

# A Guide to Good Health

- Medical & Health Check
- Exercise & Fitness
- Nutrition and Diet
- Stress Management
- Avoid Dependencies
- Safety Compliance



# The Rules of Good Health

Over the centuries the cause of death has changed. In early civilizations the major cause of death was violence due to natural calamities and war. With civilization man began to live in communities and due to poor sanitation and living conditions, the major killer became infectious disease such as cholera, plague etc. With the advent of antibiotics, we reached a situation where most communicable diseases were nearly eradicated. Today, the major killer is modern lifestyle due to high levels of stress, sedentary lifestyle, high levels of obesity etc. manifesting in diseases such as heart attacks, cancer, high blood pressure, diabetes and other chronic ailments.

With the scenario being what it is, what are the solutions? The solutions for each individual as well as the general population is to modify lifestyle and follow a few simple rules of good health. This Good Health Guide along with the Health and Lifestyle Scan will lead you on the path to total health.

## 1 Annual Medical Check:

It is important for all of us including children to have a medical check at least once a year. The human body is capable of 100% efficiency even with 99% debility and most modern ailments such as blood pressure, diabetes, cholesterol etc. are all silent and have no symptoms. A medical check helps the individual to identify his current health status, and lifestyle ailments if detected early can be controlled but if left untreated can result in heart attacks, cancer, and other killers.



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A large breakfast, a moderate lunch and a light dinner provides the right quantity of food at the right time. Calorie, fibre and other charts given in this book will help you plan a healthy diet.

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## Stress Management and Meditation:

If physical activity is important for good health, then mental relaxation is as important. Mental tension and stress causes a whole range of psychosomatic ailments including headaches, insomnia, asthma, ulcers, blood pressure, sexual dysfunction etc. Stress is caused due to problems relating to work, home, daily routine, crisis and even personality. Exercise provides a healthy antidote to burn stress hormones. Meditation and relaxation helps create a calm yet focused frame of mind. Hobbies such as music, painting, etc. also help manage stress and sleep is in fact nature's best stress reduction formula. Techniques on behaviour change and relaxation given later will calm and rejuvenate your mind.



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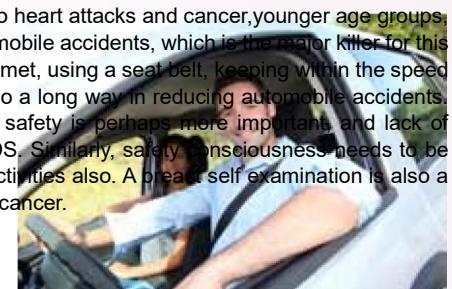
## Avoid Smoking and Alcohol:

The major cause of cancer is smoking. Other causes include an inappropriate diet, excessive alcohol intake, environmental pollution and occupational hazards including dust, radiation, chemicals etc. Certainly these must be avoided, but giant steps can be taken to reduce cancer by simply managing alcohol to not more than one drink a day and quitting smoking completely.

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## Safety:

While the older age group usually succumbs to heart attacks and cancer, younger age groups, below 30 years will probably succumb to automobile accidents, which is the major killer for this group. Safety compliance such as wearing helmet, using a seat belt, keeping within the speed limits, not utilizing alcohol before driving will go a long way in reducing automobile accidents. If automobile safety is important then sexual safety is perhaps more important and lack of sexual safety has resulted in spectrum of AIDS. Similarly, safety consciousness needs to be practiced at home, work and in recreational activities also. A breast self examination is also a preventive and early detection step for breast cancer.



## 2 Moderate and Regular Exercise:

Excess food intake results in obesity, which in turn causes blood pressure, diabetes, arthritis and other ailments. Eating the right food along with daily exercise will keep the body slim and fit. A fit and healthy body ensures prevention from ailments. Your daily exercise program may be for about an hour and should be according to age and capacity. Walking, jogging or stamina exercise will strengthen the heart and lungs, free hand exercises will benefit the muscles (strength) and joints (mobility). The younger age group must most certainly go in for weight training and gym exercises. Information and diagram provided on stamina, strength, mobility, etc. will help you with daily exercise.



## 3 Eat the Right Food:

The next rule of good health is to eat the right food in the right quantity at the right time. We all know that too much of sugar is associated with diabetes, too much of salt is associated

with high blood pressure, too much of fat is associated with heart attacks, eating commercial foods is associated with cancer. We also know that a high fibre diet comprising vegetables and fruits is protective against all these ailments. Accordingly we should eat a balanced diet comprising of white meat, lentils and grains, fruits and vegetables and dairy products such as skimmed milk etc. and should avoid excess sugar, salts and commercial foods.

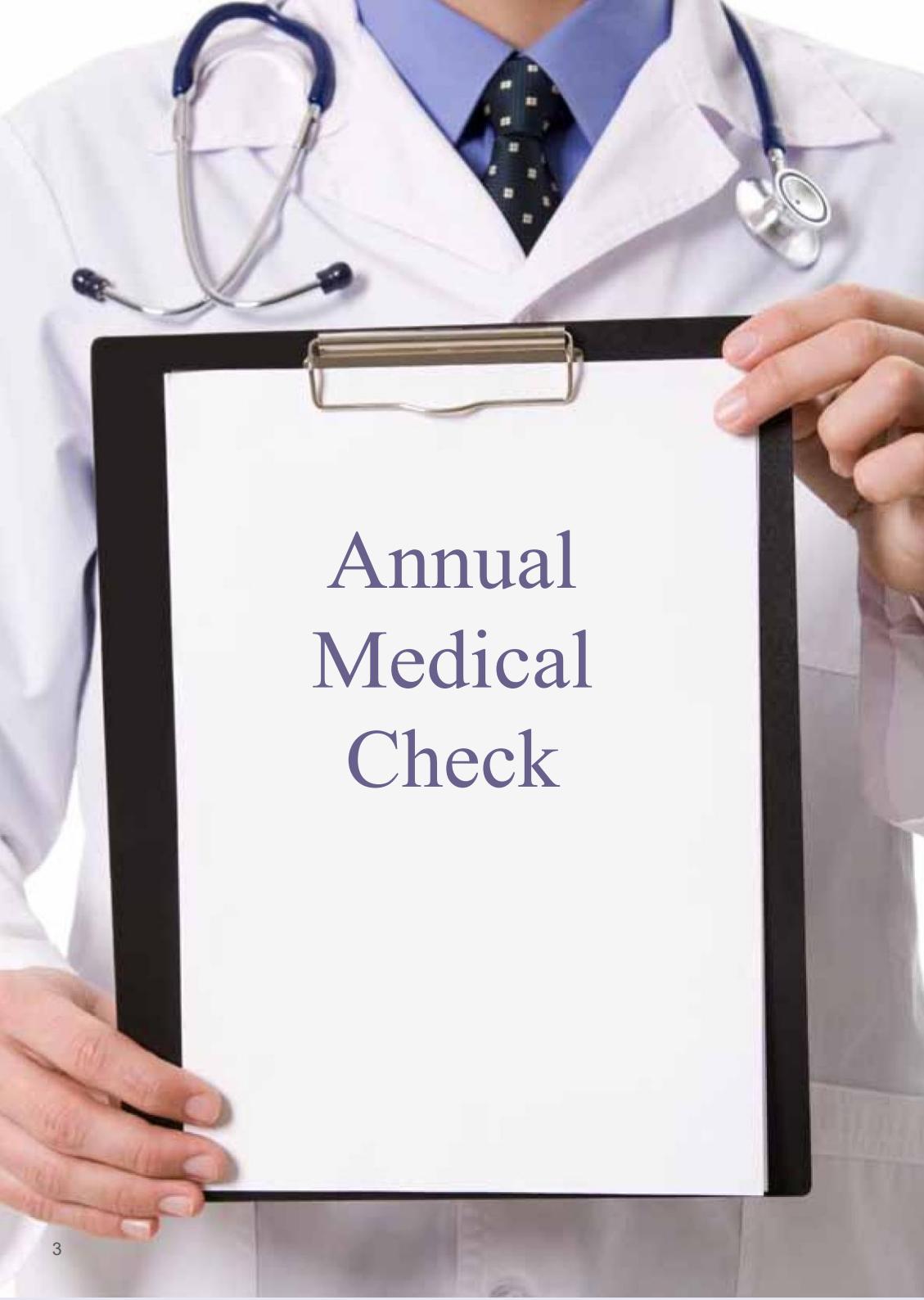


## **7 Ear, Nose, Throat and Gum Care:**

Prevention is better than cure and this saying is most relevant to health. Simple do's and don't have been given to maintain good health and hygiene and provide a good quality of life.

Take a positive step, make a few lifestyle changes and watch your health improve. The doctor and lifestyle

specialist can support you, but the gift of good health is in your hands.



# Annual Medical Check

## 1. Annual Medical Check

Most hospitals and clinics conduct medical and health check ups and each of us must undergo a medical check annually. The medical check usually takes about 4 hours and you would need to be fasting from the previous night for your various blood tests. The check usually starts with the physician taking your medical history and clinical examination. This is followed with a series of medical tests including blood investigations for diabetes, anemia, cholesterol, hepatitis, immunity, HIV etc. In addition, there is a urine analysis and often a stool analysis also. Other tests include blood pressure, ECG, ultrasound of the abdomen, spirometry test for the lungs, chest xray etc. For ladies, specific tests include the mammogram and the pap smear. Nowadays, since lifestyle is a major cause of disease, most hospitals include a lifestyle check also in the medical check and this enables the physician to evaluate your stress levels, your fitness levels, your body fat ratio, your nutritional profile, your risk of heart attack, cancer etc. Each lifestyle check is followed with a health counseling session.



