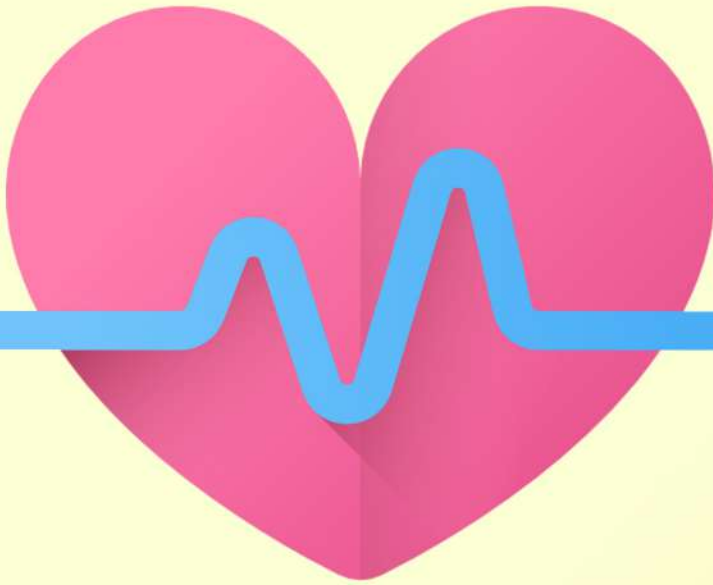


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HEALTHLINE

Paramount's Monthly Magazine



“I believe that the greatest gift you can give your family and the world is a healthy you.”

- Joyce Meyer

Breast Feeding
Week

Sustainable
Weight Loss

Gut & Brain
Health

Flexible Dieting
Perks



WORLD BREASTFEEDING WEEK

World Breast Feeding Week is a global campaign designed to make more and more people aware about the importance and benefits of breast feeding and eradicate any taboo surrounding the subject. In a place like India, breast

feeding is a very common practice - our mothers, grandmothers and their grandmothers have all religiously followed this practice without fail.

However, now with the advent of so many health complications, lifestyle choices, social stigma and baby food industry booming, breastfeeding is practised lesser.

According to the recommendations by the Central Council for Research in Ayurvedic Sciences, the newborns should be given a mixture of ghee and honey, a paste of gold, and several herbs some of which contain psychoactive ingredients. The guidelines recommend just honey and butter with some herbs on the first day of birth, ghee with herbs on the second day, and colostrum (mother's first milk) with ghee and honey only on the third day of birth.

Importance of breast milk:

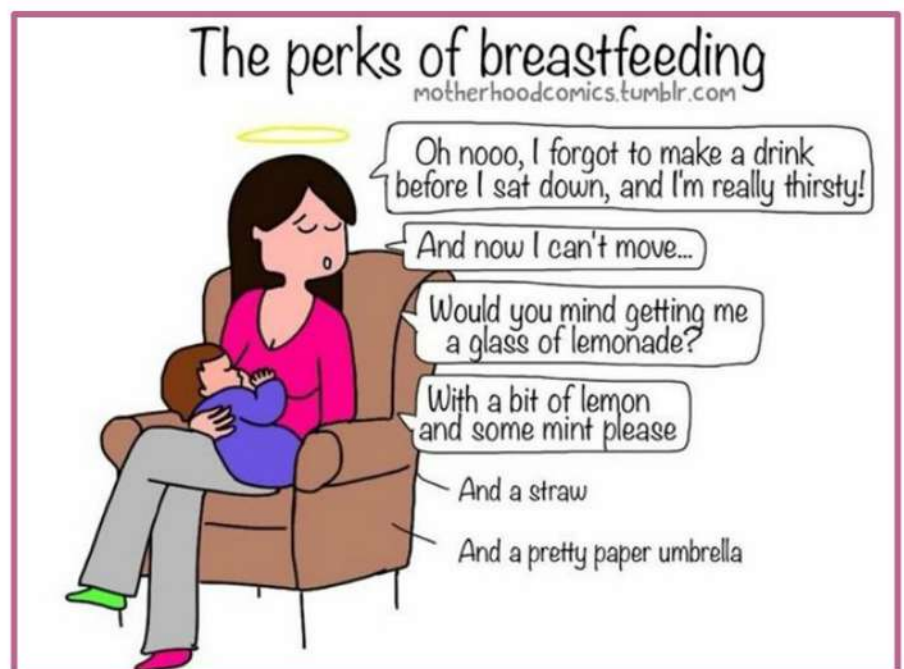
- It supplies all the necessary nutrients in the proper proportions.
- It protects against allergies, sickness, and obesity.
- It protects against diseases, like diabetes and cancer.
- It protects against infections, like ear infections.
- It is easily digested – no constipation, diarrhea or upset stomach.
- Babies have healthier weights as they grow.



