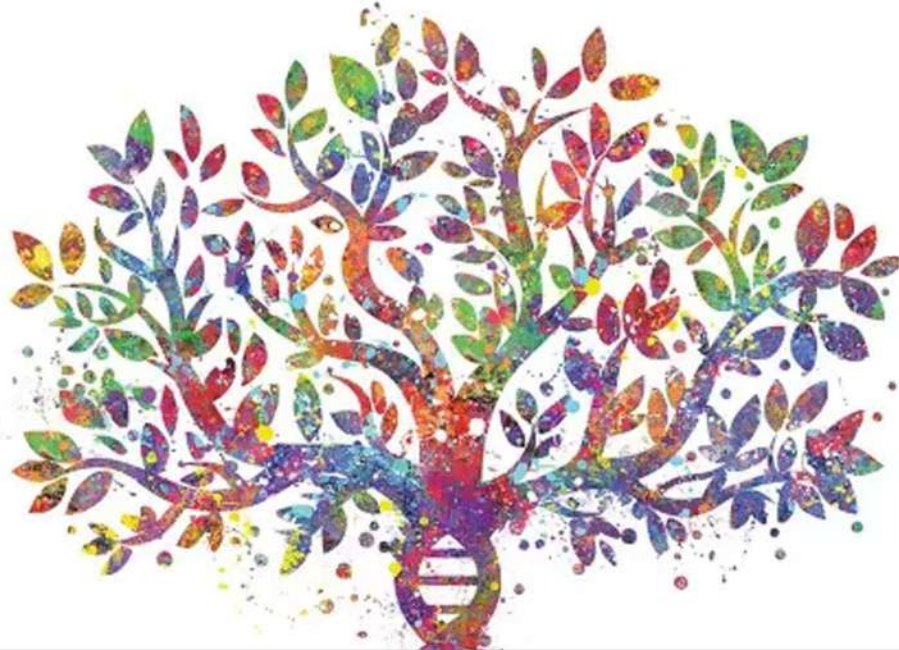


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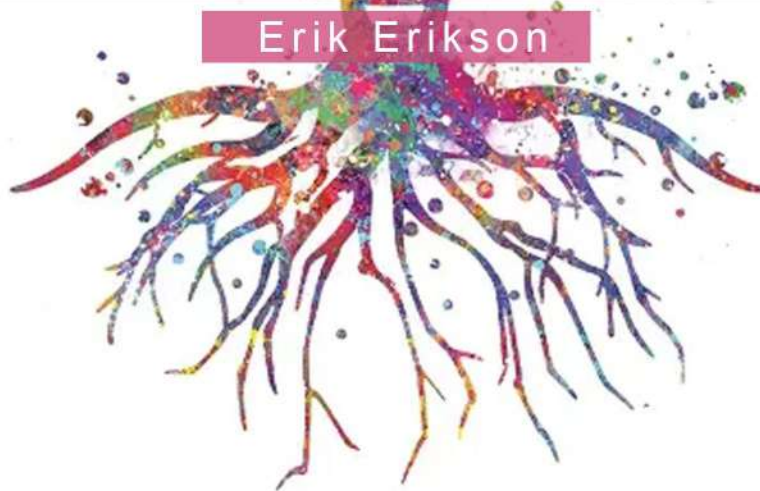
HEALTHLINE

Paramount's Monthly Magazine



Life doesn't make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all.

Erik Erikson



*Suicide
Prevention*

*Treating
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SUICIDE PREVENTION

According to a report shared by Scroll, deaths by suicide reached an all time high in 2021, which is 7.2% more deaths as compared to 2020. Two of the major causes of these deaths were domestic issues and illnesses. According to the NCRB report daily wage earners remained the largest group among suicide victims in 2021. It is World Suicide Prevention day on 10th of September and the day is commemorated to spread awareness about ways to prevent suicide and how we can create safe spaces for people to heal.

Gatekeeper program - QPR (Question, Persuade, Refer)

Most people will be surprised to know that suicide is in fact preventable and through intervention many lives can be saved. There is a program introduced called Gatekeeper which helps ordinary citizens aware of how they can help save someone's life by preventing suicide.

Gatekeepers can be anyone, including parents, friends, neighbours, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognise and refer someone at risk of suicide.



