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HEALTHLINE

Paramount's Monthly Magazine



We are what we **repeatedly** do. Excellence, then,
is not an act, **but a habit.**

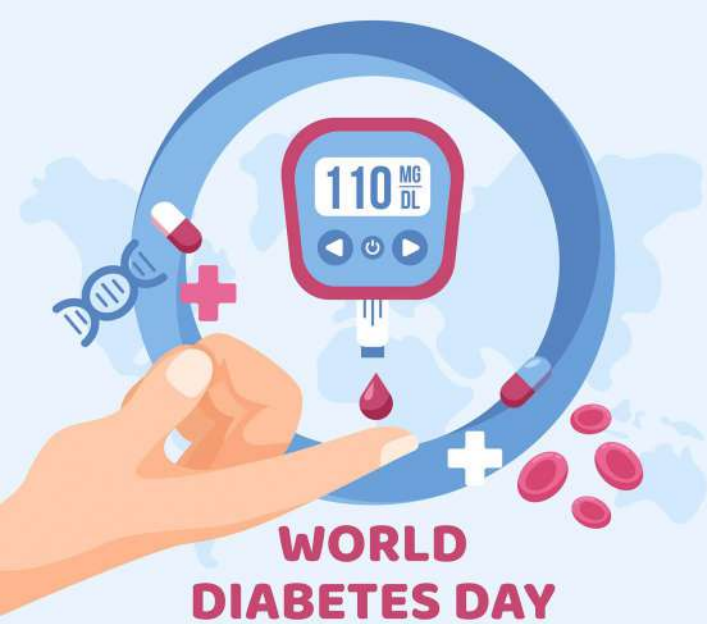
Will Durant

World Diabetes
Day

Foods to avoid
for diabetics

Tips to boost
your memory

Test your foot
function



According to last year's report, India accounts for close to 17% of the diabetics in the world. There are currently close to 80 million people with diabetes in India and this number is expected to increase to 135 million by 2045. While diabetes in itself comes with its own set of management, the disease can cause other worrisome complications like blindness, kidney failure, cardiovascular diseases and peripheral vascular diseases. Around 50% percent of deaths due to cardiovascular disease is due to diabetes, as was reported by India CSR last year.

Like many cultures across the world, daily life in India is changing. A Western diet is becoming more popular, which means more refined carbohydrates, processed foods, and trans fats. As the urbanization of cities continues, more people are leading less active and sedentary lives.

Here are some facts you need to know about diabetes.



Myth: I will likely develop diabetes because I am overweight.

Fact: It is true that excess weight increases your chance of having diabetes. However, many people who are overweight or obese never develop diabetes. And people who are normal weight or only a little overweight do develop diabetes. Your best bet is to take steps to lower your risk by using nutritional changes and physical activity to lose excess weight.

Myth: I eat a lot of sugar, so I am worried I'll get diabetes.

Fact: Eating sugar does not cause diabetes. But you should still cut back on sweets and sugary beverages.



It's not surprising that people get confused about whether sugar causes diabetes. This confusion may come from the fact that when you eat food, it is converted into a sugar called glucose. Glucose, also called blood sugar, is a source of energy for the body. Insulin moves glucose from the blood into the cells so it can be used for energy. With diabetes, the body does not make enough insulin, or the body does not use insulin well. As a result the extra sugar stays in the blood, so the blood glucose (blood sugar) level increases.

For people who do not have diabetes, the main problem with eating a lot of sugar and drinking sugar-sweetened beverages is that it can make you overweight. And being overweight does increase your risk for diabetes.

Foods to avoid for diabetics

YOGURT



Usually a healthy option, yogurt is probably not the best recommended food for diabetics. Flavored yogurt in the market comes with preservatives and sugar which triggers the insulin levels quickly. Dairy in general is not advised for diabetics, however, if the yogurt is homemade without any flavoring or artificial preservatives, it can be consumed in small quantities.

CEREALS



One of the most consumed items in the morning for breakfast, cereal is not the best option for those looking to keep their glucose in check. Most of the cereals have added sugar, artificial preservatives that are harmful. Also, since cereals are to be consumed with milk, another food which is not recommended to diabetics, this makes for an unhealthy combination.

