

FOOD THOUGHT

Did you know that we have a **Second Brain**. Yes a second brain which is the gut. At the time of our birth, a colony of bacteria is passed on from our mother. This colony makes up more than 900 trillion and counting which is more than our body cells. You can say we are made up of bacteria!

This colony of bacteria has many names like gut microbiota and popularly known as **Microbiome**. You will be amazed to know that these bacteria colony determine not only the immunity but also insulin levels, taste buds preferences and even our emotions. Research shows that the colony gets imbalanced when we eat food and eventually comes back to normal. If it stays imbalanced body reacts to it and that's what we call **"feeling sick"**, and being unaware of these bacteria, we take up medicines and slowly killing them.

It is under research what else these bacteria can do. There is so much to learn about them. We just need to be aware of our health and body to know all the secrets hidden within us. Till then take care of your bacteria friends

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HEART HEALTH

Providing the highest quality of care for our patients





WHAT IS HEART?

An organ roughly the size of a fist and sits in the middle of your chest, slightly to the left. It is the muscle at the center of the circulatory system that pumps blood through the body.

WHAT ARE THE FUNCTIONS OF THE HEART?

Receiving deoxygenated blood and carrying waste products from the body and pumping it back to the lungs for oxygenation and pumping back to the entire body
Makes sure that blood with the necessary hormones reach to different parts of the body

COMPLICATIONS OF HEART DISEASES

Heart Failure occurs when the heart can not pump enough blood to meet your body's needs. Heart Failure can result from many forms of heart diseases, including heart defects, cardiovascular disease and other underlying disease like inflammation of the arteries and even kidney diseases.

When a blood clot blocks the blood flow through a blood vessel, that feeds the heart, causes a **Heart Attack**, possibly damaging a part of the heart muscle. Atherosclerosis, the building up of fats, cholesterol, and plaques in and on the artery walls, which restricts blood flow and eventually can result in a heart attack.

Stroke occurs when the arteries to your brain are narrowed or blocked resulting in too little blood reaches your brain.



DIET RECOMMENDATIONS

Control your **Portion Size** - overloading your plate can lead to eating more calories than you should. Using Benedict Calculator you can calculate the total calorie your body needs based on age, gender, and level of physical activity.

Select whole grains and vegetable- a good **Source of fiber** and other nutrients that play a role in regulating blood pressure. They are also low in calories and rich in dietary fiber.

Processed Carbs is much more deadlier than having fat, a slice of bread(10gm of carb) will produce the same amount of cholesterol as a cup of mozzarella(30gm of fat).

Reduce Sodium - Foods are natural sources of sodium (table salt) and adding extra salt can contribute to high blood pressure, a risk factor for cardiovascular disease. Daily limit of sodium for an adult is 1500mg.

Diet that have been approved by researchers across the globe is the **Mediterranean Diet**, an Omega 3 rich food. It mainly includes fish and olive oils.

BENEFITS OF A HEART-HEALTHY DIET

01

Eating a **Heart-Healthy Diet** helps to improve health with your brain and heart which is important both for your mental and physical state

02

Eating whole grains helps us also to keep a **Healthy Weight** because it contains fiber, vitamin B, and protein

03

Consuming a heart-healthy diet will help us to have a **Healthy heart** with better cholesterol levels and blood pressure. High blood pressure can lead to other serious health conditions like rupture of the arteries. A healthy heart will pump blood with fresh oxygen to the body which is required for the cells to function properly.

04

Aside on living a healthy diet we need to maintain **Healthy Lifestyle** as well. Make a routine to go out for a walk or stroll in the park, daily 30 minute of activity with a healthy diet will keep you healthy and fit.