

Health Concepts

March 2023

Our body is a reflection of our lifestyle.

PREFACE

We don't usually admit it, but our bodies are the result of our own lifestyles. Our bodies operate on a continuum, be it exercise, nutrition or health status. The exercise continuum ranges from being a couch potato to fitness freak. Likewise a continuum for nutrition spans from anorexia (extreme restriction of calorie intake) to overeating. Also, Health status of an individual is on a dynamic illness – wellness continuum.

The problem of Non-communicable diseases like coronary heart diseases, diabetes, hypertension, cancers are all conditions that can be avoided if you take out time to make sure that your body is fit with the right measures of exercise, nutrition and wellness. Our body is an invaluable asset. It is very important that we treat it well and keep it physically fit to ensure good quality of life for ourselves. Being aware and knowing the importance of repercussions of where we stand on the continuum will keep us focused. Ultimately, we need to be consistent in our methods, habits and ways of staying healthy.

Our body is a demand driven system. In a way our body adapts to the demands placed on it and is truly a reflection of where we stand on the continuum.

Health is a daily practice.
Be consistent.

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NUTRITIONAL FACTS

बंद गोभी (Hindi)
முட்டைக்கோஸ் (Tamil)
కాబేజీ (Telugu)



CABBAGE

Cabbage belongs to the *Brassica oleracea* species of vegetable, along with broccoli, cauliflower, and Brussels sprouts. This widely available humble cruciferous vegetable is one of the oldest known vegetables and is full of nutritional goodness that can keep you feeling strong and healthy. One cup of chopped, raw green cabbage is only 22 calories and delivers about 54% of the recommended daily value (%DV) for vitamin C, 85% DV for vitamin K, more than 2 grams of fiber and 1 gram of protein, apart from being a good source of folate and potassium. Keep it whole and unwashed in the refrigerator until you are ready to eat it.

- **Improved Digestion** – The fiber and water content can help prevent constipation and maintain a healthy digestive tract.
- **Lowers Cholesterol** – Its fiber and nutrients bind with bile acids in the intestine and pass out in the stool, rather than being absorbed into the blood. Eating it steamed gives it more cholesterol-lowering power.
- **Weight loss** - cabbage is high in fiber and contains zero fat.
- **Reduces Inflammation** - Glutamine, an amino acid found in cabbage, is a strong anti-inflammatory agent, helping to reduce joint pain, arthritis, and ease allergies.
- **Immune Booster** - Cabbage is an excellent source of the ever-so-important vitamin C, crucial for maintaining a strong immune system.
- **Maintains bone health and healthy blood clotting** - Vitamin K helps keep our bones strong and our blood clotting mechanism well.
- **Cancer Fighter** - Consumption of cruciferous vegetables is known to be associated with lower cancer risk. The compound, sulforaphane in cabbage has been shown to inhibit the progression of cancer.
- **Reduces the Risk of Heart Disease and Stroke** - The antioxidant nutrients (flavonoids) play a role in reducing the risk of several cardiovascular diseases. Also calcium and potassium in cabbage are beneficial in regulating blood pressure.
- **Note:** Eating too much can cause diarrhea, flatulence or abdominal discomfort. It also contains substances that can interfere with medications like blood thinners or can cause hypothyroidism.

MEDICAL UPDATE

Viral fever is a common condition that can strike anyone at any time. Change of season, winter to summer transition, is prime time for viral fevers. There are several kinds of viral fever which can be confused with bacterial fevers since their symptoms tend to be similar. These fevers spread easily, with rapid transmission in crowded areas including schools and large gatherings. Drink plenty of liquids, such as water, soup, and fruit juice, to stay hydrated. Medications for symptomatic relief would suffice. Antibiotics should not be used for self-medication as they are ineffective against viral illnesses. Remember to get medical help if your fever lasts longer than three days. Do not disregard your symptoms because they could intensify and cause serious complications.

PREVENTIVE PEARLS

For a Healthy Summer.

- Drink plenty of fluids.
- Eat healthy and light.
- Small frequent meals.
- Keep food safety in mind.
- Skin protection from sun.
- Wear protective eyewear.
- Restrict outdoor activities.
- Avoid getting sick.
- Maintain good sleep cycle.

“Water, air, and cleanness are the chief articles in my pharmacy.”

-- Napoleon Bonaparte

How much water should you drink per day?

Drinking water does more than just quench your thirst. It's essential to keeping your body functioning properly and feeling healthy. About 60% of your body weight is made of water and it's no surprise what staying hydrated can do for you.

Benefits of water intake

- Hydrates and nourishes
- Flushes out toxins
- Balances body fluids
- Helps in digestion
- Maintains immunity
- Improves brain activity
- Lubricates joints
- Regulates body temperature
- Boosts skin health

Do not make the mistake of waiting until you feel thirsty before drinking water. In fact thirst isn't a signal indicating that your body water level is depleting but a warning that you are dehydrated and you need to drink up soon. By the time you feel thirsty your body would already have lost 1 -2 % of its water. However, your body knows how to balance its water levels and when to signal you to drink more. While thirst may be a reliable indicator of dehydration, relying on feeling thirsty may not be adequate for optimal health or exercise performance. Many factors affect how much water intake you need to stay healthy such as your health, activity, and environment.

How much water you need depends on

The season
Your environment
Your diet
Your activity
Your health

The general cardinal rule is that you take 8 glasses of water each day. One standard glass equals 8 ounces or 250 ml of water. Eight glasses of water daily might not be the right amount of water for everyone as usually general recommendations rarely work as a one-size-fits-all approach.

General rule – simple calculation

Water Intake /day (in liters)
= Your Weight (in Kg) x 0.033.

For example, if you are 60kg, you should drink 60 x 0.033 = 1.98 i.e. about 2 liters of water every single day.

The adequate daily recommended fluid intake is: About 3.7 liters of fluids a day for men and 2.7 liters of fluids a day for women.

These recommendations cover fluids from water, other beverages and food. About 20% of daily fluid intake usually comes from food and the rest from drinks.

Every day you lose water through your breath, perspiration, urine and bowel movements. To prevent dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It's a good idea to drink a glass of water:

- With each meal and between meals.
- Before, during and after exercise.
- If you feel thirsty.

Signs of mild dehydration

Thirst
Not urinating well
Dark yellow urine
Dry skin
Feeling dizzy
Lack of energy

When you drink too much water, your kidneys can't get rid of the excess water. The sodium content of your blood becomes diluted. This is called **hyponatremia** and it can be life-threatening.

Signs of over hydration

Very pale color of urine
Increased frequency of urination
Nausea or vomiting
Headaches
Tiredness or fatigue
Lack of energy

If you have a heart or kidney disease, you may need to limit your fluid intake. Talk to your doctor about what's right for you.

Furthermore, older people may need to consciously watch their water intake because the thirst mechanisms can start to malfunction with aging. Studies show that adults over 65 years old are at a higher risk for dehydration and electrolyte imbalance.

At the end of the day, the bottom line is that no one can tell you exactly how much water you need. This depends on many factors and individual preferences.

RULES OF THUMB ON HYDRATION

- 1.Pre-hydrate - drink BEFORE you start feeling thirsty, or BEFORE you do an activity.
2. Monitor your urine - If you are adequately hydrated, you should be urinating about once every two to four hours, and your urine should be clear or light yellow.

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