Mothers who breastfeed:



- Have a reduced risk of Type 2 Diabetes and certain cancers such as breast cancer.
- May find it easier to return to what they weighed before they got pregnant.
- Strengthen the bond with their children.



How sustainable weight loss works - Embrace the journey



Don't be in a hurry - When you start on your journey, it is important to know that the body takes 3 months to adapt to a new routine. Allow yourself that much time. If you have gained weight over a period of time, then allow some time for the same weight to go away. According to nutritionists a healthy weight loss is 10% of your total body weight shed in a year. This kind of weight loss is irreversible and also sustainable. Also check for health parameters like blood sugar, cholesterol, thyroid and even menstrual cycle. With sustainable weight loss other health complications also get tackled.

Stop exercising so much - Going overboard with your exercises will only lead to problems like migraine and joint aches. Think about the long term goal and take your time. Do a 30 minute workout daily or 60 minutes every alternative day. Focus on building strength, stamina, stability and flexibility. These are the measures of good health.



Sleep impacts weight loss - Probably one of the most underrated aspects of fat loss is the important of sleep. Sticking to a sleep routine is essential because it helps the body to heal and recharge. Also, the growth hormone which accelerates weight loss can only do its job if the body is well rested and sleep is regulated. You will also notice good hair and skin after a regulated sleep cycle.



Following any fad diets is a big no - Getting your nutritional information from social media, WhatsApp or influencers should be avoided. Most of this information given by influencers with no nutritional background collaborate with the food industry or brands to promote a certain product. This information is profit based and is not public health based! If you are looking for some guidance, look to your grandparents and parents who follow traditional health practices and depend on traditional foods for health. These practices are time tested over generations and can never go out of style. You can speak to a certified nutritionist as well.



Don't fix your portions - This becomes an issue when you limit yourself from eating good food even when you are hungry! Always know that appetite is a moving entity, some days you feel more hungry because of several reasons - extra exercise, exhaustion, hormones - and denying yourself nutrition is not right. Respect your appetite and eat clean, good food. Otherwise you may develop unhealthy habits like killing the appetite with tea, coffee or even smoking.



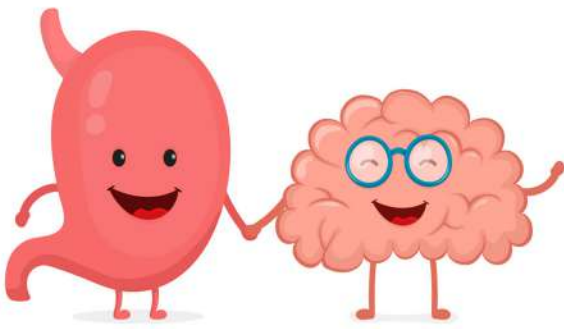
Remember the three 'S':

1. **Sit** and eat - sit cross-legged.
2. **Slowly** chew your food.
3. Eat with all your **senses** - pay attention while you're eating and enjoy its nutrition.

Other's approval is not the parameter - We often look for approval from others when it comes to weight loss, but make sure that you depend on how you are feeling about your body and progress. If you are feeling good and energetic, you are on the right path. If you see your skin getting cleaner and your menstrual cycle getting back on track, you are on the right path! Don't let others bring you down.



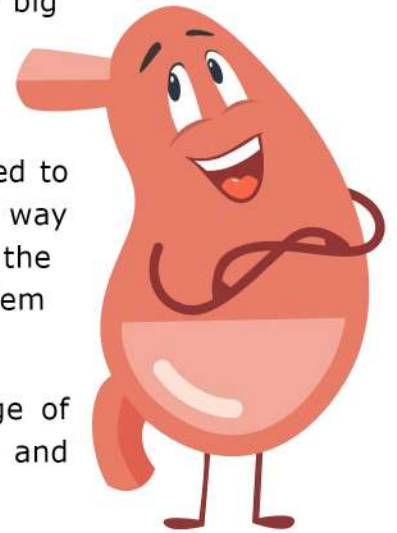
Gut and brain connection



You'd be surprised how true your "gut feeling" really is! According to scientists, they call our gut the second brain and have named it Enteric Nervous System (ENS). This second brain has over 100 million nerve cells that line the gastrointestinal tract - from oesophagus to the rectum.