Take this on the spot check to find out how healthy & fit you are

Serial	Test	Results
1.	Do you have a family history of cardiac ailments or cancer?	Yes No
2.	Are you currently on any medication?	Yes No
3.	Are you overweight?	Yes No
4.	Are you unable to hold your breath for more than 60 seconds?	Yes No
5.	Are you unable to touch your toes without bending your knees?	Yes No
6.	Do you avoid eating fresh fruits and vegetables daily?	Yes No
7.	Do you eat commercial fast foods more than twice a week?	Yes No
8.	Do you eat oily, salty, sweetened foods often?	Yes No
9.	Are you a perfectionist by nature?	Yes No
10.	Are you unhappy in your occupation (work / studies etc.)?	Yes No
11.	Are you unhappy with your home life?	Yes No
12.	Are you currently faced with any major crises or problem?	Yes No
13.	Do you smoke?	Yes No
14.	Do you frequently drink alcohol?	Yes No
15.	Do you chew tobacco?	Yes No

Scoring Key: 1 point for every Yes answer, 2 points for every No answer. Max score 30.  
The higher the score the closer you are to good health.



# Exercise & Fitness

## 2. Exercise & Fitness

A few details about exercises and fitness

### Stamina Exercises

**Walking:** Excellent cardiovascular benefits for the advanced age groups. Should be done briskly with swinging of the arms. Comfortable shoes must be worn. May be done morning or evening for 30-60 minutes.



**Jogging:** Suitable for younger age group below 50 yrs. 30 minutes is all that is required and may be done continuously, or jog and walk in between when fatigued. The pace of jogging is equal to that of a brisk walk run on soft or grassy surface. Wear comfortable clothes and breathe freely.

**Swimming:** For those who know how to swim, 20 minutes of continuous swimming is sufficient. Alternately swim the length of a pool 10-20 metres, rest at the end for 30 seconds, swim back. 10 such lengths is good. Use any stroke you know. They are all of almost equal cardiovascular and muscular benefit.

**Cycling:** For any age group. Minimum time 45-60 minutes of continuous controlled fast cycling. Cycling up slopes gives added benefit. Ordinary cycles are good enough and indoor stationary exercycles may also be used at low resistance for 45 minutes.

**Games:** For the fitter younger age group. Get fit first before playing games such as squash, badminton, tennis, handball, basketball, football etc. Warm up before the games. 30-45 minutes of the game is sufficient. Weekend or once a week games must be avoided unless other fitness programmes are done on other days. Play within your capacity.



## Strength Exercises

Improve muscular strength with 10-20 repetitions of each of these movements.



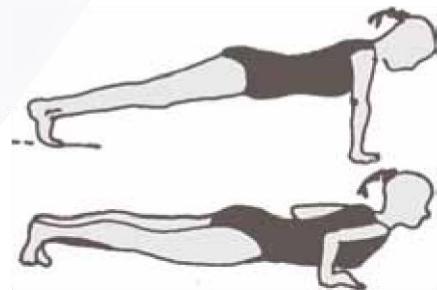
Modified Push-Up



Modified Sit-Up



Situps for Abdominal Muscles



Push-Ups for Shoulders  
Chest, Arms



Back Lift for  
Strengthening Back



Squats for Thighs



Calf Raises

## Mobility Exercises

Enhance body flexibility with 10 repetitions of each of these joint movements.



Neck Rotation



Wrist Rotation



Shoulder Rotation



Waist Rotation



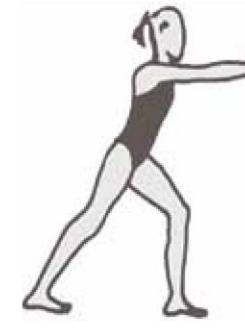
Front Thigh Stretch



Toe Touch



Hip Mobility



Calf Stretch



Ankle Rotation

## Back Exercises

In order to prevent low back pain, 5 repetitions of each of these may be done daily.



Modified Push-Up



Modified Sit-Up



Leg Lifts (front)



Alternate (back) Leg Lifts



Spine Stretch

## Posture

Maintain a good posture while sitting, sleeping, walking, lifting to avoid back problems

1. At all times keep your spine in a straight alignment
2. When you need to bend, bend from the knees



How to Stand



How to Bend



Use your knees to lift



Sit upright with a straight spine



While sleeping use a firm  
mattress & a low pillow

## Gym Exercises / Weight Training

Weight training is basically for strengthening and building up the muscles. An all-round program must have some stretching and cardio-vascular exercises as well. In addition, weight training loads the bones thereby strengthening and protecting against osteoporosis. The points to keep in mind in weight training are as follows:

1. The ideal weight training schedule is on alternate days i.e. 3 days a week with a complete rest on weekends.
2. The systems of training different muscle groups on different days, may be good for competitive sportsmen. The best system for non-competitive sportsmen is to exercise the entire body in each session. The major muscle groups are: Upper body - Shoulders, Arms, Chest and Lower body - Back, Abdomen, Legs.
3. Suppleness and stamina can also be built up through weight training by following a body builder- type schedule. Weights are also used to stretch muscles, build muscular endurance and cardiovascular stamina by repeating each exercise by using lighter weights with more repetitions.
4. If repetition are too easy, the weight used is too little. And in case it is not possible to complete the repetitions, it means the weight carried is too heavy.
5. A repetition is one complete exercise movement from the starting point to finish and then back again to the starting point. A set is a group of repetitions of the same exercise. Therefore, for the upper body 8 repetitions is one set. For the lower body, 15 repetitions forms one set.
6. We prescribe three sets of exercises for each muscle group. However, several systems of weight training prescribe different repetitions as well as different sets.



## Cardio Training



Walk / Jog



Cross Trainer

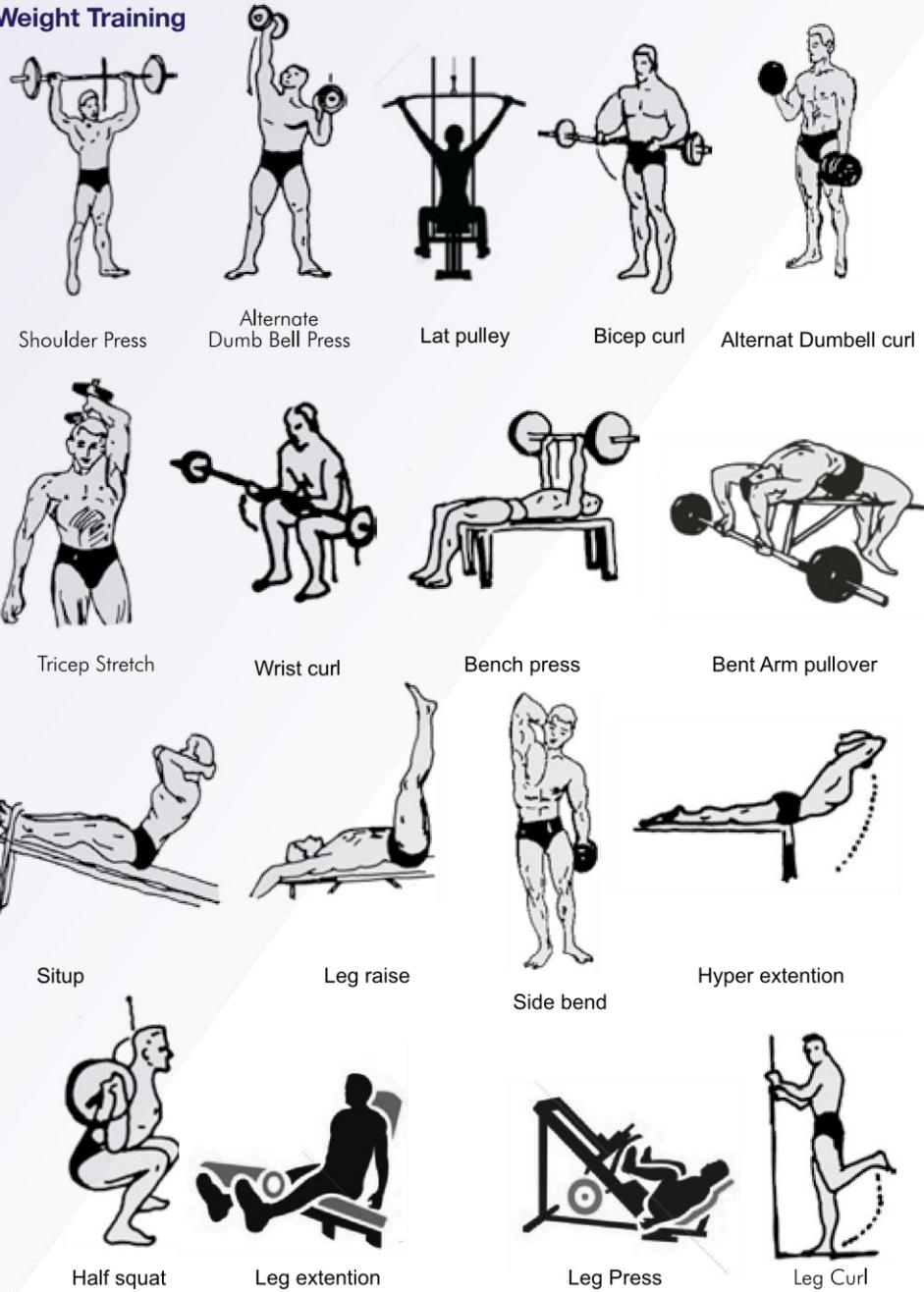


Cycle upright



Rowing

## Weight Training



In the Exercise component, children are advised to participate in vigorous team sports. Where as adults are generally advised moderate activity of an individual nature. While adults may participate in Gym exercises and weight training. This is not advised till children are above 13 years and that too, with lightweights.

