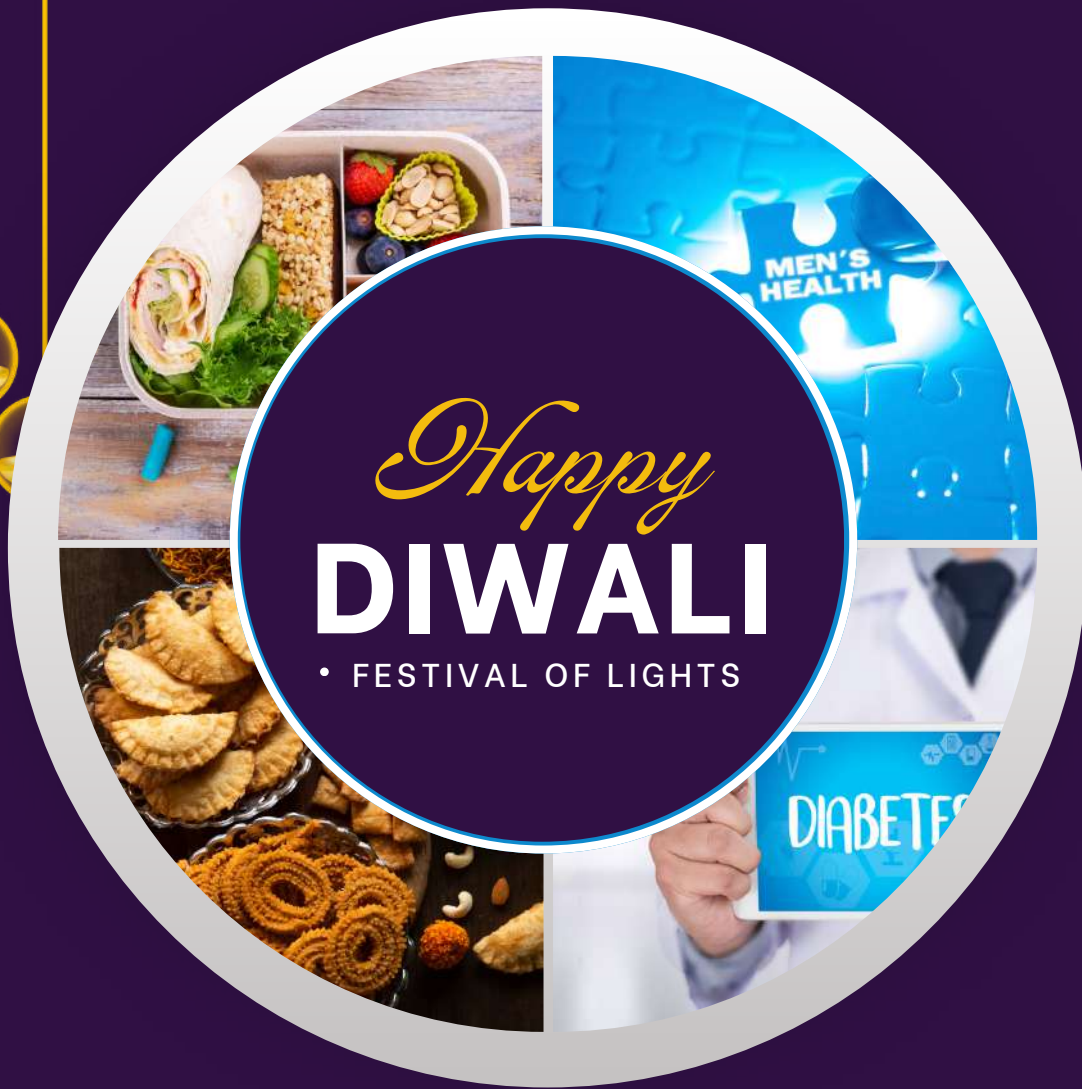


# HEALTH BEATS

POWERED BY HEALTH WEALTH MANAGEMENT PVT LTD



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# DEFEAT DIABETES



Lifestyle changes can help prevent the onset of type 2 diabetes, the most common form of the disease. Prevention is especially important if you're currently at an increased risk of type 2 diabetes because of –

- Excess weight or obesity
- High cholesterol
- Family history of diabetes.

