

"It's not a short term diet. It's a long term lifestyle change."

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Read the Editor's mind

Hello Readers,

With immense pleasure, we wish to share another proud moment with you all. **Paramount Health Services and Insurance TPA Private Limited** was bestowed with an award for "**The Best TPA of the year for Customer Experience & Engagement**" by **The Associated Chambers of Commerce of India (ASSOCHAM)**. The award was presented at a Conclave on "The Changing Dynamics of Insurance Industry", held at Kolkata on Saturday, 17th June 2017.

It was indeed an honour to receive a prestigious trophy from Mr. Vikas Gupta, Member of Parliament, in the presence of an august gathering from the Insurance Industry.

Here are few glimpses of the award ceremony:



We continuously endeavour to direct all our efforts to enhance the quality of our customer experience and engagement.

Did you know?

Did you know your brain secretes chemicals that make you feel happy?

Hormones belong to a class of chemicals released by the pituitary gland in the brain and are responsible for controlling all your emotions. The feelings that you experience at any given time are nothing but chemical changes that occur within the body.

The brain releases the following four main 'feel good' chemicals:

Dopamine: It is a pleasure hormone that gives you the sense of contentment & happiness. It motivates you to work hard so that you can achieve the satisfaction of reaching a goal.

Ways to boost the secretion:

- Setting monthly realistic goals since they give you something to strive towards
- Listening to music
- Consuming diet rich in protein

Oxytocin: It is also known as 'bonding' chemical and is linked to intimacy and bonding. It also increases the feeling of love and trust.

Ways to boost the secretion:

- Spending time with loved ones like your partner, your kids or your pet
- Physical relaxation of muscles through massage
- Showing physical affection through touch
- Protein-rich food

Serotonin: It helps in maintaining mood balance, and a deficit of serotonin may lead to depression. It is involved in the regulation of stress, pain, and mood.

Ways to boost the secretion:

- Exercising
- Consuming food rich in carbohydrates
- Spending time in the sun
- Alterations in negative thought process through therapy

Endorphins: It is a natural pain killer and is known to reduce pain and anxiety. It interacts with the opiate receptors in the brain to reduce our perception of pain.

Ways to boost the secretion:

- Exercising
- Eating dark chocolate
- Massage therapy
- Sexual Intercourse
- Meditation
- Laughter

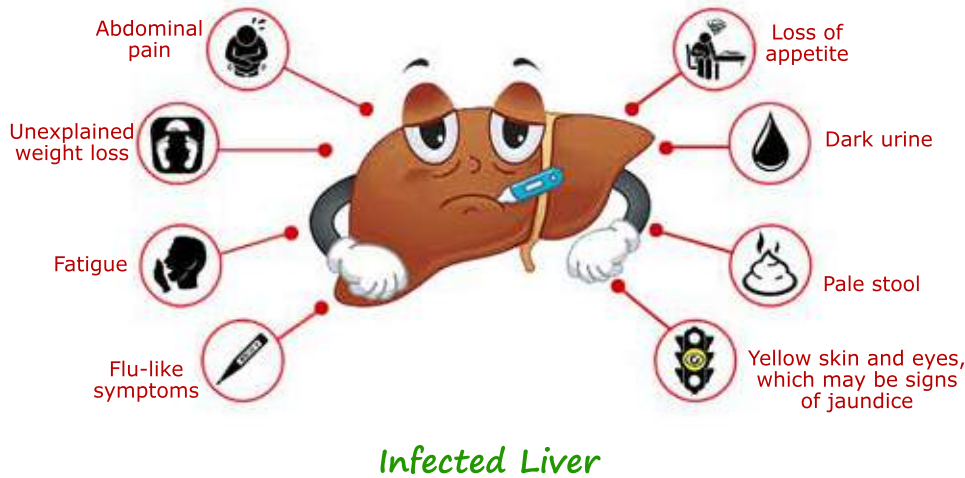
So, have you had your **DOSE** of Happiness today?



Hepatitis leads to inflammation of the Liver. This condition can be self-limiting or can progress to fibrosis (scarring), cirrhosis or liver cancer.



Signs and symptoms of acute hepatitis appear quickly and include:



Non-viral types of Hepatitis:

Alcohol : Excess alcohol consumption causes liver damage; which may trigger Hepatitis. The alcohol causes the liver to swell and become inflamed. Other toxic causes include overuse of medication or exposure to poisons.

Autoimmune Disease : The immune system may mistake the liver as a harmful object and begin to attack it, hindering liver function.



There are 5 main Hepatitis viruses:

Type	Mode of transmission	Vaccination	Prevention
A	<ul style="list-style-type: none"> Consumption of contaminated water or food Sexual transmission through infected person 	Available	Adequate vaccination, adopt hygienic habits, have access to clean water and proper handling of sewage
B	<ul style="list-style-type: none"> Exposure to infected blood, semen, and other body fluids Transfusions of Hepatitis B-contaminated blood and blood products Infected mothers to infants at the time of birth 	Available	Screening blood prior to transfusion, abstaining from the use of intravenous drugs, demand safe needles in healthcare settings, and indulge in safe sex practices
C	<ul style="list-style-type: none"> Exposure to infected blood Transfusions of Hepatitis B-contaminated blood and blood products 	Not Available	Same as Hepatitis B
D	<ul style="list-style-type: none"> Occurs only in those who are infected with Hepatitis B 	Hepatitis B vaccines provide protection from D infection	Prevention efforts should focus on limiting the spread of Hepatitis B. Preventive strategies are the same as Hepatitis B
E	<ul style="list-style-type: none"> Consumption of contaminated water or food 	Not widely available	Adopt hygienic habits, have access to clean water and proper handling of sewage

