

Being Fit Human



PARENTING A child with **AUTISM**

Tips from experts on

World
Autism
Awareness Day



Brain Health:

What to know

Sweet without Sugar

Artificial sweeteners
and other
sugar substitutes:
Yay or Nay!

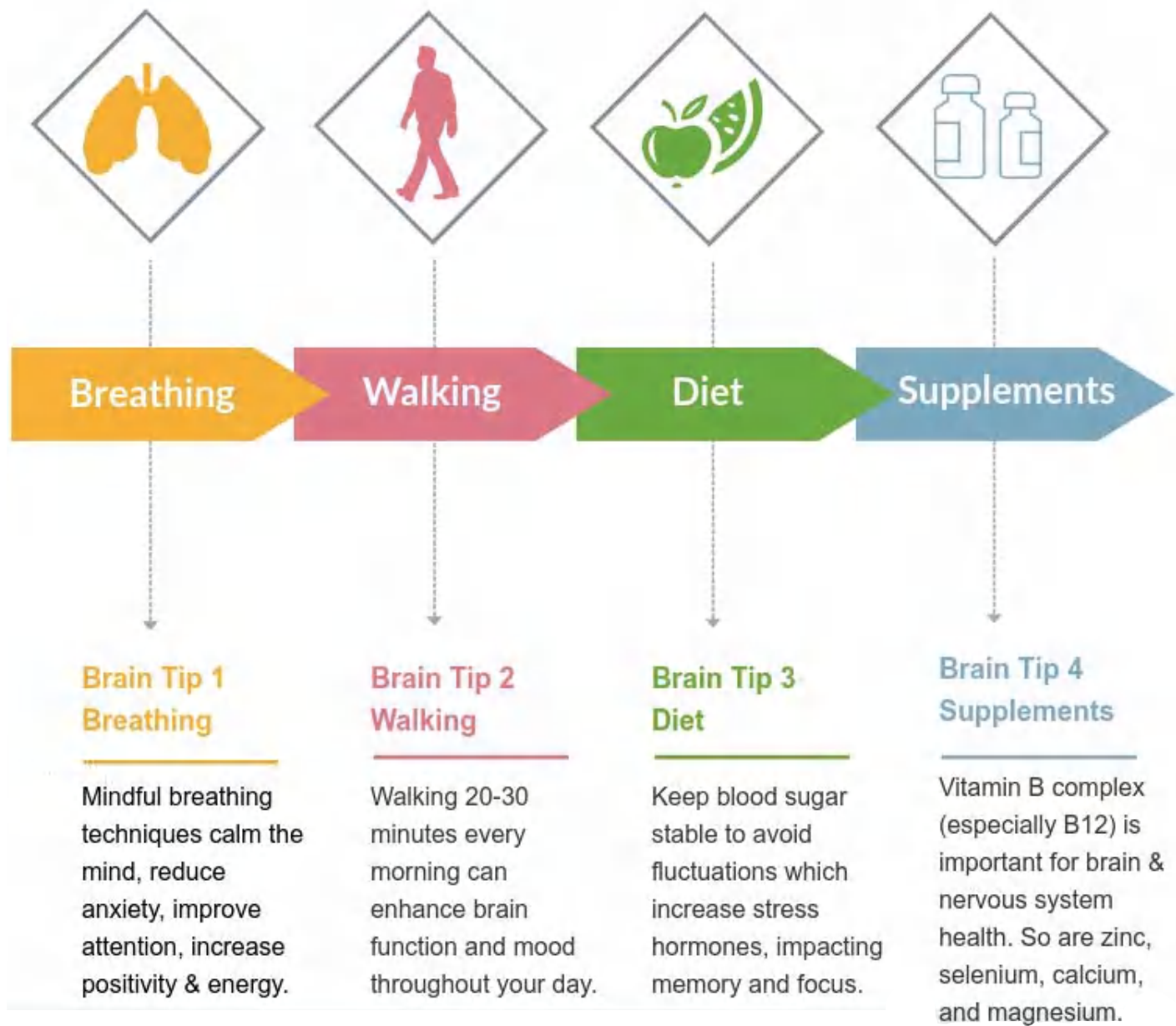
Enhance your
**Hair
Health**
with these 8
foods



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Health Magazine

FOUR TIPS TO IMPROVE MEMORY AND FOCUS



Publisher, Owner, Printer
Anuj Gupta

Editor-in-Chief
Vasundhara Choudhary

Associate Editors
Bhanu Rajput
Seema Panickar

Honorary Advisors
N K Sinha
(Child Pedagogy Expert)

Akhilesh Chaturvedi
(Principal, Delhi Public School, Gurugram, Marutikunj)

Rajeev Garg
(Principal, Dutta Meghe School, Thane)

Rohit Dua
(Managing Director, Little Flower Group of Schools, Delhi)

Lokesh Kumar Singh
(Managing Director, Lucknow Public School, Lucknow)

