psychological immune system is weak, we are prone to perceive external situations as dangerous or as obstruction. It only calls for strengthening the psychological immune system so as to be powerful individuals.

How do you make it powerful? Like how we make the physical body powerful by right exercising and dieting, so too, the psychological immune system can be made powerful by not allowing the 'lower self' in us to operate... instead we should encourage the higher centre to operate in our daily lives.

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Dr. Asha ChauhanPediatrician

A magical elixir for infants

very woman's journey to motherhood is different, but one of the crucial decisions a new mom makes is how to feed her child. When a mother chooses to breastfeed, she takes a big step forward to make her baby's future bright. Breastfeeding is the perfect food for your new born. Your milk provides strength to the baby for a healthy start that will last a lifetime. While it takes time, dedication, and innate patience, a lot of moms would agree that it's totally worth the effort. Breastfeeding is a "lifesaving source" of energy and nutrients for the baby to stay miles away from any illness and malnutrition. A mother's breast milk is tailor-made for her baby. Her body responds to pathogens (virus and bacteria), creating protection for the baby based on whatever they're exposed to. In fact, breastfeeding's protection against illnesses lasts beyond the baby's nursing stage. Studies show that breastfeeding can reduce a child's risk of developing certain childhood cancers owing to the antibodies present in the milk that boosts their immune system. Miraculously, a drop of breast milk contains around one million white blood cells. These cells, called macrophages, gobble up benefits-of-breast milk germs. Breast milk is also power-packed with immunoglobulin A (IgA), which coats the lining of babies' immature intestines, preventing germs from leaking. IgA also works to prevent food allergies. By coating the intestinal lining like a protective paint, breast milk prevents molecules of foreign foods from getting into the bloodstream to create an allergic reaction.

Breast milk has a protective effect on many childhood diseases like diarrhea, otitis media, urinary tract infections, septicemia and chronic diseases. It may also help in avoiding a slew of diseases that strike later in life; such as type 1 and type 2 diabetes, high cholesterol, and inflammatory bowel disease. Moreover, the fatty acids present in the breast-milk like DHA (docosahexaenoic acid), help in developing the baby's brain and eyes. For babies, breast milk is easy to digest, which safeguards them from gastric problems and belly pain.

Breast milk changes according to the growth of your baby. For example, for the first few days after giving birth, your breasts produce a thick, yellowish form of breast milk called colostrum. Colostrum contains nutrients and antibodies that your baby needs in the first few days of life. It changes to breast milk in 3 to 4 days. There are no contradictory theories to the fact that it is best to feed your baby with breast milk for at least 6 months without any water, formula, other liquids or solid food. In reality, any amount of breastfeeding is good for your baby's health and overall development.

Breastfeeding is beneficial for mother too. Post-pregnancy weight loss and uterine evolution are required in breastfeeding women. There have noticeably been decreased incidences of perimenopause breast cancer, ovarian cancer and osteoporosis among breastfeeding women.

Many women commence breastfeeding, but give up sooner than they had planned, even though breastfeeding is medically, nutritionally, and emotionally the best thing you can do for your baby. Mother's milk has everything a baby's body needs and provides more than just a perfect blend of calories, nutrients, and antibodies. But the advantages don't end here. It is convenient and requires no mixing, measuring, or cleanup. Most importantly, the physical closeness that breastfeeding requires makes it easier for the nursing mothers to develop a strong emotional bond with their babies.

As they say, "To every advantage there is a corresponding disadvantage." A mother must undertake a few precautions before breastfeeding. Your breast milk may not be safe for your baby if you are under the influence of certain medical conditions, or if you take strong medicines or have other problems, like abusing prescription drugs. In such cases, the mother is likely to pass on some infections, medicines and drugs to the baby through breast milk, which can prove to be very harmful.



Breathing RIGHT

for IMPROVED ATHLETIC PERFORMANCE

> If there was a movement pattern you did 23,000 times a day, would you not wish to improve upon it?

> Most of us haven't been breathing effectively (dysfunctional is the correct term, and are not even aware of this fact. For an athlete, this limits your performance and increases the likelihood for injury – ouch!

> I am not referring to the breathing pattern followed in strength training where you inhale as you lower the weight, pause, and then exhale as you raise the weight. That is the correct process to be sure but this is for only a small percentage of our day. Now, think about the remaining part of your day, from the time you wake up to going back to bed.





Mr. Ashok nath Entrepreneur & India's leading veteran Marathoner

In today's fast paced society, we are always stimulated through technology, stress, caffeine and poor breathing habits. All this keeps our "fight or flight" response on readiness which is unwise, and unhealthy. It is not a sustainable state, let alone an efficient one.

Most people use only a percentage of the body's ability to draw oxygenated air because they "shallow breathe", or breathe only with the upper part of their torso. Instead, "deep or belly breathing" is the proper method. Our rib cage should expand in a 3-D pattern, top to bottom, back to front and to the sides, acting as a basket that cradles our lungs and not a restrictive cage.

To understand this, do the following: Firstly:

- Lie on your back
- Place right hand with thumb below your ribs and the center of your palm on your abs (as if you have a stomach ache)
- Place left hand up on your chest, centered on your ribs.

- Inhale through your nose, pulling in your breath deep down into your abdomen, creating tension under your right (lower) hand. There should be minimal movement in your left (upper) hand on the chest
- Finish the inhalation, then exhale and repeat.

This is a "movement skill", no different from any other skill learned in training. Once you master this then it will be a dramatic performance enhancer for you. High performers take advantage of a deep inhalation and a powerful exhalation whereas the average athlete doesn't have this ability which undermines his/her speed, power, endurance and recovery.

Practicing some breathing techniques will help us stay in a more balanced state. Think in terms of a breathing tempo consisting of an inhale, a hold and an exhale.

Attempt:

• A tempo of 6-4-10 for instance means a six second inhale, a four second hold and then a ten second exhale. As this may take some training, start with a 4-2-6 faster tempo.

The goal is to possess a longer exhale than inhale. The science behind this is that a long exhale brings our parasympathetic neurons into play, and puts us in a "rest and digest" mode.

There is also the option to do a 6-2-X tempo where X stands for as fast as possible, an explosive exhale. This explosive exhalation gets rid of any remaining "bad air" and preloads the rib cage for the inhalation. You will find many athletes swimmers and boxers - use explosive exhalations to power their movements. After all, the diaphragm is the biggest muscle in the body!



reasons to take up VCling

To be fit and healthy you need to be physically active. Regular physical activity can help protect you from serious diseases such as obesity, heart disease, cancer, mental illness, diabetes and arthritis. Riding your bicycle regularly is one of the best ways to reduce your risk of health problems associated with a sedentary lifestyle.

Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, from young children to older adults. It is also fun and good for the environment.

Reduces weight when done regularly:

Cycling increases calorie consumption and raises the metabolic rate, which can help to lose weight.

Cycling is good for your muscles:

Riding a bike is great for toning and building your muscles, especially in the lower half of the body - your calves, your thighs, and your rear end. It's also a great low-impact mode of exercise for those with joint conditions or injuries to the legs or hips, which might keep them from being active.

