



Environment



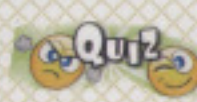
Hygiene



Health



Wild Life



Quiz



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**Tips**

for



Recycle Paper

**S**taying healthy during summer requires more than just eating the right foods. It is important to take care of your health to protect yourself against the heat. Also, make time to rest, relax and take a nap whenever possible. So enjoy a fun-filled and healthy summer with these natural health tips.

### Drink plenty of water

[at least 10-12 glasses a day] as it is the key ingredient in keeping the body cool. When heat and humidity are high, we become dehydrated. Our body's thirst mechanism isn't very accurate and gets unreliable with age. By the time most of us feel thirsty, we're already slightly dehydrated. Special care should be taken to make



sure infants and toddlers drink enough water as they can become dehydrated more easily than adults.

Take a cool bath or shower once or twice a day.

### Protect skin by applying sunscreen



with at least a sun protection factor

### Stay healthy during Summer

[SPF] of 15. Sun screen should be applied liberally, uniformly and thickly to all exposed skin surfaces. Don't forget to protect lips, ears and toes.

### Wear light coloured, loose-fitting and preferably cotton clothes.

Sunburn is painful and unhealthy and can lead to skin cancer. [Also, read Ail to Hearty in this issue].

So wear protective clothing and always use an umbrella. For relief from sunburn aloe vera gel is very useful.

### Protect eyes from the sun's dangerous UV rays by wearing sunglasses.

Sunglasses with UV protection can help enhance the eyes to filter out the sun's damaging rays. Choose sunglasses that block 99-100 per cent of UV radiation [UV-A and UV-B].



### As the temperatures rises; our body works overtime to stay cool.

Avoid outdoor activities during mid-day, when the sun's rays are strongest



Schedule sports and other outdoor events during the cooler times of the day to reduce the risk of getting a heat related illness such as heat exhaustion or heat stroke.

**Use proper tree planting tree procedures!**



No matter if you plant the tree by yourself or with your family, friends, club, class or scout members, you will want to use proper tree planting procedures - to make sure the tree has the best chance for a long life.

**Another fact of heat is sweat.**



Sweating causes loss of many essential minerals and electrolytes in the body.

**Drink lots of lemon juice, coconut water and thin buttermilk,** to replenish the fluids that are



thus lost in sweat. Balance activity with rest. Don't overexert or squash your energy by pushing yourself beyond physical limits.

**Swimming**

Swimming is a good option to beat the heat. However, use ear plugs to prevent the water from entering the ear canal causing it to get inflamed or infected. Follow the safety rules in all swimming areas and of tidal currents when swimming in the ocean. Always supervise young children anywhere near or in water. Do not depend on floaters to keep them safe.



**Humidity and pollution,**



particularly in areas where

ozone is a problem, can be difficult, especially for those with asthma and other respiratory problems. Keep a watch over the air quality and plan on limiting physical activity during times of high humidity and heat. Limit time outdoors and try to stay indoors on days that have moderate to poor air quality outlooks.

**Eat smart and healthy.**



Diet should include vitamin B, zinc and anti-oxidants like C, E and carotenoids which will boost our immune system and help fight stress, airborne allergens and toxins.

Juices of Grapes, Watermelon, Orange, Mosambi, Banana, and Pineapple should be taken. The preparations of sugar, barley/green gram, sharbats, and buttermilk with sugar candy can be consumed to cool the body. Use Sabza [tulasi seeds] in our drinks - this has a very cooling effect on the body.

**Food-borne illnesses** are more common in summer as the micro-organisms that cause food-borne disease multiply easily in heat. To avoid food-borne

# SOME AMAZING FACTS



1) Mosquitoes are attracted to the colour blue twice as much as any other colour.

2) More than 505 of the Americans sleep with the left side of their body.

3) Frozen lobsters can come back to life when thawed.

4) The Nile is the longest river on the earth with total length of 6695 kilometers.

5) Men can read smaller print than women: women can hear better than men.

6) Toilet paper was invented in 1857.



7) The typical American eats 263 eggs a year.

8) Polar Bear can eat 86 Penguins in single sitting.

9) A ton of recycled paper equals or saves 17 trees in paper production.

10) In ancient Greek Children of royal families were dropped in olive oil at birth to keep them hairless through out their life.



diseases, eat foods that are thoroughly cooked, stored well and refrigerated. Try and avoid junk food, as it increases the risk of stomach and intestine infections.