Dr. Pratibha Bhumbuck
Senior Nutritionist and Lifestyle Coach

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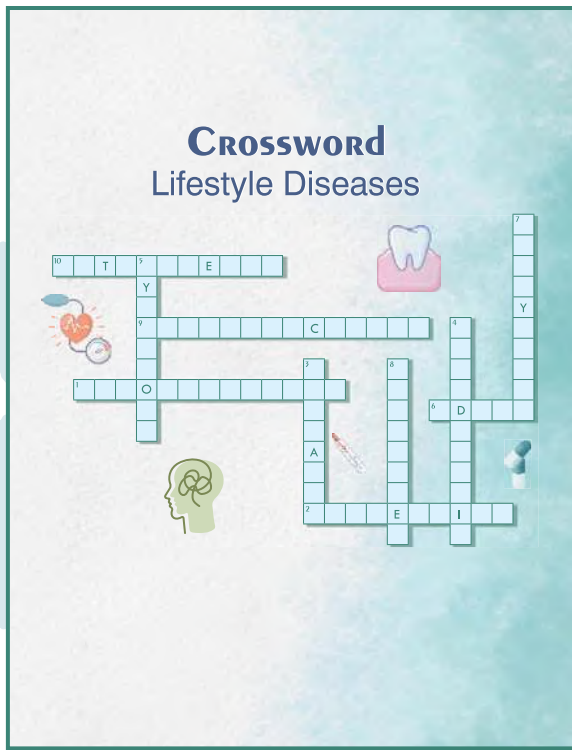
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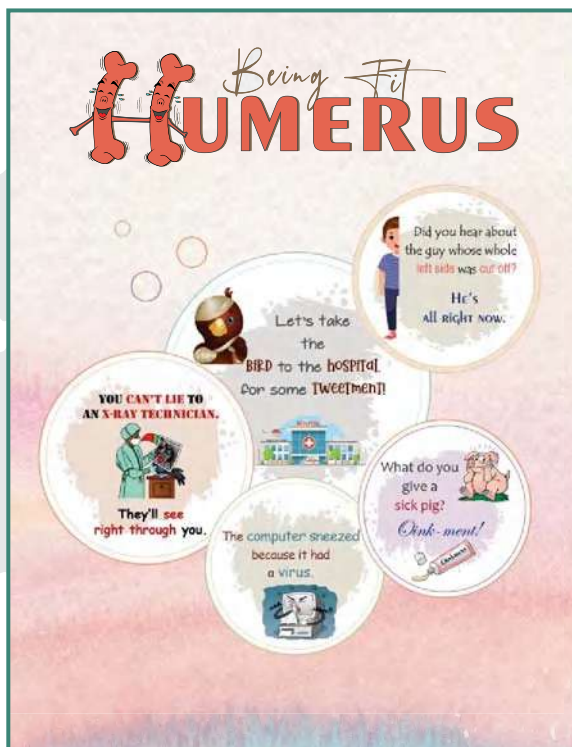
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Publisher's Note



ANUJ GUPTA
Managing Director

The publication of 'Being Fit Human' has been made possible because of our team of dedicated professionals and authors, who selflessly agreed to contribute to our mission of providing accurate and empathetic health information to our readers.

Through our magazine and the articles published in it, we aim to connect better with the readers and support them towards adopting a healthier lifestyle. Consequently, providing them with in-depth analyses and views on healthy eating habits, nutrition facts, yoga, etc.

BFH further has chosen to help you get the best out of your life and body. So, let's celebrate the beginning or the continuation of a journey towards health and fitness.

Being Fit
Human

From the Editor's Desk

Being Fit Human

"Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open."

– B.K.S Iyengar

brings the focus on the state of health and wellness in the life of a '21st century man'. Although it is evident that both our mental and physical well-being are directly impacted by our daily routine, we seldom seem to do anything to improve. Our hustling professional and personal lives have been so rigid that a minor change in our routine might immensely disturb our well-being.

Further, the outbreak of Covid-19 and other diseases in the past few years has made most of us apprehensive of the lives we've been leading for a long time now. Therefore, it becomes evident that we still have a long way to go for leading healthier versions of our lives. Despite the busy and hasty schedule, it's important that we get some 'me-time'. Our magazine includes healthy and easy diet plans, introspective yoga and meditation practices based on the experts' personalised experiences and thorough studies.

However, to allow such practices to blend with one's current lifestyle easily, 'self-stewardship' is necessary. It's not always about achieving a desired weight or socially acceptable body structure, but more about striving for 'personal harmony'.

Since habits tend to shape our existence and future, we hereby present you with some transformative methods that can help you lead a healthy, happy and balanced life.

Finally, we wish to remind you that 'life is not merely being alive, but being well.'

– Vagundhara Choudhary
Editor-in-Chief

Parenting a child with Autism:

Tips from experts on
World Autism Awareness Day

— By Tanya M.



Autism spectrum disorder (ASD) is a neurodevelopmental disorder that usually appears in early childhood. It affects communication, social interaction and behaviour, characterised by repetitive actions and issues with socializing. A research reveals that 1 in 68 children has this disorder. Not only it is a big challenge for the child but for the parents too. Even if they get medical care professionals for their child, they need to pay full attention and support their child at home.

Here are some tips to parent a child with autism,

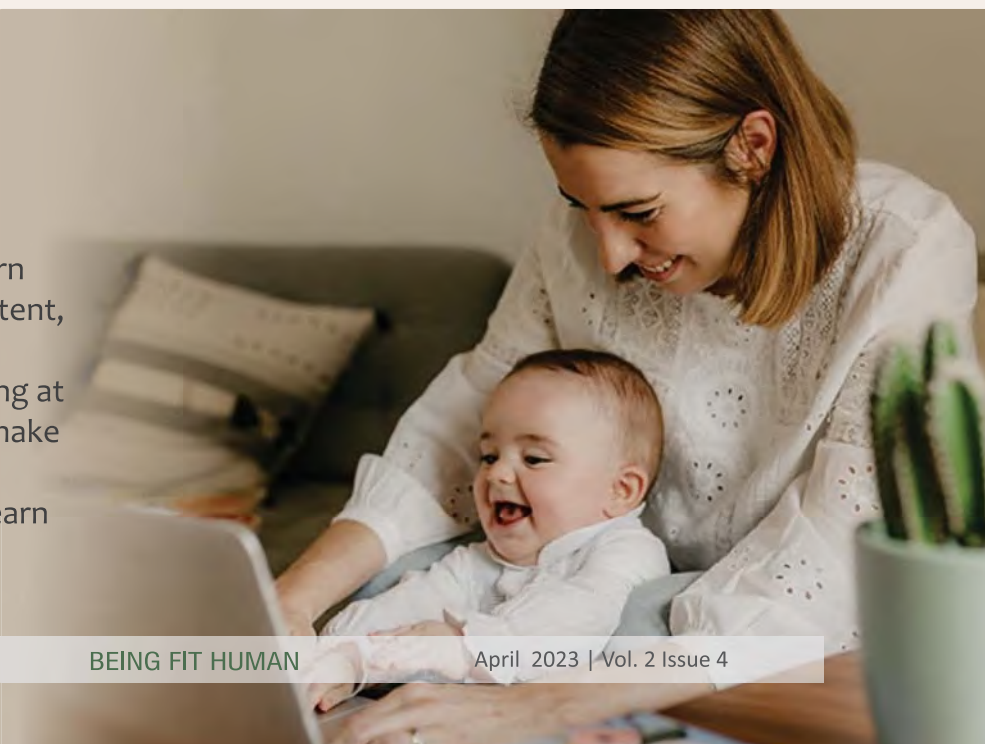


Design their Activity Schedule

Autistic children have a habit of sticking to a schedule and they are the happiest when following it. When at home, prepare a schedule for them. Plan their time for play, meals, therapy sessions, and even bedtime. Make your child adopt this structure by planning it for them in advance.

