



HEALTH TIPS- PHS

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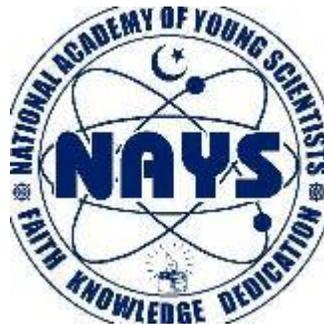
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Introduction

National Academy of Young Scientists (NAYS) Pakistan has started several programs to promote education, science and technology in Pakistan. One of the programs is Public Health Services (PHS) in which we provide different services (lectures, workshops, free medical camps, awareness literature and free SMS service etc.) to improve hygienic and health in Pakistan. As a part of PHS, we send one health tip daily to our subscribers (those who want to subscribe can type “follow nays-phs” and send it at 40404). The health tips are send by project coordinator NAYS PHS Dr. Alvina Zaineb. The program has completed one year so now we have compiled all the health tips in the form of this document that will be uploaded on NAYS website so you can consult with this anytime. This is the first edition of this document and hopefully as we will complete 500 tips, we will complete another document and will probably print it as well. We are hopeful that these will be beneficial for you and your family, please also share this document with your friends and colleagues. This is how we can make a healthy and better Pakistan.

Aftab Ahmad Chattha

President NAYS Pakistan

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**“WHEN HEALTH IS ABSENT, WISDOM CANNOT
REVEAL ITSELF, ART CANNOT MANIFEST,
STRENGTH CANNOT FIGHT, WEALTH BECOMES
USELESS AND INTELLIGENCE CANNOT BE APPLIED”**

-HEROPHILLUS.

THE IMPORTANCE OF HEALTH, FITNESS, AND WELLNESS

"Do not spend health to gain money, and then, do not spend money to regain health"

- **Health and Wellness**
- **HEALTH**

“Health is a complete state of physical, mental and social well-being and not merely the absence of disease or infirmity.” by WHO

Health is a dynamic process because it is always changing. We all have times of good health, times of sickness, and maybe even times of serious illness. As our lifestyles change, so does our level of health.

Those of us who participate in regular physical activity do so partly to improve the current and future level of our health. We strive toward an optimal state of well-being. As our lifestyle improves, our health also improves and we experience less disease and sickness.

- **Physical health includes the following:**

- **Social health:**

The ability to interact well with people and the environment and to have satisfying personal relationships.

- **Mental health:**

The ability to learn and grow intellectually. Life experiences as well as more formal structures (e.g., school) enhance mental health.

- **Emotional health:**

The ability to control emotions so that you feel comfortable expressing them and can express them appropriately.

- **Spiritual health:**

A belief in some unifying force. It varies from person to person but has the concept of faith at its core.

Wellness:

Is the search for enhanced quality of life, personal growth, and potential through positive lifestyle behaviours and attitudes. If we take responsibility for our own health and well-being, we can improve our health on a daily basis. Certain factors influence our state of wellness, including nutrition, physical activity, stress-coping methods, good relationships, and career success.

- **Components of Fitness**

Followings are the essential components of the fitness.

- **Primary Components of Fitness**

The four primary components (also known as the components of health related fitness) that are important to improved physical health are as follows:

- **Cardiorespiratory capacity** is the ability of the body to take in oxygen (respiration), deliver it to the cells (circulation), and use it at the cellular level to create energy (bioenergetics) for physical work (activity).

- **Muscular capacity** refers to the spectrum of muscular capability. This includes muscular endurance, muscular strength, and muscular power.
- **Flexibility** is the range of movement or amount of motion that a joint is capable of performing.
- **Body composition** is the proportion of fat-free mass (muscle, bone, blood, organs, and fluids) to fat mass (adipose tissue deposited under the skin and around organs).
- **Secondary Components of Fitness**

The secondary components of fitness (also known as the components of performance based fitness) are involved in all physical activity and are necessary for daily functioning.

- **Balance** is the ability to maintain a specific body position in either a stationary or dynamic (moving) situation.
- **Coordination** is the ability to use all body parts together to produce smooth and fluid motion.
- **Agility** is the ability to change direction quickly.
- **Reaction time** is the time required to respond to a specific stimulus.
- **Speed** is the ability to move rapidly. Speed is also known as velocity (rate of motion).
- **Power** is the product of strength and speed. Power is also known as explosive strength.
- **Mental capability** is the ability to concentrate during exercise to improve training effects as well as the ability to relax and enjoy the psychological benefits of activity.

So after knowing the exact importance of the healthy life and wellbeing one should definitely pay a lot of interest in maintaining a healthy life style to avoid many disease and problems and leading a happy joyful life. A healthy person enjoys its life much better than a person having poor and unhealthy life style. So one should emphasize on maintaining a healthy life style to avoid many problems and disease that could affect the life style of any person.

“ THE GREATEST WEALTH IS HEALTH ”