If you have been diagnosed with pre diabetes — high blood sugar that doesn't reach the threshold of a diabetes diagnosis — lifestyle changes can prevent or delay the onset of disease.

Making a few changes in your lifestyle now may help you avoid the serious health complications of diabetes in the future, such as nerve, kidney and heart damage. It's never too late to start.

## LOSE EXTRA WEIGHT

Losing weight reduces the risk of diabetes. People in one large study reduced their risk of developing diabetes by almost 60% after losing approximately 7% of their body weight with changes in exercise and diet. More weight loss will translate into even greater benefits.

Set a weight-loss goal based on your current body weight. Talk to your doctor about reasonable short-term goals and expectations, such as losing 1 to 2 pounds a week.



## BE MORE PHYSICALLY ACTIVE

There are many benefits to regular physical activity.

Exercise can help you:

- Lose weight
- Lower your blood sugar
- Boost your sensitivity to insulin — which helps keep your blood sugar within a normal range.



Goals for most adults to promote weight loss and maintain a healthy weight include:

- Aerobic exercise.
- Resistance exercise.
- Limited inactivity.



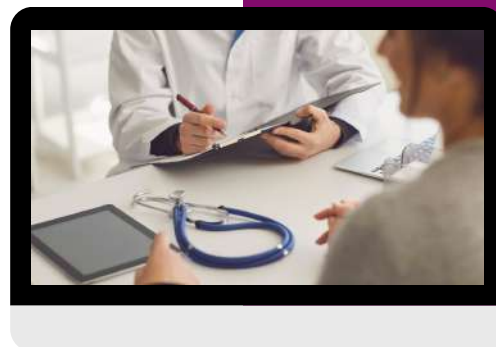
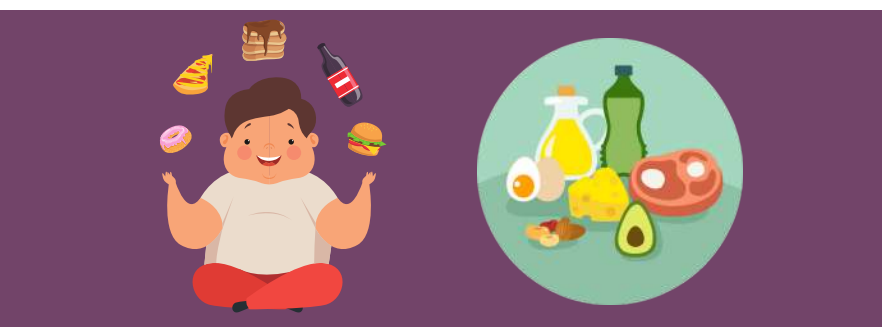
## EAT HEALTHY PLANT FOODS

Plants provide vitamins, minerals and carbohydrates in your diet and Fibers which promote weight loss and lower the risk of diabetes. Eat a variety of healthy, fiber-rich foods, which include:

- Fruits, such as tomatoes, peppers and fruit from trees
- Non starchy vegetables, such as leafy greens, broccoli and cauliflower
- Legumes, such as beans, chickpeas and lentils
- Whole grains, whole-grain rice, whole oats.

### THE BENEFITS OF FIBER INCLUDE:

- Slowing the absorption of sugars and lowering blood sugar levels
- Interfering with the absorption of dietary fat and cholesterol
- Managing other risk factors that affect heart health, such as blood pressure and inflammation
- Helping you eat less because fiber-rich foods are more filling and energy rich.
- Avoid foods that are "bad carbohydrates" — high in sugar with little fiber or nutrients: white bread and pastries, pasta from white flour, fruit juices, and processed foods with sugar or high-fructose corn syrup.



- Fatty foods are high in calories and should be eaten in moderation. To help lose and manage weight, your diet should include a variety of foods with unsaturated fats, sometimes called "good fats."