## Nutrition & Diet

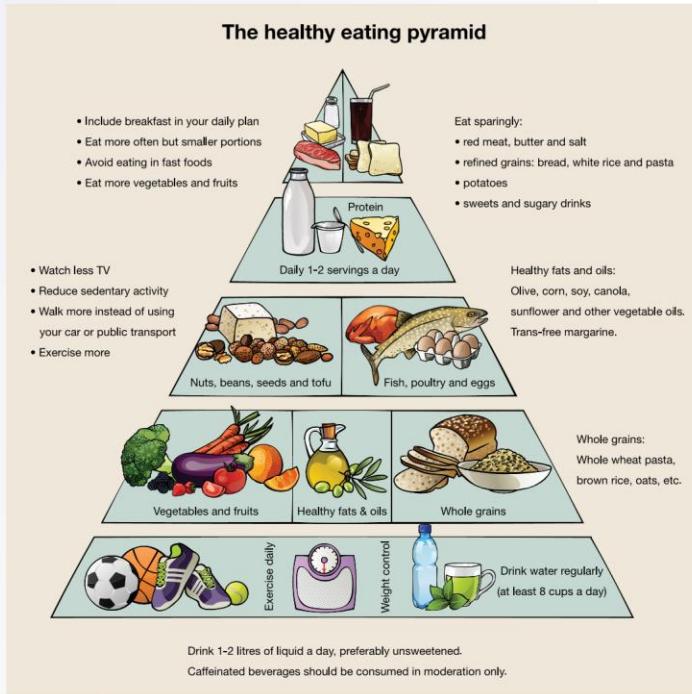


### 3. Nutrition & Calorie Management

The food pyramid is a guide as to what you should eat and in what quantities. Basically we should all eat food from all the different food groups in order to have a balanced diet. In addition, we should keep the following points in mind:

- While adults are advised to consume between 1000-1500 Calories each day in order to manage weight. In children because of growth & energy requirements, Calorie restriction is not imposed except if the child is obese.

- It is important to eat fiber (fruit, vegetable, grain) in preference to fat (butter, cheese, etc.) and accordingly we have suggested a max of 30 gms fat and a minimum of 70 gms fiber each day.



#### Health Foods

Eat one/some foods from each of these groups daily	
a) Fruits	- Apple, Banana, Papaya, Mango, Guava, Pear, Bel, Amla, Grape, Orange, Watermelon
b) Vegetables	- Potato, Onion, Ginger, Garlic, Beetroot, Tomato, Lime, Radish, Turnip, Cabbage, Cauliflower, Lettuce, Cucumber, Carrot, Asparagus, Spinach, Saag, Coconut, Karela
c) Grains & Pulses	- Beans, Peas, Gram, Dal, Wheat, Brown Rice, Peanuts, Nuts
d) Dairy Products	- Skimmed Milk, Curd
e) Miscellaneous	- Honey, Dry Fruit, Vegetable Oils
f) Fluids	- Water, Fruit Juices, Vegetable Juices

#### Food Groups

Food Groups	Function	Useful Tips
Vegetable & Fruits	Uncooked Vegetables & Fruits contains large quantities of vitamins, minerals, antioxidants, flavonoids etc, which protect the body from free radical damage. The fiber in Fruits & Vegetables cleans the digestive tract of bacterial and impurities.	<ul style="list-style-type: none"> <li>• Eat a fresh salad and one or two fruits daily</li> <li>• Preferably eat foods that are in season</li> <li>• Eating fruits is better than having fruit juices.</li> </ul>
Grains Legumes Pulses	In addition to fibre; grain such as rice, maize etc contain starch that provides energy. Legumes and Pulses (Including gram beans etc) in addition contain large quantities of protein that helps in growth and repair of tissue	<ul style="list-style-type: none"> <li>• Whole grain wheat etc contain more fibre and is healthier than processed grain.</li> <li>• Some form of vegetable protein (gram, beans etc.) must be eaten daily</li> </ul>
Eggs, Fish Poultry & Meat	Provides the body with proteins. For growth and repair of body tissue. Fish is the best because it contains omega 3 & omega 6 fatty acids which are good for the heart. Poultry comes next and meats such as mutton, beef and pork if eaten should be consumed sparingly.	<ul style="list-style-type: none"> <li>• Not more than one egg a day for children. Eat fish and poultry avoid mutton, beef, pork</li> </ul>
Dairy Products and Soy milk	Comprising low fat skimmed milk contains calcium. For the good health of our bones, teeth etc. Some of us are lactose (Milk) intolerant and our alternative for calcium and protein is Soya Bean Milk.	<ul style="list-style-type: none"> <li>• Avoid whole cream milk products including butter, cheese and saturated oils.</li> </ul>
Oils for cooking	Provides the body with energy, but is dense in calories and too much adds to body fat.	<ul style="list-style-type: none"> <li>• Avoid saturated oils such as coconut oil etc. They lead to artery disease.</li> <li>• Olive oil and Liquid oils are good for consumption.</li> </ul>

#### Some International Food Calorie values

Item	Quantity	Calorie Value (apx.)	Item	Quantity	Caloric Value (apx.)
Bread slice with butter & jam/cheese, etc.	1	120	Spaghetti & meat sauce, etc	1 plate	450
Breakfast cereal with milk sweetened	1 cup	130	Hamburger	1 pcs	250
Porridge & milk sweetened	1 cup	150	Steak & salad	1 plate	300
Baked Beans in sauce	1 cup	200	Fish & chips	1 plate	400
Sausage, bacon, ham, etc. fried	1 helping	120	Baked dish	1 helping	400
Potato mash	1 cup	100	Fried chicken	1 helping	200
Potato fried	1 cup	200	Chinese noodles	1 plate	450
Sandwich, large	1 pc	250	Chinese fried rice	1 plate	450
			Chinese side dish	1 plate	250
			Pizza	1 plate	400

## Sample Diet Low Fat, High Fibre

Meal	Item	Fat (gm)	Calories	Fibre (gm)
Breakfast	One cup tea, milk & sugar	0	45	0
	Two chapatis/bread	0	120	6
	One cup vegetables	0	100	8
	One cup milk	1	60	0
	One cup cooked rice	0	120	6
	One cup lentils	0	150	10
	One cup curry (veg.)	0	100	8
	One cup salad	0	100	8
	One fruit	0	75	8
	One cup tea	1	45	0
Dinner	Two chapatis/bread	0	120	6
	One cup dal/lentils	0	150	10
	*One meat curry	10	100	0
	One cup salad	0	100	8
	One cup curd	8	100	0
	*Two spoons oil for cooking	10	90	0
	<b>Total</b>	<b>30</b>	<b>1575</b>	<b>78</b>

## Calorie Sheet - Indian Foods

Item	Quantity	Calorie Value (apx.)	Item	Quantity	Calorie Value (apx.)	
<b>Breakfast</b>						
Egg, boiled	1	80	Beverages			
Egg, poached	1	80	Tea, black, with no sugar	1 cup	10	
Egg, fried	1	110	Coffee, black, with no sugar	1 cup	10	
Egg, omelet	1	120	Tea with milk & sugar	1 cup	45	
Bread slice	1	45	Coffee with milk & sugar	1 cup	45	
Bread slice with butter	1	90	Milk without sugar	1 cup	60	
Chappati	1	60	Milk with sugar	1 cup	75	
Puri	1	75	Milk with sugar & Horlicks	1 cup	120	
Paratha	1	150	Fruit juice, concentrated	1 cup	120	
Subji	1 cup	150	Soft drinks (Thums Up, etc.)	1 bottle	90	
Idli	1	100	Beer	1 bottle	200	
Dosa, plain	1	120	Soda	1 bottle	10	
Dosa, masala	1	250	Alcohol, neat	1 peg, small	75	
Sambar	1 cup	150	<b>MISCELLANEOUS &amp; NON</b>			
Lunch / Dinner			Porridge	1 cup	150	
Cooked rice, plain	1 cup	120	Jam	1 tsp.	30	
Cooked rice, fried	1 cup	150	Butter	1 tsp.	50	
Chappati	1	60	Ghee	1 tsp.	50	
Puri	1	75	Sugar	1 tsp.	30	
Paratha	1	150	Biscuit	1	30	
Naan	1	150	Fried nuts	1 cup	300	
Dal	1 cup	150	Puddings	1 cup	200	
Sambar	1 cup	150	Ice-cream	1 cup	200	
Curd	1 cup	100	Milk shake	1 glass	200	
Curry, vegetable	1 cup	150	Wafers	1 pkt.	120	
Curry, meat	1 cup	175	Samosa	1	100	
Salad	1 cup	100	Bhel puri/pani puri	1 helping	150	
Papad	1	45	Kebab	1 plate	150	
Cutlet	1	75	Indian sweet (mithai)	1 pc.	150	
Pickle	1 tsp.	30	Pickle	1 tsp.	30	
Soup, clear	1 cup	75	Soup, clear	1 cup	75	
Soup, heavy	1 cup	150	Soup, heavy	1 cup	150	
Soup, heavy	1 cup	150	Fruit	1 helping	75	