Cycling reduces stress:

Any regular exercise can reduce stress and depression and improve well being and self esteem. Cycling outdoors is also a good way to be one with nature and to feel the breath of the earth. It takes one's mind out of everydaylife stress and rejuvenates one's soul.

Eat slowly

Research has shown that people who are overweight tend to bolt their food. Savour and enjoy what you eat and take time to chew your food. Macrobiotic practitioners advise chewing each mouthful 30 times as this allows the enzymes in the saliva to start the digestive process.

Eat with others whenever possible.

As well as the emotional benefits, this allows you to model healthy eating habits for your kids. Eating in front of the TV or computer often leads to mindless over eating.

Eat breakfast, and eat smaller meals throughout the day. A healthy breakfast can jumpstart your metabolism, while eating small, healthy meals (rather than the standard three large meals) keeps your energy up.

Chew your food: Chewing your food properly plays an important role in digestion. Studies show that for starchy foods, 30% of digestion happens with saliva.

Eat your fruit and veg: Include three cups of vegetables and two fruits each day. Fill half your plate with vegies at lunch and dinner, and add fruit to your breakfast and for a snack on the way home from work.

Smart tips for HEALTHY EATING









Dr. C. Vikram Belliappa Consultant Surgical Gastroenterologist

HOW FA IS YOUR LIVER?

While everyone knows that the heart pumps blood and lungs help us breathe oxygen, most of us have vague idea on what the liver does! When it comes to giving credit for keeping us fit and healthy, the humble liver does not picture in the top list. Failure to understand the true value of this organ can seriously affect our overall health.

iver, the second largest organ in the body, is a big chemical factory which does a whole ■lot of work. It is responsible for metabolism of cholesterol and fats; detoxification of potentially harmful substances; processing and elimination of medications and regulation of various hormones. It also stores sugar for energy, iron for red blood cell production and some essential vitamins.

With growing obesity, especially childhood obesity, cases of fatty liver are emerging as a major public health burden. Estimates suggest that around 30 per cent of general population suffer with fatty liver, that means approximately one in three people and this figure increases upto 80% in diabetics and obese patients'. Infact, by 2020 it is expected that fatty liver related cirrhosis will be the most common cause for liver transplantation.

Non-Alcoholic Fatty Liver Disease (NAFLD) is characterized by increased accumulation of fat, especially triglycerides, in the liver cells. It is normal for the liver to contain some fat and by itself, this causes no symptoms. In some patients, the excess fat can cause inflammation called steatohepatitis, although there is no relationship between the amount of fat present and the potential for inflammation. Steatohepatitis can lead to cirrhosis (fibrosis, scarring and hardening of the liver). There is also an association with liver cancer.

The fatty liver has a yellow greasy appearance and is often enlarged and swollen with fat. This fatty infiltration slows down the metabolism of body fat stores, which means that the liver burns fat less efficiently, resulting in weight gain and inability to lose weight. However some people can have a fatty liver without being overweight.

What are the Causes?

Fatty liver is usually associated with abdominal obesity, incorrect diet, alcoholism and insulin resistance and is more common in people with type 2 diabetes. However, other causes can be malnutrition, congenital metabolic disorders and excessive use of or toxicity of prescribed medications and pain killers.

How to recognize Fatty Liver?

Many people with a fatty liver are unaware that they even have a liver problem, as the symptoms are not very clear or specific, especially in the early stages. Most common symptoms include weight excess in the abdominal area, inability to lose weight, elevated cholesterol and/or triglyceride levels, fatigue, nausea and/or indigestion, and discomfort over the liver area(Right upper abdomen). Diagnosis is done by checking for elevated live enzymes on a blood test for liver function and liver ultrasound scan.

Prevention and Treatment

Any liver disease is serious and requires treatment and regular monitoring by a liver specialist or hepatologist. To keep fatty liver in check, eat less carbohydrate rich food, drink less alcohol, eat more vegetables, protein and the right fats, improve your metabolism through exercise.

Definitely, awareness of liver disease should increase so that patients can have access to early treatment and can prevent serious ailments like cirrhosis, liver failure and liver cancer. It is advisable for a patient with fatty liver to consult a gastroenterologist.









Dr. Mukesh Batra Founder-Chairman Dr. Batra's

llergies can be seasonal or perennial [all-year round]. Seasonal allergens are present in the external environment — e.g., tree, grass, pollen and outdoor moulds. In certain locations, pollen is usually found from February-March, grass pollen in April-June, and weed pollen in August, September and October. Indoor moulds [e.g., Aspergillus], often reach peak levels during monsoon, owing to extreme dampness. Perennial allergens are usually found indoors — they include house dust mites [HDM], animal dander, mould and the ubiquitous cockroach.

Emotions too — such as stress, anxiety and depression psychosomatic causes] alongside certain conventional drugs [e.g., penicillin], or insect sting, can trigger the allergic response, anytime.

THE HOMEOPATHIC PERSPECTIVE

Homeopathy is mind-body medicine that treats allergies – at three levels, viz., nasal/respiratory, skin and gastrointestinal — by the administration of minute doses of a remedy that would, in healthy persons, produce symptoms similar to those of the allergic response.

A case in point: when you chop onion, you get watery eyes, a runny nose, sneezing, coughing, and throat irritation from exposure to the tuber's active substances. The homeopathic remedy, Allium Cepa, made from red onion, can help you overcome a cold or allergy attack in which you may have similar symptoms — watery eyes, runny nose, sneezing, coughing or throat irritation.

Homeopathy actually pioneered the research and treatment of allergies. To cull an example — severe allergic reaction to bee sting is treated safely and effectively with Apis Mellifica, a homeopathic medicine, made from honeybee. Do you know that it was the British homeopath C H Blackely who suggested, in 1871, that seasonal sneezing and nasal surges were triggered by exposure to pollen dust, two decades before conventional [allopathic] medicine developed allergen injections?



COMMON TYPES OF ALLERGIES

Allergic rhinitis [hay fever, or nasal allergy]: Sneezing, itching, nasal discharge and congestion.

Anaphylaxis: Hives, flushing, sneezing, nasal discharge, swelling in the throat, wheezing, nausea, vomiting, diarrhoea, dizziness and fainting [e.g., peanut allergy].

Asthma: Wheezing, chest tightness, shortness of breath and cough.

Atopic dermatitis [eczema]: Patches of itchy red skin, most often in the folds of the extremities [e.g. elbow].

Food allergy: Any of the above [Note: Food allergy rarely causes nasal allergies. It is a concern in young children who have eczema].

However, certain foods and beverages, particularly alcohol, may affect the blood vessels in the nose. This can lead to nasal congestion.

Whatever the form of allergy, they can be managed effectively — with appropriate homeopathic treatment, under the supervision of a professional homeopath. This is because Allergies are exaggerated responses to certain substances that normal people don't react to. Homeopathic remedies act like immunemodulators; they desensitise the person against allergens.

