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HEALTHLINE

Paramount's Monthly Magazine

Two things define us :

Our patience

*when we have nothing and
our attitude*

when we have everything

Meditate
your way to
fitness

Know about
rare 'Bombay
blood
group'?

Unknown
facts about
fitness

Vitamins
at a
glance

Vitamins are essential nutrients required by the body for its growth and development.

Fat soluble Vitamins:

- Stored in the body's fat/adipose tissue
- Required in limited amount
- Not mandatory to include in daily diet

Vitamin A

Good for eye and bones. Promotes reproductive health

Source

Dark-colored fruit, carrot, liver, beef, and fish



Vitamin D

Good for calcium absorption by the bones

Source

Fish liver oils (cod's liver oil), Cheese, yogurt



Vitamin E

Its anti-oxidant property and protects the cell wall

Source

Margarine (made from safflower, corn, and sunflower oil), Oils (safflower, corn, and sunflower), Papaya and mango



Vitamin K

Plays essential role in clotting of blood

Source

Cabbage, Cauliflower



Water soluble Vitamins:

- Not stored in the body, gets flushed by the excretory organ
- Required in adequate amount
- Has to be included in daily diet

Vitamin B1(Thiamine)

Good for nerve functioning

Source

Dried milk, Enriched bread and flour, Peas



Vitamin B2(Riboflavin)

Good for vision and skin health

Source

Asparagus, green peas, milk



Vitamin C (Ascorbic acid)

Good for Protein metabolism. Enhances healing of wound

Source

Potatoes, Spinach, Brussels sprouts, Citrus fruits: Orange, lemon



Vitamin B3(Niacin)

Good for digestive and nervous system

Source

Enriched breads and fortified cereals, Fish (tuna and salt-water fish) Lean meats



Vitamin B5(Pantothenic acid)

Good for metabolism

Source

Broccoli, kale, and other vegetables in the cabbage family Legumes and lentils Mushroom, White and sweet potatoes



Vitamin B7(Biotin)

Good for metabolism and hair growth

Source

Nuts, Organ meats (liver, kidney), Pork, Yeast



Vitamin B6(Pyridoxine)

Good for production of red blood cells

Source

Avocado, Nuts, Banana, Whole grains, Legumes (dried beans)



Vitamin B9(Folic Acid)

Good for production of DNA and new cells. Lowers the risk of birth deficit

Source

Asparagus and broccoli, Beets, Green leafy vegetables, (spinach and romaine lettuce), Peanut butter



Vitamin B12(Cobalamin)

Good for production of new

Source

Meat, Eggs, Milk and milk products, Shellfish
NOTE: Animal sources of vitamin B12 are absorbed much better by the body than plant sources





I am fine now after three days of taking antibiotics; I think it will be unnecessary to continue for 2 more days as prescribed by the Doctor.

Antibiotic medications are prescribed only after you have been diagnosed with bacterial infection. These medications are generally recommended for a certain period of time by the physician. This is because the dosage and the course length depends on the time required to kill the bacterium causing the infection. The initial relief appears when the intensity of infection has reduced because some of the bacteria have been destroyed by the antibiotic.

However, when you stop the medications after you feel better and before the duration suggested by doctor, it might make you sick again, as the infection may rebound since all the bacteria causing the infection have not been destroyed. There is also a danger that the bacterium develops antibiotic resistance towards the medication ingested previously and may not be susceptible to that medication. Therefore, it is important to complete the full course of medication even though you feel relief.



Did you know?

Did you know there is a blood group called 'Bombay blood group' and that it is rare?



- Rarest of all blood types is the 'HH' blood group or the 'Oh' blood group, which is also termed as the Bombay blood group.
- It was first discovered in Bombay by Dr. Y. M. Bhende in the year 1952.
- Normally, classification of blood type is purely based on antibodies or inherited antigens, present or absent on the surface of red blood cells.
- It is known that the precursor protein from which all blood groups are formed is termed as the 'H' Antigen. The 'H' Antigen either translates into 'A' Antigen (the blood group is then called 'A') or it translates into 'B' Antigen (the blood group is then called 'B') or it translates into both 'A' and 'B' Antigens (the blood group is then called 'AB') or it remains as 'H' (the blood group is called 'O').
- In the case of Bombay Blood Group, there was an absence of the 'H' Antigen itself.
- Individuals who belong to Bombay blood group can donate blood to individuals belonging to A, B, O type.
- However, individuals with Bombay Blood Group can only receive blood from those belonging to Bombay Blood Group.



How long to meditate?

Beginners can initially practice meditation for 3 - 5 minutes and can eventually increase the time after getting comfortable. However, it is important to be consistent with the time and breathing technique.

When and How many times can one meditate?

There are no known or specified timings that one should stick to. Preferably, early morning and late night is the ideal time, when it is quiet. However, once you are consistent with the technique you can practice meditation for atleast 10 minutes in a day.

Why should one meditate?

Today every individual faces challenges and stressful events that disrupts their mental balance and vitality. Meditation is an approach towards training our mind to retain this balance and avoid being negatively affected in any way. It helps in tackling difficult situations with a calm mind. This allows one to be free from worries and mental discomfort. Practicing meditation on a regular basis helps in silencing our restless mind. It allows us to connect with our inner strength, achieve inner peace and become more mindful.

How to meditate?

Meditation can be practised simply by focusing on the breathing pattern. Here is an overview of the correct meditation technique:

- Sit upright
- Close your eyes to avoid any distractions
- Follow your natural breathing pattern and avoid controlling your breath
- Notice the movements that occur in your body while you are breathing
- Focus on your breathing to avoid wandering thoughts
- Everytime your focus drifts get it back on your breathing
- At the end, rub your palms and cover your eyes 2 times
- Slowly open your eyes



All in all, meditation increases the functioning of brain, allowing one to focus better on a given task. It reduces anxiety, improves memory, boosts creativity and elevates compassion. It may be tough to still that restless mind but a consistent meditation habit can help you reap long term benefits and lead to happiness!

Read the Editor's Mind

Paramount Health Group is proud to announce that it has now spread its wings wider in the healthcare space by launching **Parahome Care Services Pvt. Ltd. (PHC)**

PHC is a fully owned company of Paramount Healthcare Management. It focuses on providing home care services to patients at home, at affordable rates. Each patient is unique and so is their requirement. PHC has plans that are tailored to suit these requirements of the members, with an aim to help them retain their sense of autonomy and live as independently as possible in the comfort of their homes, safe in the care of trusted and professional care providers. The services are helpful for people, who are getting older, are chronically ill, recovering from surgery, or disabled.

Available 24 X 7, PHC provides end-to-end care giving services which range from regular care giving to highly specialized care for various medical conditions.

For more information about our services, connect with us on **+91 9205798969 / +91-22-40004203 / 228** or email us on **enquiry@parahomecare.com**

Take a Chill Pill



After the patient explains his symptoms to the doctor -

So, Doctor what do you think is the problem?



Your eyesight seems to be poor.

How did you come to that conclusion?




You couldn't read the front board sign. This is a Veterinary hospital.

For any queries/feedback/suggestions for the magazine, kindly write to us at **corp.comm@paramount.healthcare**

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