## Fat and Fibre Content in Daily Foods

Item	Fat (gms)	Fibre (gms)	Item	Fat (gms)	Fibre (gms)
Almonds 1 cup	72	16	Jelly (1 tsp)	0	0
Apple 1 cup	0	8	Lamb lean (1 cup) (6oz)	24	0
Apple Juice 1 cup	0	0	Lamb medium (1 cup) (6oz)	50	0
Banana 1 no	0	2	Lettuce (1 cup)	0	4
Beans Cooked 1 cup	0	12	Liquor (Rum/Whisky/Gin) (1 Peg)	0	0
Beef Lean 1 cup (6oz)	32	0	Nuts	60	9
Beer 1 Glass	0	0	Mango 1 piece	0	6
Beet Root 1 cup	0	6	Fish (1 cup) (6oz)	24	0
Biscuit 1 Pc	5	1	Margarine (1 tsp)	4	0
Bread White 1 Pc	1	1	Mayonnaise (1 tsp)	4	0
Bread Wheat 1 Pc	1	3	Milk Whole (1 cup)	5	0
Butter 1 tsp	5	0	Milk Skimmed (1 cup)	1	0
Butter Multi Whole 1 tsp	8	0	Mushroom (1 cup)	0	8
Butter Low Fat 1 tsp	2	0	Noodles (1 cup)	2	3
Cabbage 1 cup	0	4	Oil Vegetable (1 tsp)	5	0
Carrot 1 cup	0	4	Onion (1 cup)	0	8
Cashewnut 1 cup	32	4	Orange (1 Pc)	0	4
Cauliflower 1 cup	2	2	Orange Juice (1 cup)	0	0
Cereal Bran 1 cup	2	22	Papaya (1 cup)	0	2
Cereal Flatus 1 cup	0	6	Peanut Butter (1 tsp)	8	1
Cheese Cottage 1 cup	8	0	Peanuts (1 cup)	72	12
Cheese Whole 1 cup	36	0	Pear (1 pc)	1	4
Chicken With Skin 1 cup (6oz)	20	0	Peas (1 cup)	0	10
Chicken No Skin 1 cup (6oz)	6	0	Pineapple (1 cup)	0	4
Chocolate 1 Pc	18	0	Park Lean (1 cup) (6oz)	16	0
Chilli / Tomato Sauce 1 tbsp	0	1	Park Medium (1 cup) (6oz)	46	0
Corn 1 cup	0	4	Potato (1 cup)	0	12
Crab Meat 1 cup (6oz)	20	0	Rice brown (1 cup)	0	6
Cream 1 tbsp	5	0	Rice White (1 cup)	0	2
Cucumber 1 cup	0	2	Spinach (1 cup)	0	4
Dates 1 cup	0	8	Sugar (1 tsp)	0	0
Egg 1 Pc	5	0	Soup Non-Veg Clear 1 cup	1	0
Egg White	0	0	Soup Thick Veg 1 cup	0	2
Flour Wheat (1 cup)	0	18	Soup Thick Non-Veg 1 cup	5	0
Flour White (1 cup)	0	4	Sausage (1 cup) (6oz)	36	0
Fruit Cocktail (1 cup)	0	8	Soyabean (1 cup)	6	12
Fruit Juice (1 cup)	0	0	Tomato (1 Pc)	0	2
Grapes (1 cup)	0	4	Tomato Juice (1 cup)	0	1
Greens (1 cup)	0	8	Vegetable Salad Mixed (1 cup)	0	8
Ham (1 cup) (6oz)	26	0	Walnuts (1 cup)	64	8
Honey (1 tsp)	0	0	Watermelon (1 cup)	0	4
Ice Cream (regular)	16	0	Wine (1 cup)	0	0
Jam (1 tsp)	0	0	Yoghurt (1 cup)	8	0

## Calorie and fat content of essential foods eaten in UAE

Item	Fat (gms)	Calories	Item	Fat (gms)	Calories																																																																																																																																																						
<b>FATS &amp; OILS (1 tbsp)</b>																																																																																																																																																											
Butter	11	100	Green Bean Salad	4	67																																																																																																																																																						
Lard	13	115	Fattoush	6.3	125																																																																																																																																																						
Margarine	13	100	Tabbouleh	5.8	108																																																																																																																																																						
Margarine Low Fat 40%	5	50	<b>BREAD &amp; PASTRIES</b>																																																																																																																																																								
Vegetable Oils	14	125	White Bread (1 Slice = 28G)	1	73																																																																																																																																																						
Ghee	13	115	Whole-Wheat Bread (1 Slice = 28G)	1	70																																																																																																																																																						
Tehineh	8	90	French Baguette (1 Slice = 28G)	0.8	80																																																																																																																																																						
			Arabic Bread (Quarter Loaf = 28G)	0.3	78																																																																																																																																																						
			Markouk Bread (Half Loaf = 28G)	0.2	88																																																																																																																																																						
			Egyptian Baladi Bread (28G)	0.9	73																																																																																																																																																						
			Croissant (1)	12	235																																																																																																																																																						
			Doughnut Plain (1)	12	210																																																																																																																																																						
			Pancake (1)	2	60																																																																																																																																																						
			Danish Pastry Plain (1)	12	220																																																																																																																																																						
			Manaeesh (Thyme) (100G)	10.2	277																																																																																																																																																						
			Ka'ak (100G)	1	294																																																																																																																																																						
			Pizza With Cheese (1 Slice)	9	290																																																																																																																																																						
<b>DAIRY PRODUCTS</b>																																																																																																																																																											
<b>Cheese(100G)</b>			<b>MEATS (100g)</b>																																																																																																																																																								
Blue	27		Sirloin Steak lean only	8	208																																																																																																																																																						
Cheddar	32	303	Ground Beef lean	19	271																																																																																																																																																						
Cottage Regular 4% Fat	4	410	Veal Rib	16	270																																																																																																																																																						
Cottage Low Fat 2%	2	104	Veal Cutlet for escalope	11	218																																																																																																																																																						
Feta	21	91	Lamb Arm lean and fat	24	349																																																																																																																																																						
Mozzarella From Whole Milk	21	286	Lamb Leg lean and fat	15	241																																																																																																																																																						
Parmesan	30	455	Brain	8.6	125																																																																																																																																																						
Ricotta Whole Milk	13	175	Tongue	14	194																																																																																																																																																						
Halloum	25	320	Liver	8	218																																																																																																																																																						
Akkawi	21.6	289	Kafta	22.1	266																																																																																																																																																						
Mountain Cheese	23	283	Lamb Kabab	12.4	154																																																																																																																																																						
			Kibbeh Bi Sanyeh	17.2	331																																																																																																																																																						
			Shawarma	36	373																																																																																																																																																						
<b>Labneh(100G)</b>																																																																																																																																																											
Labneh	10.8	154	<b>POULTRY</b>																																																																																																																																																								
Kareeshe	0.7	99	Chicken fried																																																																																																																																																								
Shanklish	5.6	215	Breast with skin, batter dipped (1/2 )	18	365																																																																																																																																																						
Kishk	12	391	Drumstick with skin, batter dipped (1)	11	195																																																																																																																																																						
Kashta	12.2	207	Chicken roasted without skin																																																																																																																																																								
Milk 1 Cup = 250ML			Breast (1/2)	3	140																																																																																																																																																						
Milk Whole 3.3% Fat	8	150	Drumstick (1)	2	75																																																																																																																																																						
Milk Low Fat 2%	5	120	Chicken With Rice (100g)	9.3	166																																																																																																																																																						
Condensed Sweetened Milk	27	980	Duck Roasted flesh only (100g)	11	201																																																																																																																																																						
			Turkey Roasted flesh only																																																																																																																																																								
<b>Yogurt (125G)</b>						Dark Meat (100g)	7	188	Yogurt Plain 0% Fat	Traces	50	Breast Meat (100g)	3.5	159	Yogurt Plain 20% Fat	2	60				Yogurt Plain Whole	4	80	<b>FISH &amp; SEA FOOD (100g)</b>									Flounder or Sole						Baked With Lemon Juice	1	94				Flounder or Sole Baked with						Lemon Juice and Butter	7	141				Haddock Breaded and Fried	11	206				Salmon Baked	6	165				Smoked Salmon	9.4	176				Sardines Atlantic Canned in Oil	11	206				Tuna Canned in Oil	8	194				Tuna Canned In Water	8	159				Broiled Fish With Spicy Sauce	10.2	161				Fish With Rice Sayadiah	13.2	209				Shrimps Batter Dipped And Fried	12	235	<b>SALADS (100G)</b>						Potato Salad with mayonnaise dressing	8.4	144				Tuna Salad with mayonnaise dressing	9	183				Beet Salad	4.7	85				Cabbage Salad with oil and lemon dressing	4.7	65				Cole Slaw in mayonnaise dressing	2.6	61				Mixed Greens Salad	2	36				Dried Lima Bean Salad	2.9	157			
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Item	Fat (gms)	Calories	Item	Fat (gms)	Calories			
<b>SOUPS (1 cup = 250ml)</b>								
Tomato	8.8	157	<b>SWEETS (100g)</b>					
Meat And Vermicelli	20	375	Pound Cake	17	400			
Vegetable	4.5	67.5	Fruit Cake	16	384			
Kishk	8.3	190	Cheese Cake	20	304			
Lentil	2	180	Brownies With Nuts	30	475			
Lentil With Rice	12.5	322	English Muffins Plain	2	246			
			Waffles	11	273			
			Tiramisu	20	314			
			Apple Pie	11	256			
			Éclair	11	240			
			Custard Baked	6	115			
			Jello	0	58			
			Muhallabieh	6.6	156			
			Rice Pudding	2.8	138			
			Nammourah	3.1	216			
			Ghraibeh	21.3	466			
			Date Cake	9	358			
			Maamoul With Dates	15.5	411			
			Maamoul With Nuts	26.8	496			
			Awamat	6.9	236			
			Baklawah With Pistachio Nuts	32.2	540			
			Borma With Pistachio Nuts	44.3	592			
			Borma With Almonds	31.9	523			
			Vanilla Ice Cream (2 Scoops)	10.5	203			
			Sorbet (2 Scoops)	1	135			
<b>STEWNS &amp; STUFFED DISHES</b>								
<b>Stews cooked with meat (100g)</b>								
Artichoke Stew	6.1	87						
Cauliflower Stew	9.2	109						
Moulloukhieh	6.4	103						
Okra Stew	7.2	104						
Masbahet El-Darwish	5.6	72						
Spinach	5.7	93						
Eggplant With Rice	10.1	153						
Pea Stew	4.2	71						
White Bean Stew	6.3	136						
<b>Stuffed with Meat and Rice (100g)</b>								
			Stuffed					
Grape Leaves	7.3	112						
Stuffed Squash	1.7	54						
Stuffed Eggplant	4.9	112						
Stuffed Gourds	2.5	87						
Potatoes (100G)								
French Fries	16	320						
Potatoes Gratin	8	133						
Potatoes Mashed								
With Milk And Butter	4	107						
Potato Kibbeh	15.7	209						
<b>Pasta &amp; Grains (100g)</b>								
Spaghetti In Tomato Sauce								
With Cheese	3.6	104						
Spaghetti In Tomato Sauce								
With Meat Balls	5	133						
Spaghetti In White Sauce								
With Cheese	7.9	166						
Spaghetti In White Sauce								
With Chicken	7.5	152						
Lasagna	8	150						
Mejadara Topped with Onions	27.6	362						
Falafel	12	195						
<b>NUTS</b>								
Almonds								
Cashew Nuts Roasted In Oil	15	165						
Peanuts Roasted In Oil	14	165						
Pistachio Nuts Dried Shell	14	165						
Pinyon Nuts	17	160						