Your dietary goal should be to lose weight and then maintain a healthier weight moving forward. Healthy dietary decisions, therefore, need to include a strategy that you can maintain as a lifelong habit. Making healthy decisions that reflect some of your own preferences for food and traditions may be beneficial for you over time.

### WHEN TO SEE YOUR DOCTOR:

We recommend routine screening with diagnostic tests for type 2 diabetes for all adults age 45 or older and for the following groups:

- People younger than 45 who are overweight or obese and have one or more risk factors associated with diabetes
- Women who have had gestational diabetes
- People who have been diagnosed with prediabetes
- Children who are overweight or obese and who have a family history of type 2 diabetes or other risk factors

Share your concerns about diabetes prevention with your doctor. He or she will appreciate your efforts to prevent diabetes and may offer additional suggestions based on your medical history or other factors.

# CARE FOR MEN'S HEALTH

## WHY MEN'S HEALTH MATTERS:

It's clear there are some gender imbalances when it comes to health. For example, more men than women die from heart disease, lung cancer and suicide. The good news is many of the conditions men suffer from disproportionately are related to lifestyle and diet, which men can change.

High saturated fat and salt intake, inadequate fiber consumption and drinking too much booze increase your risk of heart disease. But don't despair; you don't have to deprive yourself of your favorite foods. It's simply a matter of getting the balance right. There's certainly no need to cut out sugar, fat, dairy, carbs, gluten or the occasional brew, nor to turn to supplements, liquid diets or herbal tonics.

You'll just have to eat more fruit and veges and minimize your intake of 'extras'.

The following five steps will help you improve your overall health, lose excess weight and ensure your most important asset is in tip-top shape.

- Enjoy your vegetables
- Healthy men cut back on booze
- Go with the grain
- A good doctor is key to men's health
- Weight loss after 40



## 1. ENJOY YOUR VEGETABLES

There are no big secrets here. Veggies are good for you – really good. They come with a raft of nutrients, antioxidants and fiber.

Studies show people who eat more vegetables have a lower risk of developing heart disease, diabetes and certain cancers, and are also more likely to be a healthier weight.

So, how to boost our veggie intake? Start by teaming up your morning eggs with spinach, baked beans or a side of roast tomatoes.

Tomatoes contain a compound called lycopene that is strongly associated with a reduced risk for prostate cancer. And, if you're having a cheese toastie or omelets for breakfast, include a few mushrooms.

Remember to bulk up your sandwiches with different-colored salad veggies such as tomato, carrot, rocket, capsicum or beetroot.



## 2. HEALTHY MEN CUT BACK ON BOOZE

They don't call it a beer belly for nothing. You don't have to abstain from alcohol altogether, but it pays to play it smart. Aim for a maximum of three standard drinks per session on no more than five nights a week, with at least two alcohol-free days per week.

Any further reductions will be a bonus. When you do drink, you might consider including a non-alcoholic spacer between hard drinks to cut your overall alcohol and kilojoules intake. Your liver, waistline and hip-pocket will love you for it.



## 3. GO WITH THE GRAIN

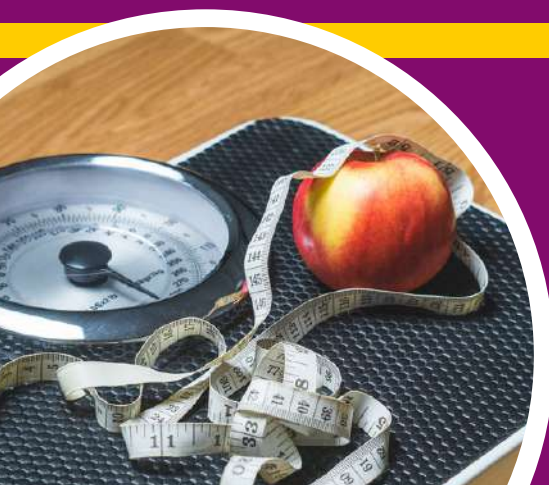
Whole grains are mighty nutrition powerhouses packed with protein and fiber plus plenty of essential vitamins and minerals. People who regularly eat whole grains as part of their diet are more likely to have lower cholesterol levels and blood pressure rates and are less likely to develop diabetes and certain cancers. The high fiber content of these grains can help you keep your weight in check by increasing your stomach's feeling of fullness.

