

STAYFIT®

Health & Fitness magazine

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Rs.40/-

Spiritual Quotient
**LIGHTENING
THE BUSY MIND**

**EXERCISE:
THE ANTI-AGING
FORMULA**

FACTS ABOUT
ARTHRITIS

HOME REMEDIES FOR
JOINT PAIN

**MUSIC IS
HEALING !**

BRAHMI :
Herbal Brain Tonic
to Boost your Memory

STRENGTHEN
YOUR IMMUNITY AGAINST
SWINE FLU VIRUS

TIPS TO TACKLE
INDIGESTION

**THE BRAVE PRACTICE
VEERASANA!**

Exercise for healthy living...





STRENGTHEN YOUR IMMUNITY AGAINST **SWINE FLU VIRUS**

The recent outbreak of disease in people globally is caused by a new influenza virus "**type A H1N1**". It is common throughout pig population in the world. Currently this virus is spreading around India and the world with no indication of slowing down. Spread of this new virus is thought to be happening in the same way like seasonal flu spreads.

While the first symptoms of influenza might be similar to seasonal flu symptoms like cough, cold and fever, one can differentiate swine flu from the seasonal flu by noticing following symptoms given by UNICEF that may help you decide if you need to seek urgent medical help:

1. Shortness of breath even while resting or after doing very little work
2. Persistent fever for 4 or 5 days
3. Painful or difficult breathing
4. Coughing up a bloody sputum
5. Wheezing
6. Feeling very drowsy
7. Others have difficulty waking you up or you seem confused or disorientated.

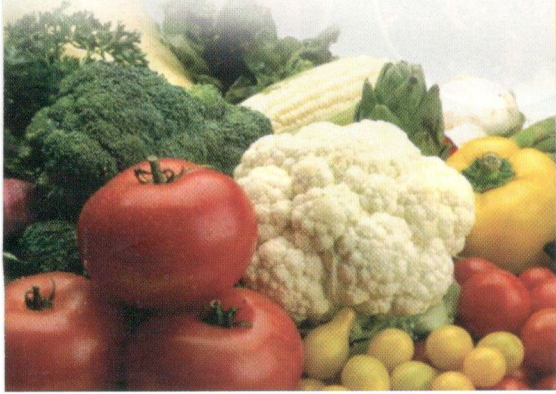
What can we do to protect ourselves from getting infected by the influenza?

Take everyday action to stay healthy

First and most important- wash your hands frequently and carry



an alcohol based sanitizer with you when outside or travelling. Try not to touch surfaces when you are in public places as they may be laden with flu viruses.

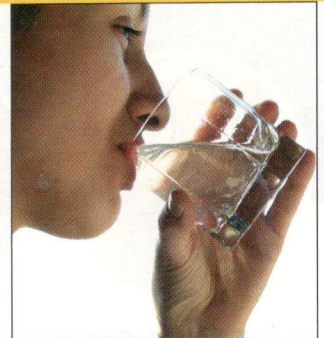


A good diet and healthy lifestyle will boost your immune system and help you better fight infections.

PUMP UP YOUR IMMUNE SYSTEM BY:

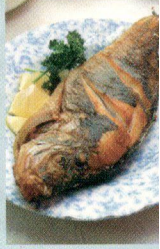
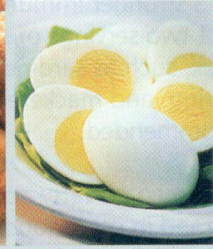
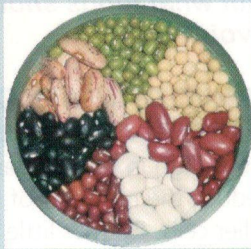
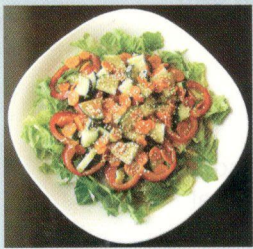
STAYING HYDRATED

Water hydrates the mucus membrane which is a key component of the immune system. Flu virus prefers dry environment, therefore drinking 8-10 glasses of fluid/water is advised.



PROTEIN POWER:

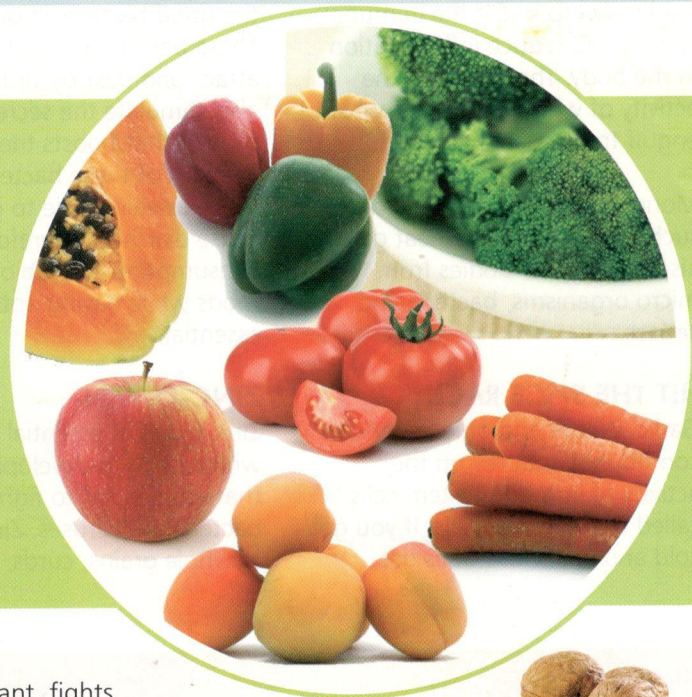
Protein found in pulses, chicken, fish, egg, dairy soy based foods help to strengthen the immune system. Having a minimum of 3 serving of these foods helps build a barrier against swine flu.