## Micro-Nutrients

The guide to healthy eating pyramid provides you a balanced diet, with ample vitamins, minerals and anti-oxidants. The therapeutic benefit of these micro nutrients are explained below.

Vitamins	Functions in the Body/Benefits	Dietary Sources
Vitamin A Retinol, Beta-carotene	Maintains good vision resistance to infections	Milk, eggs, meat, fish, green leafy vegetables, carrots, yellow & orange fruits & vegetables
Vitamin D Cholecalciferol,	Regulates absorption of calcium for bone health	Formed in skin when exposed to sunlight. Found in dairy products, egg yolks, fish
Vitamin E Tocopherols, Tocotrienols	Antioxidant, protects vitamin A & fatty acids from oxidation. Treats anaemia	Vegetable oils, butter, eggs, nuts, whole grain cereals, wheat germ.
Vitamin C (Ascorbic acid)	Wound healing, bone fractures, resistance to infections. Strengthens blood vessels	Abundant in most fresh fruits (esp. citrus) and vegetables.
Vitamin K	Promotes blood clotting. Treats hemorrhagic disorders	Green, leafy vegetables, liver and other animal products
Vitamin B1 Thiamine	Metabolises carbohydrates. Essential for nervous tissue & cardiac system	Whole grain cereals, peas, beans, peanuts & legumes
Vitamin B2 Riboflavin	Regulates energy, growth, hormones & formation of red blood cells	Egg whites, greens, lean meat, fish, wheat germ and milk
Vitamin B3 Niacin, Nicotinic acid, Niacinaide	Fat synthesis, protein & carbohydrate breakdown, health of skin, tongue	Lean meat, chicken, salmon, tuna, legumes, whole grain cereals, peanuts
Vitamin B5 Pantothenic acid	Carbohydrate metabolism, fat metabolism	Eggs, chicken, avocados, soybeans, whole grains
Vitamin B12 Cynacobalamin	Red blood cell health & treat pernicious anaemia	Liver, kidney, dairy products, eggs
Folic acid orange	Essential for blood cell formation, protein metabolism prevents congenital defects	Green leafy vegetables, liver, kidney, yeast, juice, grain products, beans

Minerals	Functions in the Body/Benefits	Dietary Sources
Calcium	Strong bone structure, teeth, muscle tissue. regulates heartbeat nerve	Green leafy vegetables dairy products. Sardines, salmon, tofu.
Magnesium	Muscle contraction, bone, formation, blood pressure control	Nuts, legumes, unmilled grains beans, green leafy vegetables, bananas
Potassium	Maintains fluid balance, blood pressure, cell integrity, muscle contractions, and nerve impulse transmission	Fruits, green leafy vegetables and meats.
Zinc	Maintaining immune function	Meat, liver, eggs, seafood, whole grains.
Chromium	Glucose metabolism	Whole grain cereals, nuts, black pepper meat & cheese.
Selenium	Protects body tissues against oxidative damage caused by radiation, pollution & normal body reactions	Seafood, kidney, liver, selected grains
Iron	Red blood cell health through formation of haemoglobin	Red meats, liver, poultry, fish, beans, peas
Iodine	Essential component of hormones.	Iodised salt, seafood, milk & cheese
Copper	Support healthy bones, muscles & blood vessels, assists in iron absorption	Liver, legumes, nuts, seeds, raisins, whole grains, shellfish, shrimp.

## Height - Weight Chart for Children

	Asian					European				
	Age (Years)	Male Height (Cms)	Male Weight (Kgs)	Female Height (Cms)	Female Weight (Kgs)	Male Height (Cms)	Male Weight (Kgs)	Female Height (Cms)	Female Weight (Kgs)	
4	98	14	96	13	102	16	102	16	102	16
5	104	16	104	15	107	19	107	18	107	18
6	118	22	117	21	112	22	112	20	112	20
7	123	24	122	24	117	25	117	24	117	24
8	127	26	126	26	122	28	122	24	122	24
9	133	30	132	29	127	31	127	26	127	26
10	138	32	138	33	132	34	132	28	132	28
11	143	35	144	36	137	37	137	30	137	30
12	148	38	150	42	142	40	144	35	144	35
13	154	42	153	44	147	43	151	40	151	40
14	161	48	155	46	152	46	158	45	158	45
15	165	52	155	48	159	51	165	50	165	50
16	168	55	155	49	166	56	165	50	165	50
17	168	59	156	49	174	61	165	50	165	50
18	169	62	157	50	181	66	165	50	165	50

## Height - Weight Chart for Adults

Cms	Inches	Height		Weight	
		Male Min.	Male Max.	Female Min.	Female Max.
152	5'-0"	55	65	45	55
155	5'-1"	56	66	46	56
157	5'-2"	57	67	47	57
160	5'-3"	58	68	48	58
162	5'-4"	59	69	49	59
165	5'-5"	60	70	50	60
167	5'-6"	61	71	51	61
170	5'-7"	62	72	52	62
172	5'-8"	63	73	53	63
175	5'-9"	64	74	54	64
177	5'-10"	65	75	55	65
180	5'-11"	66	76	56	66
182	6'-0"	67	77	57	67

Adults of European descent to add 5 kgs, to the Min-Max as per gender to get European Height Weight ranges

Source: Fitness a way of Life 1990. Tata Mcgraw Hill

# Stress Management & Mental Health



## 4. Stress Management & Mental Health

Stress has existed from the time of Early Man but has now become an omnipresent phenomenon in the life of 'Modern Man'. It has pervaded all layers of life.

Stress is the bio-psycho-social response of the body to a demand, mental or physical. Stress is an arousal response the body makes, when a situation is perceived as being stressful. The impact of this arousal affects emotional as well as cognitive thinking. The impact is seen in behavioral and physiological change. When stress is long term and chronic, it leads to chronic psychosomatic ailments. While there is an undeniable link between stress and illness, optimal stress is also a prerequisite for success in every task. Stress is the wind beneath your wings pushing you towards achievement. If stress can trigger off psychosomatic ailments in those living in the fast track, it can be a trigger even to those who suffer from monotony, boredom or frustration. It is therefore very essential to bring a balance between too much and too little stress.

The first step in managing stress is to develop a stress free personality. A high self-esteem, assertive behavior and a positive attitude help in building a stress free perception. It also helps to focus on areas where control and change are possible. Locate the source of stress and use a problem solving approach to deal with it step by step. All stress you can understand. Some you can change. Some you may have little control over. You may then need to change your attitude and response towards these stressors. Thereby reducing stress.

