

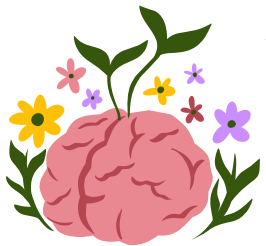
HEALTH BEATS

POWERED BY HEALTH WEALTH MANAGEMENT PVT LTD

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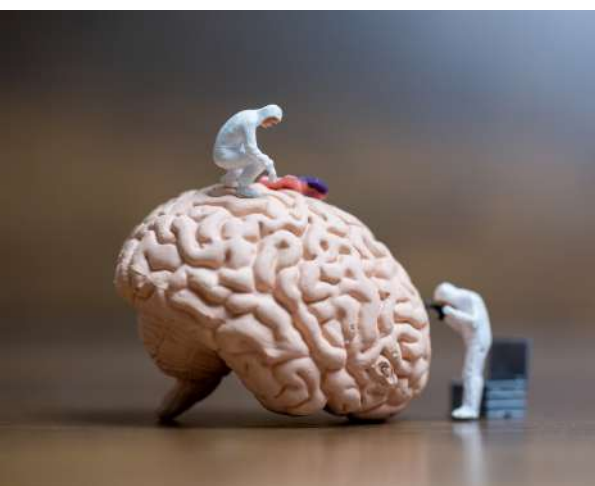
DIABETES





World Mental Health Day

Taking care of your mental health is crucial for overall well-being. Start by listening to your own needs and feelings without judgment or self-criticism. Prioritize self-care routines that promote relaxation and stress management, such as meditation, deep breathing exercises, or mindfulness practices. Maintain a balanced lifestyle with regular physical activity and a nutritious diet, as these contribute to both physical and mental health. Ensure you get enough quality sleep to recharge your mind and body. Establish healthy boundaries and learn to say no when necessary to avoid excessive stress. Seek support from friends, family, or a mental health professional if you're struggling with emotional challenges. Remember that self-care is an ongoing process, and small, consistent steps can make a big difference in maintaining and improving your mental health.



● SELF-AWARENESS

Start by understanding your emotions and recognizing when you're feeling stressed, anxious, or overwhelmed. Self-awareness is the first step in addressing mental health concerns.

● CONNECT SOCIALLY

Maintain strong connections with friends and family. Social support is vital for mental well-being, so engage in meaningful conversations and seek help when needed.



● MINDFUL PRACTICES

Incorporate mindfulness techniques into your daily routine, such as meditation or deep breathing exercises. These practices can help you stay grounded and reduce stress.

● PHYSICAL HEALTH

Prioritize physical health through regular exercise, a balanced diet, and adequate sleep. Physical and mental health are closely connected, so taking care of your body benefits your mind as well.

● STRESS MANAGEMENT

Learn effective stress management strategies, such as time management, setting boundaries, and engaging in relaxation techniques. These skills can help you cope with life's challenges more effectively.

● SEEK PROFESSIONAL HELP

Don't hesitate to consult with a mental health professional if you're experiencing persistent mental health issues. Therapy and counseling can provide valuable support and tools.



● SELF-CARE

Make self-care a priority. Engage in activities you enjoy, set aside "me time," and practice self-compassion. Taking care of yourself mentally and emotionally is an ongoing process.

These seven points encompass fundamental aspects of mental health care, helping you establish a foundation for better well-being and resilience. Remember that it's perfectly normal to seek help and support when dealing with mental health challenges, and you don't have to go through it alone.



Happy Navratri

ENJOY FANTASTIC
NINE NIGHTS OF
DEVOTION ,
HAPPINESS AND
SPIRITUALITY THIS
NAVRATRI, WISHING
YOU HAPPY
NAVRATRI 2023

NAVRATRI - VICTORY OF GOOD (HEALTH) OVER EVIL (ILLNESS)

"This Navratri come together to boost your health with Health Wealth Management."

