I Being Fit



Ways to Reduce Stress

Potassium rich foods to include in diet for better Skin, Hair and Health

How to Prevent Bloating After a 1

powered by andaaj



Acupressure Points and

Massage Treatment

Health Magazine

Benefits of Detox Water



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, D.P.S, 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

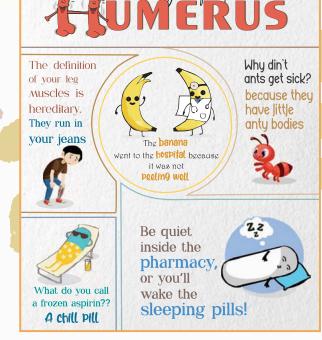
Senior Nutritionist and Lifestyle Coach

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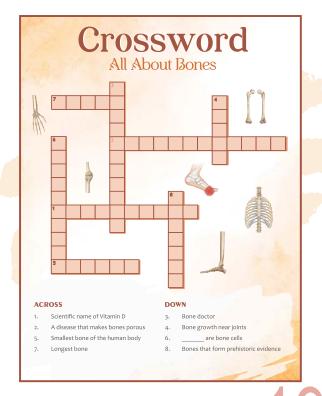


Being Fit Humerus

12



6 Potassium Rich Foods



Crossword: All About Bones



Acupressure Points and Massage Treatment

20



Ways to Reduce Stress

23

INDEX BEING FIT HUMAN June 2023 | Vol. 2 Issue 6



Publisher's Note

ANUJ GUPTA
Managing Director

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.



Publisher's Note BEING FIT HUMAN June 2023 | Vol. 2 Issue 6

From the Editor's Desk

Hunzn

"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 lyengar

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.

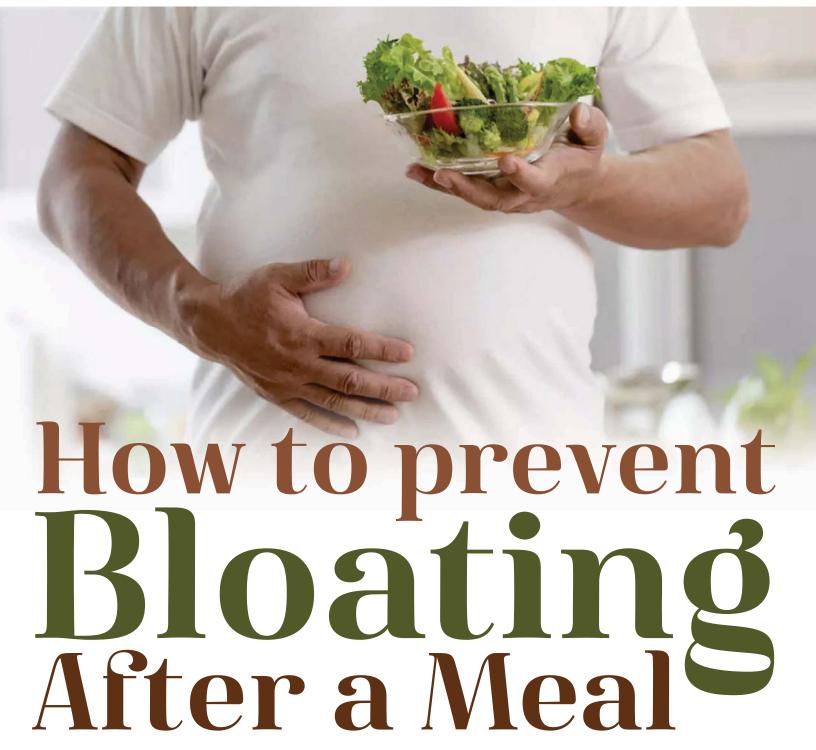
However, to allow such practices to blend with one's current lifestyle easily, 'self-stewardship' is necessary. It's not always about achieving a desired weight or socially acceptable body structure, but more about striving for 'personal harmony'.

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.'

- Vasundhara Choudhary

From the Editor's Desk BEING FIT HUMAN June 2023 | Vol. 2 Issue 6



People can often avoid bloating after eating by following simple practices, such as not eating too much fiber, avoiding carbonated drinks and eating and drinking more slowly.

source: medicalnewstoday

Deing bloated after a meal is a feeling that most people experience occasionally. It can cause the stomach to feel swollen and uncomfortable, which may be accompanied by flatulence or burping. While bloating after eating is not unusual, there are several ways to avoid it. In this article, we look at 10 ways to prevent bloating.



Do Not eat too much Fiber

Fiber is a carbohydrate found in plant-based foods that the body cannot digest. It has some important functions within the body, such as helping to regulate blood sugar levels and sugar consumption.