Any exercise program done regularly utilizes the body's stress hormones. Exercise not only makes the body fit, but also acclimatizes the heart and lungs to increased activity, as in stressful situations. Relaxation and meditation techniques result in calming brain waves, and reducing the effects of stress. This is especially effective with stress related ailments such as hypertension, headaches, digestive ailments, cardiac ailments, sleep problems to name just a few.

Stress may be an irritant in your life or it may be a factor of passive existence. Change of perspective will help change this stress to an active, rewarding life.

### Stress and Ailments

Psychosomatic ailments are stress related. They are somatic or physical ailments, aggravated, triggered or sometimes even caused by psychological factors such as stress. Hence medical treatment, physiotherapy and fitness, therapeutic diet, all must be accompanied by management of stress. Some common psychosomatic ailments are Headaches, Respiratory ailments, Immune Disorders and Allergies, Hypertension, Diabetes, High cholesterol, Muscle and joint problems, Digestive problems, Pre menstrual syndrome and Menopause.

Use a combination of behavior management and relaxation techniques to manage your stress.

### Sleep

One of the best gifts of nature is sleep. Daily sleep of 6-8 hours helps in repair and relaxation of the body and mind. It provides sufficient time for deep (NREM) and dream (REM) sleep restoring physical and mental health.

Keep your sleep – wake timing regular. Irregular timing is known to confuse the circadian sleep cycle.

- A short afternoon nap may help you recover.

But if you have Insomnia, avoid naps for now.

- Use your bedroom and bed only for relaxation. Working, eating, talking, arguing, fighting should all be kept outside.



- Following a sleep ritual of bath, brushing teeth, moisturizing face, brushing hair, prayer etc, help you unwind before you drop into bed.
- Children sleep better with cuddly toys in bed, pet in the room, a night lamp, their door slightly open etc. They feel safe and secure and so sleep well.
- A warm glass of milk, warm bath make you feel relaxed and aid in sleep.
- Coffee & Cigarettes are stimulants and best avoided at bed time.
- Alcohol in large quantities is also a deterrent.
- The décor, ambience colour schemes, room temperature, lights, sound, privacy, furniture even mattress and pillow, must be comfortable.
- Regular exercise improves sleep, so exercise daily. But vigorous exercise close to bedtime acts like a stimulant and so is not a good idea.
- A heavy stomach will only interfere with sleep. So make sure your dinner is light and atleast 2 hours before bedtime.
- And finally, with all your effort, if sleep still doesn't come – quit trying. Get up from your bed, try reading (no TV) and then attempt to sleep again. Tossing and turning and not succeeding creates conditions of panic, further affecting sleep.



## Change & Crisis

Change always carries tremendous stress with it. And if this change is a crisis, if it is a major calamity in any area of life, it brings about a series of responses called Grief Reaction or Thantology. This understanding may help you cope better with your crisis / grief. Denial & Shock - refusal to accept the situation



Anger - helplessness & blaming of self and others.

Bargaining	- attempting to negotiate a return to normalcy.
Depression	- withdrawal, helplessness
Acceptance	- when realization of the irreversibility is faced up to.

## Time, Routine & Stress

In modern times, lack of time is a major cause of stress. This results in important areas of life being neglected. Limited time and much to do in that time results in pressure, impatience and overload.

Plan your time well. You only have 24 hours a day and many important areas to fit in. A simple formula for time & stress management is mentioned in the table. You could personalize it to suit your needs. Remember you can't delete any activity or reduce time for health factors.

6 - 8	Sleep
8 - 10	Work, Occupation, Study
1	Exercise
1	3 big & 2 small meals Quality family time
6	Relaxation, Social time, Quiet personal time, Personal hygiene, Others

## Stress Defense Methods to optimize stress

- Quality time for family will ensure that you have a retreat called home.
- Plan your career well, it will give you challenge, satisfaction & security.
- An assertive personality is responsible to self & others. Learn this skill.
- Communication is the key to relationship building. Listen better and your conflicts will slowly dissolve.
- Develop a sense of humor. Learn to laugh at life, its paradoxes and at yourself.
- Plan a little idleness & quietness each day. You will be able to recharge.
- Exercise is arousal and relaxation is the opposite. Yet both are necessary on a daily basis. Practice both.
- Sleep well and you will have renewed energy to face the next days stresses.



## Meditation

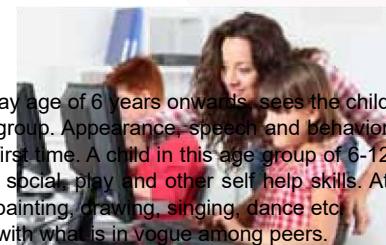
In simple terms, meditation can be defined as total relaxation of the body mind complex. It is difficult to separate the mind from the body. Mental health will lead to physical well being and vice versa. Meditation can also be defined as the art of living in the present moment. The mind almost always dwells in the past or future. Isn't it strange that all our stress of today arises either from the past or the future. Relaxation can be achieved by living in the present moment.



Health is the balance, harmony, rhythm and natural flow of life energy, through every part of the body. Diseases occur when this joyful flow is interrupted. Poor lifestyle, emotional conflict, mental tension, inherited predispositions with consequent energy depletion are the main causes of poor health. A number of physical diseases are often related to these subtle problems. Meditation is very helpful in overcoming these problems. Medication heals the body from outside, where as meditation heals it from inside.

The easiest way to meditate is by either lying down, sitting on the ground or sitting on a chair in a comfortable position. Eyes should be closed and noise eliminated to reduce external stimulation. Soft music aids in relaxation. You may like to practice relaxation techniques such as: progressive muscular relaxation, visualization, autogenic training, self hypnosis or different forms of meditation, yoga.

Regular meditation helps to overcome addictions to tranquilizers, reduces hypertension, insomnia, migraine, depression, anxiety and other psychosomatic illness. It also expands brain function by enhancing a balance between the two separate hemispheres of the brain, promoting creativity, love, compassion etc.



## Mental Health in children

**Cognitive Development:** The elementary school age or play age of 6 years onwards, sees the child having a great need to belong and to conform to a social group. Appearance, speech and behavior begin to shape towards acceptance by age-mates from the first time. A child in this age group of 6-12 years has fairly self sufficient in eating, personal hygiene, social play and other self help skills. At school, the child further develops skills of reading, writing, painting, drawing, singing, dance etc. Other skills learnt depend on the exposure provided along with what is in vogue among peers.

The child learns to monitor his behavior according to the context, with drawl, sulking, temper outbursts, aggression are not readily accepted by peers and therefore the child learns to control this behavior in a social group. At home however, emotional outbursts continue, leaving the parents often amazed at the difference.

Some major concerns of this age are sibling rivalry, school phobia, hyperactive traits, irregular eating habits, attention seeking behavior, enuresis or bed wetting, nail biting, seizures and pseudo seizures, loss of body function or pain without any physical basis.

Cruel and callous behavior towards those not in the group tends to be seen most in this age group.

The child begins to experience academic pressure along with parental expectations and pressure of performance. This may result in a restriction on his play time and socialising. While the child feels compelled to show acceptable behavior in the social group, there is no such pressure at home. Freedom is restricted at this age since parents feel the child is not old enough to monitor himself.

An understanding of these dynamics and a balance

between parental expectations and the child's capabilities make it easy for the child to pass through this age. An environment of acceptance balanced with expectations leads to formation of a sound foundation and confidence.

Early foundations are likely to be permanent. It is therefore necessary that this foundation leads to good personal and social adjustment as the child grows up. A child brought up in an encouraging and accepting environment starts with a foundation of positive self regard. Inappropriate expectations or lack of involvement may both lead to feelings of inadequacy and failure or resentment and defiance.

Teenage starts with puberty at 11-12 years for girls and 13-14 years for boys and ends with adulthood for both at 18 years of age. It is a period marked with changes so rapid that it could leave the child confused and difficult to adjust to. It is a period in which the child acquires physical, mental, social and emotional maturity. Physically the child changes from an asexual to a sexual being. Psychologically, the child finds it difficult to adjust to these rapid changes and has feelings of confusion, irritability, inadequacy and awkwardness. An anti attitude towards everything, self consciousness and extreme emotion are not uncommon at all.

Peer pressure brings in conformity to group norms because of an intense need to belong and 'hangout' in a group.

As a parent you need to understand your child's needs and pressure to work on them effectively. Swinging between extreme disciplines on one hand and freedom without responsibility /accountability on the other leave the kids confused. These stormy emotions in the child and inability to balance the situation on the part of the parent often lead to frequent / daily hassles. Trivial issues get blown out of proportion leading to emotional outbursts from both. As a result, rational behavior is seen less and impulsive, emotional behavior is seen more.

Boys and girls begin to think seriously about their future and by late adolescence, interest in a career becomes a source of great concern. With increasing exposure and a growing realistic attitude, a teenager weighs up his interests and capability with the financial returns a career can promise. Prestige, peer attitude and parental pressure are strong influencing factors in making a choice.

Some common danger signals to watch out for are lack of interest in studies, excessive desire for social approval, overly aggressive attitude, insecurity when away from family, excessive day dreaming, constant use of defense mechanisms such as rationalization, projection etc. Excessive weight loss, loss of appetite, need for money, staying out very late etc also need to be looked at closely.