News YOU can USE

GST, Medicines & You

Essential drugs to be sold at non-GST price till August

- Patients can continue to buy essential medicines at pre-GST MRP and not at the increased prices, till new batches arrive at pharmacies and stockists, and reach retail shelves.
- With the implementation of GST, the tax liability of companies will increase, which will lead to a marginal 2.29% spike in prices of NLEM (National List of Essential Medicines) drugs, as calculated by the drug price regulator, National Pharmaceutical Pricing Authority (NPPA).
- Prices of approximately 78% of all actively-used and traded drugs in the country are going to remain unaffected post-GST, the NPPA said.

(source : ET Healthworld)

Mr. Fit



Our Fitness Instructor answers some frequently asked monsoon-related Fitness queries

1. During rainy season sometimes I am unable to visit the gym. Is there any way I can work out at my place, to compensate for my missed gym sessions?

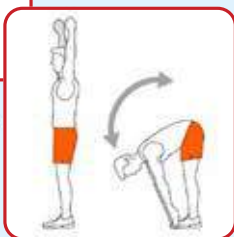
This is a very common question and many people end up missing work-out due to the rains. What starts as a minor discontinuity eventually widens into a huge gap. Here are some exercises which you can do at home whenever you miss your regular work-out at the gym.

Warm-up Exercises



◀ Spot Jog for 2 Minutes

▶ Toe Touch and hyper extension - 15-20 repetitions



Exercises



◀ Squat/ Supported Squat - 15-20 repetitions

▶ Plank - hold 20 seconds to 1 minute



◀ Alternate kick - 25 times each leg

▶ Knee or Toe Push Ups - 15-20 repetitions



Repeat exercises in the given sequence (except warm up exercises) for 3-4 sets and stretch whole body.

2. What activities can I do apart from regular exercise during monsoon, to keep myself fit?

- Monsoon trekking is a great work-out for the whole body and it is a good cardio activity too.
- Engaging in outdoor sports like Football, Volleyball provides good exercise and is super fun as well!
- Swimming in an open pool is also an enjoyable activity during monsoon season.

3. Many of my friends say monsoon is a great time to work-out and that one gets a good result too. Is this true? How?

Yes, this is true. The reason is that during monsoon due to the pleasant climate you tend to work out with more intensity, exhaustion is less leading to more calorie loss as compared to in summer season. Also, due to the same reason, body recovers faster too, as compared to in the summer season.

4. I do not exercise regularly and during the monsoon, whatever activities I do are also affected. How can I compensate for this?

It is very common during monsoon that the level of activity of most people get reduced. During such times, I recommend you focus on your diet. Rainy season is the time you tend to indulge in fried snacks – control this. If you missed your work-out then be strict with your diet. Cut down your calorie intake by 15-30 % because your body's calorie requirement decreases when you don't work out. This way you can avoid putting on weight even if you are not involved in any activities or exercise. Also consume more of immunity boosting foods - Hot Homemade soups, Dry fruits, Dark green leafy vegetables, mushrooms, any type of meat, etc.

Our Fitness Instructor regularly visits various corporates to conduct Fitness sessions which include



Women Fitness programme



Fitness @ the Desk programme



Couples workout programme



Aerobics



Zumba



Circuit Yoga



Yoga



Functional Cardio



Fitness Drills



And many more!

*Contributed by our in-house Fitness Expert

MYTH BUSTERS – by Ms. Diet

Myth: All raw vegetables are more nutritious than cooked

This is not always true.

To start with, we need to understand that the amount of nutrients we get from vegetables differs from one vegetable to another, for many reasons – depending on its storage, the way it is cooked etc.

Vegetables are packed with number of nutrients which are beneficial, irrespective of the form in which they are consumed. However, vegetables like broccoli that are a rich source of water-soluble vitamins such as Vitamin C, tend to lose its nutritional value when boiled and cooked. This is because the nutrients get washed off with the water. In the case of cooking vegetables like tomatoes, they contain an antioxidant called Lycopene which, is released in excess only after being cooked. At the same time, the cooking process is known to slightly reduce the Vitamin C content, if tomatoes are boiled and cooked.

Though the nutrient levels differ depending on various factors, the bottom-line is that including vegetables in any form in our diet is nutritious and health promoting. Also eating raw vegetables all the time may not be so appealing to everyone. To conclude, the best way to eat vegetables is when you actually enjoy and eat it - whatever be its form! So don't think twice, just eat right!



Tip:

- Research shows that steaming, stir-frying and baking methods of cooking results in minimal nutrient loss.
- If you are boiling vegetables, use as little water as possible and consume the water left in the pan after cooking.
- To enjoy the benefits of getting maximum nutrients, consume a mix of raw and cooked vegetables.



Take a Chill Pill



Is there anything you'd like to discuss?

Well, I was thinking about getting a vasectomy.

That's a big decision. Have you talked it over with your family?

Yes, we took a vote.....and they are in favor of it 15 to 2.

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