IMPORTANCE OF FASTING

Cleanse the mind & soul with prayers and body through fasting

Navratri's celebrated twice a year- during spring and fall, scientifically these two duration's are the exact times when your bodies become more vulnerable to diseases and changes. Hence, it is important to maintain a good diet during this time of the year. And this is exactly where Navratri diet comes into the picture.



Keep yourself hydrated with fluids like coconut water, buttermilk, green tea, lemon water other than just plain water.



Rock salt (sendha namak), the only salt one can use during Navratri, is not just beneficial for your blood pressure but also helps in absorption of minerals better than common salt.



Don't stuff yourself with fried fast food. Don't overeat. Don't go overboard with snacks. Opt for roasted, boiled and baked meals. Guzzle up fruits or roasted nuts as your mid-day munchies.

FASTING FRUITS WITH BLASTING ENERGY



APPLES

Apples are a popular fruit, containing antioxidants, vitamins, dietary fiber, and a range of other nutrients. Due to their varied nutrient content, they may help prevent several health conditions.



BANANAS

Bananas are known to reduce swelling, protect against developing Type 2 diabetes, aid in weight loss, strengthen the nervous system and help with production of white blood cells, all due to the high level of vitamin B6 that bananas contain," Flores told Live Science



PINEAPPLES

Pineapples are tropical fruits that are rich in vitamins, enzymes and antioxidants. They may help boost the immune system, build strong bones and aid indigestion. And, despite their sweetness, pineapples are low in calories



GRAPES

Antioxidants in grapes, such as resveratrol, reduce inflammation and may help protect against cancer, heart disease and diabetes. Grapes are easy to incorporate into your diet, whether fresh, frozen, as juice or wine. For the most benefits, choose fresh, red over white grapes..



ORANGES

Oranges contain D-limonene, a compound that is touted to prevent cancers like lung cancer, skin cancer and even breast cancer. Vitamin C and antioxidants present in oranges are both important to build body's immunity – they help in fighting cancer. The fibrous nature of the fruit also makes it cancer protective.



CUSTARDAPPLES

Pineapples are tropical fruits that are rich in vitamins, enzymes and antioxidants. They may help boost the immune system, build strong bones and aid indigestion. And, despite their sweetness, pineapples are low in calories



GUAVA

Guava Boost your Immunity, Reduces Your Risk of Developing Cancer, Prevents Diabetes, Guavas Help in Keeping your Heart Healthy, Helps in Treating Constipation, Helps in Better Eyesight, Guava is an Anti-stress Agent, Guava Helps Women During Pregnancy.



PAPAYA

Eating a papaya daily will prolong the process and may make you look 5 years younger than you are. Papaya is rich in Vitamin C, Vitamin E and antioxidants like beta-carotene which helps prevent your skin from free radical damage keeping wrinkles and other signs of ageing at bay.



MOSAMBI

Good for Eyes: "Due to its antioxidant and antibacterial properties, sweet lime juice helps protect your eyes from infections and from the development of cataract," says Dr. Rahul Nagar, Max Hospitals. 10. Boosts Energy: Drinking mosambi juice regularly reduces weakness and fatigue, and in fact boosts your energy.



THIS NAVRATRI TAKE CARE OF YOUR - FAMILY & FRIENDS WITH FUN & FOOD

Have your favorite Chaklis & Matharis and Sweets but don't let them ruin your diet plan, remember to eat MINDFULLY with our tips that will help you to 'Eat Healthy & Stay Healthy' during the happy days of Navratri.

1 MAKE SWEETS AT SWEET HOME -

Homemade is healthy and you can always trust what you make. When you make sweets, use ingredients in limited quantities like sugar, refined flour, and ghee or oil. If you like, you can make sugar-free sweets, but do keep a separate batch of authentic desserts for your friends and relatives.

2 EAT IN SMALLER PLATES:

Grab a small plate when you plan to eat Navratri snacks, this way, you will take what you really want to eat and in fewer amounts, which will prevent you from adding extra calories to your diet. Eat everything you want but do not cross the line of your junk food limit.

