

HEALTH BEATS

MAGAZINE

POWERED BY HEALTH WEALTH MANAGEMENT PVT LTD



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WORLD AIDS DAY

Acquired immunodeficiency syndrome (AIDS) is a chronic, potentially life-threatening condition caused by the **human immunodeficiency virus (HIV)**. By damaging your immune system, HIV interferes with your body's ability to fight infection and disease.

How HIV spreads

- By having sex with an infected partner
- Sharing contaminated needles and syringes puts you at high risk of HIV and other infectious diseases, such as hepatitis.
- The virus may be transmitted through Blood transfusions. Blood banks now screen the blood supply for HIV antibodies, so this risk is very small.
- Infected mothers can pass the virus on to their babies. Mothers who are HIV-positive and get treatment for the infection during pregnancy can significantly lower the risk to their babies.

How HIV doesn't spread

You can't become infected with HIV through ordinary contact. That means you can't catch HIV or AIDS by hugging, kissing, dancing or shaking hands with someone who has the infection. HIV isn't spread through the air, water or insect bites.

The symptoms of HIV and AIDS vary, depending on the phase of infection

- 1) Primary infection (Acute HIV)
- 2) Clinical latent infection (Chronic HIV)
- 3) Symptomatic HIV infection
- 4) Progression to AIDS

How does HIV become AIDS?

HIV destroys CD4 T cells — white blood cells that play a large role in helping your body fight disease. The fewer CD4 T cells you have, the weaker your immune system becomes. You can have an HIV infection, with few or no symptoms, for years before it turns into AIDS. AIDS is diagnosed when the CD4 T cell count falls below 200 or you have an AIDS-defining complication, such as a serious infection or cancer.

There's no cure for HIV/AIDS, but medications can dramatically slow the progression of the disease. These drugs have reduced AIDS deaths in many developed nations.

TRAVELLING

EXPLORE THE WORLD



“TRAVELLING – IT LEAVES YOU SPEECHLESS, THEN TURNS YOU INTO A STORYTELLER.”

So are you creating your story this winter? Winter is the best time to Travel, Enjoy Holidays & New Year.

Studies show that travelling can improve your overall health and enhance your creativity. Therefore, you need to take time out from your daily tasks, office responsibilities, hectic schedule, and everyday pressures at least once in a year.



Plan a tour to a new city with an open schedule and let life present you with the numerous opportunities.

BENEFITS

OF TRAVELLING



- Improves Social and Communication Skills
- Ensures Peace of Mind
- Helps You Get Original and Creative Thoughts
- Broadens Your Horizons
- Enhances Your Tolerance for Uncertainty
- Boosts Up your Confidence
- Gets You Real-life Education
- Creates Memories for Lifetime
- Helps You Have Fun
- Also you Get to Know Yourself

Few Tips To Help You Wander

PACK LIGHT



1

TAKE AN EXTRA BANK CARD
AND CREDIT CARD WITH YOU



2

USE A MAP BUT DON'T BE AFRAID
TO GET PURPOSEFULLY LOST



3

MAKE EXTRA COPIES OF YOUR PASSPORT AND
IMPORTANT DOCUMENTS



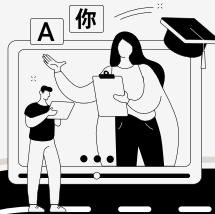
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ASK HOTEL STAFF FOR INFORMATION — EVEN
WHEN YOU AREN'T STAYING THERE.



5

LEARN BASIC PHRASES IN THE NATIVE
LANGUAGE OF YOUR DESTINATION



6

READ A HISTORY BOOK!



7

CARRY A BASIC FIRST-AID KIT.



8

BE OPEN TO STRANGERS BUT KEEP YOUR
GUARD UP



9

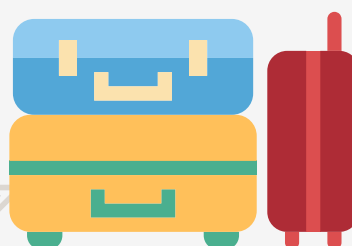
TRY NEW FOOD.



10

11

TAKE PICTURES OF YOUR LUGGAGE



TAKE EARPLUGS, ALWAYS
HAVE AN EXTRA USB CHARGER



IT IS BETTER TO SEE SOMETHING ONCE THAN TO HEAR ABOUT IT A THOUSAND TIMES

WINTER TIME – FOOD TIME



Before we start the list of food items, most important thing to remember is to **DRINK WATER** this winter. Water keeps your body functioning at its best and helps regulate your internal temperature. Dehydration causes your core temperature to drop, which may lead to hypothermia. People are less likely to drink water when it's cold outside because they don't feel thirsty.