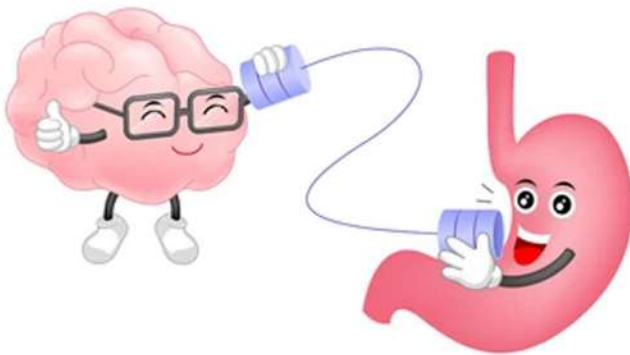
Role of gut:

Its main role is controlling digestion, from swallowing to the release of enzymes that break down food to the control of blood flow that helps with nutrient absorption to elimination. The Enteric Nervous System doesn't seem capable of thought as we know it, but it communicates back and forth with our big brain—with profound results. The ENS may trigger big emotional shifts experienced by people coping with Irritable Bowel Syndrome (IBS) and functional bowel problems such as constipation, diarrhea, bloating, pain and stomach upset. According to studies, researchers and doctors thought that anxiety and depression contributed to these problems but the studies show that it may also be the other way around. Researchers are finding evidence that irritation in the gastrointestinal system may send signals to the Central Nervous System (CNS) that trigger mood changes.



These new findings may explain why a higher-than-normal percentage of people with IBS and functional bowel problems develop depression and anxiety!

What more is there to learn in the mind-gut link?



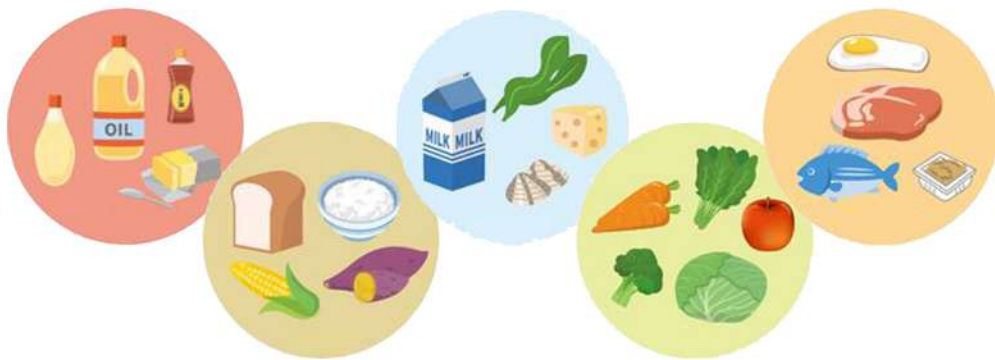
Studies are now done to understand how the digestive system activities may affect cognitive thinking and memory. Discovering how signals from the digestive system affect metabolism, raising or reducing risk for health conditions like type 2 diabetes. This involves interactions between nerve signals, gut hormones and microbiota—the bacteria that live in the digestive system.

Tackling these new questions could provide better treatment opportunities that could ease a lot of health complications for all those suffering from gut issues.



Flexible DIETING

Benefits



Flexible dieting is becoming increasingly popular amongst people and let's hear why! But before we get into the benefits of it, here's what flexible dieting entails - it is simply a diet which tracks the macronutrients you consume in a day. This includes knowing your carbs, protein and fat intake which can change according to every person and their goal needs. Why it is becoming popular? Here are some reasons:

Eating all foods guilt free - You don't have to exclude any kind of food from your diet. Eat a little of everything to satiate your hunger and cravings.

Improving your relationship with food - One of the problems with dieting is that it restricts people from enjoying their food, creating an unhealthy relationship with their meal. Instead this diet promotes healthy eating!

Most sustainable approach to nutrition - Because it nurtures a healthy relationship with food, you can think of this as a sustainable approach to nutrition. Eat what with you want and still get all the necessary vitamins and minerals of the day.

Ditching the restricting cycle - Refrain from eliminating any food group from this diet. Feel like eating a pizza? Sure! Go ahead. Just make sure you balance out your meal.

Maintaining your results long term - Since this is a sustainable diet plan, your results can be maintained for a really long time! There is no sudden change in your weight going up and down and you can find a healthy balance between eating what you like and maintaining a healthy and fulfilling lifestyle!

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