In other words, homeopathic remedies 'boost' your tolerance to the allergen — to bring about long-lasting results, or freedom from allergy, without side-effects.

In a clinical study, conducted at the University of Glasgow, Europe's largest medical school, asthma patients, given small homeopathic doses of the substance to which they were most allergic, showed significant relief within the first week of treatment. The researchers called this unique method of individualising remedies as 'homeopathic immunotherapy.' The study provided impressive results, with no side-effects. Over 80 per cent of patients, given a homeopathic remedy showed continued improvement, while only 38 per cent of patients given a placebo [dummy pill] experienced a corresponding degree of relief.

THINGS TO DO

The first thing is to identify the allergen/s that you may be sensitive to [through skin or blood testing forallergy] and promulgate measures for avoiding these allergens. Try to reduce the levels of indoor allergens, such as house dust mites [HDM], animal dander, moulds and cockroach. Exposure to outdoor allergens, such as pollen and outdoor moulds, can be reduced by staying indoors during 'peak' hours [11:00am-3:00pm]. If allergen avoidance does not adequately control nasal, or other, allergy symptoms, the next step is to seek appropriate homeopathic treatment.

ESSENTIAL TOOLS

Keep your homeopathic remedy/remedies that your professional homeopath has prescribed, or given, always handy. It is ideal to carry them along always. Try to avoid the 'cause' of your allergy. In the event of a flare-up, consult your homeopathic doctor promptly.

Take your medicine correctly. Speak to your doctor and find out all you can about your allergy medicine, dosages, including how and when to take it, and how it helps to control and manage your asthma.

Know your allergy triggers and avoid them. It's essential to know what brings on — or, triggers — your allergy symptoms. These differ from person to person, so it could take a while to figure out what actually does.

Keeping an allergy diary is useful. Once you figure out your triggers, you can do your best to avoid, or at least limit, your contact [odours, dust, pollen and certain foods] with them. Deal with emergencies. It is important to realise that even people who take their medicines regularly as prescribed and who work to avoid triggers can have an occasional allergy attack. So, have an 'Allergy Action Plan' in place in consultation with your homeopathic doctor.









- Try to avoid, or reduce, the 'likely' allergen.
- Vacuum-clean your mattress, upholstery and soft furnishing, regularly.
- Wash sheets, pillow covers and blankets regularly. A hot wash [50°C+] will ensure that the dust mite eggs are destroyed as well as the mites.
- Dust with a dampened cloth, instead of a dry cloth. Dry dusting tends to propel dust containing mites and their allergens into the air.
- Ensure that your house is kept wellventilated, especially the bedroom/s. This stalls the build-up of humidity, which helps mites to flourish.
- Boil-wash children's soft toys. Or, bag them and put them in the freezer. Either action will kill dust mites.
- You may find that your pets aggravate your allergic condition through exposure to their hair, dander, saliva or urine. Remove pet hair and vacuumclean the pet area regularly.
- Try to identify your allergy-trigger, such as cosmetics, emotional distress, or anxiety, including certain foods, additives, or other likely factors.
- Speak to your doctor about nutritional supplements that can help ease your allergic distress.

WORKOUTS

often, training for boxing provides an effective workout. The tools used for boxing training such as heavy bags, jump ropes and hook and jab pads provide a fun, interesting and challenging workout that can increase many aspects of your fitness and health.



Fat Burning

Boxing can easily burn as much as 500 calories per session. Boxing, however, has an additional benefit thanks to the fact that it is high intensity training. You see, when performing high intensity training, you not only burn heaps of calories during the session, but for hours after the training session has ended. Typical cardio activities do not have this post training calorie burning effect. Hence, boxing is your best friend when it comes to losing weight.

Increased Muscle Tone

A typical boxer's physique is toned and defined without a lot of bulk and that's why it's perfect if you really want to tone up. This is because punching is a fast repetitive action that produces toned taut muscles, in contrast to the slow, controlled, very heavy movements involved in body-building or weight lifting that produces size or bulk.

Increased Cardiovascular Fitness

Boxing is a full body movement so when you throw punches a huge number of your body's muscles are contracting at the same time. This makes your heart and lungs work overtime to pump blood containing oxygen all around your body.

Boxing will test your cardiovascular system to the max, forcing your body to adapt by making your heart and lungs better at delivering oxygen. This means that you can train at a higher intensity, giving an even greater fat burning effect.

Improved Total-Body Strength

All that punching, kicking, and jumping requires a surprising amount of strength. Think about it – most professional heavy bags weigh at least 100 pounds.

During a boxing workout, you may punch or kick a bag hundreds of times, requiring your upper body, lower body, and core to engage as you make contact with the bag. Plus, most boxing gyms incorporate other strength training moves into a boxing workout.

Better Hand-Eye Coordination

You may not think about the importance of hand-eye coordination and its effect on total health, but hand-eye coordination plays an important role in a person's gross and fine motor skills. Individuals with good hand-eye coordination tend to have faster reflexes and reaction times, and tend to have better physical coordination as a whole. This is particularly important during aging, as coordination and balance become compromised, increasing the risk of falls.

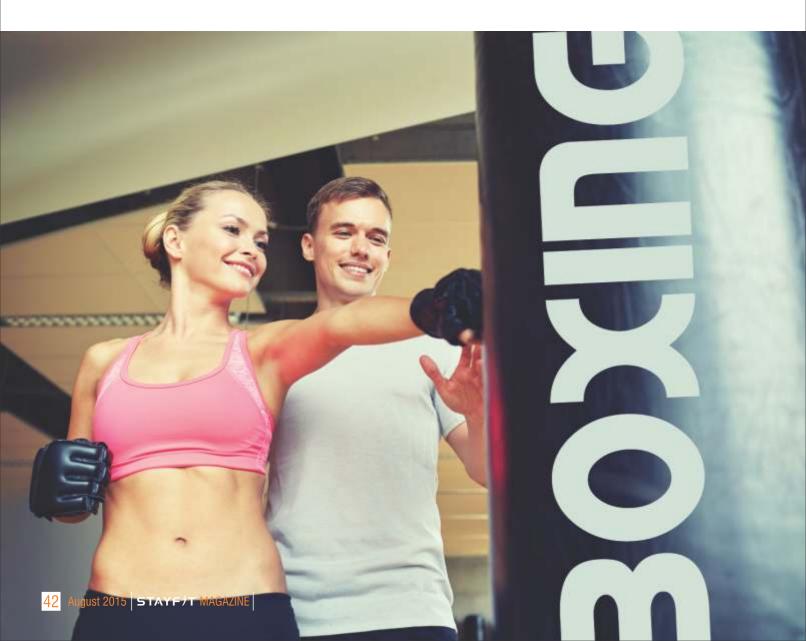
Boxing can help hone hand-eye coordination. When you're tasked with punching a speed bag (a lightweight boxing bag suspended from a disc that turns and bounces quickly with each punch), or you're paired up to spar with a partner (practice punching your partner's padded mitts), you must be able to see the target, react to the target, and hit the target, while the target is moving and changing position. It's tough, but with practice, your hand-eye coordination improves substantially.

