

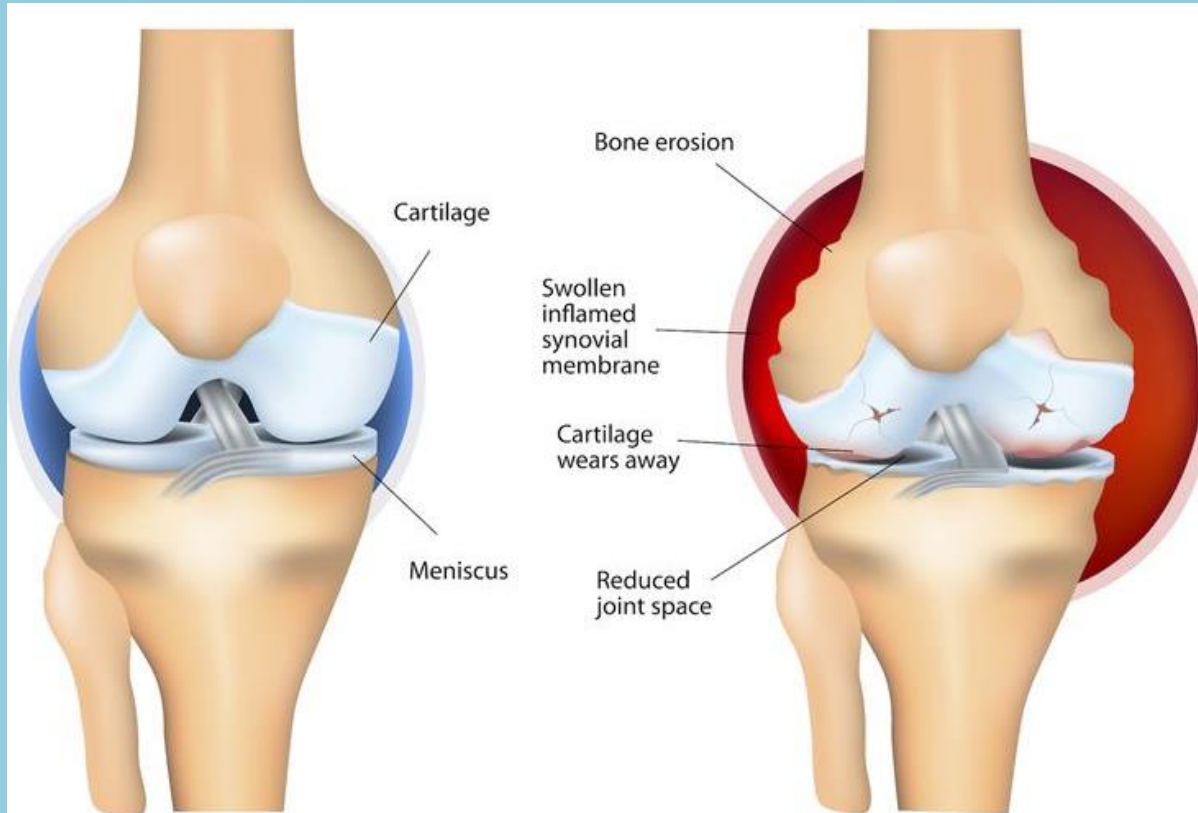
Nutrition & FITNESS



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Arthritis



Healthy
joint

Arthritic joint

What is Arthritis?

- Arthritis is inflammation of one or more joints.
- Arthritis sufferers include men and women, children and adults.
- Earlier and accurate diagnosis can help to prevent irreversible damage and disability.

RISK FACTORS FOR ARTHRITIS

01 ▶ Genetics

02 ▶ Age

03 ▶ Sex

04 ▶ Trauma

05 ▶ Obesity



Symptoms and signs

- joint redness,
- joint swelling,
- joint tenderness,
- joint warmth,
- limping,
- locking of the joint,
- loss of range of motion of the joint,
- stiffness,
- weakness.