**Maintain** energy level by limiting intake of fat and sugar; focus on carbohydrates, fruits and vegetables, whole grains and healthy lean proteins as they have a fairly high water content and good salt balance.

**Avoid** caffeinated or carbonated beverages, and those high in sugar. These drinks act as diuretics and cause loss of fluids through urine.

Cut the intake of fried foods like vadas, samosas, chips, bhajias, and farsans. Fat has a thermal effect.

**Reduce** intake of vegetables and fruits like spinach, radish, hot peppers, onions, garlic, beetroot, pineapple, grapefruit and ripe mangoes [if you cannot resist mangoes, soak them overnight in water and then eat].

Heat-related deaths and illness are preventable, yet many people succumb to extreme heat each year. Take steps to lower the risk for heat-related illness. To avoid heatstroke, people should stay in a cool environment on hot and humid summer days, and drink excessive fluids.

So, we see that with a little bit of planning, summer can be an enjoyable, healthy season for all ages. "So, come summer, we are all geared to face it".

Summer has arrived in most parts of the world. The farmers markets are already in full swing, displaying their bountiful harvest of summer vegetables. The visual cacophony of greens, yellows and reds in the local market reminds you of the beautiful season that lies ahead. With the abundance of produce in season during the summer, it is a perfect opportunity to eat well and light at the same time.

Mother Nature has its own way of caring for its inhabitants. In nature, fruits and vegetables which balance the effects of the season are always available in that season. If we consume these vegetables (appropriately cooked), it can go a long way in making the summers more comfortable. So here are the delicacies that you can enjoy this season:

• **Bitter gourd (karela)**

Yes! Seriously. It is widely known that 1 teaspoon raw juice of bitter gourd taken on an empty stomach is very effective in normalizing the blood sugar level. Besides the people suffering from diabetes, people who have pitta and kapha constitutions can benefit from this vegetable. It also contains copper, iron, potassium and has an alkaline effect on the body, thereby making it good for detoxification. It can be stuffed (after steaming), steamed or sautéed with onions.

• **Ladyfinger (bhindi)**

This vegetable is almost a universal favorite and is good for all constitutions. It is alkaline in nature and has cooling effect on the body. It contains a gelatinous

## Summer Vegetables

substance called Pectose which is good for people who have acidity and indigestion. It is excellent for people suffering with urinary problems. It can be cooked with besan (gram flour), or spray fried in 1 teaspoon of mustard oil, or sautéed as a mixed vegetable.

• **Mint (pudina)**

It contains iron, phosphorus, sulphur and chlorine. It has cooling and cleansing properties which are most evident when the mint leaves are eaten raw. The beneficial properties of mint are known not only to the Indians but also to the Chinese and ancient Romans. Fresh mint is full of enzymes which serve as an excellent digestive. It is effective in women with irregular cycles and is good for liver. It is a good antidote for loss of appetite in summer and serves as an effective detoxifier. Menthol oil (an extract of the mint) is an effective remedy for dental pathologies. It can be eaten as chutney with some coriander (hara dhania) leaves, onion, black salt, pepper or can be sprinkled on salads.

• **Mushrooms (khumbi)**

The most beneficial mushrooms are the Shiitake mushrooms also called the Chinese black mushrooms as they have anti tumor properties. Common mushrooms which are freely available are rich in minerals but devoid of medicinal properties. They are recommended for all

constitutions and especially for people having lipids and cholesterol imbalances.

• **Egg plant (brinjal)**

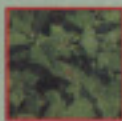
It contains potassium, sulphur, chlorine, iron and vitamin C. It is recommended for people who are prone to gaseous distention. According to Ayurveda and Naturopaths, it shouldn't be combined with potato and tomato. It should be completely avoided by arthritic patients. It is good for people with pitta constitution and should be used in diets as it reduces cholesterol levels. It can be also used to treat heartburn.

• **Potato (aloo)**

Although it is found all the year round, it is consumed more in summers. It contains vitamin C, B6, potassium, phosphorus, magnesium, iron, copper and some plant fiber. It is highly alkaline and therefore good for summers. Potato skin is very rich in antioxidants and should be used for cooking. One can retain the maximum amount of vitamins and minerals by steaming or sautéing potatoes. Raw potato juice is an excellent uric acid remedy. Cooked potato is very suitable for the vatta and pitta constitutions.

• **Green beans (French beans, flat beans etc)**

They are rich in copper, manganese, zinc, magnesium, and sodium. All these minerals are very important during summers. It is also a very rich source of plant fiber and therefore very useful for lowering and avoiding cholesterol deposits.



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