

"There is no better time than NOW, to start living healthy."

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Read the Editor's mind

Hello Folks,

Wellness and Illness are a reflection of our thoughts and feelings. Illness begins with 'I', what 'I' as an 'Individual' think and do for my body, mind and soul. When 'I' don't do what's necessary, Illness is bound to invade my body, mind and soul. 'I' as an individual can attract the best of health if only, 'I' respect my body and do what is necessary to be on the path of Wellness.

'I' as an individual may be motivated enough to begin on my journey to wellness, but I may not necessarily know the right way. Finding and staying on the way to Wellness – "Well-being" is not a journey of 'I' but it becomes a joint effort - 'WE'. 'WE' consists of all the experts, medical professionals, trainers, guides and all those who contribute on this journey in any way. Therefore, Wellness begins with 'WE'.

'WE' as Paramount Health Group also focus on wellness management, dedicated to assist 'Individuals' in leading a healthier life and boosting holistic wellness through our wide array of wellness services.

Hence, we urge you to replace 'I' with 'WE' and drive your vehicle of life on the road to 'Wellness'.



Did you know?

7 interesting facts on Sneezing:

- Sneezing is an involuntary process in which instructions travel along the nerves from the brain to the face, to expel foreign bodies.
- It acts as an immune response and protects your body from viruses and bacteria which needs to be expelled from the nasal cavity.
- Sneezes have a velocity of 100 miles per hour and a single sneeze expels around 100,000 germs in air.
- The reason why you close your eyes while sneezing is because the nerve impulse travels all over your facial muscles allowing you to expel the irritant and involuntarily close your eyes.
- When you sleep, so do your "sneezing nerves" which means you usually don't sneeze when you doze.
- If a person tries to stuff that sneeze back in, in rare cases, it can lead to injuries, including broken blood vessels in the eyes, weakened blood vessels in the brain, ruptured ear drums or problems with the diaphragm.
- It's not true that the heart stops when you sneeze. When the chest contracts because of a sneeze, the blood flow is momentarily constricted as well. As a result, the rhythm of the heart may change, but it definitely doesn't stop.

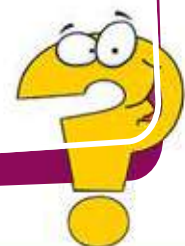


Since ancient times, "God bless you" was uttered as a kind of protection or good luck charm after a person sneezed - what are the different beliefs behind this ?

Some believed you ran the risk of sneezing out your soul whenever a sneezing attack happened!

Some said they thought that the heart stopped beating when a person sneezed!

Some feared that a sneeze somehow opened the body to evil spirits!



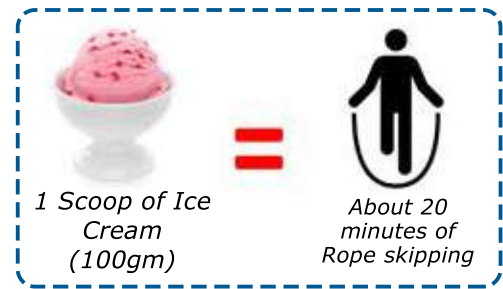
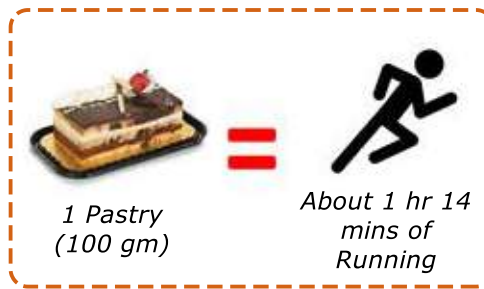
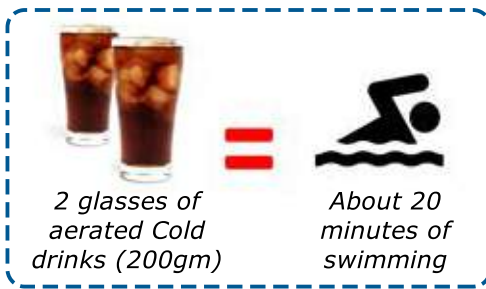
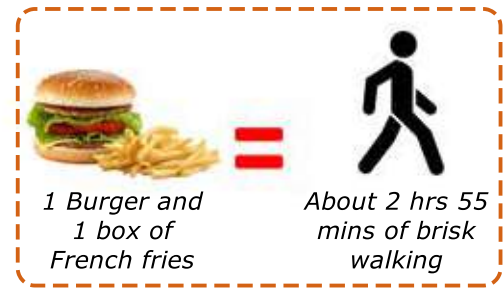
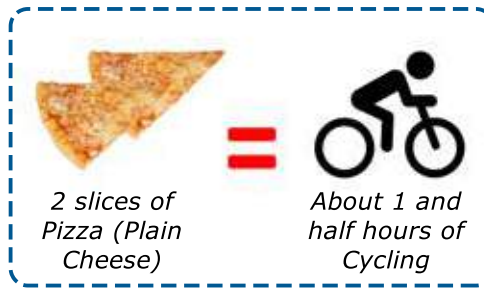
We all indulge in junk food and then shrug it off with a casual attitude saying statements like these:



And on and on...