Recommendations for Arthritis

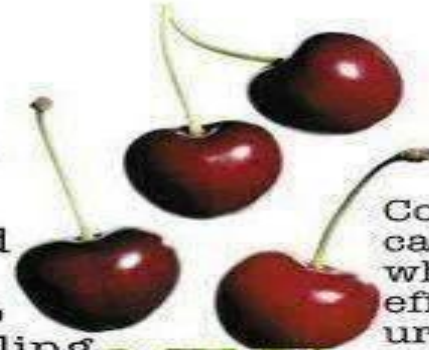
- Diet :- plenty of fruits and vegetables, low fat protein, and plenty of water.
- Increase :- oily fish (salmon , tuna), celery, parsley, banana, soya milk
- Decrease:- red meat, cheese, milk, all refined carbohydrates, citrus fruits, alcohol, fried foods, sugar
- Super food :- super sprouts, spirulina
- Herbals :- ginger, turmeric
- Lifestyle changes :- avoid taking water with meals.

Foods And Herbs For Arthritis And Other Inflammatory Pain



Turmeric

Circumin, the active compound in this spice, is what makes it so powerful for healing.



Cherries

Contain substances called anthocyanosides which are very effective at lowering uric acid levels.



Ginger

Prepare by making a tea from the roots.



Pineapple

Contains the anti-inflammatory bromelain



Omega-3 Foods

Try freshly ground flax seeds, chia seeds (unground), and hemp seeds.



Raw Apple Cider Vinegar

Pour a tablespoon or two into four to eight ounces of purified water.

Turmeric

for Arthritis

- 1 Mix 1 tsp turmeric powder in a glass of warm milk.
- 2 Drink this milk daily before going to bed.

You can also take 500mg to 1,000mg turmeric capsules three times per day.

Benefits of Olive Oil



Type II Diabetes

Olive oil diet is rich in monosaturated fats which helps protect against Type II diabetes.

Obesity

Olive oil can make it easier to control or lose weight due to its high nutrient value.



Heart Health

Helps slow down heart aging process, antioxidants may offer protection against red blood cells damage.

Blood Pressure

Taking olive oil on a daily basis can help reduce hypertension.



Keeps Bones Healthy

Help prevent the loss of calcium related to developing osteoporosis during later years.

Relieving Earache

Olive oil is known as being a natural remedy for earache and for dealing with excess ear wax.



Use GINGER to treat KNEE PAIN

2 Mix a small amount of fresh crushed ginger root



1 Take cup of water

3
Boil it for 10 min



4
Strain it

5
Add a little lemon juice and honey to it

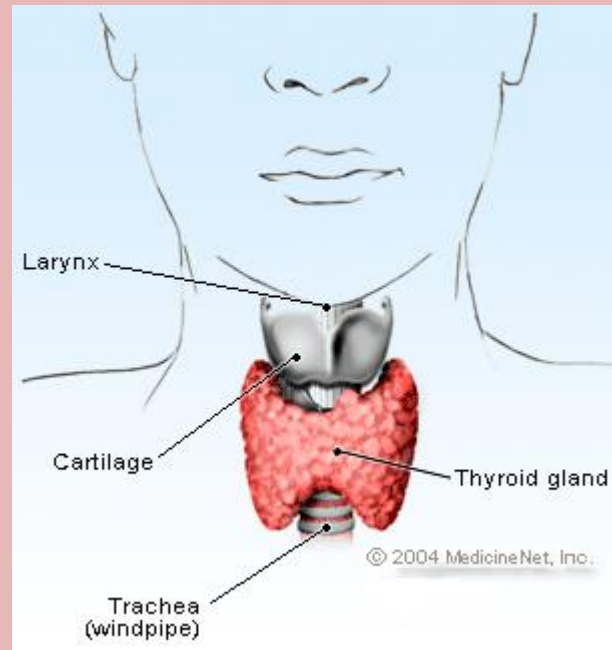


6
DRINK 2-3 CUPS OF THIS GINGER TEA DAILY UNTIL THE PAIN SUBSIDES.

Hypothyroidism

- Hypothyroidism, also called underactive thyroid disease, is a common disorder.
- With hypothyroidism, your thyroid gland does not make enough thyroid hormone.
- The two most important thyroid hormones are thyroxine (tetraiodothyronine or T4) and triiodothyronine (T3),
- A blood test is used to confirm hypothyroidism.