In these early years of formation of an adult personality, what helps a child the most is a blend of responsibility with freedom. Independence in limited doses helps in personality formation. An

understanding parent, an empathetic school teacher, as stable group of friends often become effective sources of releasing pressure and managing stress. Interest in a talent beyond academics helps the child to maintain balance and ease pressure. Physical activity such as games and sports help a child burn up unutilized energy and anger and this release, especially in team sports also generates positive energy.

While most children do not prefer this, relaxation techniques are a very good means of helping the child's concentration and memory. A relaxed and calm mind is able to absorb and retain better than an anxious mind.

Living in a positive environment, where the focus is more on the child's capabilities than his failures, gives the child greater confidence to explore new areas. With every success the confidence levels grow and in this environment of high self esteem the young adult learns to manage situation with a balanced perspective.

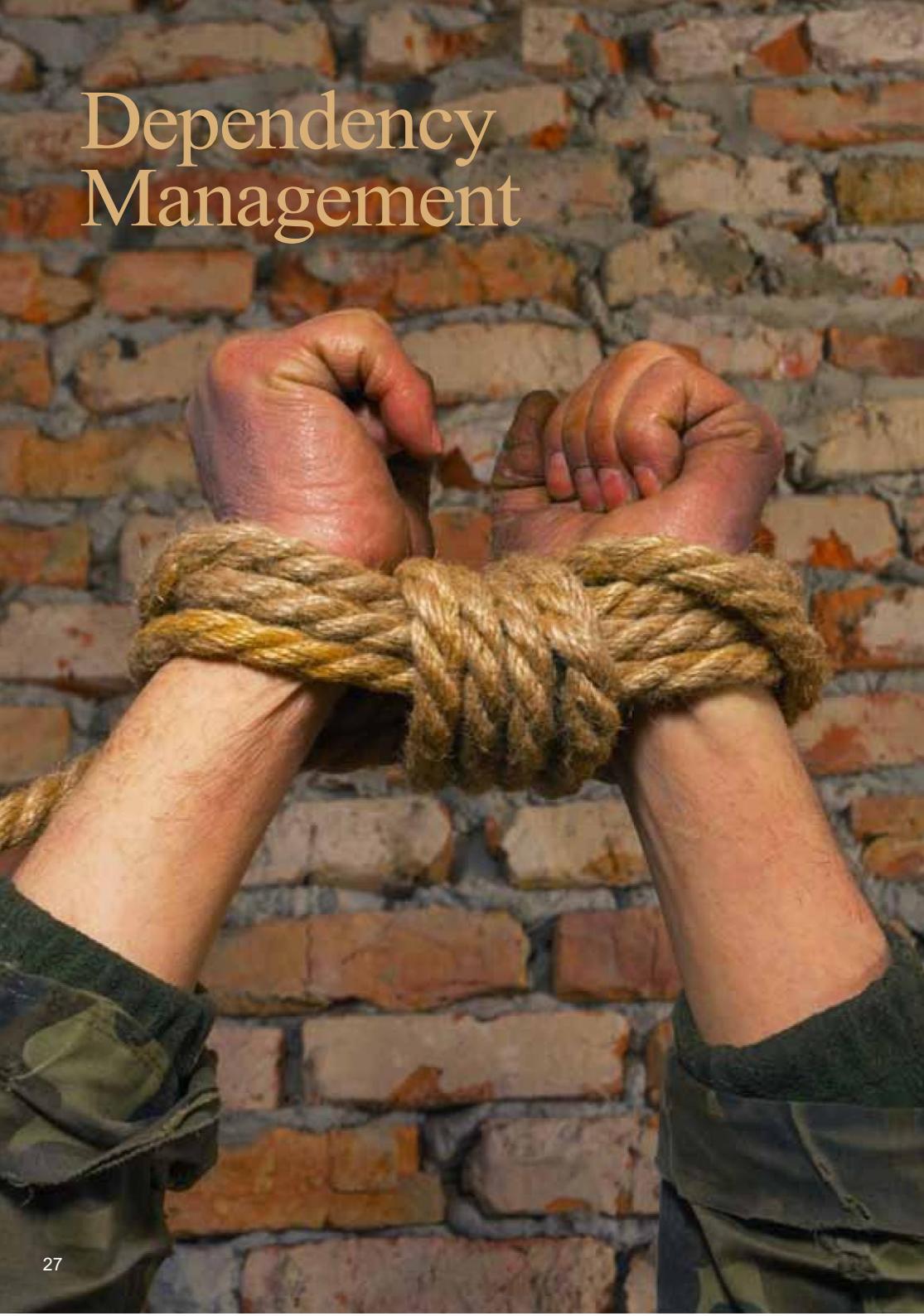
## Behavior Change

Various reasons compel you to look at changing your health habits. It could be growing years or growing hypertension, family history of cancer or shortness of breath while climbing steps. With all this external motivation, your doctor and family are disappointed if your behavior still doesn't change. While you can be well informed about your medical ranges, calories, fitness, stress etc, also understand the psychology of change. When attempting behavior change, keep a few facts in mind and you will be closer to success.

- All behavior is learned, not inherited. Smoking, overeating, sedentary life, anger, passivity, helplessness, impatience & irritation. All Reward & reinforcement (positive or negative) is the route to learning.
- If behavior can be learned, it can also be unlearned. However, unlearning takes longer and is more difficult than learning.
- Your behavior change plan must look at learning new behavior as well as unlearning old behavior.
- Have a clear vision of the 'New You'. When you begin to think of the New You, you will want to be it, too.
- Behavior modification goes through several stages; I won't .... I can't.... to, I could..... then onto I will.... and finally, I am.... and, I still am. Depending on where you are, your change will be successful.
- Be the boss of your change process. Don't make your spouse / trainer etc. responsible. Take charge yourself.
- Create a support group. In your weak moments take their support to stay on track. Many obstacles will come in the way of your change plan. So accommodate them in the plan.
- Feel confident that you can change. When low, work at pushing your confidence levels up.
- Make a commitment to yourself in writing, verbal, in a dairy, calendar. Also record your health behavior daily in a log.
- Break your larger vision into goals and sub goals. Also create time lines. Baby steps makes the vision look more achievable. Celebrate your small steps and big achievements.
- Change is a process, it's a journey. You may have arrived at destination 'I am'. But the 'I still am' stage is an ongoing journey. That is the real Test So don't stop.
- There is potential to fall off even after success. Plan for possible relapse or else it will become a reality.
- One successful behavior change is a big motivation for another health habit. So make a start somewhere.
- Enjoy the 'New Improved You'. You did it!



# Dependency Management



## 5. Dependency Management

Any indirect, casual or daily association with addictive substance like alcohol, smoking etc. have a proven record of causing dependency and being detrimental to health.

### Quit Smoking

There are two ways to give up smoking. One is to reduce/cut down for some time and then to stop completely. The second is to stop completely right away.

A few suggestions for cutting down and quitting are:

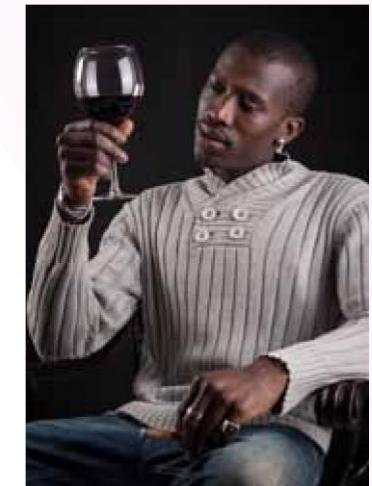
- Never smoke more than half the cigarette.
- Break a cigarette in half and then smoke it.
- Make it a practice never to smoke in office or at home.
- Never smoke in a public place, it is unhealthy for others.
- Smoke the first cigarette of the day half an hour later everyday.
- Take a decision to stop immediately.
- Seek expert advice on how to quit.
- Enlist the support of family and friends to prevent restarting.
- If you fail, don't lose hope. Keep trying till you quit.
- Consult your doctor for Nicotine replacement therapy such as gum, skin patches, etc.



### Alcohol management

Even while we do not advocate the drinking of alcohol, if the following points are kept in mind, alcoholic drinking can become safer.

- Drink slowly at the rate of one drink an hour.
- Always dilute your alcohol with water. (Soda or any other bicarbonated drink speeds up absorption).
- A safe limit is 2(30ml) pegs 1 bottle of beer half a bottle of wine. Never exceed this.
- Eat before drinking. Best of all drink during your meal.
- Never exceed two pegs.
- Avoid drinking daily and under pressure (anger, depression).
- Avoid drinking alone.
- The best cure for hangover is to sleep it off and drink lots of water.
- Take a decision to stop, if you can't follow the above rules, enlist the support of your family and counselor to stop.
- If you fail to stop, try again.





## 6. Safety

Beyond physical safety at home, work and at play, we also touch up on sexual safety

### I. Home Safety

- Fit safety railings and guards on balconies, windows and stairways.
- Ensure safe electrical sockets and wiring.
- Attach non-slip backing to rugs and mats and have non slip flooring.
- Provide a guard to fire places and radiators and conveniently locate fire extinguishers, etc.
- Do not leave toys etc lying about on the floor or stairs to avoid falling.
- Position ladders safely during usage, and avoid standing on chairs, tables, etc.
- Put away safely plastic bags, medicines, poisons, insecticides, sharp tools, power equipment, etc.
- Ensure safe handling of hot utensils, water, etc. in the kitchen.
- Ensure safe LPG cylinder and hot water connections.
- Do not smoke in bed or keep lighted cigarettes unattended.
- Observe pool safety around the home swimming pool.
- Dismantle firearms for storage.
- Keep matchbox out of reach of children.
- Superwise children and aged adults in the bath room, especially during usage of bathtubs and hot water.
- Have emergency telephone numbers of fire brigade, ambulance, doctors, police handy.



