

TSN Wires Co Ltd. Thailand, new entrant into Global Wires Business



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Ease your Acidity for NOW and FOREVER

Acidity is the gift of modern fast-paced life, of hurried meals and loads of stress. Acidity, a common ailment that we all suffer from time to time, that awful burning sensation in the heart or chest. Acidity is caused by excessive secretion of the normal acids in the stomach. But when the secretion is excessive, it causes a burning sensation just below or behind the chest and the stomach.



What causes Acidity?

'Hurry, worry and curry', in other words: eating in haste, stress and spicy foods are the primary causes of acidity. Besides these, given below are some of the other causes for acidity.

- Irregular Meals
- Over eating especially before going to bed
- Bad posture after meal
- Excessive alcohol consumption.

Symptoms of Acidity

- Burning sensation in the digestive tract
- Headache
- Sour burps
- Dizziness due to hypo-glycaemia (low blood sugar levels)

To avoid gaseousness, try the following:

- Eat small & frequent meals.
- Do not gulp food or eat very fast without chewing.
- Avoid lying down immediately after meals.
- Avoid very tight clothing; loosen your belt before & after eating food
- Sip the water throughout the day instead of drinking large volumes of water after long gaps.
- Drink water at room temperature rather than drinking chilled

water.



- Avoid tea, coffee and cigarettes after food.
- Consume 1 - 2 tsp of roasted sauf and jeera after lunch and dinner.
- Probiotics (curds, chaas, lassi, raita, shrikhand) often reduce gas and flatulence.
- Consume spices like cumin (jeera), ajwain, turmeric (haldi), asafetida (hing) to reduce intestinal gas.
- Avoid eating fried, fatty, junk foods and excessive chocolates.
- Avoid alcohol and spicy foods, since they worsen the acid reflux or acidity condition.
- If suffering from lactose intolerance avoid milk and milk



products.

- Maintain adequate body weight.



Lifestyle changes keep you happy -

- Eat dinner 2 - 3 hrs before going to bed.
- Sleep in right posture with correct elevation helps in acidity control.
- Inappropriate sleep and stress can lead to depression; anxiety can worsen the acidity so try to lead a stress-free life.
- Morning and evening walk are good for your health. Yogic exercises and meditation keeps your overall internal system (like digestive system, nervous system) and external system in good condition.

BEHAVIORS TO PROLONG EATING AND REDUCE THE AMOUNT OF FOOD EATEN

- Eat slowly and savor each mouthful.
- Put down the fork between bites.
- Delay eating for 2 to 3 min and converse with others.
- Postpone a desired snack for 10 min.
- Serve food on a smaller plate.
- Leave 1 or 2 bites of food on the plate.
- Divide portions in half so that another portion can be permitted.

Avoid Large meals, especially late in the night, try not to eat in the two hours before bedtime. St up straight after meals; bending over or lying down increase pressure on the stomach and promotes acid reflux.

Acidity caused by reflux can usually be controlled with a few lifestyle changes, starting with adopting a low fat diet that includes a balance of P:C:F ratio, fatty foods take longer to digest and thus slow down the rate of food emptying from

the stomach. Coffee, including decaffeinated brands, promotes high acid production so does cola or tea and other sources of caffeine.

The most important part of treatment of acidity is to identify and avoid the causative factors

Recipes - that Heal Acidity

Kokum Sherbet made with kokum and perked with jeera is excellent in keeping acidity at bay.

Kokum sherbet

Make 10 glasses

Ingredients:

- 1 cup semi dried kokum
- 1 cup sugar (Khaadi Sugar)
- 1 ½ -2 tsp roasted cumin powder
- ½ tsp- to taste black salt



Method:

1. Soak the kokum in 1 cup of fresh water for 2 to 3 hours. Preserve the kokum water.
2. Puree the kokum in blender using ½ cup of the preserved kokum water, to obtain a smooth puree.
3. Combine the sugar with the remaining kokum water to obtain 1 string consistency sugar syrup.
4. Cool the sugar syrup. Add the pureed kokum, roasted cumin powder and black salt. Strain and pour into a sterilized air tight bottle.
5. When serving, add 1 tbsp of this syrup into a tall glass along with 3 to 4 ice cubes and top with cold water.
6. Stir and Consume immediately.

Say..... Bye Bye to Acidity.



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is a Clinical Nutritionist with more than a decade of proven experience in preventive and clinical therapies for Chronic Diseases like Thyroid, Obesity, Diabetes, High Cholesterol, Stroke, Blood Pressure, Kidney disorder, Liver disease, Constipation, Anaemia, Heart Attack, etc.
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