

# HEALTH BEATS

POWERED BY HEALTH WEALTH MANAGEMENT PVT LTD

# September

EDITION



For Feedback mail: [info@healthwealth.managemen](mailto:info@healthwealth.managemen) Or Call : +91-8657082472

### Important Elements Of A Healthy Diet:

- **Energy:** Energy is mostly derived from carbohydrates and its healthy sources include whole grains and millets like whole wheat, maize, bajra, oats, ragi etc. Fresh whole fruits and legumes also provide with a lot of energy.

-**Proteins:** Healthy proteins come from legumes, whole dals, fatty fish, egg, lean meat and chicken. Milk and milk products also add protein to our meals.

-**Fats:** Peanut, olive, canola, sunflower, and mustard or til oil are good and must be used on a rotational basis. Nuts and seeds are a good source of healthy fats.

-**Vegetables and Fruits:** Consumption of at least five portions of fruit and vegetables per day are a must. They are an excellent source of fibre.

-**Milk:** Milk and milk products provide essential minerals and quality proteins. About 3-4 servings of milk in a day are a must.



# WORLD COCONUT DAY

World Coconut Day was celebrated for the first time in the year 2009. The day was celebrated with great fervor by the Asian and Pacific coconut communities. The main purpose of celebrating this is to make people aware of coconut cultivation around the world. Along with this, the coconut industry can be promoted.

Every year World Coconut Day is celebrated to explain the importance of coconut not only in terms of health but also economically. Coconut Day is celebrated exclusively in the Asian and Pacific regions by the APCC, the Asian and Pacific Coconut Community, which facilitates most coconut production centers. In India, Coconut Development Board (CDB) organizes events in different parts of the country on World Coconut Day. On this occasion, awards are also given to outstanding performers in coconut cultivation, industry, and other coconut-related activities.

One of nature's most versatile products, the coconut plant is used in everything from food, beverage, and cosmetic preparation to decoration. Coconut is used in many Indian and foreign dishes.

The main purpose of celebrating this is to make people aware of coconut cultivation around the world. Along with this, the coconut industry can be promoted. Let us tell you that Indonesia produces the largest number of coconuts in the world.

## Uses and benefits of Coconut

- It is considered effective for reducing obesity and promoting digestion.
- Coconut water has many health benefits, drinking coconut water in summer is considered very beneficial.
- Coconut leaves are used to make many products including brooms, baskets, and mats.
- Coir derived from coconut is a natural elastic fiber that has been used for making ropes, strings, mats, stuffing for mattresses, etc.
- Coconut shells and husks are sources of charcoal and have been used as fuel
- Coconut is one of the major ingredients used in various cosmetic



**2 SEPTEMBER**



# world first aid day

**10 SEPTEMBER**

When you provide basic medical care to someone experiencing a sudden injury or illness, it's known as first aid.

In some cases, first aid consists of the initial support provided to someone in the middle of a medical emergency. This support might help them survive until professional help arrives.



## 3 steps for emergency situations -

### 1. Check the scene for danger

Look for anything that might be dangerous, like signs of fire, falling debris, or violent people. If your safety is at risk, remove yourself from the area and call for help.

If the scene is safe, assess the condition of the sick or injured person. Don't move them unless you must do so to protect them from danger.

### 2. Call for medical help, if needed

If you suspect the sick or injured person needs emergency medical care, tell a nearby person to call the local number for emergency medical services. If you're alone, make the call yourself.

### 3. Provide care

If you can do so safely, remain with the sick or injured person until professional help arrives. Cover them with a warm blanket, comfort them, and try to keep them calm. If you have basic first aid skills, try to treat any potentially life-threatening injuries they have.



## First Aid CPR

If you see someone collapse or find someone unconscious, always call for local emergency services. If the area around the unconscious person seems safe, approach them and begin CPR.

Even if you don't have formal training, you can use hands-only CPR to help keep someone alive until professional help arrives.

