

MAIL TODAY

New Delhi, Monday, July 6, 2020 www.mailtoday.in / www.mailonline.in

Vol. 13 No. 233 | Pages 24 | ₹ 5.00

HEALTH



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ical Offices. Jindal Naturocare institute advises behavioural changes. He says, "Go to sleep and wake up at the same time daily. Make sure your bedroom is prepared for maximum comfort and minimal distractions. Using electronic devices and artificial light around bedtime contributes to sleep problems. They emit light of blue wavelength, which tricks the brain into thinking it is daytime and messes up circadian rhythm. Don't take naps in the evening." The circadian dietary changes too can help. Avni Kaul, Nutritionist, Wellness Coach & Certified Diabetes Educator, Founder of Nutria Chyavana, says, "Healthy caffeine-based drinks include masala, warm milk and pomegranate in your diet." Freety Tyagi, Health Coach, Nutritionist and Founder of MY2B3M says the species which improve mental health while making us more energetic and stress-free. She says, "Mint, mushroom, soybean, coconut, almonds which relieve stress and enhance sleep. Pumpkin seeds and bananas are good sources of potassium which reduces stress and anxiety. Fatty fish like salmon, mackerel, trout and sardines are high in Omega-3 which improves mental health and improves sleep. Eggs are a great source of essential amino acids, including tryptophan, which creates serotonin. The latter is a chemical neurotransmitter that regulates mood, sleep and behaviour. The curcumin in turmeric lowers anxiety by reducing inflammation and oxidative stress. Yogurt and fermented products reduce anxiety and stress. Drink chamomile tea before bed can help a person fall asleep."

Many people have brief periods of difficulty sleeping but if irregularly becomes regular, seek medical help rather than popping sedatives. Shikha Mahajan Nutritionist and founder of Diet Foodus, says, "Try supplements like Omega-3, melatonin, magnesium or glycine. When none of these work, the last resort generally is medication and should be avoided due to addictive properties. Get a good night's sleep - it will keep up many of your troubles at bay."



FREETY TYAGI
Nutritionist



AVNI KAUL
Dietitian

nutrient of choice in inflammatory cases ranging from diabetes, arthritis, respiratory disorders, inflamed gut lining and autoimmune cases in cancer. **HORMONAL HEALTH:** Hormones are fat-derived and a fat-depleted diet can play havoc with our hormonal health. Hence all fat diets that ask you to skip fat are dangerous because they lack the key nutrient that helps manufacture hormones. Omega-3 helps to balance hormones in our body. **EYES, SKIN AND HAIR:** Omega-3, specifically DHA, helps form the structural component of the retina of our eyes and hence its deficiency can affect vision and it is possibly linked to macular degeneration and other vision impairment issues. It is also responsible for healthy skin and gives it soft, moist, supple, wrinkle-free appearance and works as a natural sunblock as it soaks up UV rays from the sun. Excessive and inappropriate exposure to sun can lead to skin damage due to excessive and inappropriate exposure. **CELLULAR HEALTH AND ENERGY:** Omega-3 is important as it makes up the cell membrane and its lack can affect the overall functioning of a cell. As for energy levels, even a one per cent decrease in Omega-3 in your body will cause fatigue and reduced energy levels. **SOURCES OF OMEGA-3:** One can obtain enough Omega-3 from daily nutrition, unless so meone has a medical condition that may require additional supplements. **VEG SOURCES:** Oil seeds, walnuts, flaxseed, flax oil, walnut oil, edamame, soy (non-GMO), kidney beans, rajma, good quality olive oil. Supplemental form - Veg etarlin omega-3 capsules. **NON-VEG SOURCES:** Fatty fish (mackerel, tuna, salmon), sardines, whole eggs. Supplemental form - Fish oil capsules. **CAUTION:** Omega-3 can get oxidised and turn rancid if not stored properly. Hence most oils rich in omega-3 come in amber coloured bottles so as to protect from direct heat and light exposure. Oils rich in omega-3 like flaxseed, walnut are not suitable for high heat cooking. **DISCLAIMER:** Please consult your health care provider before introducing any of the discussed oils in your lifestyle.



RECOGNITION FOR APCC



APOLLO Proton Cancer Centre (APCC), the first Proton Therapy Centre in South Asia and the Middle East, announced its accreditation by Joint Commission International (JCI), the recognised global leader in health care accreditation. This makes APCC, India's first dedicated advanced cancer centre to receive this international accreditation, and the 8th hospital in the Apollo Hospitals Group to become JCI accredited. Since its commencement in June 2019, APCC has been the preferred cancer centre across the globe.

A MULTI-PURPOSE MASK



DESMANIA, a multi-disciplinary design studio based in Gurugram has launched the first-ever full face mask called, AARMR for the front line warriors like police officers, hospital staff, delivery executives and office goers. IIT Delhi and AIIMS helped in ideation and product validation. AARMR has three times the efficacy of the normal mask. First, it covers the entire face so there is no risk of touching eyes, nose or mouth. Second, it is sustainable as it is reusable and durable. It provides a clear vision to the wearer because of the low refractive index of acrylic. The design philosophy is an integration of goggles, face shield and N95 mask.

SMALL BYTES



NEW STRAIN OF COVID-19?

RESEARCHERS tracking the spread of Covid-19 around the world have discovered that viruses with a new variant have now overtaken the original strain. Analysis of the virus's genome sequence found a mutation called 'D614G' made the virus more infectious than the original strain, but did not cause more severe disease. The global research team, including scientists from the University of Sheffield, had previously noted the rapidly increasing prevalence of viruses with D614G in rough out the world. The study was published in the journal Cell, shows that the variant makes a small but effective change in the 'spike' glycoprotein that protrudes from the surface of the virus, which it uses to enter and infect human cells.

A TASTE OF AYURVEDA



BRAHMAVEDA has developed the world's first vending machine, dispensing Ayurvedic drinks in the form of concoctions, decoctions and juices. The machine is equipped with the right blend of ancient remedies and modern technology, helping in improving the immunity of all, to help them sustain the pandemic and come out of it stronger. As we all know, having regular tea and coffee benefits thus, Brahmaveda introduces this new culture of adopting ancient Ayurveda herbs.

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