-VIRGIL

Health Tips

1. The **Bacteria in raw milk** can be especially dangerous to pregnant women, children, the elderly, and people with weakened immune systems.
2. **Green tea and green tea extracts** have been used for improving mental alertness, aiding in weight loss, and lowering cholesterol levels.
3. Avoid **weight-loss pills**. Most weight-loss pills that you can buy without prescription from your doctor have not been shown to work or be safe.
4. **Milk, yogurt, and cheese are rich sources of calcium** and are the major food contributors of this nutrient to people.
5. A **combination of eating right and working out regularly** is a great method to lose weight and help prevent heart disease.
6. Even moderate **exercise** just 3 times a week can have you looking slimmer and more toned.
7. The **intake of milk products** is especially important to bone health during childhood and adolescence, when bone mass is being built.
8. Use **garlic** with caution if you are planning to have surgery or dental work, or if you have a bleeding disorder, because garlic can thin the blood.
9. If you experience **chest pain, dizziness or lightheadedness while exercising**, stop immediately. Consult your physician.
10. The **body absorbs calcium carbonate most efficiently** when the supplement is consumed with food.
11. **Use ready-to-eat, refrigerated foods as soon as possible**. The longer they're stored in the refrigerator, the more chance Listeria has to grow.
12. Recent studies show that even short intervals of activity, such as walking just 10 minutes a day, can **increase your fitness level**.
13. **Walk up** the 2 flights of stairs at work instead of taking the elevator.
14. **Incorporate fiber into your daily diet**. Fiber helps clean your digestive tract very efficiently.
15. **Lunch should be your biggest meal of the day**, not dinner. Eat more of your calories early in the day when you need the energy to work.
16. **Race walking, or power walking, is an appropriate fitness activity** for any healthy person. Try to increase your speed every day.
17. **Fruits and vegetables provide essential vitamins and minerals, fiber, and other nutrients** that are important for good health.
18. **Eating vegetables** may be useful in helping to lower calorie intake.
19. If you follow **vegetarian diets**, eat a variety of nuts, seeds, legumes, fruits, and vegetables.
20. Make sure to **wash your hands often to protect yourself from germs**. At least use a hand sanitizer if you are not near a sink.

21. **Don't wait to drink water until you feel thirsty.** If you're thirsty, your body is already dehydrated. Make it habit to drink plenty of water.
22. **Never exercise or play a sport without warming up your muscles** first with 10 minutes of light activity.
23. **Papayas have 150% the recommended daily allowance of vitamin C.** They are excellent in salads or eaten alone.
24. **Taking the stairs rather than the elevator** or adding short episodes of walking to the day can be helpful in weight control.
25. **Regular physical activity** helps control the percentage of body fat in children and adolescents.
26. **When you work out, do not drink caffeinated beverages,** as they can dehydrate you.
27. **Drink 8 glasses of water each day** to stay optimally hydrated. Your kidneys will thank you.
28. **Rinse with mouthwash and brush your teeth right after dinner.** You are less likely to eat after you've cleaned your mouth and teeth.
29. **People who eat more fruits and vegetables** as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases.
30. **Strawberries and blueberries,** which are rich in antioxidants, are thought to protect the brain from aging-related cell damage.
31. **Parents and teachers should model & encourage an active lifestyle for children.** Praise, rewards, & encouragement help children to be active
32. **Don't expect to lose weight quickly.** Losing about one to two pounds a week is a healthy rate of weight loss.
33. **Cholesterol is a fat-like substance that is made by the body & is found in animal foods** such as meat, fish, poultry, eggs, & dairy products
34. **People who exercise have higher levels of the "good" cholesterol (HDL) and lower levels of the "bad" cholesterol (LDL).**
35. **Fiber-containing foods such as vegetables** help provide a feeling of fullness with fewer calories.
36. **Ice can be essential in reducing the swelling** that often comes with sprains. Apply ice for 20 minutes & wait 40 minutes before re-applying
37. **Avoid or limit your intake of foods and drinks made of artificial colors or sweetener.**
38. **Get adequate sleep each night,** almost 6-7 hrs...
39. **Make it a habit to eat fresh fruits and vegetables daily.** Eat about 5 servings of fresh fruits and vegetables each day.
40. **Before preparing any food, remember that cleanliness is key.** So try to make it habit to wash your hand before preparing food.
41. **Studies suggest physically active adults with breast or colon cancer are less like to die** prematurely or have a recurrence of the cancer.

42. **Whole-grain breads are higher in fiber than white breads** are. Make sure you're getting at least 2 grams of dietary fiber per slice.
43. **Oils from plant sources (vegetable and nut oils) do not contain any cholesterol.** In fact, no foods from plants sources contain cholesterol.
44. **Studies show that the frequent decline in bone density that happens during aging** can be slowed with regular physical activity.
45. **Almonds are high in protein,** monounsaturated ("good") fat, rich in calcium, magnesium and phosphorus, and a good source of vitamin E.
46. **Cut back on sugary drinks.** The average 12-ounce can of soda has more than 100 calories and 10 teaspoons of sugar.
47. **Commit to running first thing in the morning, before work.** This way, you will start the day off on a productive, stimulating note.
48. **Do not skip your breakfast.** Research studies suggest that people who eat breakfast are better able to manage their weight.
49. **To prevent illness from bacteria, keep eggs refrigerated,** cook eggs until yolks are firm, and cook foods containing eggs thoroughly.
50. **Diets that provide 3 cups or the equivalent of milk products per day can improve bone mass.**
51. If you avoid milk because of **lactose intolerance,** the most reliable way to get the health benefits of milk is to **choose lactose-free alternatives.**
52. **You should lift weight 2 or 3 days a week,** always leaving at least one day of rest between workouts so that your muscles can repair & build
53. **Find meaning and purpose in everything you do,** including work.
54. **Vegetarians might absorb less calcium than omnivores** because they consume more plant products containing oxalic and phytic acids.
55. **If you want to lower your blood cholesterol levels,** eat a low-fat, low-cholesterol diet, and exercise.
56. **Flaxseeds and walnuts are excellent sources of essential fatty acids,** and sunflower seeds, almonds, hazelnuts are good sources of vitamin E.
57. **Fat around the waist increases the risk of obesity-related health problems.** So try to reduce it
58. **If you are in pain from working out, stop.** You should rest and wait a few days before attempting again.
59. **Eat at least 1,600 calories each day.** It can be hard to get the nutrients you need if you eat less than 1,600 calories each day.
60. **Start your day in a positive way** by thinking positive thoughts.
61. **Spending 15 minutes a day doing any activity that works the major muscle groups,** as running, cycling, or swimming, helps relax the muscles.
62. **Along with having a healthy diet that includes adequate calcium and vitamin D,** physical activity is critical for bone development in children.