However, high-fiber foods can cause some people to produce excessive amounts of gas. One study Trusted Source found that a reduced-fiber diet helped relieve bloating in people with idiopathic constipation.









BRUSSELS SPROUTS

WHOLE GRAIN OATS





BROCCOLI



FRUITS, SUCH AS APPLES AND ORANGES





LENTILS









Chewing gum causes a person to swallow more air. This air can build up in the gastrointestinal tract and cause bloating in some people.



Ginger is a traditional remedy for digestive issues. It contains carminative, which is helpful for reducing excessive gas in the gastrointestinal tract.

A 2013 review suggested that ginger has some health benefits, including alleviating gastrointestinal issues, such as bloating.



Drinking and Eating Slowly

The carbon dioxide contained in carbonated drinks can cause bloating.

Drinking or eating too quickly increases the amount of air a person swallows, which can lead to more gas building up in the gastrointestinal tract.

For people who eat or drink quickly, this may be a cause of bloating; slowing down the rate at which they eat might help to reduce the problem.

Avoid Carbonated Drinks

Carbonated drinks contain carbon dioxide, a gas that can build up in the gastrointestinal tract and cause bloating. This can also occur with diet versions of fizzy drinks.





Light Exercise after Eating

Light exercise after eating, such as going for a walk, may help reduce bloating for some people.

One study Trusted Source found that light physical exercise helps remove gas from the gastrointestinal tract and relieves bloating.





Avoid Talking while Eating

Talking while eating increases the opportunity of swallowing air. This can cause a build-up of air in the gastrointestinal tract, leading to bloating.

Treating Heartburn

Heartburn occurs when acid from the stomach travels back up the throat, which can cause an uncomfortable burning sensation. It is also a common cause of bloating.

Treating heartburn can be an effective way of reducing bloating for some people. A person can treat heartburn using over-the-counter medications such as antacids.



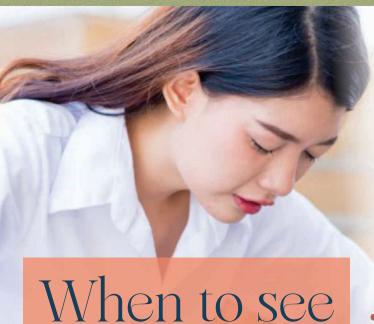
What causes Bloating after Eating



Bloating occurs in the abdominal area. It happens when large amounts of air or gas build up in the gastrointestinal tract.

Eating is a common cause of bloating because when the body digests food, it produces gas. People also swallow air when eating or drinking, which then enters the gastrointestinal tract. Flatulence and burping usually help to relieve buildups of gas and air in the gut.

Bloating is a symptom of many health conditions, such as irritable bowel syndrome or a food intolerance. However, most cases of bloating are avoidable.



Bloating after eating is a widespread experience and usually not a cause for concern. People with bloating can often treat their symptoms at home, such as by using one of the methods highlighted in this article.

However, bloating can sometimes also be a symptom of an underlying health condition that may require medical attention.

Anyone with bloating accompanied by other symptoms should see a doctor. These symptoms might include:

- abdominal pain nausea diarrhea
- constipation
 fatigue
 skin irritation
 - unexpected weight-loss

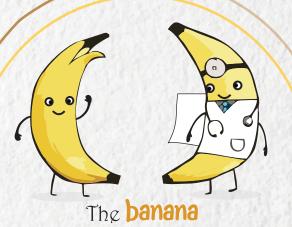
People who are experiencing bloating after most meals should also speak to a doctor.

