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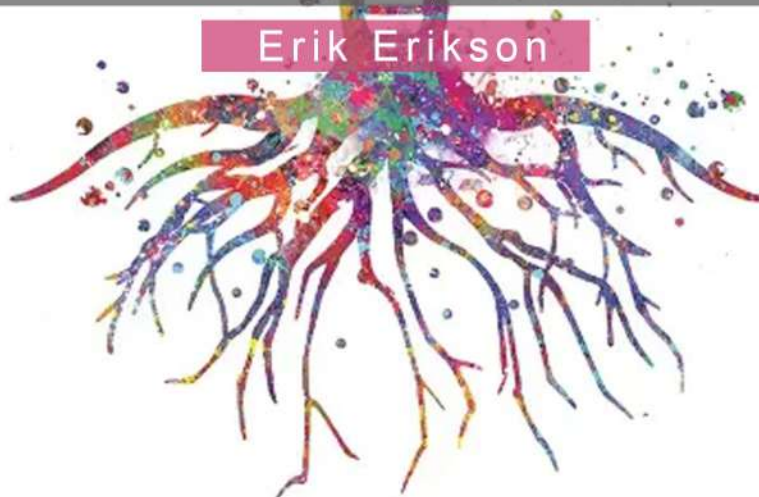
HEALTHLINE

Paramount's Monthly Magazine



Life doesn't make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all.

Erik Erikson



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tips**

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Stomach health tip

GERD or gastroesophageal reflux disease is a chronic acid reflux condition in which the stomach acid repeatedly flows back in the tube connecting the mouth and stomach. It is also important to be careful of food choices so here are some foods which keep GERD at bay.

Ginger:

Known for its medicinal properties, ginger is one of the best herbs to consider when trying to manage acid reflux. It is alkaline in nature and is also known for its anti-inflammatory properties which makes it a great choice of ingredient to add to vegetables, soups and tea. Ginger tea is a clever way of getting the benefits of the ingredient without chewing on it. You can simply sip on this hot brew slowly in the morning or evening.



Oatmeal:

High fiber foods are known to make you full, which means it prevents you from overeating usually. Oatmeal is one such high fiber food that can be incorporated in many ways in a meal plan. Making an oatmeal smoothie with some rolled oats, water, peanut butter and vanilla extract can be a filling breakfast option. Making a sweet oatmeal parfait is another option in which you can soak the oats with some curd or plant based milk, fruits like bananas, apples, pears can be added to this mixture along with some honey. These can be prepared a night before and eaten for breakfast the next morning. Other whole grains like couscous or brown rice are also a good option.



Cucumber:

It is advised to eat foods which have a higher content of water in them, like cucumber. It is known to have around 96% water and this is what helps to dilute the acid in the stomach which travels back to the esophagus causing irritation in the lining. Other water based foods to consider would be watermelons, lettuce, celery, broth based soups and also herbal teas (like ginger tea mentioned before).



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Treating **ACIDITY**

While acidity seems like a trivial issue, if you are experiencing acidity and gas issues regularly, you could be dealing with some complicated health issues like IBS, ulcers or even cancer.

Food combinations to avoid:

- **Drinking water while eating your food** - According to Ayurveda, there is a digestive fire which helps digest all the food that we are eating. However, when we drink water, this digestive fire goes out and it then slows down the process of digestion.

Note: Keep the spices and salt content in the food to a minimum, as adding too much of these ingredients can make you thirsty and you will be forced to drink more water after eating.



- **Grain heavy meals** - Chole-chawal, rajma-chawal, dal-chawal, dal-roti are all grain heavy combinations which may cause acidity issues because digesting them is more difficult than vegetables. While these are traditional meals that have been consumed for generations, it is also important to understand that these meals helped sustain a physically hectic lifestyle for our ancestors. They worked in the fields, walked or cycled to their work, had no help to keep their home neat and tidy so everything was done by them. It was important for them to eat meals which gave them the energy to do all the physical labour. Today, our lifestyle is stagnant. Work for a lot of people does not involve movement but involves sitting in one place.

Try switching some grains to vegetables. Add more of vegetables in your meal and keep a combination of vegetable and grain. Rice with sabzi, roti with sabzi - and keep the portion of vegetables more than the grain to make it easier to digest.