63. **Most vegetables are naturally low in fat and calories.** None have cholesterol.
64. **Fiber is important for proper bowel function.** It helps reduce constipation and diverticulosis.
65. **Eat meals with your child whenever possible.** Let your child see you enjoying fruits, vegetables and whole grains at meals and snacks.
66. **Nuts should not be introduced prior to one year of age.**
67. **Your job and your boss won't take care of you when you are sick;** your friends and family will. So prioritize your life accordingly.
68. **Eat at least two to three 1/2 cup servings of legumes** (beans and lentils) per week.
69. **Supplements should not replace the variety of foods** that are important to a healthful diet — so, be sure you eat a variety of foods as well.
70. **Most fruits & vegetables are naturally low in fat and calories;** substituting them for high-calorie foods can be a calorie-reducing strategy
71. **Stiffness, soreness or pain in muscles or joints** deserves a rest for 24-48 hours.
72. **Eating diet rich in fruits & vegetables** as part of an overall healthy diet may reduce risk for stroke & perhaps other cardiovascular disease
73. **Omega-3 fatty acids** can reduce joint tenderness and need for corticosteroid drugs in rheumatoid arthritis.
74. If you **cut down fatty foods and eat more fruit, vegetables, grain and protein,** you will automatically cut calories and lose weight.
75. Some **foods that contain vitamin C** include red bell peppers, broccoli, guava, oranges, orange juice, papaya, and strawberries.
76. It's important to **eat a wide variety of colorful vegetables and fruits every day.**
77. **Walking and running are examples of weight-bearing activities** that can help you strengthen your bones and guard against osteoporosis.
78. **Omega-3 fatty acids can help reduce the risk of heart disease.** The best sources of these nutrients are certain fish, spinach, and flaxseed
79. **Do not snack at night.** If you have to eat something, choose small, low-calorie snacks like a fruit.
80. **Exercising releases endorphins in the body** which may help prevent depression and anxiety.
81. **Obesity is a major risk factor for cardiovascular disease,** certain types of cancer, and Type- 2 diabetes. Try to reduce your weight.
82. Studies show that **moderate exercise is nearly as effective as vigorous exercise** for losing weight.
83. **Some individuals who take calcium supplements might experience gas,** bloating, constipation, or a combination of these symptoms.
84. **Fats are an important source of calories** and nutrients for infants and toddlers.
85. **Breakfast is the most important meal,** since it fuels our body with energy and key nutrients to jump start the day.

86. Each year, **homemade ice cream causes serious outbreaks of infection from Salmonella**, formed in raw or undercooked eggs.
87. **All produce should be thoroughly washed before eating.** This includes produce grown conventionally or organically at home.
88. **Gradually decrease your intensity as you finish a cardio workout;** do not stop abruptly. This can be hard on your heart and your body.
89. **Eat more fish, legumes and nuts for the benefit of Omega-3 fats**, which can help improve your mood, your heart, and your memory.
90. **Vitamin C helps heal cuts and wounds** and keeps teeth and gums healthy.
91. **Bend your elbows and your knees when lifting or lowering plates or dumbbells** from the floor. Do not use your back, you could strain it.
92. **Avoid or reduce your intake of sugary drinks** such as juices, sodas, and sports drinks. Choose water and low-fat milk instead.
93. Some studies suggest consuming **garlic** as a regular part of the diet may lower the risk of certain cancers.
94. **Avoid or minimize your intake of processed foods.** Eat fresh foods as much as possible.
95. **Physical activity reduces the risk of premature death** from the leading causes of death, such as heart disease and some cancers.
96. **Don't force yourself to vomit.** This can damage your teeth and gums, create sores in your throat and mouth, and cause an abnormal heart rate
97. **Raw milk** is milk from cows, sheep, or goats that has not been pasteurized to kill harmful bacteria. So avoid it.
98. **By working out with weights regularly**, you increase your lean muscle mass, which burns calories at a much higher rate than fat does.
99. **Jumping rope is a good cardiovascular exercise & calorie-burner**, but protect ur legs and back by jumping on a rubber mat instead of concrete
100. **Store eggs in their original carton** and use them within 3 weeks for best quality.
101. **Choose high-fiber foods**, such as whole-grain breads, fruits and vegetables.
102. **Warming up and stretching** are two different things. Be sure to warm up first, and then ease into stretching.
103. **Stretching exercises are effective in increasing flexibility**, and thereby can allow people to more easily do activities.
104. If you **follow vegetarian diets**, include good sources of vitamin C (such as grapefruit) to help you absorb iron.
105. **Between the ages of 2 and 5**, the average child grows about 2 ½ inches taller each year, and gains 4 to 5 pounds each year.
106. Adults should do at least 2.5 hours a week of moderate-intensity, or 1 hour a week of vigorous-intensity **aerobic physical activity**.