a doctor

Being Fit US

The definition of your leg muscles is hereditary.
They run in your jeans





The **Danana**went to the **hospital** because
it was not **Peeling well**

Why din't ants get sick? because they have little anty bodies



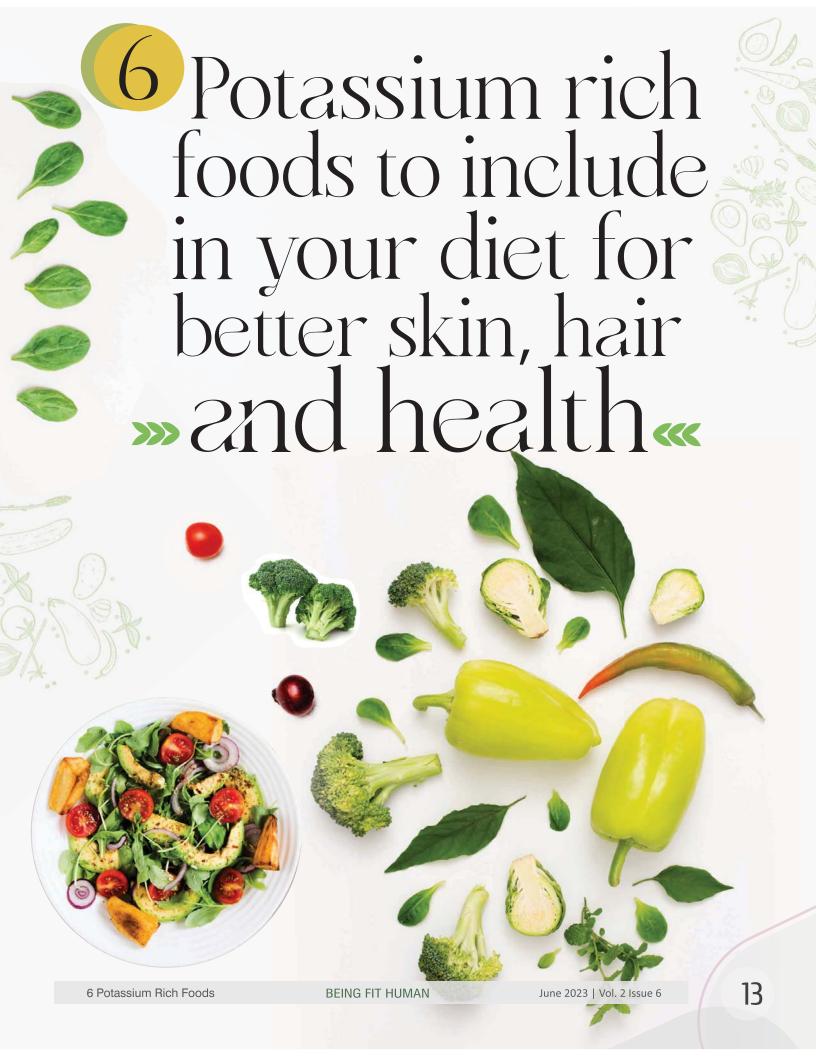


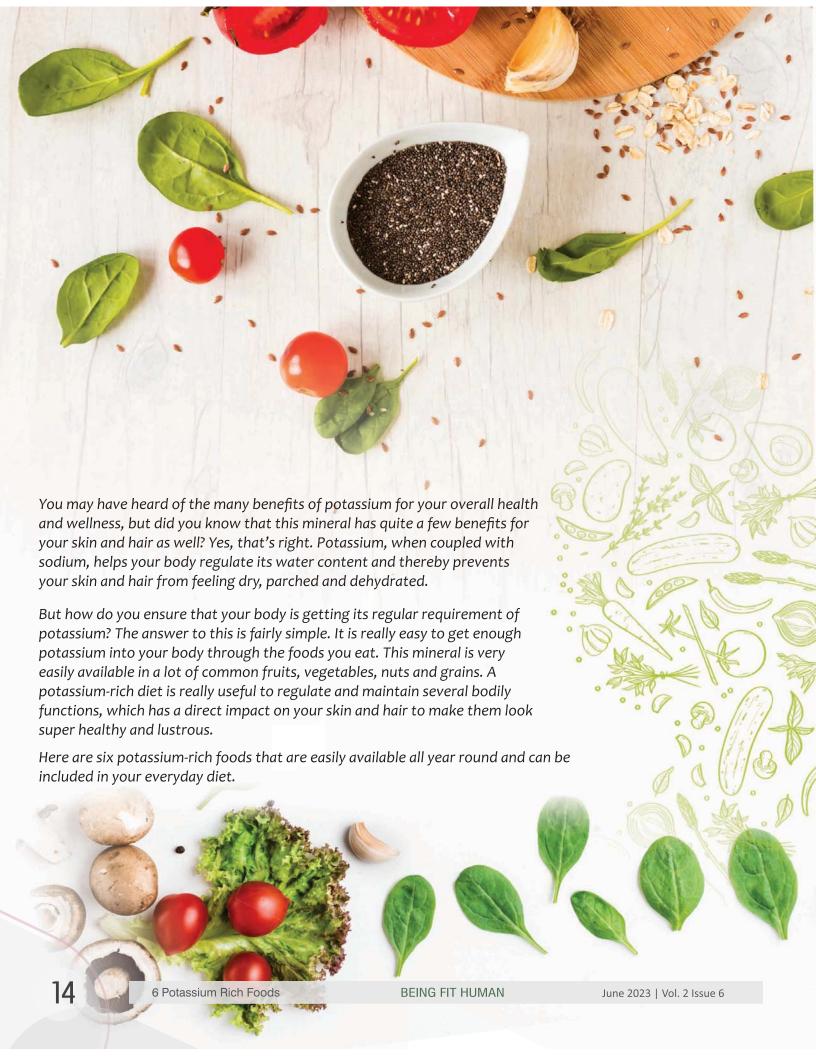
What do you call a frozen aspirin??