Reduced Stress

Although a highly contested boxing match in itself may be stressful, training for boxing by hitting a heavy bag, doing pad work and working the speed ball provide a good outlet for stress. Intense exercise triggers the release of feel-good hormones called endorphins, which leave you feeling happy, confident and less stressed.

Improved Confidence and Self-Esteem

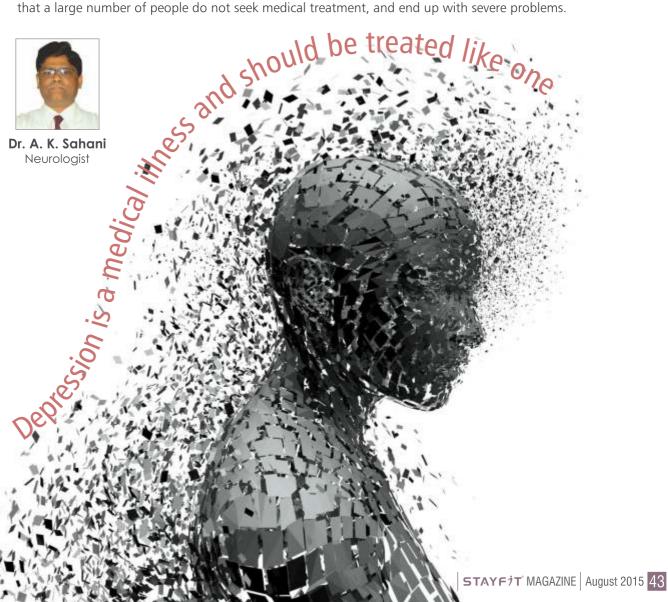
Mastering the techniques involved in boxing often make people feel pretty good! The better your technique, the more force you can put into your punch. The noise you hear when you land a strong, accurate punch right on the sweet spot of the focus pad is so satisfying!



SION

a Common Yet Highly Under-reported Disease in India

persistently low mood, loss of weight, continuous anxiety, a constant urge to cry, feeling of worthlessness, behavioral changes and suicidal tendencies! These are all signs and symptoms that indicate a person is depressed and needs immediate medical attention. However, in India a huge lack of awareness and misconceptions surrounding depression mean that a large number of people do not seek medical treatment, and end up with severe problems.



A disorder affecting the brain, depression is common among young Indians, and can lead or cause other neurological disorder such as Parkinson's disease, bipolar disorder, suicidal tendencies etc. Having suicidal tendency is also a disease and can be treated with medical intervention. Another commonly ignored condition sometimes associated with depression is light headache that can also lead to major neurological disorders like brain tumor, blood clothing, haemorrhage etc.

I see as many as 700-800 patients every month having acute headache, with almost 60 % of them being men and the remaining 40 % being women. A number of factors cause headaches and the latter can be a sign of more serious concerns. I recently treated a 3-month old child who suffered seizures and abnormal jerky movements.

Prevalence of depressive disorders in the elderly population in India varies from 13 to 25%, said a study by National Center for Biotechnology Information, U.S. National Library of Medicine. Often considering it a taboo, people avoid talking about it. It is important to educate people that depression is more of a neurological disorder than a psychological one but people who do seek medical intervention for depression rarely go to a neurologist. Depression is a disease and it should be treated by seeing a neurologist first. Essentially, it is important to understand that depression is not just a feeling of being sad or going through a rough patch, but a mental illness that needs to cured. Popular actor Deepika Padukone's move to openly talk about battling depression is encouraging as it may help many people come out with their own stories.



Depression is neurological disorder

Depression never occurs out of single cause and is mostly instigated by communion of several factors. Most of these factors are provoked by surroundings, life experiences, stress and pressure, but the disorder occurs in the brain. An untreated prolonged depression can further cause neurological disorders. One can see that rates of the depressive syndrome are considerably higher within the patient populations that neurologists treat. Although, the common culture is to visit a psychiatrist, however, it is advisable to begin the treatment by first visiting a neurologist.

The disturbance in the behavioral activities in depression sets up a direct linkage with the functioning of the brain. Recent studies have discovered depression is a risk factor for the development of several neurologic disorders, including epilepsy, stroke, and Parkinson's disease. The neglected depression can also lead to a negative impact on the course and outcome of most neurologic disorders. The studies further revealed that depression is more associated with dysfunction of specific brain regions than the impact of bad lifestyle.

Health risk associated with depression

Many factors are held accountable to cause depression; however, none of them has been identified as the true cause of the disease. Studies have reconfirmed depression to trigger three major health risks namely, Parkinson's disease, heart disease and stroke. However, there are several health issues such as loss or gain weight, dementia or Alzheimer's disease or repercussion of substance abuse are also associated with depression.

Parkinson's disease

People suffering from depression are at higher risk of developing Parkinson's disease at the later stages. The link is so dense that many consider depression as the predisposal of Parkinson's. In other words, researchers believe depression to be a warning sign of Parkinson's, a condition characterized by slurred speech, stiffness, tremors and unusual gait. The disease is a progressive disorder of the nervous system that affects how a person moves, including how they speak and write. Supporting studies have revealed that the mood disorder has a major influence on health-related quality of life. Therefore, it has an influence in more rapid deterioration of cognitive and motor functions.

Heart Diseases

The rate of heart attacks is 5% to 40% higher in people with depression than in normal people, revealed the findings presented EuroHeartCare 2014. Although no substantiating link could have been developed, researchers have applied various theories to derive the connections. As per them, depression leads to a condition where the patient is careless about her health. Depression also forces people to reduce physical activities pushing them towards a sedentary lifestyle. During depression, the patient touches the lower chords of mood, which increases the level of stress hormones. All these factors together work to develop heart diseases in a patient of depression.

