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HEALTHLINE

Paramount's Monthly Magazine

*“Nurturing
yourself is not
selfish – it’s
essential to
your survival
and your
well-being!”*

Renee Peterson Trudeau

Obesity: A health crisis

Better your sleep

Nutrition and obesity

Weight loss exercising myths



OBESEITY

A HEALTH CRISIS

According to a report published by NDTV, obesity is a health crisis that is increasingly becoming a menace in Indian population. The survey was done by National Family Health Survey and found that there has been an increase in obesity amongst children under the age of five years. The report also suggests that this jump took place in the early pandemic years of COVID-19, just in the first few months. According to the Journal of Indian Medicine, there are about 135 million obese people in the country.

Complications of obesity:



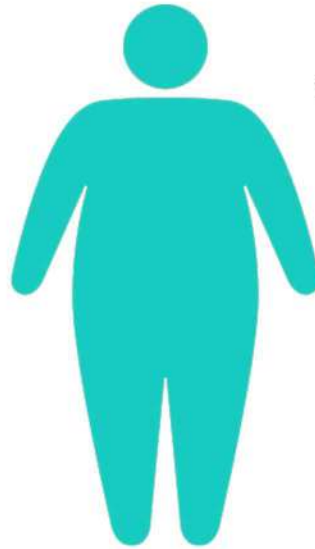
Developing chronic conditions and raises unprecedented challenges



Hypertension (High blood pressure)



Diabetes



Cardiovascular disease



Types of cancer



Arthritis

Other than posing a threat of chronic illnesses, Obesity also takes a toll on one's mental health. With the excess weight gain, one faces body image issues and is likely to develop low self-esteem. They also face problems like discrimination forcing them into a state of emotional imbalance.

Some treatment options for obesity:



Special diets like calorie restrictive, intermittent fasting



Weight management programs focusing on fat loss and bariatric surgery if suggested by the doctor



Lifestyle changes involving nutritional diets specific to one's needs, exercising a good amount daily to get some physical activity in and also a healthy sleeping pattern that keeps the body well rested.



With World Obesity Day just around the corner, it is important to understand the health concerns, especially in India, to be able to take relevant steps to address the problem.

Better Your Sleep



- 1 Engage your body in work throughout the day so that it feels tired by night. An idle day is the biggest enemy of deep sleep.
- 2 Take a hot foot bath before sleeping. And if available, take a shower with slightly warm water. This really prepares the body for deep sleep.
- 3 Make sure that the room you sleep in is pitch dark. No bulbs or artificial light.
- 4 Make sure there are no gadgets near you. Gadgets emit EMF waves which penetrate our bodies and cause cancer. Turn your phone to airplane mode at night and keep all your gadgets - WiFi routers, laptops, iPods, microwaves etc far far away!
- 5 Caffeine can significantly worsen sleep cycle and quality, so make sure you stay away from it. Or if you do need caffeine, consume it early in the day so that it does not interfere with your REM sleep cycle.
- 6 Reduce long daytime naps. A quick power nap is still okay to feel energised, but a long nap could disrupt your good night's sleep.
- 7 Since the body's circadian rhythm is set on fixed loop, it is advised to sleep and wake up at the same time every day. This prepares your body to automatically relax and let you fall asleep when it's time.
- 8 Melatonin supplements are now being consumed by many. However, always consult a doctor to ensure if you can take them to better your sleep. Melatonin is the natural substance occurring in our body that makes us feel sleepy. If there is not enough melatonin production, the body tends to not fall asleep easily.
- 9 Some non-caffeinated herbal teas could also help you relax. Chamomile tea is a popular choice amongst many to help them relieve stress and sleep better.

10 If you have been experiencing trouble sleeping for a long time, it is important to rule out any sleeping disorder. Visit your doctor and get a proper diagnosis so an appropriate treatment can start.



Nutrition & OBESITY

Here are some nutrition tips to help aid the weight loss process and reenergise your body without going through fad diets.

- Juice fast** - Doing a juice fast every once in a while is a great way of resetting the body and allowing the digestive system to take a break so it can function properly. Some people do a 3 day juice fast but not everyone has to start with 3 days. Several people do a juice fast every couple of weeks to ensure their body gets appropriate rest and removes the toxins that we put into it.



Here's why it is helpful: When we are eating, up to 80% of our energy is consumed in digestion. During a fast, the body no longer needs to digest, so all this saved energy is diverted into detoxification and healing. Once detoxified, the body becomes lighter, more flexible, the mind becomes clearer and more creative. Greater intuitive powers develop and deep spiritual insights may be experienced. Fasting is Nature's most Supreme Medicine.

Benefits of a juice fast:



Deep detox for the whole body



Removes any excess weight



Clear, glowing skin



Greater flexibility



Tons of more energy



Abundant mental clarity



Peace of mind



Greater spiritual advancement

- Getting cravings is very natural but making sure that our cravings are satisfied with quality healthy food is important! Rather than buying processed and junk food, here are some snack ideas that help curb the cravings and also add nutrition to your body.



Coconut slices



Soaked seeds and nuts



Nut and date ladoos



Dates



Fresh fruit

Juice recipes:

1. ABC - Apple-Beetroot-Carrot

- 1 apple
- 2 medium beetroots
- 6-8 carrots
- Small piece of ginger

- Cut these fruits into small pieces and add everything to your juicer or mixer.

- You may even add a handful of mint leaves to add some fresh fragrance to the juice.

- If you are using a mixer, use a muslin cloth to drain the juice into a glass.

- Serve this as is without any added, salt, sugar or lemon. Consume its natural flavour!

Note: If you are diabetic, avoid this juice.



*This next recipe is good for everyone, even those with diabetes.

2. Green juice

- 2 medium sized cucumbers
- Handful of spinach leaves
- 1/4th cup mint leaves
- 2 medium sized apples or pears
- Small piece of ginger

- Roughly cut all these ingredients into small pieces.

- Add this to your juicer or mixer.

- If you are using a mixer, use a muslin cloth to drain the juice into a glass.

- Juice this mixture properly and serve fresh.

You may add some lemon to it, but not too much.



Note: Follow a 80-20 principle while juicing, if you are looking to either lose weight or maintain your weight. 80% of vegetables and only 20% of fruits.



Weight loss exercising myths



Myth #1:

Crunches are the best way to target your core.

The truth:

You need more than just crunches to strengthen your core. In order to have a strong core, you have to also target your obliques, transverse abdominis, and the muscles of your pelvis, hips, and lower back.

Myth #3:

To see faster progress, train every day.



The truth:

You need rest days. It can take anywhere from 24 to 72 hours for your body to repair from a workout — and that's when "progress" actually happens.



Myth #2:

You can spot reduce an area of your body.

The truth:

You can't lose fat in just one area. We lose body fat in different areas at different speeds, and no matter how much we try, we can't control which areas the body fat will come off first. Focus on movements like squats, lunges, and push-ups, which use larger and smaller muscles in the body.

Myth #4:

Long workouts are required for results.

The truth:

Short workouts are effective, too. In other words, you don't have to spend an hour working out every single time you exercise. If you only have 30 minutes, don't let that discourage you from working out.

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