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Mind. Body. Spirit. You

Valentine's Day Special
Log on to
www.timeswellness.com/valentines
on February
14 to know some
interesting spiritual and
psychological
aspects
of love



2 sinfully nutritious apricot recipes

Hiteshi Dhama Shah, clinical nutritionist

Apricots are known as small fruits with abundant health qualities. Here are two recipes – apricot chocolate coffee milk and apricot granola bar, which will help you make the fruit even tastier.

Log on to www.timeswellness.com/weightwatchersworld for the recipes of these tasty delights



Suneeta Rao

As scary as the name sounds, it lasts for

Diary of a Super-mum: Attack of the Roseola Infantum

two to three days and then goes on its own, with no treatment but the fever, the cough and the rash was enough to frighten me.

For more on how Suneeta handled it, visit www.timeswellness.com/motherhood

The good and bad of growing up

Deepti Khanna



As Lakshita grows and her 'skills' improve, she's picked up some good habits and some bad habits. From sitting up straight for the first time to crying for attention, Lakshita has learnt some new tricks.

For more on Suneeta Rao and Deepti Khanna's motherhood experiences log on to www.timeswellness.com/motherhood

Would-be victims of congenital heart disease

Dr Parul R Sheth

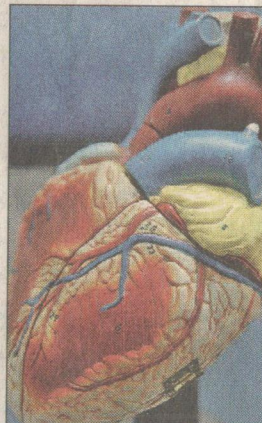
Finding out that you or your child has a congenital heart disease can be very de-



pressing. With recent advances in medicine and surgical techniques heart conditions can now be treated

Screening for congenital heart diseases

Dr Parul R Sheth



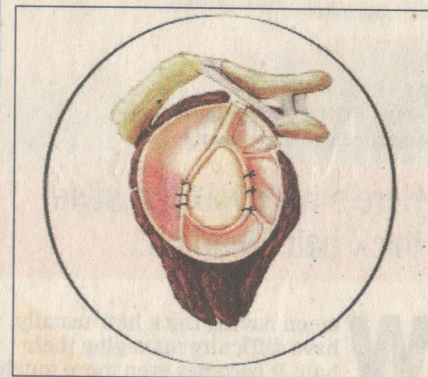
The different ways to screen congenital heart diseases before and after the birth of the baby and how to go about the treatment.

For more on congenital heart disease log on to www.timeswellness.com/body

Is your shoulder really frozen?

As told to Elton Pinto

Shoulder pain is often wrongly diagnosed as frozen shoulder when in reality, there could be many other reasons, says Dr Sanjay S Desai. There's a pain in your shoulder and it won't go away. You're probably finding it difficult to raise your arm to reach out for things kept in high places. A visit to the doctor will most likely get you a diagnosis of frozen shoulder. Some medications and exercises are prescribed. However, even after a few



weeks of religiously following the recommended steps, your shoulder pain has not improved. What is your next step?

For more information on shoulder problems, visit www.timeswellness.com/body