Whole grains tick almost every nutrition box, with B vitamins, vitamin E, foliate and low-GI carbs for sustaining energy, plus iron and fiber.

## 4. A GOOD DOCTOR IS KEY TO MEN'S HEALTH

You don't 'wait and see' if your car's oil leak will resolve itself. Yet most men don't have a maintenance schedule for our bodies to ensure they're in tip-top working order. Too often, we wait until it's too late or the damage has been done before we see the GP. Heart disease, diabetes and some cancers can often be picked up in their early stages when treatment is almost always more effective.

Gentlemen, just like that other piece of machinery in our garage, we need to take care of our servicing and maintenance. Maintaining our health doesn't have to be onerous, but it's critical. A regular service and top-up with the right kind of fuel can have a profound effect – on our cars and our bodies.



## 5. WEIGHT LOSS AFTER 40

Juggling career and family responsibilities can make it difficult to prioritise healthy eating and exercise. But don't despair. If you make time to move your body, you'll help keep a healthy weight and improve mood, bowel health and overall well-being. Get moving as often as you can – playing beach cricket, footy with the kids or even pumping weights at the gym. Whatever floats your boat – just do it!



# Fun Fundas For Festival



**“GUILT  
FREE  
HEALTHY  
DIWALI”**



**Grab two more laddoos but walk for extra 10 Minutes**



**Try to be gadget-free and see laughter-filled times**



**Surprise your loved ones with a small healthy gift like Health Checkup or Diet Food / Ayurvedic Products**



**CHERISH  
GOOD  
HEALTH!**

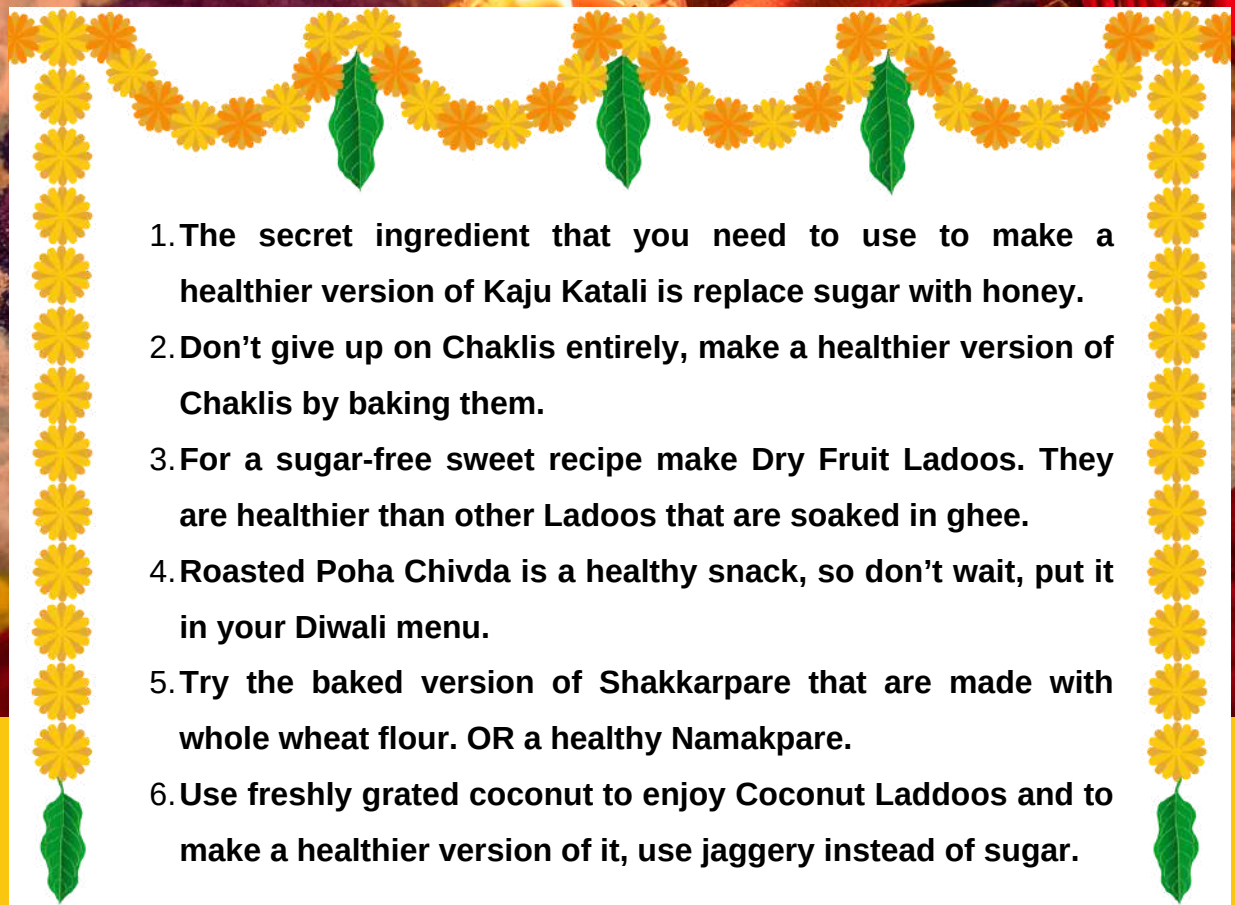


**Indulging in creative activities like making Diyas (like biodegradable Diyas from orange peels), Lanterns can be fun.**





# TRAIL FOR TUMMY



1. The secret ingredient that you need to use to make a healthier version of Kaju Katali is replace sugar with honey.
2. Don't give up on Chaklis entirely, make a healthier version of Chaklis by baking them.
3. For a sugar-free sweet recipe make Dry Fruit Ladoos. They are healthier than other Ladoos that are soaked in ghee.
4. Roasted Poha Chivda is a healthy snack, so don't wait, put it in your Diwali menu.
5. Try the baked version of Shakkarpore that are made with whole wheat flour. OR a healthy Namakpare.
6. Use freshly grated coconut to enjoy Coconut Laddoos and to make a healthier version of it, use jaggery instead of sugar.