Here's how to treat an adult with hands-only CPR:

1. Place both hands on the center of their chest, with one hand on top of the other.
2. Press straight down to compress their chest repeatedly, at a rate of about 100 to 120 compressions per minute.
3. Continue performing chest compressions until professional help arrives.

## First aid for heatstroke

When your body overheats, it can cause heat exhaustion. If left untreated, heat exhaustion can lead to heatstroke. This is a potentially life-threatening condition and medical emergency.

If someone is overheated, encourage them to rest in a cool location. Remove excess layers of clothing and try to cool their body down by doing the following:

1. Cover them with a cool, damp sheet.
2. Apply a cool, wet towel to the back of their neck.
3. Sponge them with cool water.
4. Call for help if they develop signs or symptoms of heatstroke, including any of the following -
  - i) Nausea or vomiting
  - ii) Mental confusion
  - iii) Fainting
  - iv) Seizures
  - v) Fever of 104°F (40°C) or greater

If they're not vomiting or unconscious, encourage them to sip cool water or a sports drink. Take a moment now to learn about other strategies to help someone with heat exhaustion or heatstroke recover.



## First aid for heart attack

If you think someone might be experiencing a heart attack, call for emergency help. If they've been prescribed nitroglycerin, help them locate and take this medication. Cover them with a blanket and comfort them until professional help arrives.

If they have difficulty breathing, loosen any clothing around their chest and neck. Start CPR if they lose consciousness.



Every year, over 17 million people die from heart disease. As a way to fight this, the World Heart Federation created World Heart Day. It's an event held every year on September 29.

People around the world can find events that raise awareness about cardiovascular disease (CVD) – its warning signs, the steps you can take to fight it, and how to help those around you who may be suffering. So on September 29, fight CVD by getting involved with a World Heart Day event near you.

The first celebration of the annual event took place on September 24, 2000, and, until 2011, World Heart Day was observed on the last Sunday in September.

Cardiovascular diseases (CVD) are the most common cause of death globally. An estimated 17 million people die from CVD every year. Coronary heart disease or strokes were the major causes of these deaths. A common misconception about CVD is that it impacts more people in developed countries who are more reliant on technology and lead sedentary lifestyles. But more than 80% of the deaths occur in middle-income and low-income countries. Fortunately, the main causes of cardiovascular disease are modifiable factors, which include lack of exercise, smoking, and a poor diet. Economic systems of countries are also majorly impacted by cardiovascular diseases – the cost of treatment is high and failure to treat the diseases timeously results in loss of productivity and long absences from work.

More than 90 countries take part in this international observance every year. As a result, World Heart Day has proven to be an effective means for disseminating information about CVD. The high level of involvement from governments and organizations is most important for developing countries, which are heavily affected by these diseases.

Every year, distribution of information and discussions on cardiovascular diseases take place on platforms such as forums, television talk shows, podcasts, posters, and more. Walks, fund-raisers, free health checkups, concerts, sporting events, and other activities are hosted to encourage people to be more active and aware of their health.

## Few Interesting Facts –

- 115,000 – the number of times our heart beats in a day.
- 2,000 – the number of gallons of blood pumped by the heart every day.
- 1893 – the year in which the first open-heart surgery occurred.
- 3,500 – the age in years of an Egyptian mummy in which the earliest-known case of heart disease was identified.
- 1,200 – the fastest heartbeat per minute — that of the pygmy shrew.
- 1 pound – the weight of the human heart.
- 60,000 – the number of miles our blood vessel system can extend to.
- 1,500 pounds – the weight of a blue whale's heart.
- 1.5 gallons – the amount of blood pumped by our heart each minute.



## 4 CRUCIAL FACTS ABOUT HEART DISEASE

### 1. Heart disease costs all of us

Each year, it costs in more than lacs for all, who suffering from heart problems, In terms of services & medication, and also face lost productivity due to heart disease.

### 2. There are 3 common risk factors

Smoking, high blood pressure, and high cholesterol (specifically LDL), are the key risk factors for heart disease.