3 MAKE TIME TO EXERCISE:

We know it will be hard for you to find time to sneak into your room and exercise when everyone in your house is bubbling with energy and binge-eating while you cater to their demands, but it is something you should not compromise on for your own GOOD. Try to wake up early and squeeze in a quick workout or a 30-minute walk.

4 STAY HYDRATED:

To stay healthy during Navratri – drink water! Drinking 10-12 glasses of water daily can help flush out toxins from your body and prevent overeating. If you forget to drink water, maybe an attractive-looking bottle will motivate you. Sip, sip, and sip some more to shed off those extra calories and to stay fit.



SIGNIFICANCE OF COLORS

People get dressed in a specific color on each day to make the most of Navratri.

Color meanings stem from psychological effects, biological conditioning and cultural developments. Some color meanings are deeply rooted in our brains because they're visible all around us.

9 Colors for this Navratri:



ORANGE

It combines the energy of red and the happiness of yellow. It is associated with joy, sunshine. Orange represents enthusiasm, fascination, happiness, creativity, discover it within yourself.

WHITE

It represents purity or innocence. Some of the positive meanings that white can convey include cleanliness, freshness, and simplicity. We all should look forward to attain these qualities.



RED

This is the color of extremes. It's the color of passion, love and adventure. Live the Life at fullest with dear ones.

ROYAL BLUE

Yes this vibrant color represent superiority & divine energy to use and streamline your inner powers and to benefit the humanity.



YELLOW

This is the most luminous of all the colors of the spectrum. Yellow is the color of happiness, and optimism, come and spread it together.

GREEN

This is the color of life, renewal, nature, and energy, is associated with meanings of growth, harmony, freshness, safety, fertility, and environment. Green can help enhance vision, stability and endurance.



GREY

Its color meaning likely comes from being the shade between white and black. Grey represents neutrality and balance. Making things neither awesome nor awful but cool.

PURPLE

The color purple is often associated with royalty, nobility, luxury, power, and ambition. Be a person of your goals and help each other with your royalty & power to fulfill their dreams also.



PEACOCK GREEN

A moderate yellowish green that is greener and stronger than tarragon, deeper than malachite green. This kind of strong devotions makes you fulfil your desires & wishes.

DIABETES IS MANAGEABLE

TYPE 1 DIABETES

Immune system destroys insulin-making cells in your pancreas, it affects children and youth.



SYMPTOMS:

- Extreme thirst
- Increased hunger
- Frequent urination
- Unexplained weight loss
- Fatigue
- Shaking and confusion



SIGNS OF EMERGENCY:

- Rapid breathing
- Fruity smell to your breath
- Blurry vision

TYPE 2 DIABETES

The body does not produce enough insulin, or it resists insulin. Middle-aged or older people are most likely to get this kind of diabetes. However, studies have shown that it also affects obese kids and teens.



SYMPTOMS:

- Hypoglycemia (low blood sugar)
 - Rapid heartbeat
 - Weakness and tiredness
 - Tingling in the mouth area
 - Headaches
 - Seizures
 - Hyperglycemia (high blood sugar)
 - Difficulty focusing, Confusion
 - Difficulty breathing
 - A fruity smell on the breath
-



GESTATIONAL DIABETES

Blood sugar level become high during pregnancy and generally goes away after giving birth. However, it increases the risk of the baby getting Type 2 diabetes.



SYMPTOMS:

- Being very thirsty
- Frequent urination
- Hungrier than usual

Diabetes is also an underlying cause for many other diseases.



GOOD NEWS!

is that it can be managed

Remember “Stress” makes everything worse & “Exercise” makes everything better

SIMPLE LIFESTYLE CHANGES LIKE:

- Cutting down on consumption of Alcohol and Cigarettes
- Reducing weight have shown to help
- Don't diet – make healthier food choices
- Get regular checkups done



WRITE DOWN YOUR CARE PLAN

- Design a diabetes care plan that's right for you
- Include: Drugs you're taking and why you're taking them
- Daily targets for the numbers you can control & the goals to achieve
- Who you should call and when

Join a group, Groups work Magic! – A problem shared is a problem solved.