As a QPR-trained Gatekeeper you learn to:

Recognize the warning signs of suicide

Know how to offer hope

Know how to get help and save a life

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

This is a great resource to create a safe society wherein the community knows how and when to step in to prevent suicides. Referring someone to help includes referring them to a professional like a therapist or a psychiatrist who can help navigate the person through their negative thoughts and help them manage themselves in a healthy manner.

Reasons why people avoid taking mental health help:

- Lack of knowledge
- Stigma around mental health
- High cost of care
- Not enough resources

It is important to bust myths and taboos around mental health and make it a safer place for everyone suffering from any mental illnesses.

If you or someone you know is in need of help, please call on 022-25521111, (**iCall Suicide Prevention: The Tata Institute of Social Sciences School of Human Ecology**)

Treating ACIDITY

While acidity seems like a trivial issue, if you are experiencing acidity and gas issues regularly, you could be dealing with some complicated health issues like IBS, ulcers or even cancer.

Food combinations to avoid:

- **Drinking water while eating your food** - According to Ayurveda, there is a digestive fire which helps digest all the food that we are eating. However, when we drink water, this digestive fire goes out and it then slows down the process of digestion.

Note: Keep the spices and salt content in the food to a minimum, as adding too much of these ingredients can make you thirsty and you will be forced to drink more water after eating.



- **Grain heavy meals** - Chole-chawal, rajma-chawal, dal-chawal, dal-roti are all grain heavy combinations which may cause acidity issues because digesting them is more difficult than vegetables. While these are traditional meals that have been consumed for generations, it is also important to understand that these meals helped sustain a physically hectic lifestyle for our ancestors. They worked in the fields, walked or cycled to their work, had no help to keep their home neat and tidy so everything was done by them. It was important for them to eat meals which gave them the energy to do all the physical labour. Today, our lifestyle is stagnant. Work for a lot of people does not involve movement but involves sitting in one place.

Try switching some grains to vegetables. Add more of vegetables in your meal and keep a combination of vegetable and grain. Rice with sabzi, roti with sabzi - and keep the portion of vegetables more than the grain to make it easier to digest.

- **Eating fruits after grains** - Grains take longer to digest than fruits so if you end your meal with some fruits, it is possible that the fruit will simply start to ferment before the grain and create acidity or bloating. If you would like to eat something sweet, consciously choose to eat fruits first and then eat your meals.



Tips:

- Drink a glass of banana stem juice in the morning 2 hours before breakfast - simply cut the stem into small pieces, grind it in the mixer with some water and then filter out with muslin cloth.
- You can also drink ash gourd juice if you do not find banana stem.

Make sure that you do not eat anything for at least one hour after drinking these juices



"I mixed antacid tablets into the meatloaf so you won't get heart-burn."



Sugar facts



Some common label statements and what they mean:

- **Reduced or less sugar** - This means that there is less sugar in the product from their previous versions, however, there still is sugar. Always read the end of the pack to see how many grams of sugar is added.
- **No added sugar** - While this may be a good sign, read the ingredients list and check if they are using any other source of sweetness like artificial sweeteners, sugar alcohols or natural non-caloric sweeteners like stevia or monk fruit extract. Check if those ingredients are toxic.

Identify added sugar in your diet by checking labels of ingredients or food packages that you buy. Here's where you can definitely expect added sugars:



Regular soda



Energy drinks



Sports drinks



Sweet tea



Juice drinks, like fruit punch and juice cocktails



Sweetened coffee drinks



Substitutes for sugar : Another way to avoid added sugar is to switch it out for other sweeteners. Add whole or frozen fruit to cereal or oatmeal, tea, and yogurt. Also, try antioxidant-rich spices like ginger, cinnamon, and nutmeg.

Workout routine



If your daily life is stressful, constantly keeping you on your toes, then it is likely that your cortisol levels are high in the body. This is a hormone produced by the endocrine glands which help regulate the body's response to stress. When you go for a high intensity and heavy workout routine right after you're stressed, these cortisol levels only increase.



When you are in such a state of mind, your body is not in a fat burning mode. In fact, it is in the fat storing mode. That is why a lot of people do not see much results after working out if they have a stressful life. It is important to first keep your body calm and work on creating a balance. You could either start the morning with a workout and then go to work or you can do some light restorative workout like yoga, light weight training, low intensity workouts which help your body burn fat and stay calm.



Tips to improve your workout:

More than motivation, discipline is the key to getting a good workout.

Focus on your protein intake.

Also focus on your recovery and do not stress your body out.

Compound exercises are great!

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