01

ROOT VEGETABLES:

Roast carrots for a boost of beta-carotene, or boil turnips for vitamins C and A. Sweet potatoes can add fiber and other nutrients to a warm winter meal and are also good for eye health.



02

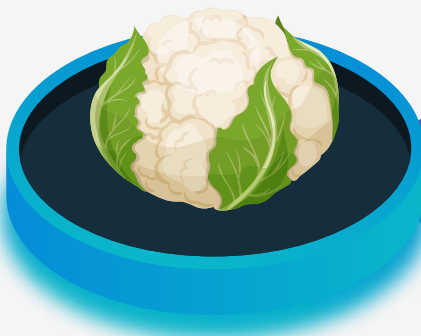
OATMEAL:

It is high in zinc (important for proper immune function) and soluble fiber (associated with heart health)

03

SOUP:

Make soup that call for chicken broth, vegetable broth or water as the base and include a lot of vegetables. Pair your soup with a side of 100% whole-grain crackers for a dose of grains



04

CAULIFLOWER:

Is high in vitamin C, which is associated with enhanced immune function

05

HOT GINGER TEA:

Ginger is known to be good for digestion and keeping your body warm is only one of the many health benefits of drinking ginger tea.



06

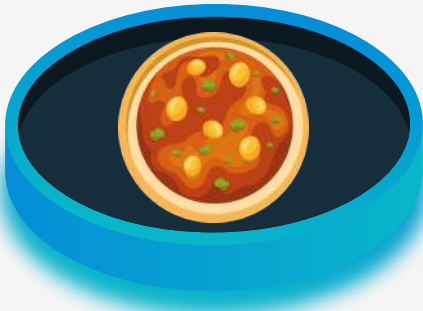
TURMERIC AND HONEY IN WARM SKIMMED MILK:

This will fight all the fatigue and possible infections in your body. If taken regularly, this drink can boost your immunity levels wonderfully.

07

SCUMIN, CINNAMON, CARDAMOM, SAFFRON AND BISHOPS WEED (AJWAIN) IN HOT WATER:

It has a pack of ingredients, each specialized in its great health benefit to cater to almost all your winter dilemmas in one go.



08

SARSON KA SAAG:

The saag is not just a flavor some package but also is a whole bunch of nutrition & fiber.

09

GOND KA LADOO:

It is made out of edible gum extracted from tree barks. You can use its special nutritional powers to beat the chills of winter. Once prepared, it can be kept for quite a long time.



10

DATES:

The lower fat content present in dates helps you to keep your weight in check. They are a power-house of nutrients and a must-have for people who go to the gym. Regular intake of dates help your body to stay warm during winters.

[New adventures are around the corner. Happy New Year! Make way for 2024 with our Healthy Resolution Ideas.](#)

- Start a Meditation Practice
- Eat Fewer Calories
- Move More
- Read More Books
- Pick Up a Hobby



Jingle All the Way to Wellness: Nurturing Health and Happiness During the Holiday Season



This holiday season, let's wrap ourselves in good health and tie it with a bow of happiness

By Dr Pushpa Pandey
HWM- Editorial Head



As we embrace the festive spirit of Christmas, it's crucial to prioritize our well-being amidst the celebrations. The season often brings an abundance of tempting treats, but practicing mindful eating can help us savor the flavors without overindulging. Balancing holiday feasts with nutrient-rich foods ensures a healthier approach to the festivities.

Staying active is key to maintaining both physical and mental health. Whether it's a brisk walk, a home workout, or a festive dance session, incorporating movement into our daily routine can counteract the effects of indulgent holiday meals and alleviate stress.

Hydration often takes a backseat during celebrations, but it's essential to prioritize. Drinking plenty of water throughout the day not only keeps us hydrated but also helps in managing our overall health. Limiting sugary beverages and alcohol contributes to better hydration and well-being.

Adequate sleep is a gift we can give ourselves during the holidays. Ensuring 7-9 hours of quality sleep each night supports our immune system, improves mood, and enhances overall well-being. Establishing a consistent sleep routine, even amidst festivities, promotes better rest.

Stress can accompany the joy of the season, but managing it is crucial for our health. Take time for self-care activities, such as deep breathing or meditation, to relax and recharge. Setting realistic expectations and focusing on meaningful moments can help reduce unnecessary stress.

Connection and gratitude are at the heart of Christmas. Strengthening social bonds, whether in person or virtually, contributes positively to our mental health. Taking a moment to reflect on the positive aspects of our lives and practicing gratitude enhances our overall sense of well-being.

Let this Christmas be a celebration not only of joy but also of health. By making mindful choices, staying active, and fostering positive connections, we can ensure a festive season filled with happiness and well-being for ourselves and our loved ones.