Perseverance Pays

Your child may not be able to learn things easily but if you are consistent, it will be easier for them to learn things. When they learn something at their school or therapy session, make them follow it at home too. This consistency will help your child learn things quickly.





Applaud and Appreciate

When at home, make sure you create a very positive environment for your child. Keep praising, appreciating them every now and then. This will boost their confidence and they will start adopting all the things you teach them. Show your appreciation with applause, their favourite toy, candies or a game. Keep them motivated always!

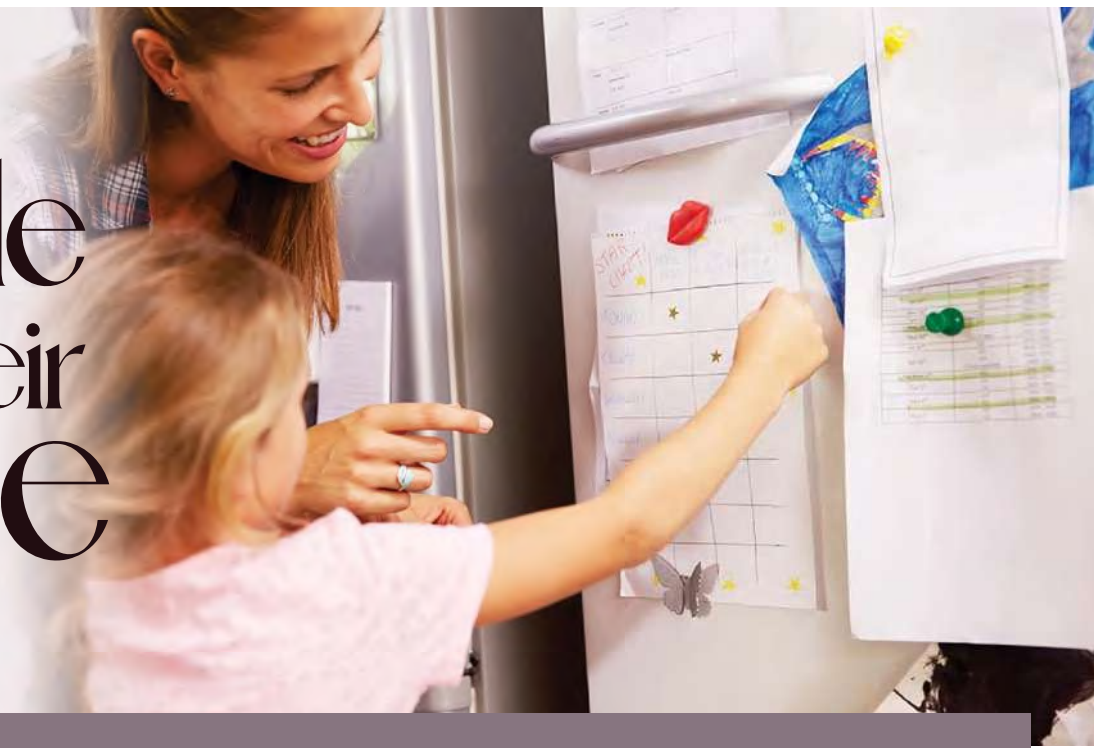


Engage them in simple games and activities

Play is the easiest way to make your child learn new things. Play also keeps your child engaged and active. Look for different activities that they enjoy and make them a part of it. Autistic children often lose track and it is important for them to stay alert and awake. Playing is an easy way to keep them awake and focused. Keep a check on your child's sensory needs. Some children are hypersensitive to smell, sound, light or touch. Keep an eye on what triggers your child's bad or unusual behaviour. Also, look for things that calm down your child or something that your kid thoroughly enjoys. This will help you deal with your child in difficult situations. Keep a check on your child's sensory needs. Some children are hypersensitive to smell, sound, light or touch. Keep an eye on what triggers your child's bad or unusual behaviour. Also, look for things that calm down your child or something that your kid thoroughly enjoys. This will help you deal with your child in difficult situations.



Provide them their space



Create a private space for your kid according to their needs/choices. This should be your child's space where they feel safe. This will further help your child to understand things better. Your child will know their boundaries too. Use coloured tapes at different places to make them understand things. Try to keep the area free of any stuff that can harm your child.