# Healthy Plans for Christmas & New Year's Eve

## **DON'T BLOW YOUR WEIGHT-LOSS, PLAN BEFORE THE YEAR EVEN BEGINS**

We've all been there. It's hard to say no to all of the festive indulgences that everyone else will be enjoying.

**Want to have fun, while still sticking to your health and weight loss goals?** "Don't beat yourself up, but stay focused."

Believe it or not, there are ways to enjoy festive celebrations with friends and family while staying true to your eating plan. Instead of fretting over what you won't be eating, focus on the celebration itself. Mingle and socialize with other guests, hit the dance floor, and spend time reflecting on the past year.

There's often a misconception that skipping meals leading up to a big dinner party will excuse the decisions you make and the food you put into your body later on. The fact of the matter is that skipping meals will only lead to making unhealthy decisions and overindulging later on to compensate. On the day of the party, it's more critical than ever to continue eating healthy and balanced meals when you're hungry.

Following up on the first tip, fuel your body with filling meals and snacks that will satisfy you but are low in calorie density. Without going overboard on calories, eating balanced beforehand will keep you feeling healthy and full into the night.



Starting off the morning with your choice of physical activity will set you up for success for the rest of the day. Exercising can reduce stress and improve your mood. You'll return from a morning jog, yoga session or cardio class feeling refreshed and light. By working up a sweat in the morning, you'll feel confident and strong in your party attire later that evening. The better you feel about your image, the more relaxed you will be and the more you will be able to enjoy yourself at the party.



One of the most important rules is to always have a plan. Before you arrive at the party, you should have made a decision on what you will eat and drink and how much you will consume. If you tell yourself that you are going to eat the main course but skip the dessert, stick to that plan.

When it comes to alcohol, the trick is to have one glass of whichever beverage will result in the least amount of consumption. Serving sizes vary depending on your alcohol of choice. Like one serving of beer is 12 ounces, one serving of wine is 5 ounces and one serving of liquor is 1-1/2 ounces. If you can sip on one glass of cabernet sauvignon for the duration of the evening, that's your best bet. If you prefer to enjoy a mixed drink – split into two cocktails throughout the course of the night – order drinks with club soda and just half of a shot.