Stroke

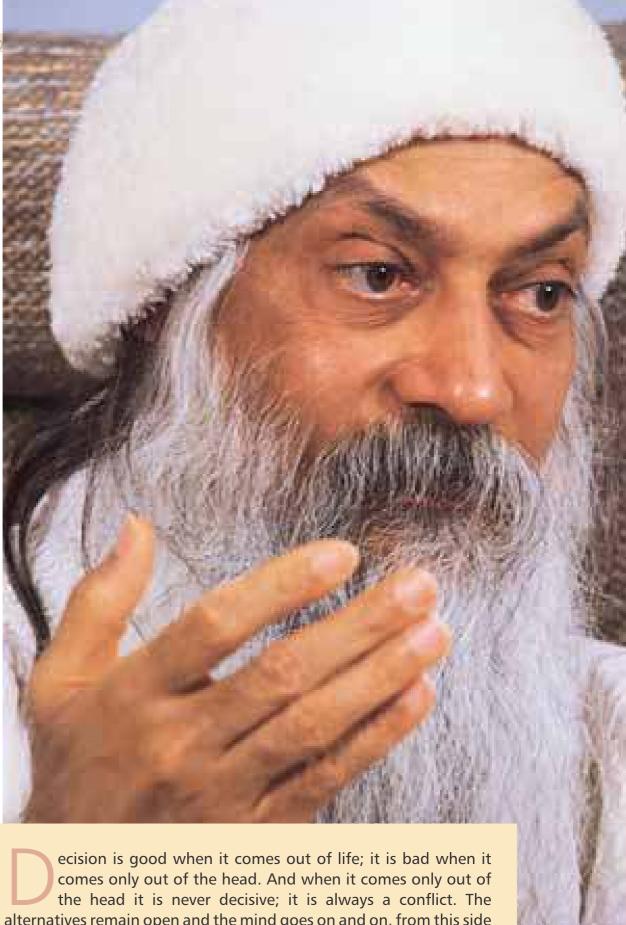
Depression has been found to trigger cumulative damage to the vasculature of the brain that can further lead to strokes. Essentially, the risk of stroke does not only occur when the patient is suffering from depression, but also exists even after the recovery from the disease. As per the findings that appeared in Journal of the American Medical Association, the chances of stroke in depressed people increases by 45%, while chances of them dying from that stroke increases by 55%. The prime reason behind the statistics could be the tendency of depressed people to quit on taking care of their health and food, which accumulates to affect the brain and thereby cause stroke. However, studies are still being conducted to discover whether the stroke is the cause or consequence of depression.

Alternation in body weight

Change in body weight is the first visible symptom in case of depression. The alteration in weight can be an increase or decrease in amount. While many people report to lose body weight due to improper intake of diet and food, several others have considerable weight gain due to the depression coping drugs. Many also argue obesity to trigger depression as the situation causes inflammation in the body, which raises the risk of depression. Similar to other conditions, the connection of depression with obesity goes both ways.

life is a celebratio

Meditations for Busy People



alternatives remain open and the mind goes on and on, from this side to that. That's how the mind creates conflict.

Decision-Making

The body is always here

now, the mind is never herenow; that is the whole conflict. You breathe here and now, you cannot breathe tomorrow and you cannot breathe yesterday. You have to breathe this moment, but you can think about tomorrow and you can think about yesterday.

So the body remains in the present and the mind goes on hopping between past and future, and there is a split between body and mind. The body is in the present and the mind is never in the present; they never meet, they never come across each other. And because of that split, anxiety, anguish and tension arise; one is there. This tension is worry.

The mind has to be brought to the present, because there is no other time.

When: Everyday and/or whenever you start thinking of the future and the past too much.

Duration: 1 hour

Step 1: Watch Your Breathing

Just sit in a chair, relaxed, make yourself comfortable and close your eyes. Just start looking at the breathing. Don't change it; just look, watch. By your watching it, it will become slower and slower and slower. If ordinarily you take eight breaths in one minute, you will start taking six, five, four, three or two.

Within two or three weeks you will be taking one breath per minute. When you are taking one breath per minute the mind is coming closer to the body. Out of this small meditation a time comes when for minutes the breathing stops. Three or four minutes pass and then one breath. Then you are in tune with the body and you will know for the first time what the present is.

Otherwise it is just a word; the mind has never known it, the mind has never experienced it. It knows the past, it knows the future, so when you say present, the mind understands something in between past and future, in between something, but the mind has no experience of it.

So for one hour every day, relax into breathing and let the breathing go. It goes automatically. When you walk it goes automatically. Slowly, slowly there will be gaps and those gaps will give you the first experience of the present. Out of these days, suddenly the decision will arise, whatsoever it is.

It is immaterial what decision comes up. The most important thing is from where it comes; not what it is, but from where it comes. If it comes from the head it will create misery.

But if some decision arises from your totality then you never never repent for a single moment. A man who lives in the present knows nothing of repentance; he never looks back, he never changes his past and his memories and he never arranges his future.

Decision from the head is an ugly thing. The very word decision means 'de-cision'; it cuts you off. It is not a good word. It simply means it cuts you off from reality. The head continuously cuts you off from reality.

My whole emphasis is on this moment, because this moment contains all. Now is the only reality — all else is either memory or imagination. And even for the past to exist as memory, now is needed. It doesn't exist as the past; it exists as a thought in the present.

So is the case with the future: the future does not exist as the future, it exists as imagination in the present moment. All that exists, exists in the now. Now is the only time there is.

> Courtesy: OSHO The Madman's Guide to Enlightenment Talk #17 www.osho.com / Osho International Foundation



Dr. TS Kler

Difference between Heartburn and Heart attack

hest discomfort, pain, shortness of breath are symptoms associated with angina or even heart attack. However, these symptoms also overlap with one of the most common and relatively safe condition experienced by people every now and then – heart burn or acid indigestion and reflux. This is why often people experiencing a heart attack may confuse their symptoms for a simple case of acid reflux, and can land themselves in acute trouble. Vice versa, a chest pain caused by acid indigestion can also be confused for a heart attack by some patients. Often, we meet patients experiencing chest discomfort due to acid reflux who visit a cardiologist to make sure there is nothing serious about their condition.

For the record, heartburn has nothing to do with the heart, despite its name. Heart burn is the term used for acid indigestion that affects the esophagus or food pipe. Since the latter is situated just next to the heart in the human body, a discomfort in the food pipe gives you discomfort in the chest. This is also why the symptoms arising from a heart related issue is often confused by people for an acidity concern. Some people may even mistake heartburn for a bout of angina (discomfort caused due to reduced supply of blood to the heart) or heart attack.



Heartburn is a common condition that occurs when the acids from the stomach rise up and enter your food pipe, causing pain in the chest, and sometimes difficulty in breathing. This is a relatively minor condition that can be tackled by a quick dose of antacid or prevented by maintaining healthy eating habits.

On the other hand, a heart attack can be life-threatening. Heart attack occurs when the blood supply to or from the heart is interrupted due to the narrowing or blocking of an artery. This can mean that the crucial supply of oxygenated blood to interrupted and threatens a person's life if timely treatment is not provided.

Never take a chance

A number of people who mistake a heart attack for a heart burn die untimely deaths because they fail to get appropriate medical attention on time. There are a few cases of people who live through minor heart attacks believing them to be ignorable instances of acid reflux. Signs of a previous heart attack are discovered only later after they suffer a major attack and seek medical help. Precious time is lost in such cases because the disease could have better be controlled and managed after a minor attack.

Usually we tell patients that if the condition improves within a short span or time or after a few belches, one can be assured that the chest pain was due to acid reflux. However, if the chest discomfort continues, one must not waste time and immediately rush to a hospital.

If a person is having such symptoms in epigastric or lower chest and similar type of symptoms have been there since many months or years it usually points to stomach or eosophagus problem. But if these are recent, or there have been changes in character of symptoms or such symptoms also occur on exertion like walking, climbing stairs & get better by taking rest, then most likely it is heart related and patient immediately needs to be contacted to doctor and an ECG should be taken immediately. Another important thing to remember is that if the so called acidity or gas symptoms persist more than 20 minutes even after taking some antacid medicine, then most likely it is impending heart attack and patient should immediately rush to a nearby hospital for proper ECG. Common acidity or gas problem mostly, is due to overeating and lack of exercise. Doing regular yoga is one of best ways to avoid such problems.