Where is the thyroid located



Symptoms of Hypothyroidism

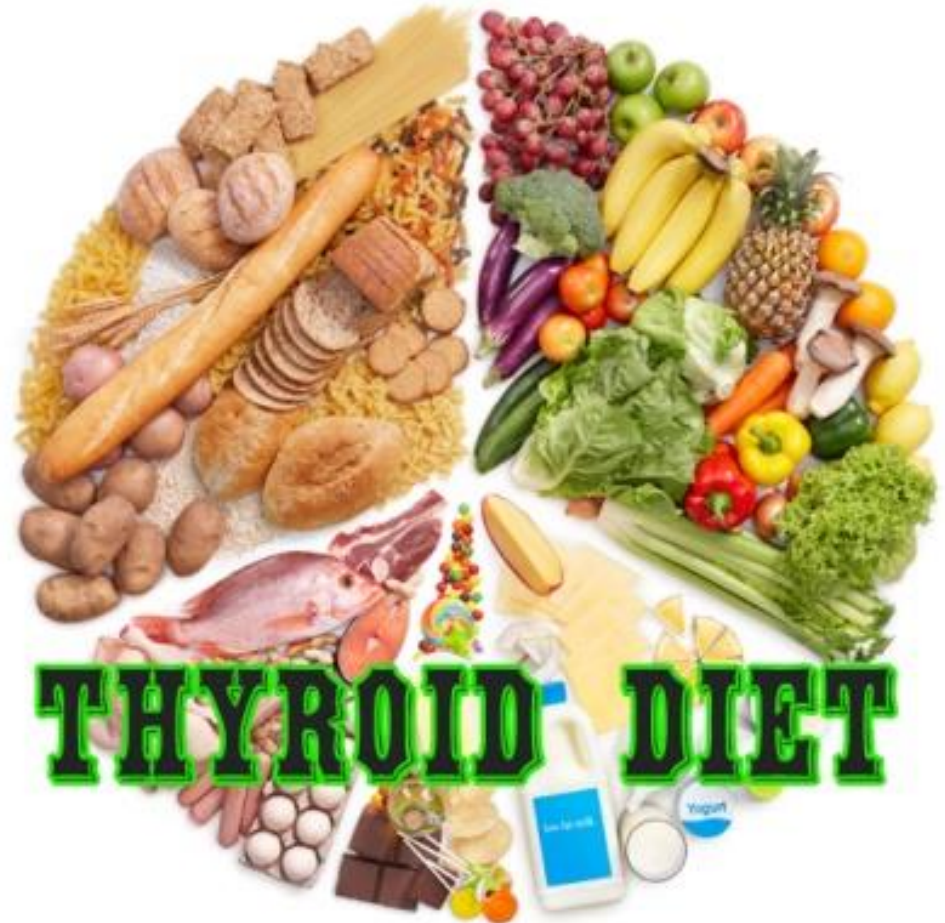
- Changes in the menstrual cycle
- Constipation
- Depression
- Dry hair and hair loss
- Dry skin
- Fatigue
- Greater sensitivity to cold
- Slow heart rate
- Swelling of the thyroid gland (goitre)
- Unexplained weight gain or difficulty losing weight

DIETARY FEEDING PATTERN OF HYPOTHYROIDISM

The body needs iodine to produce thyroid as harmful as too little.

- Good sources of iodine include:
- Saltwater fish and seaweed
- Eggs
- Yogurt, milk, and hard cheeses
- Watercress

ROCK SALT



Recommendations for thyroid

Food to include :- fish, nuts, all antioxidant fruits and vegetable, whole grains

Food to avoid :- Everything refined especially white bread and flour, confectionery and alcohol, cruciferous vegetables(it contain oxalates which has probability of forming stones in body),

Herbal :- garlic ,ginger,

Lifestyle changes :- lose weight, learn how to manage stress.

Take up relaxing hobbies and enjoy life.