- **Eating fruits after grains** - Grains take longer to digest than fruits so if you end your meal with some fruits, it is possible that the fruit will simply start to ferment before the grain and create acidity or bloating. If you would like to eat something sweet, consciously choose to eat fruits first and then eat your meals.



Tips:

- Drink a glass of banana stem juice in the morning 2 hours before breakfast - simply cut the stem into small pieces, grind it in the mixer with some water and then filter out with muslin cloth.
- You can also drink ash gourd juice if you do not find banana stem.

Make sure that you do not eat anything for at least one hour after drinking these juices



"I mixed antacid tablets into the meatloaf so you won't get heart-burn."



Sugar facts



Some common label statements and what they mean:

- **Reduced or less sugar** - This means that there is less sugar in the product from their previous versions, however, there still is sugar. Always read the end of the pack to see how many grams of sugar is added.
- **No added sugar** - While this may be a good sign, read the ingredients list and check if they are using any other source of sweetness like artificial sweeteners, sugar alcohols or natural non-caloric sweeteners like stevia or monk fruit extract. Check if those ingredients are toxic.

Identify added sugar in your diet by checking labels of ingredients or food packages that you buy. Here's where you can definitely expect added sugars:



Regular soda



Energy drinks



Sports drinks



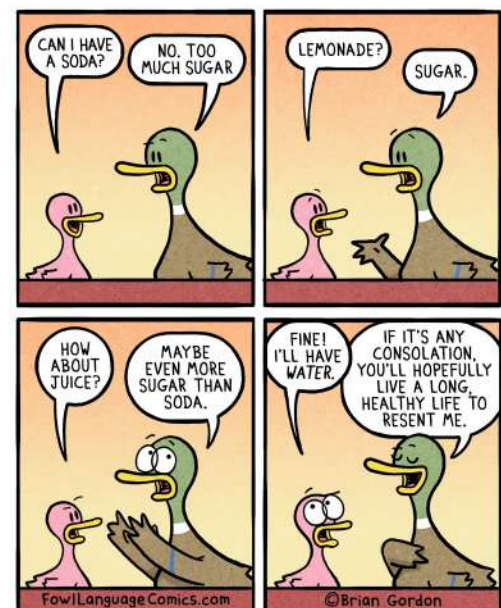
Sweet tea



Juice drinks, like fruit punch and juice cocktails



Sweetened coffee drinks



Substitutes for sugar : Another way to avoid added sugar is to switch it out for other sweeteners. Add whole or frozen fruit to cereal or oatmeal, tea, and yogurt. Also, try antioxidant-rich spices like ginger, cinnamon, and nutmeg.

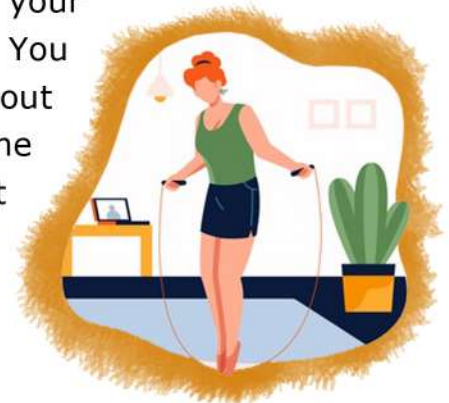
Workout routine



If your daily life is stressful, constantly keeping you on your toes, then it is likely that your cortisol levels are high in the body. This is a hormone produced by the endocrine glands which help regulate the body's response to stress. When you go for a high intensity and heavy workout routine right after you're stressed, these cortisol levels only increase.



When you are in such a state of mind, your body is not in a fat burning mode. In fact, it is in the fat storing mode. That is why a lot of people do not see much results after working out if they have a stressful life. It is important to first keep your body calm and work on creating a balance. You could either start the morning with a workout and then go to work or you can do some light restorative workout like yoga, light weight training, low intensity workouts which help your body burn fat and stay calm.



Tips to improve your workout:

More than motivation, discipline is the key to getting a good workout.

Focus on your protein intake.

Also focus on your recovery and do not stress your body out.

Compound exercises are great!

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