Even if the chest pain is not excruciating but you suspect it to be something serious, do not waste time in waiting for the symptoms to subside. Due to overlapping symptoms, it is very common for people to confuse between the two. One should therefore immediately seek medical help. It is better to reach a doctor on time and being ruled out a serious condition than neglect it as a non-issue and regret later.



Shilpa Balachander Nutrition Consultant

Action guide to WEIGHT LOSS BARRIERS

"Nothing tastes as good as being Fit feels"

"Gosh, I need to lose weight, but I'll start seriously from tomorrow", "Urgh, just another bite of the brownie won't do me any harm; I vow to be on a stricter diet from tomorrow", "A rainy day is the perfect time for hot bajji's, I shall start exercising tomorrow", "zzzZZZ, conquer that alarm before it spoils my sleep". Familiar phrases? Fighting with your inner self to stay motivated and on track to lose those extra kilos? Follow these cheat-proof strategies to help you meet your obstacle-filled goals of losing weight.





Obstacle 1: I don't like fruits and vegetables

Strategies: Try experimenting with fruits and vegetables. Find ways to break the monotonous routine of the way/form you eat your vegetables. Eat yoghurt with fruit toppings, make chappathi with vegetable purees, drink a fruit smoothie, make vegetable chutneys like carrot, radish and beetroot chutney, to name a few. Increasing the consumption of fruits and vegetables is a practical strategy to optimize health and reduce risk of chronic diseases.

Obstacle 2: When eating out, I like to eat my favourite foods, not something healthy

Strategies: Snack on a fruit before going out. While eating out, eat in moderation. Try to request for healthier preparations using lesser oil, lesser salt and lesser sugar, some restaurants are more than willing to help. Also, eat your food slowly which helps you eat lesser portions.

Obstacle 3: I have a hard time not eating something when I'm watching TV

Strategies: Keep your hands occupied while watching TV. Folding laundry, writing your grocery list, paying your utility bills, sipping on a glass of hot water, engaging yourself with a Sudoku puzzle are some of the strategies that might help you stay distracted.

Obstacle 4: I eat when I'm stressed, depressed or bored

Strategies: Develop or engage in hobbies, keep yourself socially active to refrain from being bored. Snack on healthier options like dry fruits, a bowl of cereal if you really have a hard time not eating. But always remember, moderation is the key word.

Obstacle 5: I don't feel motivated to exercise

Strategies: Find a gym buddy, schedule a regular workout time, choose exercises you like doing, select a conveniently located gym, add variety to your exercise, set realistic goals and keep a tab, reward yourself once you achieve your goals.

Obstacle 6: I don't have time to cook healthy meals

Strategies: Surveys show that people consume 50% more calories, fat and sodium when they eat out than when they cook at home. With careful planning, you can make sumptuous healthy meals in a jiffy. Plan ahead for the week and stock up on the necessary ingredients. Try cooking in bulk and freeze portions, buy frozen vegetables to save some time, take the salad and sandwich approach, don't think about elaborate meals; think simple!

Coming up with recipes for kids and loading up with foods rich in nutrients at the same time can be a real challenge for most mothers. You can tell them their benefits in the form of stories but after a point they too become old and you too find it difficult to feed them anymore. Presenting the healthy ingredients in their lunch boxes in a creative way can lay the foundation for a lifetime of healthy habits.

Make meal time fun and interesting for kids. The way you present the food makes the difference. It is not going to take much time. Kids love bright coloured food, fun shapes, funny faces, figures etc. It is all left to your imagination. You can involve your kids also in making these fun foods as they love to eat what they created.







Protein Cupcakes

want to eat. An innovative way to make your kids eat healthy food is by making them in the shape of a cupcake. You can get the moulds in the market. One recipe to try out is protein cupcakes.

Ingredients

For the batter

1/2 cup rice (chawal), soaked and drained 1/4 cup toovar (arhar) dal, soaked and drained

1 tbsp urad dal (split black lentils), soaked and drained

1 tbsp green moong dal (split green gram), soaked and drained

1 tbsp chana dal (split Bengal gram), soaked and drained

1 tbsp whole wheat (gehun), optional 1/4 cup sour curd (khatta dahi)

3/4 cup grated bottle gourd (doodhi / lauki)

1 tsp oil

2 tsp lemon juice

a pinch of soda bi-carb

1 1/2 tsp sugar

1/4 tsp chilli powder

1/4 tsp turmeric powder (haldi)

1 tsp ginger-green chilli paste salt to taste

Other Ingredients

2 tsp oil

1/2 tsp mustard seeds (rai/sarson)

1/2 tsp sesame seeds (til) 1/4 tsp asafoetida (hing) 1/2 tsp oil for greasing

Method For the batter

- 1. Combine the rice and dals and blend in a mixer till smooth.
- 2. Add the curd and mix well. Cover and keep aside to ferment overnight.
- 3. Add the bottle gourd, oil, lemon juice, soda bi-carb, sugar, chilli powder, turmeric powder, ginger-green chilli paste and salt and mix well.

How to proceed

- 1. Divide the batter into 8 equal portions and pour each portion into greased moulds or cups.
- 2. Heat the oil in a small non-stick pan and add the mustard seeds.
- 3. When the seeds crackle, add the sesame seeds and asafoetida and sauté on a medium flame for a few seconds.
- 4. Pour the tempering over the batter in each cup.
- 5. Cover with aluminum foil and bake in a pre-heated oven at 200°c (400°f) for 15 to 20 minutes or till they turn brown in colour.

How to pack

Cool slightly, unmould and wrap in an aluminium foil or cling film and pack in a tiffin box.

Paneer and Green Peas Burger

Try making a burger dish like paneer and green peas burger. The paneer patty and veggies will give them the required nutrients and since it is a burger, most kids would not say no to it.



Ingredients

For The Cutlets

1/2 cup crumbled paneer

1/2 cup boiled and crushed green peas

1/4 cup boiled, peeled and mashed potatoes

1 1/2 tsp green chilli paste

2 tbsp finely chopped coriander (dhania)

2 tbsp whole wheat bread crumbs

salt to taste

whole wheat bread crumbs for coating

oil for deep-frying

Other ingredients

4 whole wheat (gehun) burger buns

4 tsp butter

4 big lettuce leaves

6 tbsp eggless mayonnaise

1 big tomato, thinly sliced

4 sliced onions (optional)

salt and freshly ground black pepper

powder to taste.

Accompaniment – Tomato ketchup.

Method

For the cutlets

- 1. Combine all the ingredients in a bowl and mix well.
- 2. Divide the mixture into 4 equal portions and shape each portion into a 100 mm (4") thick flat cutlet.
- 3. Roll each cutlet in bread crumbs till they are evenly coated from both the sides.
- 4. Heat oil in a pan and deep-fry the cutlets till they turn golden brown in colour from both the sides.
- 5. Drain on absorbent paper and keep aside.