### 3. Sodium intake is putting kids at risk

Children may have high blood pressure due to the consumption of too much sodium.

### 4. Early warning signs are crucial

Major of cardiac-related deaths take place outside of a hospital — demonstrating that people don't take early warning signs seriously enough.



**Topic Of The Month | Editorial Choice**

# **SUICIDE PREVENTION**

**“DON'T CRUSH THE  
GIFT OF GOD;  
PRESERVE IT WITH  
UNCONDITIONAL  
LOVE.”**

**By Dr Pushpa Pandey  
HWM Editorial Head**



“Don't crush the gift of God; Preserve it with unconditional Love.”

God has made this wonderful world. In this world enormous creatures are there. Everyone's life is very important. Among all the creatures the creation of human being is obviously a great creation and unique one. This life is given to enjoy. Religiously if we say it is given to be one with God that is called getting the Moksha or Salvation of the soul. Main purpose of this life is not just enjoying the worldly affairs rather it's for fulfilling the divine purpose.

Yes! We agree that human life is not a bed of roses. It's full of speed breakers. It's full of difficulties and there are lots of challenges. Human body is made by God in such a wonderful manner that one can handle all the difficulties and hurdles of life easily and in a thoughtful manner. But sometime there are situations in life that the person is unable to go through it or handle it. Hence, a moment comes that one tries to end the life in order to get rid of all challenges and difficulties of the life. They think death is the ultimate freedom from the difficulties.

To be very frank it is not the same those who believe in it as per Karma Theory, one has to go through all the difficulties if not in this birth it may double in the next. Suicide itself is a crime in the kingdom of God.

10th September is the day when awareness across the World is spread for Suicide prevention.

Let's understand the meaning of suicide.\*Sui\* means 'self' and \*Cide\* means 'death'. There are many different types of deaths. We must have heard about euthanasia that is a thoughtful death. In Jainism people they leave their food and they accept the end of life easily as per their belief called Santhara. Even in Hindus many believe that dying in Varanasi ensures the salvation of the soul. So they leave their families and come and wait for the death which is automatically takes place. Another set of people patriots and soldiers. They believe sacrificing their lives for Motherland is a matter of pride and that is how they give away their lives for the sake of the country.





You might have heard the group of people in New Delhi at Burari they committed suicide as they had failed that their grandfather comes and will give them know that but prosperity of mind.

What we are concerned here to talk about the very important type of death that we consider as a suicide which is out of ego or depression or so called distress in the life. We have many examples of such suicides. Like Siddhartha Shetty owner of CCD, Sushant Singh Rajput, an intelligent and fine actor, silk Smita and Merlin Munro were very great personalities. In spite of having lots of prosperity, having good IQ, being very beautiful and maybe very much famous these all committed suicide.

Let's see some of the causes of suicide. We always blame a person the one who commit suicide. It's not only the individual who is responsible for committing suicide rather the situations, conditions and surrounding of that person is equally responsible. There maybe many reasons behind it. Some of them are when someone's image is badly tarnished at schools and colleges, too much of criticism by the teachers and professors, failed in school exams or any other competitive exams, failure in career, death of some family members or dear ones, too much humiliation in the family, no recognition for good work in corporate world, loss of money or too much poverty, families disputes or some legal problems which the person is unable to face.

