

# STAYFIT®

Health & Fitness Magazine

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Asthma in  
**Monsoon**

Swimming  
**Meditation**

Exercise for  
**Healthy Living**

**Myths & Facts**  
about the use of Insulin

Silence is the  
**Sweetness of the Soul**



workout  
**@Home**

# HEALTH

**Back Pain:**  
Causes & Treatment

Behavioural Problems  
in **Children**

Health

Fitness

Wellness

Nutrition

Lifestyle



# MONSOON, COME SOON!

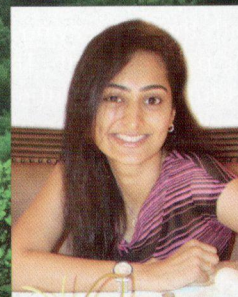
After the scorching heat in the summer we long for the monsoon to arrive! But monsoon also brings along with it a cluster of infections which can lead to food poisoning, diarrhea, cholera, typhoid, jaundice, dysentery, hepatitis A and E. People with already a compromised immunity such as elderly, diabetic & hypertensive are more prone to catching these infections. Therefore it is extremely essential to take care of the food we eat & water we drink.

Don't we feel like going out in the rains and eating something hot while it's pouring!

Following is the list of some of the foods you can choose to satisfy your taste buds during monsoon.

**Beverages:** Rasam, vegetable or dal soups, hot mild coffee, tea or masala milk, lemon ginger tea & green tea (best enjoyed without milk.).

**Food:** Butta, Idli / Dosa with sambhar, Jowar / Bajra / Nachni Roti served with well cooked vegetable of your choice & how I can keep you away from the piping hot Bajiya and Wada Pav. (Whole wheat Pav recommended, to be **STRICTLY** enjoyed in moderation preferably at home)



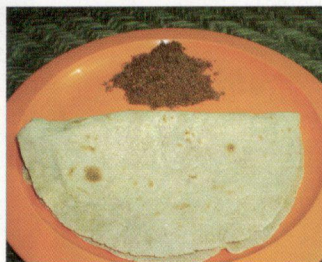
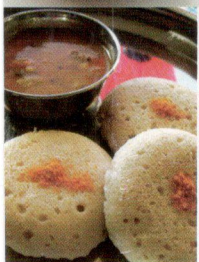
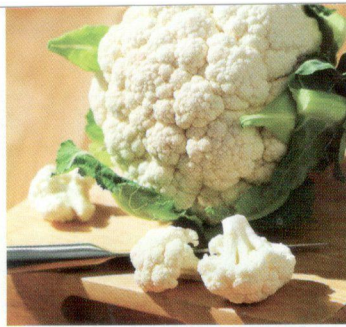
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Clinical Nutritionist





**You can take following precautions for a healthy monsoon!**

**At Home** wash vegetables thoroughly before cooking them especially leafy vegetables like coriander, methi, mint, cauliflower which may not only contain larvae and worms but also dirt from the streets. Prefer non-leafy vegetables e.g turi, tinda, parwal, gavar, karela, dudhi etc., **Wash fruits before cutting and eating.** Go for seasonal fruits as they are less likely to be infested as compared to other fruits. Have you ever thought why certain fruits grow only during certain times of the year? Apart from their peculiar needs of the temperature and weather they are also properly packaged by the nature to survive various external factors during that season to keep them free from insects and germs. After all the 'mother nature' does not want you to have anything less than pure. So go ahead and indulge in the seasonal fruits. You can choose from variety of exotic fruits like peaches, litchies, cherries & jamuns.



**Chicken, Fish and Eggs should be cooked to a well done stage.**

Drink as much water as you can at regular intervals rather than waiting till you become thirsty. The sign of thirst indicates that you are already dehydrated. During monsoon due to high humidity levels and cooler temperatures, sweat does not evaporate easily from our body. This interferes with body's ability to release heat and you may not feel the desperate need to have water like in the summers. That does not mean your body does not need water. So remember to have water at regular intervals in monsoons even when you do not feel really thirsty.

**Pasteurized and Boiled Milk should be preferred.**

**To avoid cold and cough:**

Ginger is a herb with excellent medicinal properties. Start your day with a ginger tea or basil tea, which work as a preventive measure for indigestion, cold and cough.

Honey and carrot juice helps cure throat infection, which is a common problem in wet weather.

Anti-viral and anti-fungal properties of Garlic helps cure cold, stomach infections and increases your overall stamina. Consumption of hot garlic vegetable / moon dal soup, works as a magic against cold and flu.

A hot curry containing tamarind, pepper and mustard helps to clear the nasal passage and gives relief from cold. Hot turmeric water with ginger and jaggery cures cough.

**To avoid diarrhea:**

During monsoon, stomach infections and diarrhea are a common occurrence. Choose apple, banana as they are rich in pectin which is water absorbent & absorbs large amount of water for proper bowel movement during diarrhea. Apple in cooked or baked form is suitable as cooking process softens the cellulose and provides bulk during diarrhea. Jamun or



Mango seed powder (seeds need to be dried and powdered before use) is an effective remedy for diarrhea. Around 5-10 gms of Jamun and Mango seed powder should be taken along with buttermilk or honey respectively. Studies have shown that pomegranate juice can also cure diarrhea. Rice and curd is easy on the stomach and recommended when your stomach is upset. Moong dal is also easy to digest and should be your choice of pulse.

### While eating outside...

During monsoon bacteria easily breeds on cold foods due to high moisture content in air. Also in India most of our vegetable markets are on road side with no proper storage facilities for the vegetables. Cars and people splash dirty water from puddles onto the vegetables of roadside vendors. Caterers, restaurants and especially roadside food stalls may not wash them properly before using them. Therefore avoid eating the street-side foods like fruits slices, cold cut sandwiches and foods that have been cooked and stored for hours before they are dished out to you. Also avoid eating raw salads at parties and gatherings that have been kept in open for long. Have light and freshly cooked home meals or at hygienic places outside.

## Exercise

The cool weather outside during monsoon may derail your early morning exercise plans or it might be pouring when you are planning an evening walk. You can do the following to beat the lazy & relaxing weather to keep your fitness regime on tracks -

1. Take your buddy along with you to gym. See to it that none of you drop out.
2. Pick up an indoor activity like badminton or squash.
3. Go to the beach for jogging, if you happen to be living in costal areas. An early morning jog by the choppy sea under the cloudy skies is an experience worth getting up early for.
4. The best thing to do might be for you and your friends to have a nice game of cricket or soccer on the beach. Nothing can beat a good game with your old buddies!!

**Don't forget to warm up and cool down before and after your exercise especially when the weather is cool during the monsoon.**

**HAVE A GREAT MONSOON!**