How to proceed

- 1. Cut a bun horizontally into two.
- 2. Butter the bun halves using 1 tsp of butter and toast them lightly on a tava (griddle). Keep aside.
- 3. Place the lower half of the bun on a clean, dry surface with the buttered side facing up.
- 4. Place a lettuce leaf on the bun and spread 11/2 tbsp of the mayonnaise over it.
- 5. Place a cutlet, a few tomato slices and an onion slice over the cutlet. Finally sprinkle salt and pepper over it.
- 6. Cover with the remaining half of the bun with the buttered side facing down and press it lightly.
- 7. Repeat with the remaining ingredients to make 3 more burgers.

Soya and Veggies Star Parantha.

Soya is an extremely nutritious food but many kids don't eat it. You can either force them to push it down their throats or make an interesting meal out of it. One such meal is soya and veggies star parantha. Children will enjoy eating parathas shaped like stars. And why not, filled with vegetables and soya, and served with ketchup, it is a healthy, nutritious snack. These parathas are extremely soft, making it easy for a child to eat.



Ingredients

1/2 cup wheat flour (gehun ka atta)

1/2 cup plain flour (maida)

1/4 cup soya flour

salt to taste

1/2 cup finely chopped onions

2 tbsp finely grated carrot

2 tbsp finely grated cabbage

3 tbsp blanched and coarsely crushed green peas

1/2 cup boiled, peeled and mashed potatoes

1/4 tsp chaat masala

1/4 tsp turmeric powder (haldi)

1/2 tsp green chilli paste

a pinch of dried mango power (amchur) whole wheat flour (gehun ka atta) for rolling

oil for greasing and cooking.

For Serving:

Tomato ketchup/fresh curd

Method

- 1. Combine all the ingredients in a bowl and knead into a soft dough using water.
- 2. Divide the dough into 16 equal portions and roll out into 67 mm (2½") diameter circle using a little flour for rolling.
- 3. Grease a 50 mm (2") star-shaped cookie cutter and press it on the rolled circle to get a star shape.
- 4. Cook the paratha on a tava (griddle) over a medium flame, using a little oil, till it is golden brown in colour from both the sides.
- 5. Repeat with the remaining portions to make15 more parathas.
- 6. Cool slightly and serve with tomato ketchup / fresh curds.

These recipes are healthy twists to foods kids usually love. You can make them at home and surprise your little ones with tasty yet healthy meals!

Oats Lollipop

Another popular item kids love is lollipop. But you don't want them to ruin their teeth eating it all the time. So make them a dish that resembles a lollipop but is healthy. Try making oats Iollipop. It contains nuts, sesame oil and other healthy ingredients that are good for your child's health. Instead of sugar, jaggery is used to sweeten the lollipop.



Ingredients

1 tsp ghee

1/2 cup grated jaggery (gur)

1/4 cup roasted quick cooking rolled oats

1/4 cup lightly roasted and finely chopped mixed nuts

(pistachios, almond and walnuts)

1 tbsp roasted sesame seeds (til)

Method

- 1. Heat ½ tsp of ghee in a broad non-stick pan, add the jaggery and cook on a slow flame till the jaggery melts, while stirring continuously.
- 2. Remove from flame, add all the remaining ingredients and mix well. Keep aside to cool slightly.
- 3. Grease your hands with the remaining ½ tsp of ghee and divide the mixture into 12 equal portions, shape it into a round ball and insert a small stick in the centre.
- 4. Cool completely and store in a air-tight container.

Enjoy the benefits of drinking Black

Black tea is known for its curative qualities and health benefits. Here are some benefits that may entice you!

Black tea Boosts the Immune System: A strong immune system is necessary for fighting bacteria and viruses that can cause illnesses. Black tea contains substances called 'tannins' which have the ability to fight viruses such as influenza, dysentery, hepatitis, colds and flu. One such tannin called 'catechin' helps in suppressing tumours. The alkylamine antigens in black tea boost immune response. Drinking 3 to 4 cups of black tea each day helps in lowering inflammation and eliminating harmful pathogen.

Decrease the risk of cardiovascular diseases: The regular consumption of black tea can help repair coronary artery dysfunctions in many heart patients. According to a study conducted by the American Heart Association in New Orleans, people who consume black tea can reduce their bad cholesterol levels, which are responsible for heart strokes and fatal attacks. Therefore, black tea drinkers are at a decreased risk of contracting many cardiovascular diseases.

Black tea can help manage diabetes. Black tea contains powerful polysaccharides, which are carbohydrates that work to slow blood sugar absorption - a potential benefit to those battling with diabetes. Even better - regularly drinking black tea may protect you from developing diabetes in the first place!

- Black tea may help with weight loss -Black tea helps to regulate blood sugar levels, leaving you feel more balanced and satisfied - and craving fewer sweets! The caffeine in black tea may also enhance weight loss. And, black tea's antioxidants are known for contributing to weight management - they boost metabolism and help the body burn fat more effectively.
- The antioxidants in black tea can also help reverse the visible effects of aging (like wrinkles and reduced skin elasticity). Time, stress, too much sun, and unhealthy eating can hurt the skin and cause it to age more than we'd like... This antioxidant-packed beverage works to reverse the damage, making your skin look younger, firmer, and more radiant.

Black tea helps maintain good Oral health: Black tea stops the development of cavity-producing bacteria in our mouths and prevents the bacteria that is there from producing acid. The antioxidants in black tea work to prevent plaque buildup on your teeth, keeping your teeth healthier and your breath fresher!



Free radicals in the body can cause various cell damages such as blood clot formation, cancer and atherosclerosis. Consumption of unhealthy food increases the number of free radicals in your body. The antioxidants present in black tea remove these harmful free radicals, thus protecting the body from diseases such as Alzheimer's and heart diseases. Black tea with lemon is a good choice to make for this action.

If you enjoy the flavor of black tea, you also have a choice to consume it in a variety of ways. Chinese people add sweetening agents, spices, chocolate, or even rare herbs while brewing black tea. Some people also add various herbs including ginger, cinnamon, cardamom, lemon grass, mulethi, or holy basil (tulsi).

LAUGHTER IS THE BEST

Frequent and whole-hearted laughter actually helps your body to fight off harmful diseases. By altering the levels of cortisol in your body, laughing lowers our levels of stress and fights off things that might be harmful to us.

Laughing is a pretty good workout! When you laugh, you are strengthening muscles in your face, stomach, and diaphragm. It's no substitute for the gym, but a bit of laughter does do the body good!

In studies that looked at laughter in adults versus children, it was found that kids tend to laugh about three times more than adults. Feel like a kid and learn to enjoy yourself a little!

Laughing can create an instant bond between individuals. When you laugh as a group or with someone else, we feel a natural connection to those people and it can alleviate some of the social stress which inevitably comes when we are with unknown people.