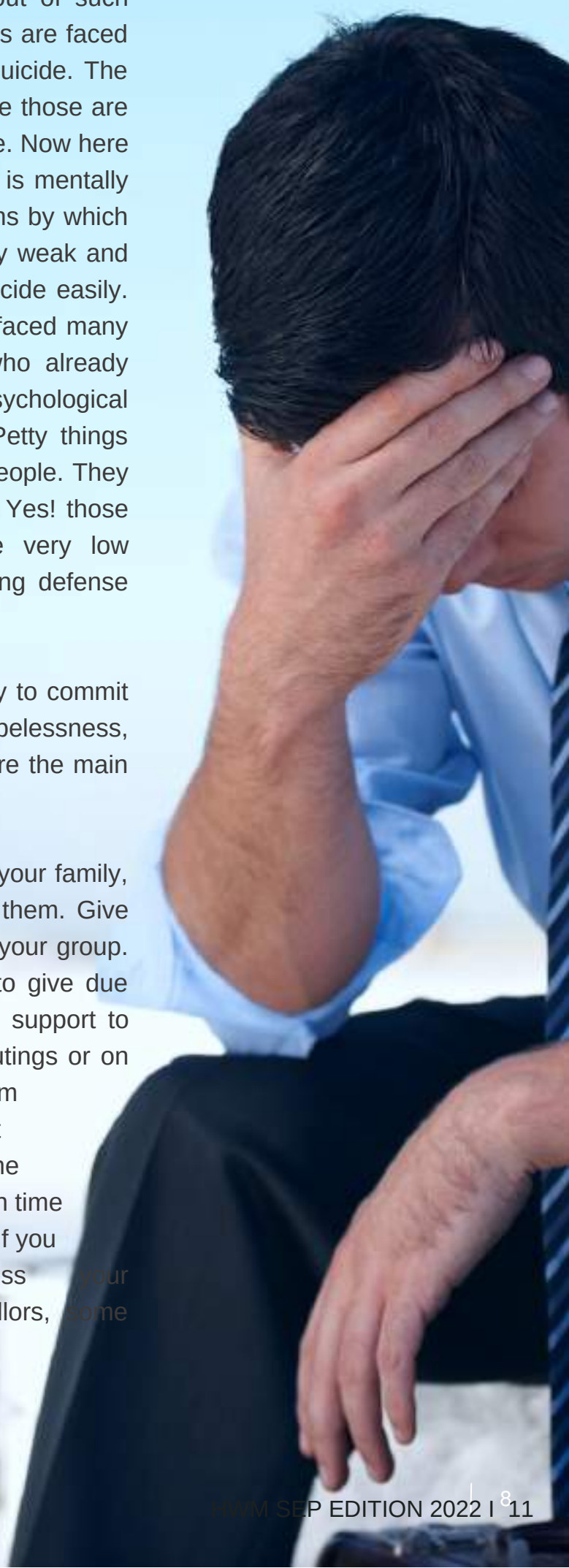


Now question comes how to avoid or come out of such situations and survive in life. Now these problems are faced by many people but everyone doesn't commit suicide. The question of committing suicide happens to people those are either mentally weak or emotionally very sensitive. Now here the only defense mechanism works. If a person is mentally strong he/she takes out the new ways and means by which he/she could survive but those who are mentally weak and very sensitive such people generally commit suicide easily. People coming from villages they have already faced many difficulties in their lives. Such people those who already gone through physical, emotional, and psychological traumas stand out very well in all situations. Petty things don't make them weaker. They are very tough people. They happen to face the life challenges successfully. Yes! those who are very depressed, those who have very low immunity, low self esteem and don't have strong defense mechanism they mostly go in such situation.

Now, how to recognize who, is the person likely to commit suicide. Most of the time feeling of sadness, hopelessness, helplessness, purposelessness and loneliness are the main symptoms which you can find in a person

If you find such people in your surroundings, in your family, in your group, please pay serious attention for them. Give them good advice. Try to take them with you in your group. Try to understand their emotions and also try to give due respect. If needed please extend your financial support to them. Take them out now and then for small outings or on trips. Give them to space in your family. Take them in confidence. Allow them to speak their heart out and make them feel comfortable and at home. One must check also that they are taking medicines on time if it's prescribed by the doctors and counsellors. If you know the person who has such feelings express your concern to their teachers, professors, counsellors, some area head, religious heads, the neighbors and anyone who is responsible for them.

"Suicide doesn't end the chances of life getting worse; it eliminates the possibility of it getting better."



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