BE TANGY AND VEGGY

Incorporating vegetables and fruits like carrots, bell peppers, tomatoes, broccoli, sweet potatoes, papaya, apples, apricots and peaches in every day meal is a good way to add vitamin A to your diet. Vitamin A has great anti-viral properties which helps fight the flu virus.

Go ahead and indulge in eating citrus fruits like oranges, guava, amla and grapefruit which are rich in vitamin C. They enhance the body's resistance against viruses by stimulating activity of antibodies and immune system cells such as phagocytes and neutrophils.



NUT CRACKERS

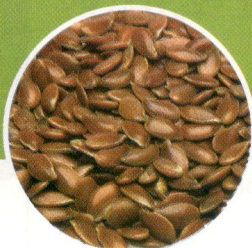
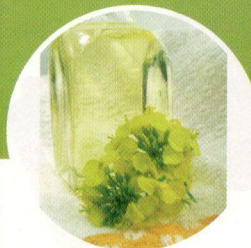
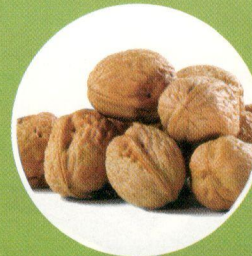
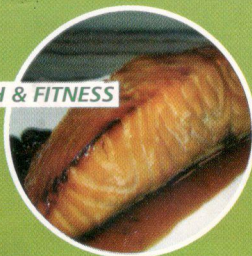
Studies have shown, Vitamin E, a powerful antioxidant, fights respiratory infections, including colds. It boosts the responses of antibodies and certain immune system cells when we're under stress and who isn't?

Nuts and seeds contain good amount of vitamin E. So, which nuts and seeds are best?

- Sunflower Seeds
- Till Seeds
- Almonds
- Walnuts

Instead of chips and biscuits for an afternoon snack, reach for a handful of these nuts or seeds.





OMEGA FAT

For a stronger immune system at least two servings of seafood a week, such as sardines, salmon, herring, and mackerel is recommended.

The omega-3 fatty acids found in fish and in other foods such as walnuts, flaxseeds and canola oil are known to boost the immune system and reduce inflammation in the body. They increase the activity of white blood cells which engulf troublesome bacteria.

Monounsaturated fats in foods such as olive oil and wheat germ also protect our bodies from micro organisms, bacteria and viruses.

HIT THE SPICE RACK

Garlic, ginger and onions contain compounds that rev up the activity of immune-system cells called natural killer cells. If you get cold and your nose does get

stuffy, a bite of garlic will help clear it. Chewing clove is equally good to avoid flu.

CUDDLE ON CURD

Probiotic found in yogurt & curd is good for health especially after you have been prescribed antibiotics. When we take antibiotics they destroy most of the good bacteria in our stomach. These bacteria prompt WBCs to attack and destroy viruses and also stimulate the secretion of a protein that boosts the immunity. The lack of these bacteria can make us vulnerable to germs that cause diarrhea. Therefore consumption of Probiotic rich foods while having antibiotics is essential.

ZINC-O-WIN

Zinc is one of essential minerals which helps in developing WBC's that are needed to fight foreign bacteria and viruses. Zinc is found in whole grains, curds, nuts, milk.

Now you know what to eat. But what foods should you avoid?

MINIMIZE INTAKE OF SUGAR & ALCOHOL

Diets high in both sugar and fat reduce the numbers of natural killer cells. Even as little as two bottles of aerated drinks a day can lower your immunity by 40%. High intake of alcohol weakens the immune system to fight against the bacteria and viruses.

Hence it is best to take immediate action and "SWIPE THE SWINE FLU WITH STRONGER IMMUNITY."

by Hiteshi R Dharmi,
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Clinical Nutritionists

EMPHASIS ON HEALTHY LIFESTYLE

Exercise- Regular moderate exercise helps boost immunity and reduce the risk of infections and flu.

Sleep- Lack of sleep affects our immune system leaving us open to infections.

Stress reduction- Lots of stress is negatively correlated to immunity. We are more likely to suffer from cold and flu when we are stressed and tired. Daily meditation and yoga helps to relax our mind and release stress.

