

# DOC N DOC

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## Incredible Indian Medical Tourism

India underwent an unprecedented boom in medical tourism in the past decade. It's a long road ahead. Rather than basking in the glory of the rapid achievements made, Indian medical providers are moving on swiftly to the next phase - an in depth scan.

# HEALTHY EATING MANTRA FOR TEENAGERS

*“Let thy food be thy medicines and thy medicine be thy food” advised Hippocrates more than 2,000 years ago... and certainly a sensible one at that, given that food is the source of all of the components that make up the human body.*



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Teenagers usually feel that they are surrounded with so many problems that they totally ignore their eating habits. Between peer pressure and the constant television commercials promoting junk food, getting teens to eat well might seem really futile. Encouraging healthy eating habits from a young age can make a huge impact on children’s lifelong relationship with food and give them the best opportunity to grow into healthy, confident adults. Some teenagers are not very physically active, often feel lethargic and get mood swings now and then. The right diet can also help fuel your body for the long haul and keep your energy levels from flagging throughout the day.

- Eating small meals and/or snacks throughout the day keeps your blood sugar steady. A low blood

sugar is one of the common causes of afternoon fatigue. Smaller meals can also help stave off feelings of hunger.

- Eat a wide variety of foods. Doing so helps protect you from over eating any one type of food that may have high levels of pollutants or pesticides.
- Eat plenty of fresh fruits and vegetables, whole grain, nuts and seeds. They’re rich in fiber and anti-oxidants that may help protect the body from carcinogens.
- A light snack at bedtime can promote sleep, but too much food can cause digestive discomfort that leads to wakefulness.
- When eating out, order small portions and share - We have become so used to bigger and bigger portions, both at home and when we eat out. If your fast food restaurant offers super-size or

value meals, reduce the temptation to clean your plate by setting aside one-third of your meal before you touch it.

- Don’t nap during the daytime; instead get between 7 to 9 hours of sleep each night.
- Don’t deprive yourself - have small portions of your favorite high-calorie foods once in a while so that you don’t get frustrated and end up binging.
- Eat more often to avoid a completely empty stomach, which can make you overeat at your next meal.
- Choose your carbohydrate carefully, despite what the popular media might have you believing, you don’t need to avoid all carbohydrates in order to lose weight.
- Avoid fasting, even when plenty of water is consumed, can be very dangerous; it may lead to lowered blood pressure and heart failure.

Also, weight loss gained by fasting is rarely sustained once eating is resumed.

- Cravings may be tough to overcome, but once you understand why you have them, you will have better control over them. Mostly, one craves for food when they are bored, angry or stressed out. This is where the 5 D's come in picture - distract, delay, decide, distance and determine.
- Exercise regularly to increase the production of endorphins – brain chemicals that lift one's mood. Do not exercise strenuously with 2 or 3 hours of bedtime, as this may impair your ability to fall asleep. Walk briskly for 30-40 minutes regularly as physical active.
- A low-fat diet that provides ample vegetables and fruits will be naturally rich in detoxifying compounds. But many other factors, such as heredity, lifestyle and exposure to environmental pollutants, affect your susceptibility to diseases and healthy lifestyle is the best protection.
- Establish a schedule to help regulate your body's inner clock. Go to bed and get up at about the same times everyday, and follow the same bedtime preparations each night to create a sleep rituals.

#### Nutrition needs of a woman in her twenties

In her twenties, a woman needs extra calcium to build bone, especially if she's physically active. She should also include soy, believed to protect against cancer and heart disease, in her diet. Studies show that the bone mass index peaks in early adulthood and then declines. This calls for the importance of calcium. Since the muscles are more active, there is a need for higher calorie and protein along with vitamins. Loss of blood through menstruation can make a woman anemic; more of iron, folic acids and the other vitamins that play a role in hemopoiesis are needed. Adequate fluid intake is necessary to balance the acid-base balance in the body

#### Nutrition in relation with beauty and skin

Too much importance is given to the superficial beauty whereas if the beauty of the inner body is taken care of, this in turn automatically improves the outer beauty showing youthfulness, skin glow and fairness in the complexion.

The influence of vitamins, minerals and other nutrients give skin a more radiant, healthy and youthful glow. The focus is not only on what can be applied on the skin to make it healthy, but also on what can be ingested to give the skin health, beauty and glow. A good nutritious diet will not only improve skin health, but also slow down its ageing process. Eating the right fats daily has many benefits to the skin. Fats keep the skin moist, from the inside. Fats are crucial for the absorption of the fat soluble vitamins A, D, E and K. The beneficial phytonutrients like carotene, lycopene and lutein need fat to be absorbed too.

#### Nutrients and their role in skin health:

- » Vitamin A which is found in whole milk, butter, yellow and dark green leaf vegetables maintains and repairs skin tissues
- » Vitamin C which is found in citrus fruits, brussels sprouts protects skin from sun and pollution by acting as an antioxidant
- » Vitamin K which is found in banana, kiwi fruit, egg and soy products reduces circles under the eyes
- » Without adequate essential fatty acids like omega 3 and omega 6 the skin produces an irritating form of sebum, or oil which can result in problems resulting in dry skin
- » Zinc present in lean meats and poultry helps to cure acne.

## Quick recipe for youngsters!!!

For a fresh complexion in summer

#### Ingredients

- » 2 big pineapple slices with the skin, cut into pieces
- » 1 medium sized cucumber with skin (unpeeled), cut into pieces
- » 1 medium sized green apple (unpeeled), cored and cut into pieces
- » ½ Cup Kulith Water

#### Procedure

##### Juicer

1. Juice all the ingredients.
2. Add some crushed ice in 2 glasses and pour the juice over it. Serve immediately.

##### Blender

1. Blend all the ingredients using little water (if required) till smooth.
- Add some crushed ice in 2 glasses and pour the juice over it. Serve immediately (because juice stored for long duration can lose their nutrients.)

#### Nutritive values per glass:

Energy: 79 kcal.  
Protein: 0.8 gm.  
Carbohydrate: 17.4 gm.  
Fat: 0.3 gm.  
Vitamin C: 39.5 mg  
Iron: 4.5 mg.