Approach Parents Counselors



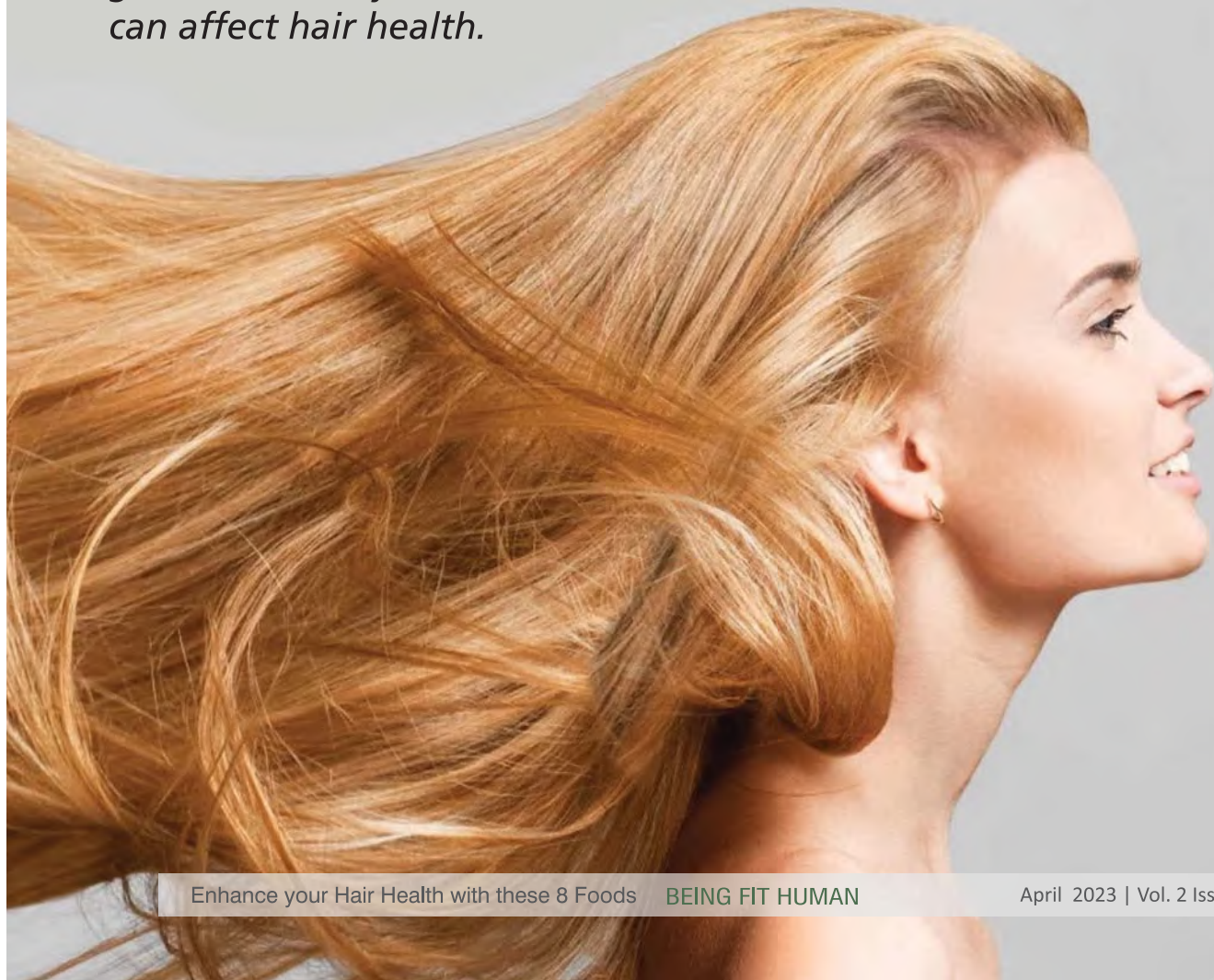
Also, it is a great idea to attend counseling sessions for parents with your child. This will help you plan a better environment for your kid at home.

Autism has no cure as such but treatment as soon as one gets to know about the disorder can help in getting good results for the child. Medication and therapies can help the child lead a better life.

Enhance Your Hair Health with these 8 Foods

Source: [Mayoclinic.com](https://www.mayoclinic.com), [Healthline](https://www.healthline.com)

Some of the best foods for hair growth are foods that have high nutritional value like eggs, leafy greens and fatty fish. Deficiencies in nutrients can affect hair health.



Effects of Nutritional Deficiency on Hair



Many people want strong and healthy hair, especially as they grow older. However, how fast it grows and how healthy it is depend on many factors including age, overall health, genetics, environmental exposure, medications, and diet. Although you can't change some factors like age and genetics, one factor you likely have more control over is your diet. Vitamins and minerals from food play an important role in the hair follicle growth cycle and in cellular turnover. Consuming a diet lacking the right nutrients can lead to hair loss. Studies suggest deficiencies in vitamins B12 and D, biotin, riboflavin, iron and other nutrients are associated with hair loss.

Eating a balanced diet that is rich in these vitamins and minerals may help promote hair growth, especially if you're experiencing hair loss due to poor nutrition. While more research is needed to understand the connection between micronutrients and hair loss, it's a good idea to ensure you're getting enough of these foods rich in nutrients that support hair growth.

1. Eggs

Eggs are the good source of biotin and other B vitamins that help to control hair loss. The eggs are considered one of the best foods to prevent hair fall. Eggs also encourage the growth of the hairs. To attain maximum benefits, eat both egg white and yolk.



2. Oats

Regular consumption of oats also prevents hair loss due to presence vitamin B, zinc, protein and copper.

3. Salmon

Salmon is a type of fatty fish that is good for the brain, blood vessels, skin and for healthy hairs. The fish is the rich source of omega-3 fatty acids that encourage hair growth. It also contains a good amount of protein, B vitamin and vitamin B12. All these nutrients are essential for proper hair growth and to solve problems like dry hair and excessive hair loss.



4. Beans

Beans are the low-calorie source of protein, fibre, B vitamins, vitamin C, Zinc and minerals. These all nutrients are essential for healthy hair growth. The beans also contain a good amount of iron that is very important to prevent hair loss.



5. Sweet Potatoes

One can easily prevent hair loss by regularly consuming sweet potatoes. The sweet potatoes are full with beta-carotene, which your body converts to vitamin A. The same vitamin promotes the growth of healthy cells and tissues including hair.



6. Nuts

The presence of healthy fats and phytochemicals in nuts solve the problem of hair loss and encourages hair growth. Eating nuts regularly will keep your hair healthy for years.



7. Spinach

Spinach is the rich source of nutrients and antioxidants. The green leafy vegetable also contains vitamins B, C and E, potassium, calcium, iron, magnesium and omega-3 fatty acids that are important for healthy hair growth.



