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HEALTHLINE

Paramount's Monthly Magazine



“Remember to turn:

SADNESS *into* JOY

HARD TIMES *into* GOOD TIMES

STRUGGLES *into* ACCOMPLISHMENTS

Obstacles into opportunity.” – *Hopal Green*

Wishing everyone a bright and joyful 2021!

Welcoming 2021

The year 2020 was incredulous, challenging, and most definitely historic! And if there's anything that we have learnt from the past year it is to persevere in the toughest of times. While we do that, let us also remember to be kind to one another and ourselves. As we check in with our friends and family, remember to also check with yourself and understand that wellness is not simply contained to physical health but also mental and emotional health.



We at Paramount wish you take care of yourself, family and friends and have a wonderful year ahead filled with joy and adventure.

Keep a check on your emotional health:

Identify triggers and internal cues

Journal your thoughts

Meditate

Be honest with yourself

Practice gratitude

Make a ritual of this check-in routine

Create reminders for it, if you have to

Enlist an accountability buddy



What are some questions you can ask yourself:

Physical and Emotional Needs:



How am I feeling today?

What do I need at this moment?

What is my body needing?

What are my emotional needs right now?

What's taking up most of my headspace right now?

Do I feel physically and emotionally safe?

How do I feel about myself right now?

How can I be gentle with myself?

These are just some of the tips that you can start with while trying to take care of your emotional and mental health needs. With the coming year, it is important we learn to navigate through the unknown and unprecedented by not over-stressing and including healthier coping mechanisms.

What role does diet and nutrition play in building your immunity?

It is a known fact that a well functioning immune system is critical for survival. So, it is not surprising that tons of research is done to understand this aspect of our bodies and how to improve it further to live a long and healthy life. There are specific studies to understand the role of macronutrients, micronutrients and gut microbiome in mediating immunological effects.

Before we move forward, what do we understand by immunity?

It is the body's defence system that can help fight against any harmful micro-organisms from entering the body.

Boost immunity with diet

So in order to keep this immune system up and running healthily, we need a balanced and harmonious lifestyle which involves good sleep, exercise, food and nutrition!



Here are some tips

Intake of beta-carotenes, which are a type of antioxidant vitamins, is extremely important for a healthy body. Vegetables and fruits like apricots, asparagus, beets, broccoli, cantaloupe, carrots, corn, green peppers, kale, mangoes, turnip and collard greens, nectarines, peaches, pink grapefruit, pumpkin, squash, spinach, sweet potato, tangerines, tomatoes, and watermelon are a great source of beta-carotenes and other carotenoids.

Vitamin E is another kind of antioxidant vitamin that is essential in building a healthy immune system against illnesses. You can consume fortified cereals, nuts and oils, peanut butter, turnip greens, tomato sauce and paste, wheat germ, avocado, spinach, dandelion greens, sardines and broccoli.

Consuming vitamin C is another essential part of boosting your immunity, so eating foods like berries, broccoli, Brussels sprouts, cantaloupe, cauliflower, grapefruit, honeydew, kale, kiwi, mangoes, nectarines, orange, papaya, red, green or yellow peppers, snow peas, sweet potato, strawberries, and tomatoes will be beneficial.

Prunes, apples, raisins, all berries, plums, red grapes, alfalfa sprouts, onions, eggplant and beans are also recommended.

Take a nutritionist's help

Consider getting a nutritionist to understand your body's specific needs and requirements and build on a diet that can be sustained for a longer period of time. Following crash diets is one of the major mistakes of trying to achieve a healthy lifestyle as they do not work in long-term development of the body.

If you have any ailments already then taking a nutritionist's help would go a long way in keeping and maybe even recovering you back to health.



Dr. Hoshiyaar busting some myths for everyone.

Myth: Eggs are bad for your heart.

Fact: *If you are healthy, eating an egg or two a day does not risk your heart health. The yolks do have cholesterol but it isn't as harmful to a healthy body as when constantly eating unhealthy fats all the time. It has enough nutrients and your body will only thank you for it!*



Myth: Antiperspirant causes breast cancer

Fact: *The National Cancer Institute says that there is no evidence to suggest this. Sure, whatever you put on your body gets absorbed by your skin but this claim has found no real study behind it.*



Myth: Being cold gives you a cold

Fact: *Spending too much time in the cold air does not make you sick. In fact, there are studies showing healthy men who spend hours in just above freezing temperatures had an increase in healthy virus-fighting activity in their bodies.*



Myth: Eat breakfast to lose weight

Fact: *Cornell University study found that the non-breakfast crowd didn't overeat at lunch and dinner, and they ate about 400 fewer calories a day. Skipping breakfast may be helpful to some people to shed some pounds because it can stave off hunger during the day.*



Myth: Green mucus means infection

Fact: *According to research green or yellow mucus is more common in certain bacterial infections. It is understood that a sinus infection causes clear mucus and a common cold can turn it green.*



Myth: Cracking joints causes arthritis

Fact: *Studies show there is no relation between cracking joints and developing arthritis. The only reason the cracking makes a sound is because of the gas bubbles form between the bones and they "pop".*



Myth: Drink 8 glasses of water a day

Fact: *According to research drinking water when feeling thirsty is just as effective a method to stay hydrated. Consuming water rich foods like soup, fruits, juice, tea is also a good way to keep hydrated.*





Set a goal and say it out loud - *Research suggests that when we say our goals out loud, we hold ourselves more accountable to pursue them and are likely to be more successful.*

Map out a routine - *Follow through with a properly planned scheduled to reach that goal. We all tend to slack a little bit when it comes to some resolutions, but sticking to a routine is the least one can do to get one step closer to their destination.*



Surround yourself with winners - *Surrounding yourself with those who are serious about their goals and take measures to achieve it will automatically inspire you to do better. Choose the right company to meet your 2021 goals!*

Make it work - *Chart out ways to make sure you stay on top of things to reach your desired goal. We all have our ways to push ourselves, so find what motivates you and keep grinding. If making short term goals is the way to get you to your final destination, then do that!*



Accountability partner - *Works with most people! We need our personal cheerleader and someone to check in with us, so find your accountability buddy. They will ensure you aren't slacking on the days you're supposed to be working, and not taking too many "cheat days".*



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