**By following these tips, you can ring in the party feeling happy, healthy and strong.**





# Healthy Child: A Seed to Healthy Nation

**A Child's Life Is Like A Piece Of Paper  
On Which Every Person Leaves A Mark.**

**By Dr Pushpa Pandey**  
HWM- Editorial Head





**Children are various kind of flowers. They make this world a wonderful garden with their presence. This world won't look beautiful, it won't be a worth place to live if there are no humming sound of children.**

**Every child is special. Every child is gifted. Each one is different; each one is beautiful. Some fly or grow faster, some grow later. We should never underestimate their powers, abilities and talents. We shouldn't force them to live in the world made by parents, rather they should create their own world. We shouldn't impose our emotions on them rather they should develop their sensitivity and the world of emotions.**

**As a parent we need to free the child under your observation. Allow them to be with nature. Let them play with sand, mud, jump in the puddle, climb the trees, hang on branches. These all will inhibit a different kind of joy and happiness which costly toys and playing in air-conditioned rooms will never give. Company of nature offers limitless potential and growth in children. There, in the lap of nature, their mind gets relaxed, they get inspired by the different creatures viz., butterflies, snails, frogs, cows and many more. Their imagination power become strong. There they can create and explore many things. To be very precise the nature is the best school and best playground for the children.**

**When we sow a seed, we always imagine of its fruits. At the same time, we know it never happens overnight. In the same manner when a child arrives in mother's womb the utmost care begins. Hence, bringing up a child is not a joke to crack but it is a long-time process through which the parents have to travel. This journey is quite long. There are stages of human development:**

- Infancy
- Early childhood
- Middle childhood
- Adolescence
- Early adulthood
- Middle adulthood
- Old age

**We would only discuss three stages. Early childhood is the most sensitive and important stage of a child. The human brain grows up to 90%. All cognitive development, motor skills, language development and emotional attachments etc., develops at this stage only. If the children are given in the hands of inadequate care takers, wrong environment and a negative atmosphere then the brain of child maybe be affected drastically. Child's physical, mental, emotional and cognitive growth maybe hampered.**



Middle childhood is another very important stage of life which leaves a great impact on the child's mind for life long. This is the stage where a child is set for school success, health literacy, eating habits, self-discipline, healthy relationships with family & friends. If children are not taken care of at this stage, they develop many behavioral disorders. Here parent's role is very important.

Adolescence is defined as a phase where an individual reaches to sexual maturity; establishing an identity as an adult (He/She). In this phase the child gets fast growth in height, weight, within a year or two which continues for another two to three years to give a proper shape to physique. Females grow faster than male. This all is governed by the pituitary glands. In this stage children try to explore new ways of thinking, new behavioral patterns and establishing new values.

A large study is done on these stages and their impacts by learnt scholars. We are concerned with the overall care and development of the children at all stages. Few steps would do wonders in taking care of the children and boosting their immunity.



**Good diet:**  
Balanced diet  
(fruits +  
vegetables, fat,  
protein, etc.)



**Exercise, yoga,  
walking, going in  
the park to play  
(keep moving)**



**Good sleep  
means minimum  
7-8 hours.**



**Proper  
entertainment,  
watching TV &  
playing mobile  
games should be  
controlled.**



**Health care:**  
Washing hands,  
feet, brushing twice,  
drinking water on  
time



**Proper  
vaccination at  
various stages.**



**Keep them away  
from family  
stresses. Not to  
discuss in front of  
them. If unavoidable  
then make them  
understand it and  
take it easy.**



**Last but not the  
least taking care of  
a child and mending  
them through  
different stages of  
life, turning them into  
a very sensible,  
mature and strong  
adult is a real task  
of the society.**

A good society always depends on the good citizens and good citizens are always the result of good parenting. Let's now take a vow to develop a very healthy family in order to get a healthy society and ultimately a healthy nation.