### II. Work Place Safety

- The first rule is to know, practice regularly and implement all safety standards required by law in your occupation. Pay special attention to the following safety hazards if relevant to your occupation.
- Hazards relating to machinery and equipment.
- Hazards relating to slipping and falling in relation to walk ways, uneven pathways, slippery surfaces, ladders, wearing of appropriate foot wear, helmets, etc.
- Hazards relating to lifting and injury to the back and also from appropriate seating.
- Hazards relating to temperature; wearing of protective clothing, warm or cold air jets for temperature control, etc.
- Hazards relating to high pressure, boilers, etc.
- Hazards relating to electricity; use of quality equipment and qualified electricians.
- Hazards relating to toxic substances; proper identification, storage, handling, disposal, etc.
- Explosion Hazards reduction; by prohibiting smoking in the vicinity, elimination of electric spark, appropriate ventilation, good house keeping, etc.
- Reduction of radiation hazards, by use of personal monitoring devices, marking of radiation areas, proper storage, handling of disposal, etc.
- Reduction of noise hazards, by use of sound level monitors, conduction of audiometry tests.



### III. Travel & Vehicle Safety

- Ensure repair, maintenance and road worthiness of your vehicle, i.e. brakes, light, tyres, etc.
- Pay full attention while driving. Avoid using mobile phones.
- Drive within speed limit & observe all traffic rules, traffic signals, etc.
- Do not drink and drive or drive under medications.
- Don't drive continuously for long duration without a break for rest.
- Ensure the use of safety belts in car, helmets in two wheelers.
- Reverse the car slowly with full vision and view.
- Never leave keys in the ignition or children alone in the vehicle, they could play with gears.
- Pedestrians should observe road rules of crossing, walking on pavement etc.
- Two wheel users should wear protective helmets.



### IV. Recreation Safety

- Know the safety rules before participating in your recreational activity.
- Teach children to swim as a life saving rule.
- Always use beaches patrolled by life saving personnel.
- Careful with underwater currents, rocks, unexplored waters
- In open water stay with group.
- In case of emergency in water, call for help avoid panic.
- If boating wear life jackets and be cautious of the weather.
- Keep the coast guard and others aware of your schedule.
- Go hiking in a group with at least one experienced person.
- Wear clothing to protect against sun, wind, rain, cold, etc.
- Keep authorities informed of your plans and route.
- Carry sufficient water and medical provisions.
- If lost, look for help and avoid straying.



These safety suggestions are by no means exhaustive but are merely suggestive. What is perhaps most important is a safety attitude & commitment. Another important aspect of safety is sexual safety.

### V. HIV - A.I.D.S.

Acquired Immune Deficiency Syndrome is an immunodeficiency disease. It affects the body's ability to ward off infections and diseases and therefore, the AIDS patient usually falls victim to several opportunistic infections and is frequently ill. In most cases, AIDS is fatal and is detected by taking HIV blood tests. AIDS is contacted from HIV+ individuals through seminal and vaginal fluids, anal intercourse; through use of infected needles and syringes, infected skin piercing equipment, infected blood and organs. An HIV+ mother may pass on the infection to her unborn child. AIDS is not spread through food, water, furniture, toilet seats, hugs, saliva, sneezing, kisses and sex with an uninfected person.

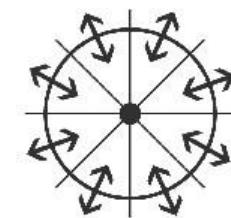
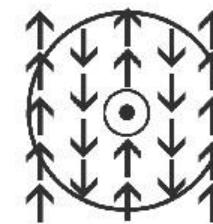
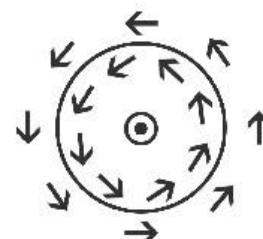
#### Protection

- Monogamous sex & use condom beyond monogamous relationship.
- Avoid prostitutes who are at high risk and multiple sex partners.
- Avoid sharing needles, syringes, skin piercing instruments & razors.
- Avoid donating blood except with disposable equipment and avoid untested donated blood and organs.
- Consult your doctor for more details.

### VI. Breast Self-Examination (For Ladies)

Lie down and put a pillow under your right shoulder. Place your right arm behind your head. Use the finger tips of your three middle fingers of the left hand to feel for lumps. Press firmly enough to know how your breast feels. A firm ridge in the lower curve of each breast is normal. Move around the breast in a set way. You can choose either the circle pattern (a), the up and down line (b), or the wedge (c). In the same way examine your left breast using right hand finger tips.

Breast self-exam can also be done in the shower. Soapy hands glide over the wet skin making it easy to check. You should also check your breasts while standing in front of a mirror and report to doctor for any changes in the breast or nipple, redness, swelling or dimpling of skin.



## 7. Ear, Nose, Throat, Teeth, Eyecare

### I. Ears

- Have periodic examination of your ears, especially if you notice your hearing decreasing.
- Do not put drops, oil, etc. in your ears without doctors advise.
- Do not clean the ears with pins, keys, pens, etc.
- Do not remove foreign objects from the ear without a doctor's assistance.
- Do not unnecessarily clean ears after a bath with ear buds, etc.
- Loud noises are harmful for the ears.
- Do not slap children/others on the ears.
- Do not allow dirty water to enter into the ears.
- In all cases of ear ache, ringing in the ears, discharge giddiness, vertigo, nausea, vomiting etc., immediately consult your doctor.



### II. Nose

- Do not squeeze a boil or pimple around the area of the nose.
- Do not try and remove a foreign object from the nasal passage without a doctor's assistance
- Do not unnecessarily pick the nose or blow the nose vigorously.
- Avoid unnecessary misuse of nasal drops inhalers, etc. without a doctor's approval.
- Consult your doctor immediately in case of injury and breathing difficulty.



### III. Throat

- Avoid the use of irritants to the throat such as smoking, chewing tobacco/paan, etc.
- Avoid putting coins, marbles, pins, etc. in the mouth.
- Shouting, screaming etc. causes hoarseness. In case of hoarseness, rest the throat misuse till it passes. If it persists for more than 7 days, consult your doctor.
- Avoid taking excessively cold/hot spicy foods.
- Avoid talking when food/water is in the mouth.
- Eat food calmly, avoid hurry.
- In case of glandular swelling in the neck, consult your doctor.



### IV. Teeth

- Brush your teeth once or twice a day prior to sleeping using a medium tooth brush.
- Massage your gums once a day with your finger for one minute.
- Avoid using abrasive tooth powers, salt, tobacco, etc. for cleaning the teeth.



- Avoid use of any other person's tooth brush.
- Change your tooth brush at least once every 90 days.

33

- Use dental floss for removing food particles, avoid the use of pins, etc.
- Do not smoke, use tobacco, chew gum, eat chocolate, candy etc.
- Eat plenty of crunchy fresh vegetables and fruits.
- In case of irregular, sharp, broken teeth, contact your dentist.
- Do not apply medicine without consulting your doctor.
- In case of tooth ache, gum bleeding, ulcers of the gum and cheek, white patches, etc., consult your dentist.
- Dental check every six months, especially for growing children is essential.

### V. Eyes

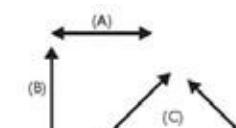
- Breast feeding of infants and sufficient intake of vitamin A for others from fresh fruit and vegetables benefits the eyes
- Eyes should be examined annually, especially of school going children.
- Sharp objects, fire works, etc. should be carefully handled.
- Protective glasses should be worn while and also working in situations of heat, light, dust, smoke etc.
- Use protective glasses while riding two wheelers.
- Avoid using another person's soap, towel or handkerchief, etc.
- Do not use eye make up or touch eyes with dirty fingers, cloth, etc.
- If dust particles fall in the eye, splash with cold, clean water & consult your doctor. Do not rub the eye.
- Avoid self medication.
- Avoid reading very small print & read in clear light. Avoid dim lights for reading.
- Preferably reading in a sitting posture, not lying down.
- Avoid reading in moving vehicles.
- While watching T.V., do so from a distance of 10 feet. Every 20 minutes or so rest the eyes. So also while reading.
- Looking at distant objects, rest the eyes.



### Eye Exercises

Exercises that benefit the body, benefit the eyes also. However, here are a few exercises that directly strengthen the muscles of the eye and lens; and improve circulation of blood to the eye. The exercises if done faithfully not only maintain healthy eyes and good vision, but in many cases help in improving vision to the point where the use of spectacles are not necessary.

Do not wear spectacles or contact lenses while doing these exercises and while in the process of doing these exercises daily, reduce as far as practicable your dependency on spectacles.



The exercises are done while standing with the arm/arms held straight out in front of you, fist closed, thumb pointing upwards. Your thumb is the point on which your eyes concentrate for the exercises. Move the thumb as directed. Keeping the head firm and move the eyes only.

(A)

- a) Side to side
- b) Up & down
- c) Diagonally (B)
- d) Circles (C)

Each exercise is done not less than eight to ten times daily or on alternate days as prescribed.

(D)



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