Benefits of eating flaxseed

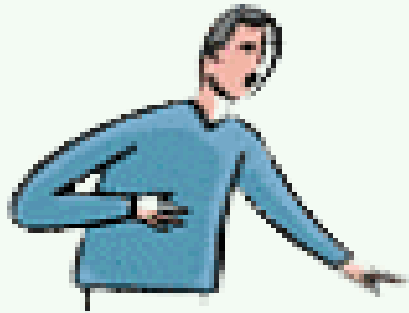
- ❑ Flaxseed has much more Omega-3 than fish. Flaxseed had Alpha-linolenic acid, which is essential fatty acid and has ability to make all other omega-3's our body needs.
- ❑ There is no risk of mercury contamination.
- ❑ Flaxseed also provides us lot of fabulous fiber, legend lignans, magic minerals like selenium, zinc, Mg, potassium and vitamins.
- ❑ You get all this without killing a creature.



Hypertension Or High Blood Pressure



SYMPTOMS



Shortness of Breath



Swelling of feet & legs



Chronic lack of energy



Difficulty sleeping at night due to breathing problems



Swollen or tender abdomen with loss of appetite



Cough with frothy Sputum



Increased urination at night

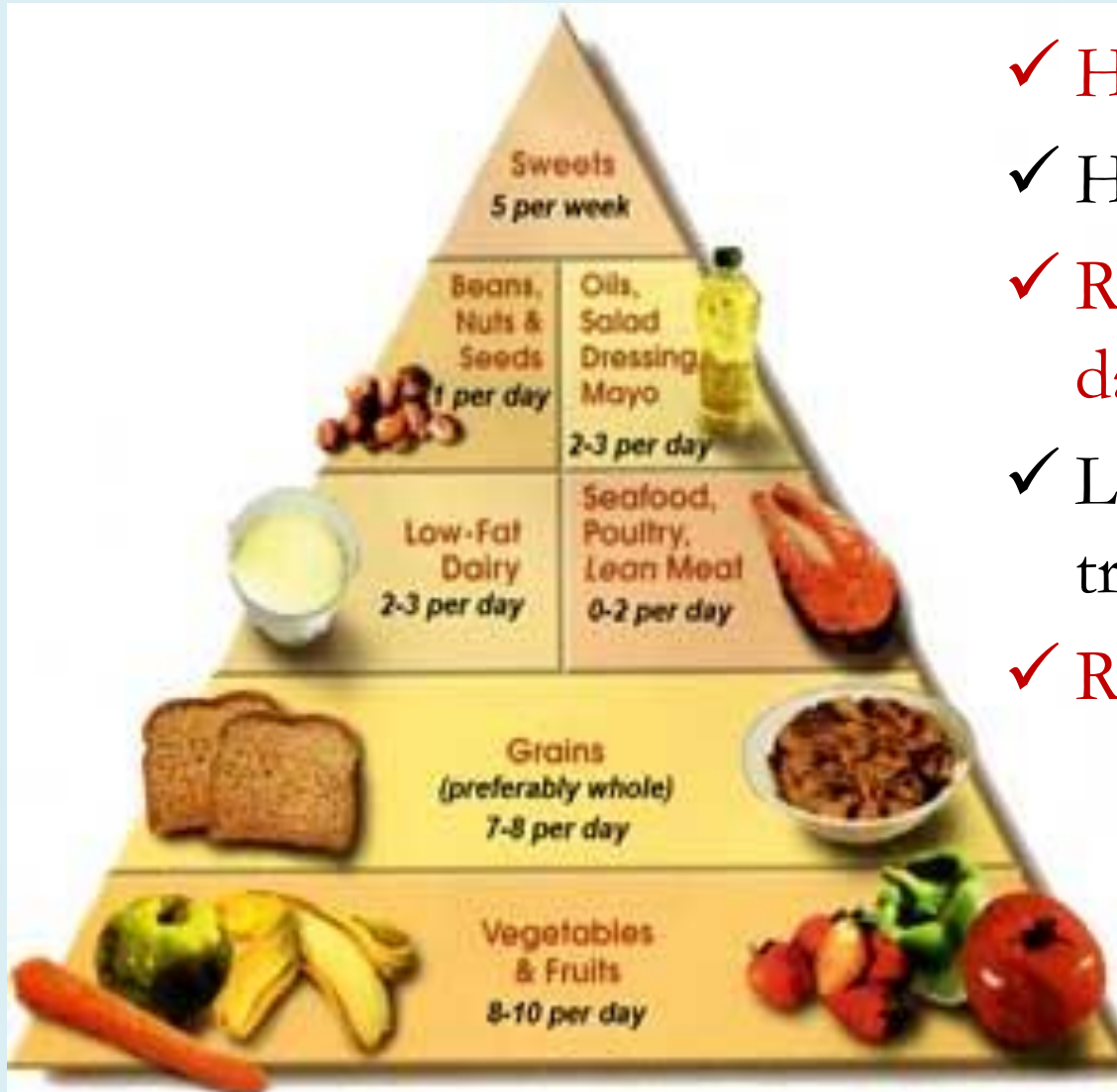


Confusion and/or impaired memory

Follow the DASH diet to potentially lower your blood pressure.



DASH DIET



- ✓ High potassium
- ✓ High fiber
- ✓ Rich in low fat dairy products
- ✓ Low in saturated fat & trans fat
- ✓ Reduced salt intake.

Dietary Management of Hypertension

- Eat more fruits, vegetables, and low-fat dairy foods
- Cut back on foods that are high in **saturated fat, cholesterol, and trans fats**
- Eat more whole-grain foods, fish, poultry, and nuts
- Limit sodium, sweets, sugary drinks, and red meats
- Instead of snacking on chips or sweets, eat unsalted pretzels or nuts, raisins, low-fat and fat-free yogurt, frozen yogurt, unsalted plain popcorn with no butter, and raw vegetables.
- Add a serving of vegetables at lunch and at dinner.

Recommendations for Hypertension

Diet :- a low fat, high fibre diet with plenty of salads and fruits.

Increase :- dietary fibre, fruits and vegetables

Decrease :- animal fats, saturated fats, salt in cooking and on food,
caffeine and alcohol

Super foods :- flaxseeds, super sprouts

Herbal :- garlic, ginger

Lifestyle changes :- weight loss and an increase in re

Do not add salt to your food.

Give up smoking.



Juice Recipes For High Blood Pressure

www.facebook.com/everydayhealthtipsinfo

Beetroot Juice

Just 500 ml
Daily



Green Power Juice

- Apples - 2 medium
- Celery - 4 stalk, large
- Cucumber - 1 cucumber
- Ginger - 1 thumb
- Kale - 6 leaf
- Lemon - 1/2 fruit