107. **Eating food that has more monounsaturated fat** instead of saturated fat may help lower cholesterol and reduce heart disease risk.
108. **On food labels, look for at least 2-3 grams of fiber per serving.** Eat plenty of fruits and vegetables, which are great sources of fiber.
109. **Cook foods to a safe temperature to kill microorganisms.** Use a meat thermometer.
110. **Show your child how to make healthy choices** when you are on the run. Put oranges, bananas, or other fruits in your bag for quick snacks.
111. **Drink enough water each day.** Your brain works best when your body is well-hydrated.
112. **Diets rich in milk and milk products help build and maintain bone mass** throughout the lifecycle. This may reduce the risk of osteoporosis
113. **When you arrive home from work, don't go into the kitchen for at least 30 minutes.** This can help you avoid stress-related impulse eating.
114. **Drink a lot of water.** The standard recommendation is 8 glasses a day. Be sure to drink more if you exercise.
115. Both **cardiovascular exercise** (e.g., running, walking, cycling) and strength-training (e.g. Weights) should be included in your exercise plan
116. **Fuel your brain with breakfast.** Studies show that people who eat breakfast improve their memory and performance at work or school.
117. **Cut away any damaged or bruised areas on fresh fruits and vegetables** before preparing and/or eating. Discard produce that looks rotten.
118. **Eat breakfast.** Research shows that people who skip breakfast are more likely to be overweight.
119. Some **foods that contain B vitamins** include fortified cereals, rainbow trout, salmon, tuna, chicken, yogurt, milk and cheese.
120. **When calcium intake is low,** bone breakdown occurs as the body uses its stored calcium to maintain normal biological functions.
121. Most adults should increase their **aerobic activity** to exceed the minimum level and move toward 5 hours a week.
122. **Walking helps to eliminate stress hormones** from your body and reduces tension in several large muscle groups.
123. **Saturated fats and Trans fats may raise blood cholesterol** and increase the risk for heart disease.
124. When **eating fruit and vegetables,** try to leave the skin on whenever possible. This is where fiber and nutrients are found.
125. **Stay healthy and kill germs by washing your hands** with soap for 20 seconds or with an alcohol-based product.
126. If you are having **headaches of migraine** don't get a head CT scan to make sure. It's a useless test with unnecessary radiation.
127. **Most of us eat >3 grams of salt /day. Reduce your daily intake by 1 gram** and you reduce your risk of heart attacks by 30%.

128. **Drink more fluids!** If you are out in the heat, drink more fluids, regardless of your activity level.
129. **Smile** - it feels so good to smile. If you're feeling down, think of something special and smile. A big weight will lift off your shoulders.
130. **Sleep.** Getting enough sleep means we can function properly in all aspects of our life.
131. **Even dead mold can cause allergic reactions** in some people. To prevent mold growth, clean wet items and surfaces with detergent and water.
132. **Cut the Caffeine.** If you are sometimes anxious and irritable, or have trouble sleeping, it could be due to drinking too many cups of coffee
133. **Move More.** Sedentary people burn about one-third less calories per day. Being active can make a difference to the calories you burn daily.
134. **Eat Little and Often.** Evidence suggests that eating small meals every 2-4 hours will keep your metabolism burning faster than larger meals.
135. If you're a **young diabetic woman** then you have 4 times the risk of a heart attack or stroke than average. Control your sugar.
136. **Most sore throats, bronchitis, runny noses and colds** are usually caused by viruses that can't be cured with antibiotics.
137. **Children are the main way of spread of influenza epidemics.** Vaccinate your kids and prevent the flu from infecting adults.
138. **Many think the flu shot does not work because they had a cold after taking it.** The flu shot prevents the flu - not colds!
139. **Many believe the flu vaccine weakens the immune system** and it's better to get the real flu. Not true! And the real flu kills!
140. Large study suggests that **there is no "bone benefit" in giving Vitamin D pills** to everyone. Take only if you have low levels.
141. The **flu vaccine CANNOT give you the flu.** It's made with killed viruses but you may have mild symptoms as you develop immunity
142. **If you have anxiety symptoms don't turn to addictive sedatives.** Try behavioral therapy. It is more effective and long lasting.
143. **If you have asthma then you should know that there is no benefit of nebulizer treatment over a regular inhaler with a spacer.**
144. **Have you checked your skin lately?** Get to know your moles and bumps so you can tell if there new changes. Check once a month.
145. If you go to a public event, party or meeting and you shake hands with >20 people make sure you **wash your hands before eating.**
146. **Air pollution is an important cause of cancer,** especially lung and bladder cancer. Avoid when possible.
147. **If you have a sore throat and you also have a runny nose or a cough** then the cause is viral. You should not take antibiotics.

148. **If you don't brush your teeth for 2 minutes or have hand arthritis** that affects your brushing, get an electric toothbrush.
149. **Children with irregular sleeping times have more behavioral problems.** Fixing the sleeping time also improved behavior.
150. **The best long term treatment for anxiety and depression is daily exercise** for >20 minutes. It can do wonders to your mood!
151. **Switching from coffee to tea will halve your caffeine and help you lose weight.** Tea with milk: 8 calories/Latte: 223 calories
152. **Giving your body a break from diet restriction** may be acceptable for a day with no harm but not for a whole week!
153. **Are you washing your hands at the crucial times that prevent illness?** Always wash before handling ANY food (even snacks).
154. **To avoid mosquito bites wear long sleeves or use DEET insect repellent.** Garlic, Marmite or special bracelets don't work.
155. **Eggs are not as bad as previously thought,** up to 1 egg a day is acceptable. Remember that 1 hard-boiled egg has 211 calories.
156. **Our biggest killers are Non-Communicable Diseases like heart disease, cancer & diabetes.** Lifestyle changes prevent many. Start
157. **A 3-minute talk with your Dr. or pharmacist** about your pills and what each one is for improves your commitment to taking them
158. **Knees Osteoarthritis** affects many, like those with previous knee injuries or surgeries. Treat it with weight loss + exercise.
159. **There is no evidence whatsoever that putting your mobile near your heart is harmful** (unless you have a pacemaker).
160. **Avoid neck pains and headaches by changing your pillows height** to make your head parallel to the bed when lying on your side.
161. **Smoking is bad for you and those around you,** but if you have diabetes it is doubly bad as diabetic complication rate doubles.
162. In a car, many hold their child in their lap thinking it protects them. Studies show that it harms them. **Get a baby car seat.**
163. **Hyperbaric oxygen therapy has no benefit in curing autism, cancer, diabetes, migraine or heart disease.** It may harm. Beware.
164. **Many still worry about mild increases of uric acid levels** as it was thought to be a cause of heart disease. It is not. Ignore.
165. **Many believe that you shouldn't lift weights until you're 15 or 16 years** as it may stunt your growth. Not true. Start anytime.
166. **Doing a colonoscopy every 10 years starting at age 50 years reduces cancer and cancer-related deaths.** Stop delaying it. Do it.
167. **Many believe that white spots on the nails means you're low on calcium.** Not true. They're usually caused by minor trauma.