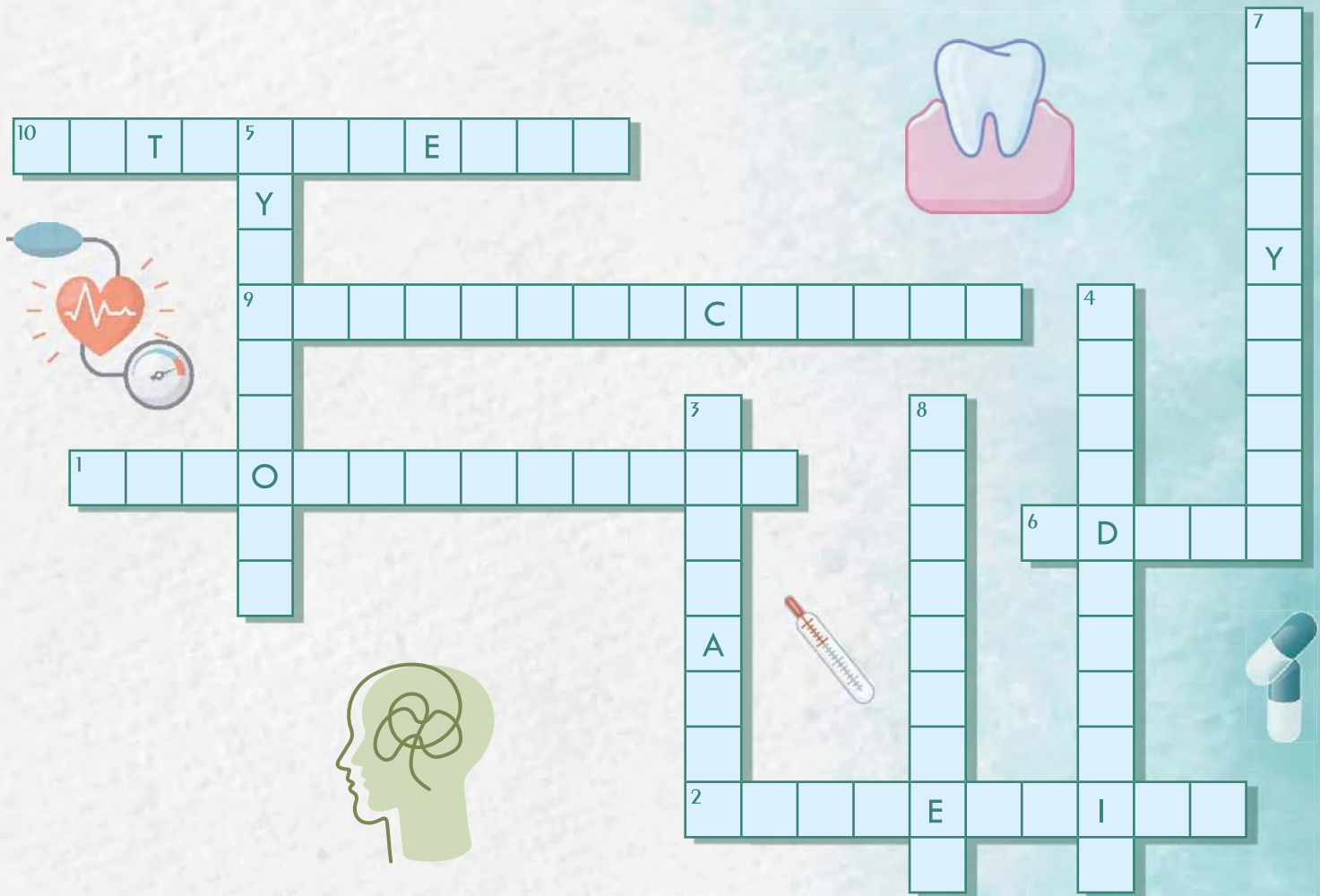
8. Carrots

Carrots contain a good amount of beta-carotene, an important nutrient that promotes healthy hair. The vegetable also rich in vitamin A, which helps in producing healthy sebum for the scalp.



Crossword

Lifestyle Diseases



ACROSS

1. Shoots up with high salt intake
2. A condition which can cause you to binge eat
6. Inflammation due to excess fluid in the body
9. Autoimmune disease of heart
10. A drug used to reduce body temperature

DOWN

3. Accumulation of _____ causes gout
4. _____ patients suffer from loss of normal spine structure
5. Gum inflammation caused by bacteria
7. _____ is a cardiovascular disease
8. Junk food contains _____ fats



Brain Health: What to know

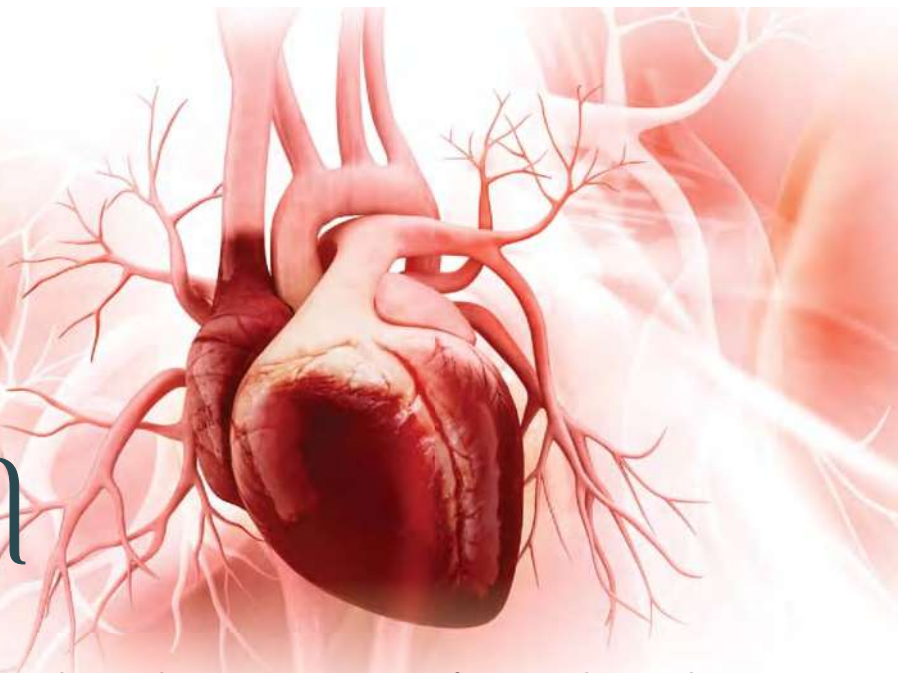
— By Marisa Cohen



Our brain is truly the most amazing part of your body. It comes up with creative ways to express your thoughts and emotions, coordinates movements from chopping onions to running an obstacle course, stores your most precious childhood memories and solves the Sunday crossword. But it's easy to take those powers for granted.