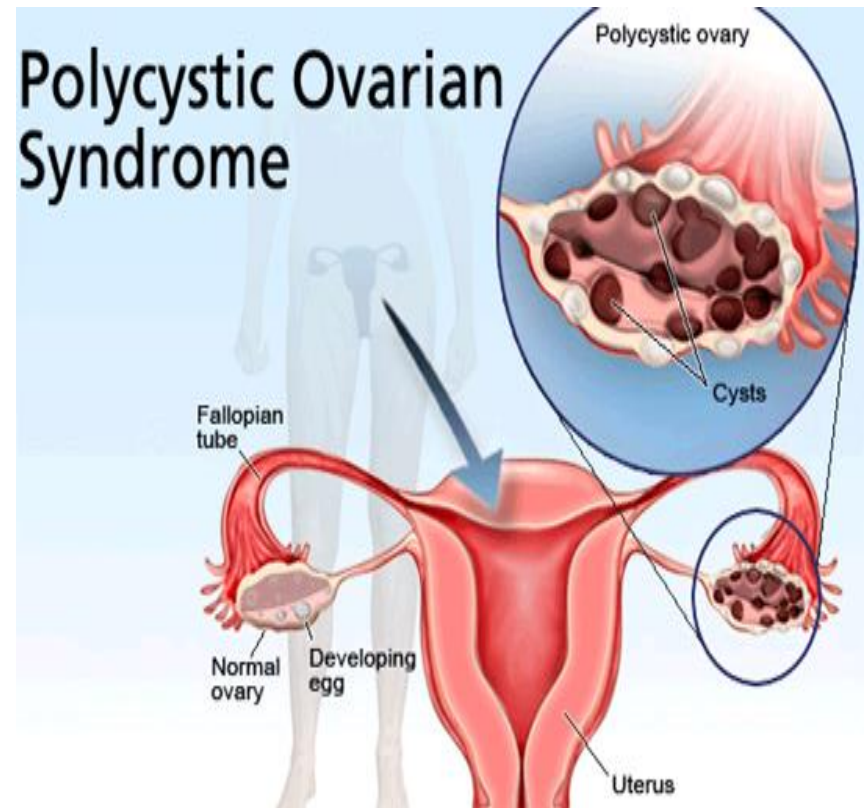


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Don't Forget To Share

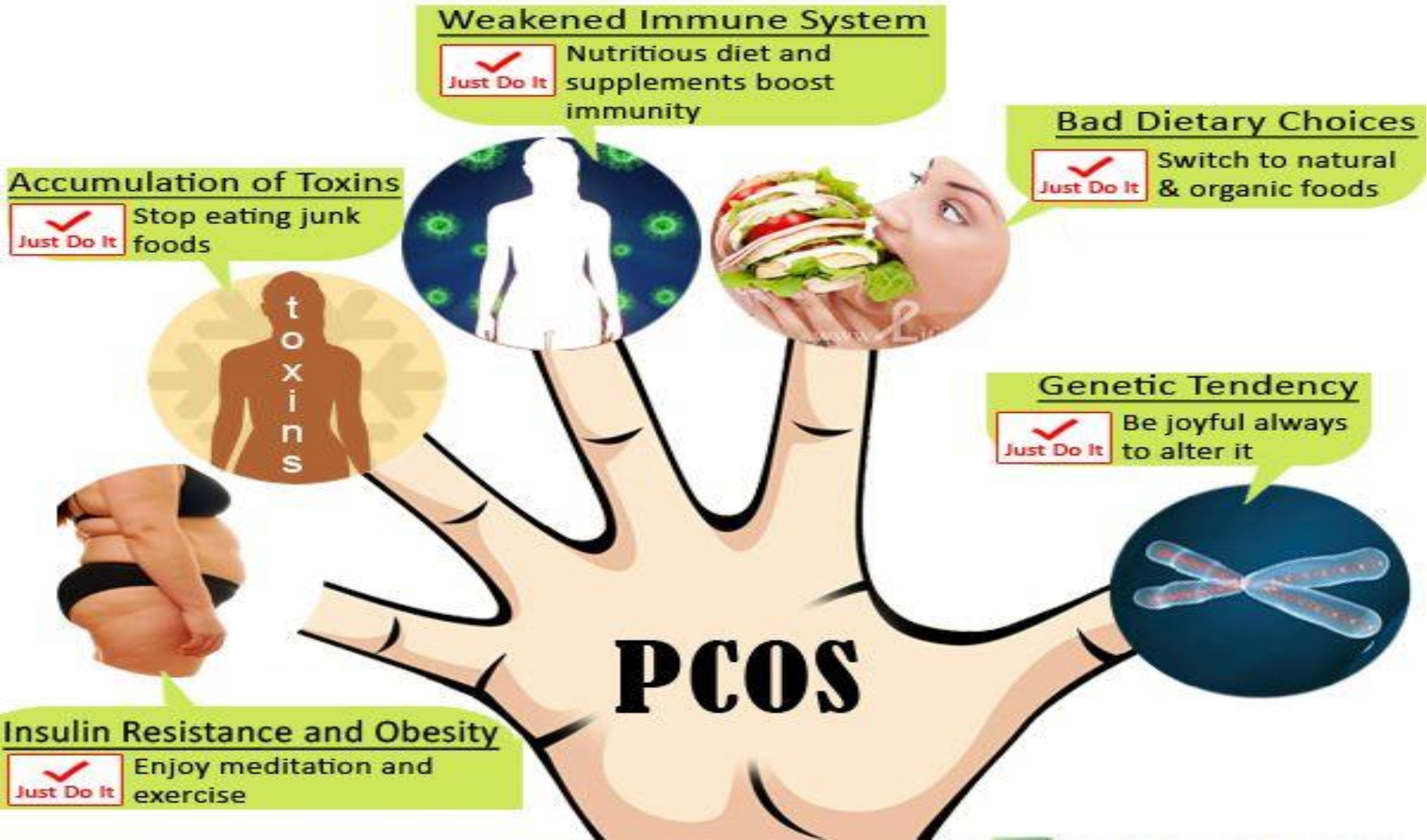
PCOD/PCOS

- A hormonal disorder causing enlarged ovaries with small cysts on the outer edges.
- The cause of polycystic ovary syndrome isn't well understood, but may involve a combination of genetic and environmental factors.