168. In **treating high blood pressure** the aim should be to bring the blood pressure down to around 110/70 mm Hg with whatever works.
169. **Smokers have generally lower mood levels than non-smokers.** 3-4 months after quitting, the mood returns to normal. Quit now!
170. **Diet rich in fruits, vegetables, low-fat dairy and whole grains** decreases risk of chronic kidney disease in diabetics.
171. **"Light" or "Ultra light" cigarettes** lead to the same exposure of tar, nicotine and carbon monoxide as regular cigarettes. Avoid it
172. Study shows **eating fruits like blueberries and apples** decreases your risk of diabetes, drinking any fruit juice increases it
173. **Daily exposure to the sun** is not just for Vitamin D production, studies show it decreases the chance of multiple sclerosis.
174. **Unless you had gout or had uric acid kidney stones**, there is no need to treat high uric acid levels that are <12.
175. **Flowers should kept outside bedrooms as they consume oxygen at night** even though they produce 10 times that amount during the day.
176. New study shows even in the elderly lowering blood pressure to 130/80 mmHg instead of 140/85 mmHg **increases brain blood flow.**
177. **If you get back pain**, 48 hours of rest usually helps, but a 2-week bed rest is not helpful and actually harmful. Avoid.
178. Many take **Vitamin D** thinking it will treat or prevent joint pains. Not true. It only reduces fracture risk of bones.
179. To **reduce your salt intake** and prevent high blood pressure avoid any product that has >300 mg sodium per serving.
180. **When using a digital machine to measure your blood pressure**, take 3 readings each time ignore the 1st and average the last 2.
181. **Ringing in the ears** is of no concern if it lasts a short time (hours). Causes include anxiety, alcohol and certain medicines.
182. Although **broken hair** can look better with added protein or conditioner, no chemical can "nourish" the hair. It's dead tissue!
183. **If you do not have gout or uric acid kidney stones** then any level less than 12 is fine and requires no treatment.
184. **Asthma is a chronic disease** but withholding use of inhalers for fear that your body will get used to them is a myth and wrong
185. **Many avoid the best treatment for allergic bronchitis** (i.e. steroid inhalers) for the fear it may be habit forming. Not true.
186. **If you had kidney stones or crystals in your urine**, don't just drink more fluids, test your urine for the cause and treat it.
187. **If your eyelid flickers**, it is probably due to lack of restful sleep, caffeine, some medicines (e.g. Asthma drugs) or anxiety.

188. **Many apply butter or oil to a skin burn.** This actually makes it worse by keeping the heat in. Apply cold water ASAP (not Ice).
189. **Causes of mouth ulcers** include gum disease, viruses, sharp teeth, eating nuts/ seeds and type of toothpaste. Fix accordingly.
190. **To find out if you have hypertension,** measure your blood pressure at home twice a day for 2 weeks (after rest for 30 min.).
191. **If you have a fatty liver,** to avoid liver fibrosis the best treatment is 10% weight loss. Coffee and Vitamin. E may help.
192. **Diabetics should get their eyes checked annually** even if they have no complaints. It might prevent blindness. Don't delay it!
193. **Exercise improves the mood more than antidepressants.** Done regularly exercise relieves mild depression too.
194. **For healthy teeth** you need to brush your teeth (softly) for 2 minutes 2-3 times a day. Time yourself to meet the 2-min.
195. The **7 ways to health:** Not smoking, exercise, normal weight, glucose, blood pressure and cholesterol levels & a healthy diet.
196. **Many don't wash their hands** before eating if they think their hands are clean. Remember: Touching your nose makes them dirty
197. **Exercise that leads to sweating burns calories,** sweating in a sauna or because you're wearing warm clothes burns very little.
198. The **benefit of exercise** continues to increase with the time of exercise but less so after 40 min.
199. If you have **high blood pressure,** it is not enough to take drugs for it. You should make sure that it is controlled (<130/85)
200. Allowing children **unlimited candy and soda** is rapidly increasing our rates of diabetes in children. It's your responsibility
201. Many believe you get sick if you eat **ice cream in cold weather.** Not true. Eating a melted one in summer is more dangerous.
202. Many are **afraid to eat yogurt and fish together** as they may interact together. Not true. In fact many Asian recipes have them
203. **Washing hands** means tiny bubbles of soap are all over your hands and between your fingers. Holding a soap bar is not enough!
204. **Sleep deprivation** causes a release of brain signals that cause fat cells to act in harmful ways. It also promotes obesity.
205. **High blood pressure** does NOT usually cause a headache unless it is >180/100 mmHg but a headache increases high blood pressure
206. The best way to **avoid hand eczema** is to use mild soaps and apply cream after washing your hands every time.
207. **Avoid neck pains and headaches** by changing your pillows height to make your head parallel to the bed when lying on your side.