"Many people don't start thinking about their brain health until they notice some cognitive changes and memory loss in their 60s or 70s," says Elise Caccappolo, PhD, an associate professor of neuropsychology at Columbia University Medical Center in New York. "But there are many things you can do, starting as young as childhood, to keep your brain as healthy as possible throughout your lifetime. We know that intellectual pursuits, social interaction and perhaps most importantly, physical activity are helpful in keeping one's brain sharp."

Heart Health



The most important strategy, she says, is to work with your doctor to stay on top of your cardiovascular health. You want to keep blood moving easily through your heart and blood vessels. "High blood pressure, high cholesterol levels, smoking, and diabetes all increase the risk for developing neurodegenerative diseases by impeding blood flow to the brain," she explains.

When artery walls get thick with plaque or "hardened," a condition called atherosclerosis, it's difficult to get enough blood to the brain and nurture its cells. This can also lead to ischemic stroke -- when a blood clot forms in an artery, cutting off the blood supply to a section of the brain. That can cause temporary or even permanent brain damage.

A healthy, active lifestyle will go a long way toward keeping your blood flowing and avoiding those problems. A Swedish study of more than 30,000 women found that those who ate a healthy diet, exercised regularly, didn't smoke, drank only moderately, and kept their body mass index (BMI) below 25 had a far lower risk of stroke than women who didn't meet any of those five goals.

Bulk Sound Sleep



A key way to keep your brain working is shut it off for 7-9 hours a night. "Sleep is the most important thing you can do to reset the brain, allow it to heal, and to restore mental health," says RomieMushtaq, MD, a neurologist and integrative medicine specialist.

New research shows that during sleep, the brain clears out toxins called beta-amyloids that can lead to Alzheimer's and other forms of dementia.

Mushtaq suggests a few simple things before you go to bed.



Do a digital detox

Commit to the same bedtime each night and turn off all electronics and screens at least 30-60 minutes before you hit the pillow.

Worry for Nothing

Jot down any lingering concerns and a quick to-do list for tomorrow to help settle your brain. "Our thoughts are always racing, provoking anxiety," she says. "But if you write it down with pencil and paper, it tells your brain it doesn't have to be concerned about those things while you sleep."



Meditate and Practice Mindfulness

Not only will 5-10 minutes of mindful meditation calm your brain and make it easier to sleep, meditation has been shown to reduce anxiety, depression, fatigue and confusion. "Meditation can benefit people with insomnia by helping them fall asleep and stay asleep. It also helps with inflammation in the brain," she says. "Most people find not only do they sleep better, they can focus better and are not as anxious."

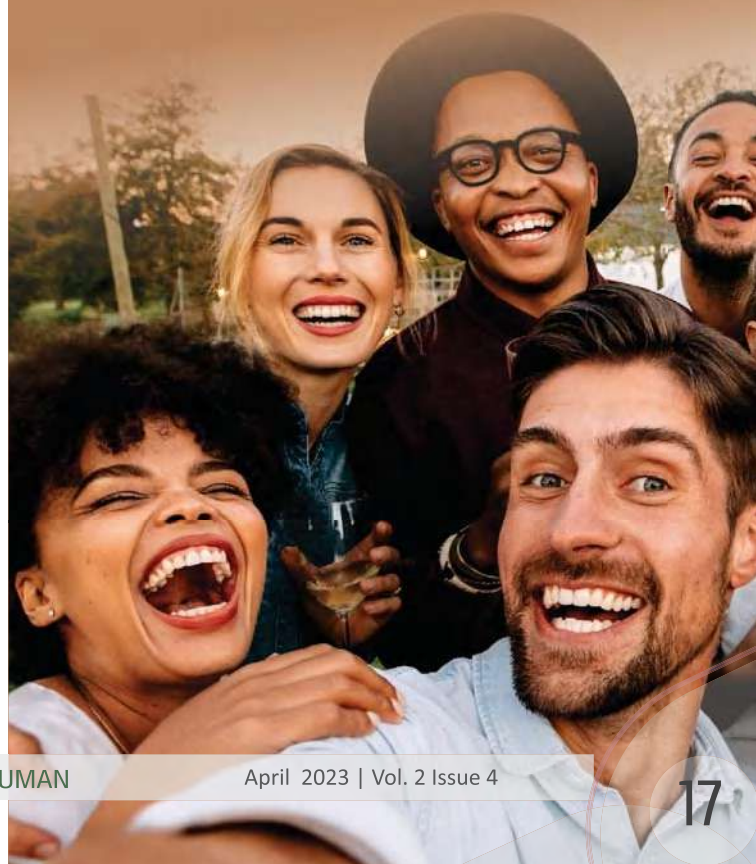


Move Your Body

Walking for 30 minutes a day, taking a dance class, or going for a swim helps keep you slim and fit, and it could improve your cognitive health, too. A large Canadian study that found the more physically active adults were, the higher they scored on tests of memory and problem-solving. Exercise boosts blood flow to the brain and studies have shown it can increase the size of the hippocampus, the part of the brain responsible for memory, which naturally shrinks as you age. New research from Italy suggests that working your leg muscles may be key to getting the maximum brain benefit from physical activity. The researchers found that when you use your legs in weight-bearing exercise, the brain receives signals that spur it to make healthy new cells.