5 Factors That Cause Your PCOS

Unknowingly you are creating a perfect environment for PCOS
But the good news is that you can reverse it by appropriate lifestyle changes...



10 Signs & Symptoms of POLYCYSTIC OVARY SYNDROME (PCOS)

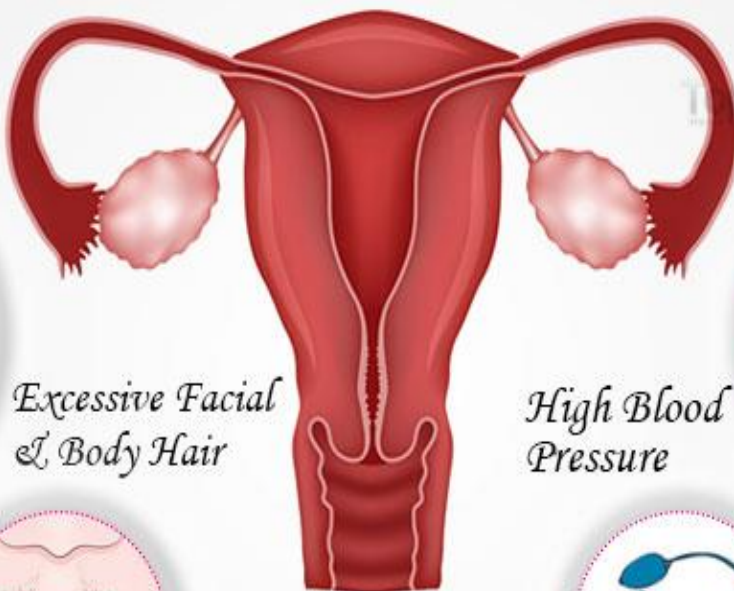
Irregular Periods



Acne



Absence of Menstruation



*Excessive Facial
& Body Hair*

High Blood Pressure

Weight Gain



*Hair Thinning
& Loss*



Depression

Abnormal Skin Discoloration



Stress

Top10
Home Remedies

To explore more, visit
www.Top10HomeRemedies.com

cinnamon & honey for weight loss

Daily in the morning one half hour before breakfast on an empty stomach, and at night before sleeping, drink honey and cinnamon in one cup hot water. If taken regularly, it reduces the weight of even the most obese person, and also does not allow the fat to accumulate in the body.

Ingredients:

- 1 T local raw honey
- 1 tsp organic cinnamon

Instructions:

- Add cinnamon to a mug.
- Boil 1 cup filtered water.
- Pour the hot water over the cinnamon.
- Steep for 15 minutes.
- Add honey to the cooled liquid.
- Always add honey to the cooled liquid, hot liquid will destroy the enzymes in raw honey.



6 Amazing Health Benefits of Amla Juice



1

Balances Cholesterol Levels

2

Anti-Cancer Properties

3

Increases Immunity

4

Prevents Coronary Heart Diseases

5

Improves Red Blood Cell Count

6

Anti-inflammatory, anti-viral, anti-bacterial,
anti-fungal, antioxidant properties

DETOX WATER

- Detox water is one of the most popular tools for weight loss to come around in a long time, and for great reason. Not only can you drink detox water to lose weight, it tastes delicious and helps flush your body of toxins.