Without realizing that either our lack of exercise or inadequate exercise does not help us in any way to stay our ideal weight or size.

It is very easy to intake huge amount of calories but losing them is a real task. It is not as easy as we think it is. Below is a list of few popular but not-so-healthy foods and how much an individual has to exercise to burn those calories.



So, either Think before you Eat or Act rigorously after you Eat!

News YOU can USE

Another handy App - the GST Rate Finder!

The Govt. recently launched an App - the GST Rate finder. This App will act as a ready reckoner for all the tax rates that are to be levied under the GST (Goods and Services Tax) regime. The app has been developed by the Central Board of Excise and Custom (CBEC). The App is currently available on the Android platform, but will soon be made available for Apple's iOS users as well, the Finance Ministry said.

"First App of its kind which would be a ready reckoner for public, for customers, for consumers, traders, students, anyone who wishes to have very handily (GST) rates available," CBEC chairperson Vanaja Sarna said.

Source- Times of India, dated July 8th 2017

What is immunization?

Immunization or vaccination is a process through which the individual is made resistant from infectious disease. The practice involves introduction of killed bacteria in the body to trigger and elevate the immune response against the infection.



Dr. Hoshiyaar

What is the role of antibodies in immunization?

Antibodies are specific surface proteins attached to WBC. These WBC proteins identify the bacterial proteins and bind to them like a tag which allows other immune cells to identify and kill the infection causing cells.

How does vaccine/immunization help in boosting immunity?

Immunization triggers the immune mechanism by activating white blood cells (WBC). These cells act as killer cells for foreign molecules and trap them with their surface proteins called antibodies. This type of attack by WBCs against the foreign body activates additional number of WBCs which are later stored as memory cells in the bone marrow. Therefore, when the bacteria or virus is traced again in the body, it is eliminated with intense immune attack or secondary immune response.

Under the 'Universal Immunization Program' (UIP), Government of India provides vaccination to prevent several vaccine preventable diseases. For more details about this program, click on https://www.nhp.gov.in/universal-immunization-programme-uip_pg Do read and pass on the information!

Which one is better - natural immunity or acquired immunity?

Natural immunity acts as a first line of defense and eliminates the entrance of bacteria from skin and other openings with the help of mucus lining. However, in case of certain diseases like measles, acquired immunity overweighs the risk caused due to natural infection, as the body is prepared to fight against the active bacteria and eliminates the risks of intense infection.

Important immunizations for child and adult

Disease	Vaccination		Disease	Vaccination	
	Children	Adult		Children	Adult
Chickenpox	Varicella vaccine	VAR	Measles, Mumps, Rubella	MMR	MMR
Diphtheria, tetanus, and whooping cough	Tdap	Td and Tdap	Meningococcal	MenACWY [MCV4], MenB	MenACWY/MPSV4
Hepatitis A	HepA	HepA	Pneumococcal	Pevnar [conjugate vaccine, PCV], Pneumovax [polysaccharide vaccine, PPSV]	PCV13, PPSV23
Hepatitis B	HepB	HepB	Polio	IPV	
Influenza Haemophilus influenzae type b	Vaccine Hib		Rotavirus	RV	
Swine Flu/H1N1 Type A Influenza	H1N1 vaccine	H1N1 Vaccine	Typhoid	Typhoid vaccine	Typhoid vaccine
			Herpes (Zoster) (Human Papilloma)		HZV, HPV, HPV female, HPV male



Mr. Fit

MYTH BUSTERS – by Mr. Fit

Myth: Static (holding) stretches have to be done prior to exercise

Before I explain why we should not do all stretching activities prior to work out, let me explain the two types of stretches - **static stretches and dynamic stretches.**

Stretches that are held for a certain continuous period of time are called **static stretches** and stretches which aren't held but have more added movements are called **dynamic stretches.** For example: bending forward and touching toes and holding it for few seconds is a **static stretch** on the Hamstring muscle. However, **kicking in front for a certain number of times** is dynamic stretch for the same muscle.

Hamstring muscles



Dynamic Stretch



Static Stretch

We always hear trainers stress about the need to do full body stretch prior to work out. However, according to Science, one needs to do full body warm-up before starting exercise and stretching is **NOT** part of warm-up but is a post work-out activity.

People mostly do static stretches before exercise, which is completely wrong because static stretches relax the muscle instead of preparing the body for exercise. Hence, there are more chances of injury during exercise if your muscles are relaxed.

It is recommended to do proper warm-up like walking, running and dynamic stretches (instead of doing static stretches), as a warm-up and then start the exercise. Further, static stretches can be done post exercise when the muscles should be allowed to relax.

Hence, it is important to understand the effects of different types of stretches before jumping to the conclusion that all stretches must be done **before** exercise.

Chest Muscles



Dynamic Stretch



Static Stretch

*Contributed by our in-house Fitness Expert

Take a Chill Pill



You are busy all the time with your writing, you have even stopped going for walks and the gym, nor do you take your food on time. What is your article about?



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