GRANOLA BARS



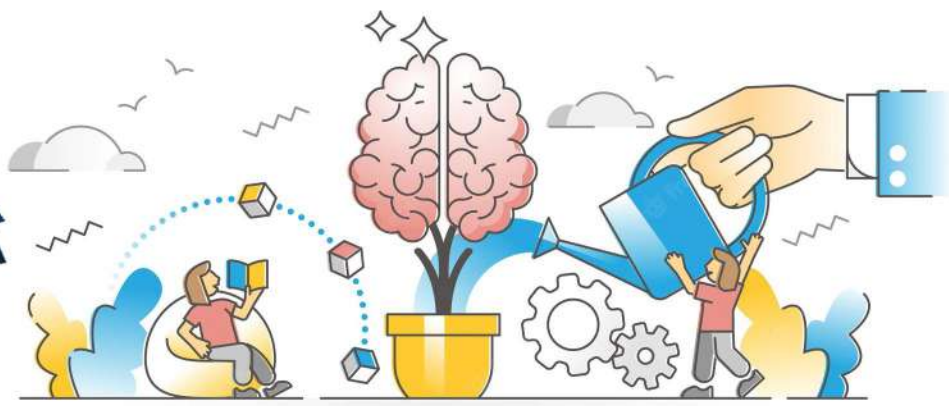
While these are sold as healthy snacks, some of these bars contain a lot of sugar and carbs. They also contain dry fruits like raisins which have a lot of fructose content. Not to mention, the calories in one granola bar may not suit your daily requirements. Some bars also include jams, honey and even chocolate to give it a sweet, tasty flavor.

BOTTLED SMOOTHIES



A smoothie made freshly at home is your best bet! Bottled beverages outside mostly contain a ton of preservatives or even sugar to give it the yummy, addictive taste. A homemade smoothie with ingredients that do not spike sugar levels can be included in the diet. Fruits like peaches, apricots, apples, oranges, kiwi can be included in the smoothie.

Also make sure that the amount of food and calories is regulated in the meal plan. It is easy for those with diabetes to develop other medical complications due to their unhealthy lifestyle and food choices. Speak to a nutritionist and understand the best options for a sustainable food plan.



We all know that yoga is an essential tool for keeping fit. But did you also know that this ancient practice also helps in boosting your memory? Here are 3 yogic tips that will help you get a sharper memory.

1

Raise the fire element:

This means that you need to increase the heart rate. This can be done by putting the body through a mild stress early in the morning, which allows for the fire element to get activated in the body. This element is responsible for keeping your memory and intellect sharp and focused. Make sure to activate the fire element every day for at least 20 to 30 mins.



2

Eat soaked almonds:

Sounds like such simple advice but this is extremely helpful! Almonds are those superfoods which help to boost neurotransmitters in the brain. So it isn't just a trick when your mom asks you to eat your almonds, there's detailed science to back it up. Almonds have high amounts of vitamin E and magnesium, which are rich nutrients that help to invigorate the nerves, keeping them connected in a healthy manner. Also, if you are someone who peels the skin of the almonds, re-consider and start to eat the peels as well since they have an abundance of nutrients.



3

Practice inversions:

What does this mean? Just as the name mentions, practice asanas which allow your body to be upside down. These inversion asanas allow for the blood to flow towards the brain and help to oxygenate the nerves, which in turn boosts brain function. Breathing during the inversion asanas allows for better flow of oxygen in the brain; try this 2-3 times during the day. Just simple, comfortable asanas, only for 20 breaths each.



Test your foot function



1. Big toe taps -

Keep small toes firm on the ground and try to only move the big toe. Do this a couple of times to check mobility of the big toe. Basically, just tap on to the floor with the big toe.

2. Small toe taps -

Repeat the same exercise as above but with small toes instead.

3. Toe Spreads -

Keep your heel on the ground and spread your toes like you would your hands - like jazz hands!

4. Foot curl -

Scrunch the front of your foot with all the toes curling inwards. Repeat this exercise.

5. Toe curl -

Now repeat the above exercise but only with toes and not the whole foot.

Our feet have several tendons which need mobility constantly. These tendons are connected to the lower leg so if we do not move these tendons, the tissues get stiff which leads to knee, hip and back problems.

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