Lemon Ginger Detox Water

- Alkalizes the body
- Sheds excess weight
- Flushes lymph fluid
- Purifies the blood
- Revs the metabolism
- Controls appetite
- Strengthens the immune system



TURMERIC DETOX TEA

cleansing tea

- * 1/4 tsp turmeric
- * black pepper
- * 1/4 tsp ginger powder
- * 1 tbsp raw honey
- * 2 cups water

AYURVEDIC DETOX TEA

THEINDIANSPOT

Ginger



- Anti cancer
- Motion sickness and nausea remedy
- Prevents gas and bloating
- Reduce pain and inflammation
- Cold and Flu prevention and treatment
- Migraine relief
- Menstrual Cramp Relief
- Prevention of diabetic nephropathy
- Anti inflammatory
- Boosts immune system
- Antibiotic
- Heart health



How to:
Eat Healthy While
Eating Out

1. Look up the nutrition facts beforehand
2. On the menu, look for foods that are "grilled", "baked", "broiled", or "steamed" and avoid foods that are "fried", "creamy", "breaded", or "savteed"
3. Split an entree with a friend or order from the appetizer/kid's menu to downsize portions
5. Skip the dessert or get a bite size version
6. Watch the condiments! Some of them have a lot of fat, sugar, and/or calories.
7. Get an half-order instead of a full order of a large dish
8. Look for dishes that have vegetables or lean meats as the main part
9. Drink water instead of soda
10. Order a side salad/vegetables instead of fries

OR... ORDER WHAT YOU WANT AND ENJOY THE FOOD! ONE MEAL WON'T MAKE YOU FAT, SKINNY, HEALTHY, OR UNHEALTHY. 😊

PORTION SIZE



Have Colourful Meals:

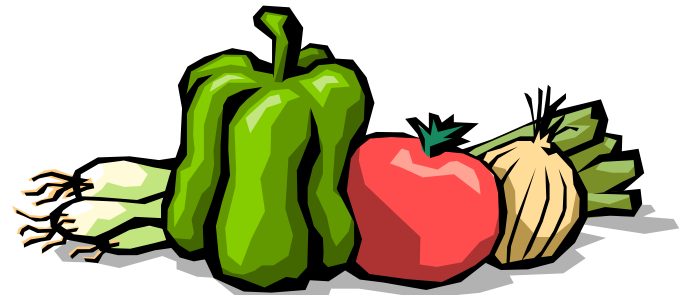


- A well balanced diet should provide all the necessary vitamins and minerals.
- Antioxidants- vitamins A,C,E
- Minerals- Zinc, selenium

Fruits and
Vegetables



©ADAM



Remedy at Your Doorstep

- **Methi Seeds:** Have a teaspoonful of overnight soaked seeds with a glass of water daily. Research suggests eating natural fiber in the morning helps the gut get used to consuming sugars slowly.
- **Flaxseeds:** Richest source of Omega 3 fatty acids. Improves insulin sensitivity.
- **Cinnamon:** A pinch of cinnamon pwd with water in the morning promotes glucose metabolism.
- **Psyllium (Isapghol):** Slows down digestion and absorption of nutrients, resulting in a slow and steady release of glucose. Helps in cholesterol control.
- Carrot seeds and carrot juice: help to remove all toxins, and help to regulate periods



Keep it low-fat



○ No added oils

- Cook with vegetable broth or water
- Steam, roast, bake or pressure cook instead of frying
- Use non-stick pans for cooking.
- Top salads with non-fat dressings
- Use mustard instead of mayo on sandwiches
- Use bean spreads instead of margarine

○ Aim for less than 20-30 fat grams per day.

- Include Foods rich in omega 3 fatty acids such as fish, flaxseeds, mustard oils, soybean.



If the bread is brown, is it healthy?

You would think that brown bread and whole wheat bread are one and the same. Is there any difference?



- Whole wheat bread is made of bran.
- Some manufacturers add caramel colour to the dough to make the bread brown.
- So, the next time you buy a pack of brown bread, remember, it could be brown just because of some colour added to it.
- So specify that you want "whole wheat bread". Also, check the ingredients at the back of the pack.

Symptoms of Intestinal

Bloating

Bloating is followed by symptoms such as-

1. Cramps
2. Belching
3. Pain
4. Diarrhea
5. Shortness of breath and
6. Lower back pain



HOME REMEDY OF BLOATING

- Ingredients:-
- Ginger (1tsp)
- Ajwain(1tsp)
- Black pepper (2-4)
- Pippli (2-4)
- Method-Boil them in given quantity ,cool down at room temp.and have it empty stomach.