208. The best **long term treatment for anxiety and depression** is daily exercise for >20 minutes. It can do wonders to your mood!
209. **Watching TV up close or reading a lot** may tire your eyes for a while but it does NOT affect the eyesight or focusing ability.
210. **To treat constipation** make sure you get fiber in every meal, exercise regularly and drink more fluids. Fiber supplements help
211. **Stretching after exercise** is more important than before exercise to prevent muscle spasms (of future exercises). Do both.
212. **People with recurring Vertigo (BPV)** are wrongly kept on dizziness pills instead of using a 2-minute maneuver that cures them.
213. **Eggs are not as bad as previously thought**, up to 1 egg a day is acceptable. Remember that 1 hard-boiled egg has 211 calories.
214. **For treating iron deficiency**, iron pills should be taken not just to correct anemia but to fill your iron stores (>6 months).
215. **Most fatal injuries to infants in car accidents occur** when they're held in someone's lap. Always use a baby car seat.
216. **For decreased risk of heart attacks and stroke** avoid red and processed meat, soda drinks, whole dairy products and sweets.
217. **Annual screening** Chest X-rays are not only useless but are possibly harmful. Don't do them without symptoms.
218. Not only does **red meat** cause colon cancer but a Swedish study showed it also increases risk of stroke. Limit amount.
219. **If the weather is too bad** to do your daily walk, try cleaning the house! It can burn >300 calories an hour.
220. **Washing your contact lenses** with tap water damages most type of lenses and can lead to serious eye infections. Don't do it.
221. **Taking sedatives** like Valium and Lexotanil for long periods (i.e. >1 week) causes memory loss, depression and fatigue. Avoid it.
222. How often do you touch your face? Most people touch their face >10 times/hour. **Cut down your infections with less touching.**
223. **Many suffer for months with muscular pains** and take strong medications before trying physiotherapy. Try physiotherapy first.
224. **Some people have difficulty waking up at Sehri** and therefore miss this meal. It is strongly recommended that you have a good meal at Sehri.
225. **Foods like eggs, beans & fish keep you filled up** for a longer period of time. Have more of these at Sehri.
226. **Try to keep a gap of an hour between Iftar & Dinner.** This will let the food settle after Iftar. Use this time to talk with your family.
227. **Couple of hours after Iftar** may be the ideal time to take a walk in Ramadan. This will also help regulate your digestion during the month.

228. **5-7% weight loss can lead to 58% drop in your risk of getting diabetes!** So give your pancreas a rest so it can function well.
229. If you are **eating fruits and vegetables most days**, there is no benefit from a multivitamin pill.
230. Your **tongue has taste buds** for salt, sweet, bitter and sour, not for spicy hot. Eating spicy food a lot decreases your taste
231. **No one is smoking around you all day?** Ramadan is a great month to stop smoking permanently. Take advantage of it now.
232. **The commonest causes of chronic dry cough** are asthma, post-nasal drip (nose/sinuses) and acid reflux (some without heartburn).
233. **Got a bee sting?** The best thing to do is to remove the stinger quickly and apply a cortisone cream (not garlic or toothpaste)
234. **Taking antibiotics** for one to three days is the best way to make bacteria develop resistance to it. Always finish the course
235. **Fasting or low calorie diet** (<600 calorie/day) for 2 days a week seems to be healthy and effective for mild weight loss.
236. **Cleaning your ears with cotton buds is a bad idea**; it makes the ears produce more wax and increases your chances of blockage.
237. The most **important causes of skin wrinkles** are too much sun and smoking. Stop smoking and apply a daily sunscreen lotion.
238. **Shaving hair** does NOT make it grow back faster, darker, stronger or thicker.
239. **People who eat fish** 2-3 times a week live a healthier and longer life. Fish oil and Omega-3 pills do not help at all. Eat fish
240. **The best long term treatment for anxiety and depression** is daily exercise for >20 minutes. It can do wonders to your mood!
241. **Stress and anxiety may make you bald**, but it will NOT turn your hair grey. Actual hair color is genetically predetermined.
242. If you are **allergic to nuts**, check the food label every time you buy a product. It may contain traces of nuts.
243. **After heavy eating at a party**, do not forget to detoxify with green vegetables and fruits.
244. You can **reduce the chemical load on fruits and vegetables** by soaking them in a bowl of water containing 2 spoons of vinegar
245. **Stopping coffee or tea** suddenly can cause symptoms like headache. So wean yourself off caffeine slowly.
246. Always **cover a skin cut or a scrape** with an antibiotic ointment and a bandage after cleaning it well with clean water.
247. **Proper hydration** becomes important after a prolonged fast or when you are sick. Rehydrate with Gatorade or ORS-L.
248. **Do exercises** to strengthen & stretch your back and stomach muscles if you are lifting weights as a routine. This will help prevent back pain.

249. **Use a wide-toothed comb** in the monsoon season & try not to tie your hair too tightly as this may lead to hair breakage, damage & dandruff.
250. **In hot weather**, let your car breathe in some air to avoid inhaling fumes of paint.
251. Research shows that **basic activities** like daily gardening can keep at bay serious diseases like obesity, high BP, osteoporosis & stroke.
252. **Erratic sleep pattern** can lead to memory loss and brain deterioration. Sleep for about seven hours every night
253. **Meditation** can strengthen the connections between brain cells and allow it to process information faster.
254. **Wear gloves when you are handling chemicals** like floor cleaners, pesticides, etc. Chemicals can get absorbed into the system through skin.
255. **Vitamin E** (1000I.U.) and **vitamin C** (1 g three times) daily have been shown to prevent the onset of dementia.
256. **Negative stress** in the long term thickens the blood and constricts the arterial flow to the heart. Avoid stress, avoid angina.
257. To **deal with recurrent allergies**, take a supplement that contains zinc, calcium, vitamin C, bromelain, silica, vitamin A and manganese.
258. It is generally **best to take an iron supplement** with a glass of fruit juice as it aids in iron absorption due to the vitamin C content.
259. **In hot weather don't engage in vigorous activity** in hottest part of the day from 11am - 5pm. Before & during exercise hydrate your body well
260. **When you are out in the sun**, even for a little time, don't forget to apply sunscreen on your skin. It will prevent sunburn, keeping it cool
261. **Avoid drinking caffeinated beverages/ alcohol** as they act as diuretic, which moves fluids out of the body too quickly leading to dehydration
262. **In hot weather** condition it's advisable to wear loose-fitting, light-colored cotton clothes which breathes & allows your sweat to evaporate
263. **Taking a daily multivitamin supplement** may help reduce the effects of aging.
264. **Avoiding full fat cheeses and dairy produce**, fried foods and greasy burger-type foods may help decrease the acne.
265. **Stretching** is great for you as it improves flexibility and is a tension buster.
266. **Keep your mental functioning sharp** by reading, playing games or learning a new skill.
267. **Have yoghurt** when you have diarrhea or an upset stomach. It helps by promoting the growth of good bacteria in the gut.
268. Have plenty of **calcium rich foods** in your teens and twenties because that's the time when your body can build strong bones.
269. **Avoid frozen meat products** with bread crumb coverings as they are usually much higher in fat content.
270. **Get your daily calcium** by popping a tab, chugging milk or eating yoghurt. It'll keep your bones strong. You need at least 200 mg daily.