Have an Active Social Life

Instead of watching Netflix or scrolling Facebook, Caccappolosays, spend as much time as you can with friends. Why? "When you're socializing, the blood circulates to several different parts of your brain as you're listening and formulating responses," she explains and when you're connecting with friends, you're less likely to get depressed. Depression can hamper how well your brain works. "If you're depressed or anxious, the brain becomes so occupied with what-ifs and worries that it's not able to give 100% to learning new things," she says.





Eat Healthy

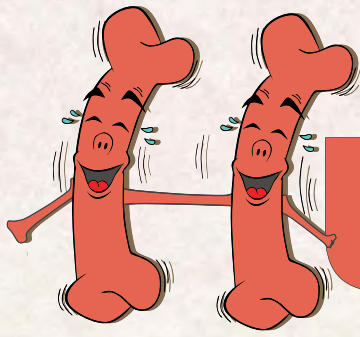
A diet rich in omega-3 fatty acids, low in saturated fat, full of the nutrients found in leafy green vegetables, along with whole grains can help keep your brain healthy throughout your life. For many people, this means following the Mediterranean diet, which emphasizes fish, fruits and vegetables, nuts, olive oil and avocados, while limiting red meat. The MIND diet -- a hybrid of the Mediterranean diet and the heart-healthy DASH diet, with an extra emphasis on berries and leafy greens -- was created specifically to boost brain health. It's been shown to lower the odds of Alzheimer's disease. One treat to consider adding to your diet: dark chocolate. New research has found that the flavanols in cocoa beans can help improve memory and cognitive function. Mushtaq also recommends paying attention to how much caffeine you have. "Coffee in the right dose can help focus and prevent neurodegenerative disease," she says, but after two cups, the effects can become harmful and the stimulants may get in the way of falling asleep. She recommends one or two cups in the morning, then switching to drinks without caffeine by 2 p.m.

Develop New Hobbies



Building new skills throughout your lifetime -- how to cook Indian food, how to play an instrument, even learning the rules of new card games or traveling to an unfamiliar city -- helps keep your brain healthy by constantly creating new connections between brain cells, Caccappolo says. Challenging your brain essentially creates a backup system. "The more intellectual stimulation you have, the more various neural circuits are used. Also, the more circuits you have, the harder it is for the changes associated with neurodegenerative diseases to manifest," she says. It's more helpful to master real-world skills than to play online "cognitive enhancement" games. "We've found that people improve on the specific tasks in those games," she says, "but that doesn't really correlate with real-world activities."

Being Fit HUMERUS



Did you hear about
the guy whose whole
left side was **cut off**?

He's
All right now.



Let's take
the
BiRD to the **hospitaL**
for some **Tweetment!**

YOU CAN'T LIE TO
AN X-RAY TECHNICIAN.



They'll **see**
right through you.



What do you
give a
sick pig?



Oink-ment!



The **computer** sneezed
because it had
a **virus.**





Sweet without Sugar

Artificial sweeteners and other sugar substitutes: Yay or Nay!

Source: Mayo Clinic Staff

Almost everyone likes a sugary snack. But if you often have foods and drinks with lots of added sugar, the empty calories can add up. Added sugar can play a part in weight gain. It also may raise your risk of serious health problems, such as diabetes and heart disease.

You might try to stay away from table sugar by using less processed sweeteners such as honey and molasses. But these also are forms of added sugar. They add calories to your diet.

Some people use products called sugar substitutes, also known as artificial sweeteners. They taste sweet like sugar but have fewer calories. Some have no calories.

Uses of sugar substitutes

Many sugar substitutes taste sweeter than sugar. So very little is needed to sweeten foods and drinks. Other sugar substitutes called sugar alcohols are not as sweet as sugar.

Sugar substitutes are in many kinds of foods and drinks labeled sugar-free or diet. That includes soft drinks, candy and baked goods.

Some sugar substitutes also are sold on their own in packets or other containers. These can be added to foods or drinks at home.

Safety Quotient of Sugar Substitutes

Government health agencies oversee ingredients that product-makers add to food. These agencies check ingredients, such as sugar substitutes, before foods or drinks that contain them can go on sale. In the United States, the Food and Drug Administration (FDA) allows the following sugar substitutes to be used:

- Acesulfame potassium (Sweet One, Sunett)
- Advantame
- Aspartame (NutraSweet, Equal)
- Neotame (Newtame)
- Saccharin (Sweet'N Low)
- Sucralose (Splenda)
- Luohanguo (Monk Fruit in the Raw)
- Purified stevia leaf extracts (Truvia, PureVia, others)



Other countries, such as those in the European Union, have more sugar substitute options than does the United States.

The FDA allows product-makers to use sugar alcohols, such as sorbitol and xylitol, too. The agency doesn't consider sugar alcohols to be food additives.

The FDA and food safety agencies in other countries also suggest how much of a sugar substitute you can safely have each day. This amount is called the acceptable daily intake (ADI). It varies by a person's weight and the type of sugar substitute used. Acceptable daily intakes aren't the same everywhere. Other countries, such as those in the European Union, have more sugar substitute options than does the United States.

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In general, artificial sweeteners are safe in limited amounts for healthy people, including pregnant people. But limit or cut out sugar substitutes:

- If you're living with a rare genetic disease called phenylketonuria. Foods and drinks with aspartame can lead to serious health problems.
- If you have a bowel disease. Using sugar substitutes might make your symptoms flare up.

Dietary guidelines for Americans say adults shouldn't give sugar substitutes to children under 2 years old. In general, experts need to do more studies to learn what long-term health effects sugar substitutes might have on children. Most studies have looked at the effects in adults.



Health benefits linked to sugar substitutes

If you replace added sugar with sugar substitutes, it could lower your risk of getting tooth decay and cavities. Sugar substitutes also don't raise the level of sugar in the blood.

For adults and children with overweight or obesity, sugar substitutes also might help manage weight in the short term. That's because sugar substitutes often are low in calories or have no calories. But it's not clear whether sugar substitutes can help people manage their weight over the long term.