Laughter reduces the level of stress hormones, such as cortical, epinephrine, adrenaline, dopamine, and growth hormones. At the same time, it increases the level of healthy hormones like endorphins and neurotransmitters.

An inner jogging workout. A good belly laugh exercises the diaphragm, contracts the abs, works out the shoulders, leaving muscles more relaxed. It provides a good workout for the heart. Laughing 100 times is equivalent to 10 minutes on a rowing machine, or 15 minutes on an exercise bike.

Laughter helps us cope with challenges and deal with conflict better, because it provides us with a better perspective. Laughter makes us cope with problems better. When we trust, we drop our defenses. Laughter opens up, and allows us to be vulnerable and as a result we become more willing to make changes.



Protect Yourself from Monsoon Diseases

The rainy season is the peak time when bacteria and germs affect many people resulting in various diseases. There are some common monsoon diseases – some are easily treated, while a few can be life threatening. Dr. Pankaj Agarwal shares a few Tips on how to protect yourself & your loved ones, from Monsoon Diseases.

1. Malaria: A mosquito-borne disease where one experiences fever, chills, and flu-like illness. This is the most common disease of the season.

Prevention: Since this disease is spread by mosquitoes, repellents and net should be used to prevent it. Make sure that water does not stagnate in your area as mosquitoes breed in stagnant water. There is an ABCD prevention of Malaria:

- Awareness of risk of Malaria
- Bite Prevention
- Antimalarial medication -Chemoprophylaxis (taking antimalarial medication exactly as prescribed)
- Prompt Diagnosis and treatment.



Dr. Pankaj Agarwal

2. Cholera: Cholera is another deadly disease. It is an acute diarrheal illness caused by infection of the intestine with the bacteria Vibrio Cholera.

Prevention:

- Wash hands with soap and water frequently.
- Drink only safe water including bottled water or boiled water. Hot beverages are generally safe, as are canned or bottled drinks, but wipe the outside before you open them.
- Eat food that's completely cooked and hot and avoid street vendor food.
- Stick to fruits and vegetables that you can peel yourself.





4. Viral Fever: Viral disease is a common disease all over the world, but during monsoon it's ubiquitous. Constant sneezing, sore throat and fever are the common symptoms of this disease.

Prevention: The easiest way is to avoid getting yourself wet in rain. The best home made remedy is a glass of hot turmeric milk. Gargles with warm water give relief to your sore throat. If things don't improve then it is always better to see a doctor.

5. Stomach Infection: Stomach Infections such as gastroenteritis, cause severe vomiting and diarrhoea.

Prevention: Always wash your hands properly after using the bathroom or changing diapers to prevent stomach infection.

- Do not eat or drink foods or liquids that might be contaminated.
- Keep your cutting board clean and keep separate cutting board for meat and vegetables.
- Drink a lot of water to stay well hydrated.
- Avoid consuming food which is spicy and rich in sugar.

6. Dengue: Anopheles mosquito, dengue fever is caused by tiger mosquito.

Prevention:

- Mosquito bed could be used when the room is not air-conditioned.
- Wear long-sleeved clothes and long trousers when going outdoors. Bodies could be protected from mosquito bite by applying insect repellent on clothes and exposed part of the body especially when you travel to Dengue fever.



geing may be an inexorable process that can neither be stopped nor slowed, but a little more care and caution throughout life can ensure the process of ageing is less painful on the body. Osteoarthritis is the most common form of arthritis which involves age-related wear and tear of the cartilage surrounding the joints. Do some of our behavioral patterns and lifestyle choices make Indians more susceptible to osteoarthritis?

Dr. Rajeev K. Sharma, Orthopedics & Joint Replacement Surgeon, talks about the high incidence of osteoarthritis in India, and discusses some cultural traits and preferences that make us more prone to it.



Dr. Rajeev K. SharmaConsultant Orthopaedics &
Joint Replacement Surgeon

- 1. Indian toilets: This may seem trivial but this is a major cause of arthritic wear and tear in Indians. Indians predominantly use toilet seats that require them to squat. At the same time, millions of Indians do not even have access to toilets and they go out in the open fields to relieve themselves. Squatting position puts strain on the knees and over a period of time, this makes us more prone to wear and tear of the knee cartilage.
- 2. Squatting: Still, a majority of Indian women sit on the floor and cook. They also perform other household chores like washing clothes in the same squatting position. This involves several hours of squatting on the floor every day, causing a lot of strain on the knees. In the long run, this makes the knees more prone to wear and tear.
- 3. Lack of Physical Exercise: Unlike in the West where people have become much more conscious about the need to keep the bodies moving, Indians are still more of couch potatoes. We spend long hours of the day sitting at work, then return to spend the rest of the time in front of TV before retiring for the day. There is very little awareness about the need for regular physical activity that can keep many ailments at bay. Rapid lifestyle changes have imposed sedentary lifestyles on us. Activities like walking to work or cycling to school are no more followed to strengthen muscles and ligaments of the joints. All this has made us hugely susceptible to health problems like arthritis.
- 4. Weight Issues: From the twin factors of lack of physical activity and a cultural preference of rich oily food stem the problem of excessive weight. Excessive weight puts extra pressure on the knees, hastening their wear and tear. Obesity is becoming a serious problem in urban India and this has a direct bearing on the health of our knees.
- 5. Methods of Praying: That India is a religious is not something new. We have multiple gods, multiple religions and a rich history of spirituality. However, our methods of praying usually involve sitting on the floor, or prostrating on the knees. Women and men often spend hours sitting on the floor at prayer meetings. All this makes our knees more prone to osteoarthritis.
- 6. A general indifference to health: Lack of awareness about leading a healthy lifestyle is a major emerging problem among Indians. The women, especially, tend to keep their own health at the fag end of their priorities. Ageing and the problems associated with it are considered inevitable and very little effort is put throughout life to ensure that we age better by living a healthier life. So, there is very little emphasis on the need to keep bones and muscles strengthened, and excess weight managed.







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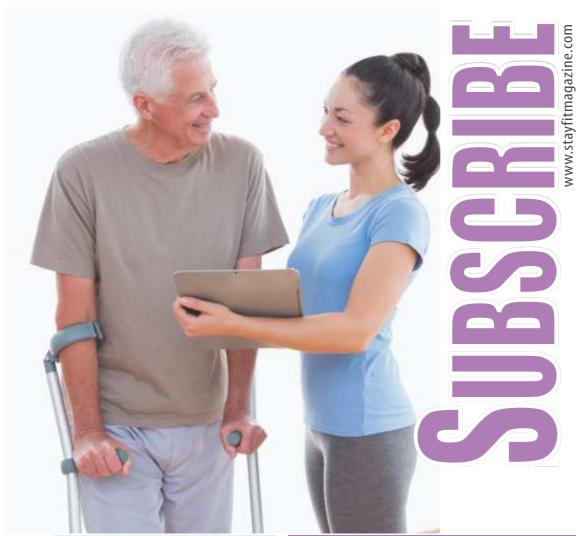
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