271. **To control Your Blood Pressure**, be active every day, limit sodium intake, stop smoking, and fill up on fruits and vegetables.
272. **Snack on a handful of Almonds** as they are a rich source of Vitamin E and are helpful in reducing cholesterol.
273. To help **ease computer eyestrain**, take regular breaks, have enough light to help you read, use reading glasses, & close your eyes for few min
274. If you have **heat rash**, do not use a towel after a shower and allow your body to air dry. The rash will disappear faster.
275. **Eat slowly**. Put down your knife and fork after every mouthful. This will slow down your eating and reduce chances of overeating.
276. While doing **heavy outdoor activity in hot weather**, take a break and drink water after every twenty to thirty minutes.
277. Apply **cool compresses with a wet towel** on the nape of your neck and forehead to cool down fast on a hot afternoon.
278. Watching your weight, not smoking, walking every day, and eating your fruits, veggies, and grains, can reduce your **risk of heart disease** by 78%
279. **Stand in a good posture** enhances the way you look and prevents shoulder and back pain.
280. **Green tea**, besides being a good source of antioxidants, can also help you burn more fats during your cardio workout.
281. **Wash your hands frequently** to reduce the spread of flu.
282. It's a myth that **having milk will increase cough or phlegm**. Warm milk can in fact soothe a sore throat.
283. Latest research indicates that **inquisitive people perform better**. So go ahead, ask those questions that you always wanted to.
284. **Steam inhalation** is one of the best ways to ease pain and congestion caused by sinusitis.
285. Study showed if you forget **to brush your teeth twice a day**, you can raise your risk of heart disease by 70%. Go for pearly white teeth.
286. **Calamine lotion or yoghurt** can help to cool your skin, if you get burned by the sun.
287. You can help **prevent bone loss** with regular weight-bearing exercise like stair-climbing, skiing, skipping rope, playing tennis, even dancing.
288. **Eyestrain** is a common cause of headaches. Simple eye exercises and even a nice massage to your neck can help relieve the pain of eyestrain.
289. **Don't cut off the crusts of bread** from sandwich, it contain as much as six times as many antioxidants than the rest of the slice of bread.
290. **Cigarette smoking** makes your skin age prematurely, destroying the collagen and using up your skin's Vitamin C. Quit it to keep your skin healthy.
291. **Calcium helps building strong bones**. You should take at least 1200mg of it/day to offset the chances of getting osteoporosis later in life.

292. **Too much salt can lead to heart problems and stroke.** Limit it to less than 5 grams a day.
293. **Reduce the chance of cancer** by 40% by having whole-grain bread or rice at least four times a week.
294. **Drinking a cup of warm milk with a pinch of turmeric powder** before bed keeps sore throat away.
295. **6 calming breaths in 30 seconds** can bring down your systolic blood pressure by 10 mmHg.
296. **Eat plenty of tomatoes!** They are a good source of lycopene, a powerful antioxidant that neutralizes free radicals (FR damage brain cells).
297. **Get a good night rest to boost your mood and daily performance.** A well rested brain will give you the energy to accomplish your daily tasks
298. **Fresh ginger fights the acidity in your body and boosts your immune system,** so try adding it the next time you cook!
299. **Exercising can improve your memory and concentration** because it gets blood flowing through your brain. Try out simple exercises in routine
300. **To stop acne and wrinkles,** drink at least 8 glasses of water per day and eat healthy oils-like olive, walnut, hemp and flax.
301. **Regular family dinners** help in improving the mental health in adolescents.
302. **Cauliflower** prevents cancer and shields against rheumatoid arthritis.
303. **Eating food rich in protein** for breakfast can significantly improve appetite control and reduce unhealthy snacking in the evening.
304. **Glass, steel, and ceramic containers are safer for storing** food and water compared to plastic containers.
305. Recent study shows, **people who sleep 6.5 to 7.5 hours daily, live the longest.**
306. **When you get a sweet craving,** having a fruits or a tasty salad is a healthier option.
307. **Having grapefruit regularly** helps in controlling blood sugar, reducing weight and better sleep.
308. **Reduced sleep has been linked to depression.** Get adequate rest daily. Don't deprive yourself of sleep for extended periods.
309. **Wiping your soles with cotton soaked in rubbing alcohol** will keep your feet free from odor causing bacteria.
310. **Get social.** Daily chatter for about 10 minutes helps improve the memory and mental function.
311. **Potassium packed picks** like bananas and oranges reduces high blood pressure.
312. **Chemical air fresheners** may be damaging to your nerves. Instead, use your favorite essential oils as freshener.
313. **Learn to do stretching exercises** when you wake up. It boosts circulation and digestion, and eases back pain.

