

Health Concepts

June 2023

Rest is fundamental to healing your body.

PREFACE

The human body is designed to perform well in a succession of brief sprints. That is the reason why taking a break-even a short one-is very important to refresh and restore your energy for endurance through your day.

Break / rest are brief cessations to work, physical exertion, or emotional stress. Rest helps in stress reduction, improving mental concentration, increased productivity, and promotes well-being of the individual. The amount of rest required depends on your individual needs.

Stress is an intrinsic aspect of life. For some, it may act as a stimulant, but for others, it feels more like a burden. In the modern world, the feeling of stress can be experienced numerous times and in various situations. That is the reason when we are confronted with difficult tasks, the term "sleep on it" becomes appropriate because rest improves your ability to make decisions. Incorporate rest / breaks in your schedule to avoid chronic stress.

Rest is only significant when you purposefully do it. When you are taking rest the most important thing, will be to unplug from electronics and dim your lights to allow your body's natural melatonin production.

Chronic stress suppresses your immune system and increases your risk of disease.

NUTRITIONAL FACTS

हसुन (Hindi)
பூண்டு (Tamil)
వెల్లుల్లి (Telugu)



GARLIC

Garlic (*Allium sativum*) is a species of bulbous flowering plant in the genus Allium. It is commonly being used both as a food flavouring and a traditional medicine. Garlic is a perennial flowering plant growing from a bulb. The bulb is odoriferous and contains 10 to 20 cloves. They have a characteristic pungent, spicy flavour that mellows and sweetens considerably with cooking. The distinctive aroma is mainly due to organosulfur compounds including *allicin* present in fresh garlic cloves and *ajoene* which forms when they are crushed or chopped. A further metabolite *allyl methyl sulfide* is responsible for garlic breath. Garlic contains several nutrients in rich amounts (20% or more of the DV), including vitamins B6 and C, and the dietary minerals manganese and phosphorus.

- **Controls infection**- Helps prevent and reduce the severity of illnesses by boosting the immune system..
- **Lowers risk of heart disease** - helps in lowering total and LDL (bad) cholesterol and controlling blood pressure thereby reducing the risk of heart diseases. However HDL (Good) cholesterol and triglycerides do not seem to be affected.
- **Protects against cell damage**- Antioxidants in garlic help protect oxidative damage to cells and thus reduce the risk of dementia.
- **Detoxify heavy metals**- Sulfur compounds in garlic have been shown to protect against organ damage from heavy metal toxicity.
- **Improves bone health**- Garlic appears to have some benefits for bone health especially in menopausal women by increasing estrogen levels.
- **Note** : Garlic is known to cause bad breath (halitosis) and body odour. Some people suffer from allergies to garlic. If you're currently taking blood-thinning medications, make sure to talk with your doctor before drastically increasing your garlic intake.

MEDICAL UPDATE

As we are experiencing hot and humid weather now, we need to help our body cope up with it or else health accumulation in the body can lead to menacing heat illnesses.

Hot weather can affect anyone, including the young and healthy. The most vulnerable people are older people, people with comorbid illness, persons taking multiple medicines, babies, young children and people with occupational exposure to heat.

During extreme heat it is easy to become dehydrated or for your body to overheat. The signs of heat exhaustion include feeling thirsty, excessive sweating, fatigue, dizziness, headache, feeling unwell, muscular cramps, and rapid heart beat.

If someone is showing signs of heat exhaustion they need to be cooled down and given fluids.

PREVENTIVE PEARLS

Tips for coping with heat & humidity

- Drink plenty of fluids.
- Wear light colour clothing made from cotton.
- Do not do strenuous exercise.
- Stay indoors .
- Plan ahead. Schedule activities in the cooler part of the day.
- Avoid sunburn. Use sunscreen lotions.

"The mind, in addition to medicine, has powers to turn the immune system around."

-- Jonas Salk.

Can you boost your immunity?

The idea of boosting your immune system is appealing, but is it even possible, so that you rarely get sick?

The immune system is how your body defends itself from threats from the outside world. This complex system of cells, tissues and organs identifies when disease-causing organisms enter your body. It then triggers an automatic and coordinated response to help you defend against the pathogen. When your immune system is strong, your body is better prepared to fight off sickness. When your immune system is weaker, you are more likely to get sick. There are two major types of immunity

1. Innate immunity or Natural or Non-specific immunity.
2. Acquired immunity or Adaptive immunity.

Innate immunity refers to the body's own defence system. This immunity is the first line of defence and helps us by providing the natural resistance components that produce an initial response against infections. This immune system generates a rapid but nonspecific response and has an important role in controlling infections during the first 7 days after an infection.

NATURAL DEFENCE

PHYSICAL BARRIER

Skin, hair, eyelashes, cilia, mucous membranes.

PHYSIOLOGICAL BARRIER

Gastric juices, saliva, tears.

CELLULAR BARRIER

White blood cells (WBC), macrophages, mast cells, phagocytes.

CYTOKINE BARRIERS

Proteins called interferons.

The second line of defence against pathogens is called the adaptive immune response. This immune response is specific to the pathogen presented. The adaptive immune response is meant to attack non-self pathogens but can sometimes make errors and attack itself. This is when autoimmune diseases can develop (e.g., thyroiditis, lupus, rheumatoid arthritis).

"You actually don't want your immune system to be stronger, you want it to be balanced."

TYPES OF ADAPTIVE IMMUNITY

ACTIVE NATURAL

Body produces antibodies in response to exposure to pathogen.

ACTIVE ARTIFICIAL

Body produces antibodies in response to a vaccine.

PASSIVE NATURAL

Antibodies are passed from mother to baby through the placenta and breast milk.

PASSIVE ARTIFICIAL

Immunoglobins are given to an individual after exposure to a pathogen.

The hallmark of the adaptive immune system is the rapid increase of T and B lymphocytes and the immune response is long-lasting, highly specific, and sustained long-term by memory T cells.

The Immunologic memory defends us when we are re-exposed to pathogens throughout our lifetimes.

Your symptoms are actually a sign that your body is fighting back and triggering an immune response against the infection

The immune system is really complicated. You may not have a lot of control over how your immune system functions, but there are ways to keep away from getting sick. There are some diet and lifestyle factors that influence your immune response.

HEALTHY ROUTINES THAT ENHANCE IMMUNITY

Eat healthy

Exercise regularly

Reducing Stress

Manage your weight

Adequate sleep

Practice good hygiene

Get vaccinations done

Quit smoking

Avoid Alcohol consumption

Sunlight exposure

While many people claim to boost immunity by taking vitamins or supplements daily, the concept makes little scientific sense. Most often, for many people, the immune system works well to regulate itself and does not need any help.

A positive attitude might better equip your body to fight illnesses.

END NOTE

Taking care of yourself will help your immune system take care of you.

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