Over time, it's most important to eat a healthy diet and get exercise.



Do sugar substitutes carry health risks?

Health agencies have clarified that sugar substitutes do not cause serious health problems.

Sugar substitutes also are not linked to a higher risk of cancer in people. Studies dating back to the 1970s linked the artificial sweetener saccharin to bladder cancer in rats. Since then, research has shown that those findings don't apply to people.

Some research on long-term, daily use of artificial sweeteners

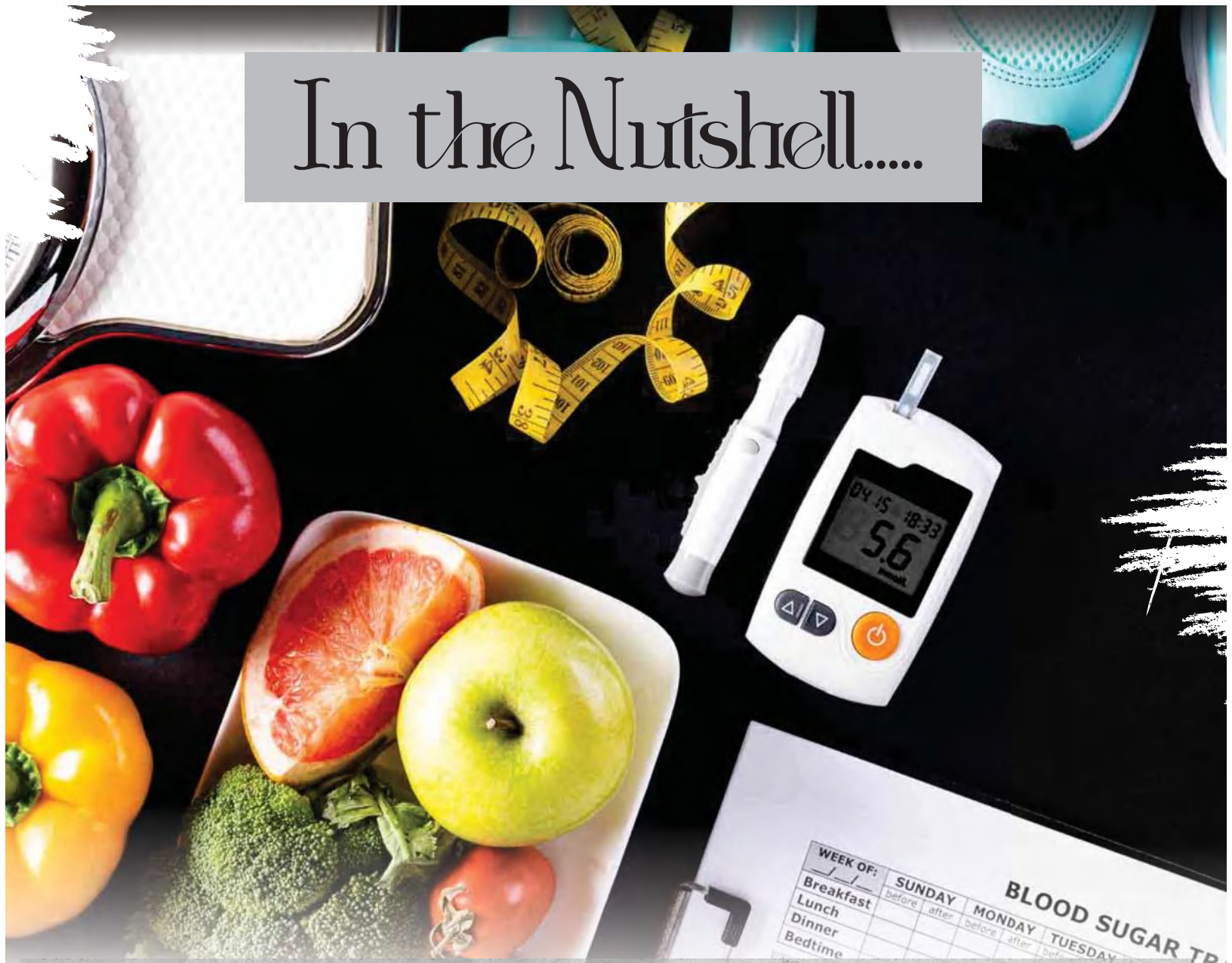
suggests a link to a higher risk of stroke, heart disease and death overall. But other things people do, or healthy habits that people don't do, may be the cause of the higher risk.

Other research is looking at long-term use of sugar substitutes and the gut. Many focus on how the gut and brain communicate. Researchers are checking to see if sugar substitutes affect cravings for sweets, the way people feel hunger

and how the body manages blood sugar. Sugar alcohols, stevia and luohanguo can cause bloating, gas and diarrhea. The amount of sugar alcohol that causes these symptoms varies from person to person.

In general, it is safest to take in small amounts of sugar substitutes and it's best to use sugar substitutes for a short time, or just every once in a while. So try to cut back if you use them a few times a day.

In the Nutshell....



Artificial sweeteners can be a short-term way to help some people lessen their use of sugar and lose or manage weight. In general, sugar substitutes are safe for healthy adults.

But be aware of how sugar substitutes affect your food and drink choices. These ingredients may get your tastebuds used to sweetness and that can make drinking enough water a challenge.

Products made with sugar substitutes also may give you the wrong message about processed foods. A snack labeled low sugar or no sugar may not be the most nutritious choice. Whole foods, such as fruits and vegetables, usually have the best mix of nutrients for the body.

But artificial sweeteners can help some people enjoy sweetness without excess calories. Also if used in moderation, artificial sweeteners can be part of a healthy diet.



“Why fit in, when you are born
to stand out?”

—by Dr. Suess



World
Autism
Awareness
Day

APRIL 2

"A fit body,
a calm mind,
a house full
of love.

These things
cannot be
bought-
they must be
Earned."

—by Naval Ravikant