314. **More salt in food** can make you three times more likely to develop heart disease or stroke.
315. **Keep your brains sharp.** A life-time of mentally stimulating games such as chess can cut your risk of Alzheimer's by nearly a third.
316. **Increase intake of biotin** foods like brown rice, bran cereals, beans, nuts, peas, cauliflower to reduce hair loss & promote hair growth.
317. **Bring out your measuring tape.** The ideal waist-to-hip ratio is less than 0.82 for women and less than 0.92 for men.
318. **Always wear sunglasses** when you spend time in the sun. It will protect your eyes from UV rays.
319. **Vegetarians are at greater risk of iron deficiency** than non-vegetarians. Having beans, spinach, and dried fruits can increase iron intake.
320. **People who eat breakfast are more likely to have better concentration,** problem-solving skills and hand-eye coordination.
321. **A good choice of snack** would be a handful of almonds. They contain Vitamin E and help in reducing cholesterol
322. **Drink half spoon of ginger juice** with a tablespoon of honey to cure cold and sore throat.
323. **Cucumber promotes digestion,** reduces cholesterol and helps weight reduction.
324. **Drink plenty of water.** It helps in preventing urinary tract infection and stones.
325. If you **love chocolate,** go for the dark variety as pure dark chocolate contains heart healthy antioxidants called catechins.
326. It's not a great idea to use **cotton buds** to clean your ears. It can push the wax inside further and damage the ear drums.
327. People who eat **breakfast** every morning are more likely to maintain a healthy weight.
328. **More salt in food** can make you three times more likely to develop heart disease or stroke.
329. **Keep a gap of 2 hours** between dinner and sleep to prevent indigestion.
330. **Have a good laugh.** It boosts your immune system, reduce levels of stress hormones, and eliminate depression, helps you think more clearly.
331. **Washing your face too often** can rob your skin's natural oils and moisture. Washing two times a day with mild soap is optimum.
332. **When working on the computer,** make a conscious effort to blink more often. It produces a tear-film, which moistens and refreshes your eyes.
333. **Avoid drinking too much tea or coffee with sugar** as it increases the risk of tooth decay.
334. **Exercise** is not only good for your physical health but also improves your concentration and thinking thereby making you more productive.
335. **Chewing gum** can relieve heart burn because it stimulates the production of saliva, which is an acid buffer and facilitates better digestion

336. **Brushing too hard** is the commonest cause of sensitive teeth. Brush in gentle circular motion with a soft bristled toothbrush.
337. **Black tea boiled with a small piece of ginger** is the best remedy for cold, sore throat and other upper respiratory tract infections.
338. **Wait for five minutes after applying anti-dandruff shampoo.** Medicated shampoos don't work if washed off immediately.
339. **Do not lick your chapped lips**, as saliva is not a moisturizer. It will only dry your lips much more. Apply Vaseline to keep them smooth.
340. **Give your eyes a break when working on a computer** or doing detailed work. Look away into the distance every 15 minutes.
341. **Three keys to Diabetes prevention** - Maintain normal body weight, get 30 minutes of exercise per day, and eat a low fat high fiber diet.
342. **Vitamin C** rich fruits like orange, lemon and guava have an anti-aging effect and make your skin look smoother and younger.
343. **Avoid a heavy meal after 8:00 pm.** It protects you against indigestion, heartburn and weight gain.
344. **Add garlic to your daily food.** It will help lower blood sugar and decrease cholesterol levels.
345. **Runners live happier and longer.** Get running. A slow to average pace, five times a week for total of 20 to 30 minutes would suffice.
346. **6-8 hours sleep** is good for health
347. test 1 mmg addel
348. When **exercising outdoor**, breathe in through your nose, not your mouth. The nasal passages help filter out pollen, pollution and other irritants
349. **Regular physical activity** strongly reduces the risk of developing Type- 2 diabetes as well as the metabolic syndrome.
350. **The basic formula for treating sprains** is "RICE": rest, ice, compression and elevation.
351. **Do not slouch.** Good posture allows your internal organs to function better and helps prevent neck and back pain.
352. **Set aside a specific time** to eat your meals without reading a book or magazine, watching television, or working on the computer.
353. **Don't use food products that are discolored**, moldy, have an off odor, or that spurt liquid or foam when the container is opened.
354. The **cholesterol in food**, like saturated fat, tends to raise blood cholesterol, which increases the risk for heart disease.
355. **Keep fruits separate** from raw meat, poultry and seafood while shopping, preparing, or storing.
356. **Don't forget to see your doctor for regular checkups** and to screen for illnesses such as high blood pressure or diabetes.

357. **Avoid praising a clean plate.** Your child should stop eating when he or she is full, rather than when the plate is clean.
358. **Avoid praising a clean plate.** Your child should stop eating when he or she is full, rather than when the plate is clean.
359. **Calcium** choices for those who do not consume milk products include calcium fortified juices, cereals, breads, soy beverages, or rice beverages
360. **Wash vegetables** before preparing or eating them. Under running water, rub vegetables with your hands to remove dirt and surface organisms.
361. **Cook eggs until both the yolk and the white are firm.** Scrambled eggs should not be runny.
362. **Eat lean chicken, fish, beans and dairy products** for sufficient amount of protein intake.
363. **When getting back to normal eating habits after Ramadan,** start with lighter meals & choose healthy cooking options & ingredients
364. **Make sure to eat a variety of foods** in different food groups to obtain all the essential vitamins and minerals your body needs.
365. **Stretching** is a must for a good workout. Stretching prevents injury, increases performance, and can reduce the overall stress on your body.
366. **Vitamin A** keeps eyes and skin healthy and helps to protect against infections.
367. **Physical activity** can lower the risk of developing chronic diseases such as heart disease and Type- 2 diabetes.
368. **When it comes to losing weight,** exercise alone usually doesn't cut it. You need a combined approach that addresses both diet and exercise
369. **Diets rich in potassium** may help to maintain healthy blood pressure. Milk products, especially yogurt and fluid milk, provide potassium.
370. **Walking increases** the production of endorphins, which can calm the body and promote restful sleep.
371. **Jumping rope and jumping jacks** can improve footwork and will increase strength in the lateral muscles of the ankle.

THANK YOU