A chill Pill

Be quiet inside the pharmacy, or you'll wake the sleeping pills!







Benefits of potassium for skin and hair

If your skin constantly feels dry and parched despite applying topical moisturisers and skincare products, then there is a chance that you might be deficient in potassium.

Potassium helps regulate the water storage in your body and prevents moisture loss and in turn keeps your skin healthy and glowing.

1. Prevents dry skin Another benefit of potassium for

2.
Promotes
faster cell
renewal

Another benefit of potassium for skin is that it supports the rapid growth of new cells. This function helps your skin look young, healthy and glowing. Additionally, newer cell growth is really useful to quickly eliminate scars and blemishes from the surface of your skin.

If you have really dry skin, then your skin's pH balance could be disrupted. This could lead to several skin problems, dryness and a compromised skin barrier being the most prevalent. But since potassium is an excellent way to prevent dry skin, it works really well in maintaining your skin's pH balance and keeping it healthy for a longer period of time.

3.
Helps
maintain
skin's pH
balance



6 Potassium Rich Foods BEING FIT HUMAN June 2023 | Vol. 2 Issue 6

Potassium deficiency affects your body by lowering its blood sugar levels. This leads to several problems such as hormonal imbalance, which can in-turn cause skin problems such as cystic acne apart from constant headaches, sweating, trembling etc. A simple way to avoid this major issue is to eat potassiumrich foods to increase and maintain your blood sugar levels.

4.
Maintains
blood sugar
levels

5. Restricts hair fall

If you suffer from unprecedented hair fall and nothing seems to be helping, then there is a high chance that your body requires more potassium. Potassium helps deliver vital nutrients to your hair and prevents your scalp from drying out. This is what strengthens your follicles and prevents hair fall.

We already saw that potassium helps in the cell renewal process and this is why it is extremely beneficial to regrow hair as well. Potassium helps in stimulating dormant hair follicles by improving the cell renewal process in your scalp, thereby promoting faster and healthier hair growth. 6. Promotes hair growth

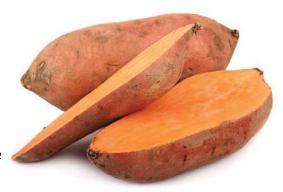
Potassium rich food to include in your diet

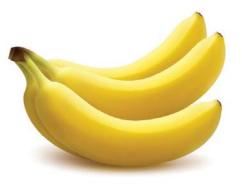


After looking at the stellar benefits of potassium for your hair and skin, we are sure you are excited to find out how to ensure your body meets its regular requirements of this essential mineral. To make things easy for you, here are six potassium rich foods you can include in your diet today for better hair, skin and overall health.

Sweet potatoes

If you are a health junkie, we are sure you have already replaced your normal potatoes with sweet potatoes. Apart from being super healthy and nutritious, this root vegetable is an excellent source of potassium as well. A small to medium sized vegetable delivers up to 12 percent of your daily requirement. Make a salad, curry or simply boil a few, sprinkle some salt and pepper and your healthy lunch or dinner is ready.





Bananas

Bananas are probably the most common source of potassium. One banana contains about 10 percent of the body's daily potassium requirement. Apart from this, bananas are also a rich source of good fats, vitamins A and C, making it super useful for healthy skin and hair. The best time to consume a banana is in the morning along with breakfast.

6 Potassium Rich Foods BEING FIT HUMAN June 2023 | Vol. 2 Issue 6

Avocados

Seriously, is there anything that avocados don't do? From being rich in omega-3 and 6 fatty acids, antioxidants, vitamin K and folates to now even potassium, including avocados in your diet is extremely beneficial for overall health and wellness. Eating one avocado a day delivers about 20 percent of your daily potassium requirement in one go itself. Also, one of the main reasons why we love avocados is because there are so many fun ways to consume it. From adding it to your smoothies, salads, sandwiches or even having it just by itself, the options are truly endless.







Can you think of a vegetable that packs as many nutritional and health benefits as spinach? Apart from delivering several other essential nutrients and vitamins, one cup of spinach is enough to deliver about 12 percent of your daily potassium needs. The easiest way to consume spinach is to add it to your smoothies every morning and drink it fresh. But if you don't prefer that, then simply toss a few leaves in a pan and sauté it with some butter for a quick and yummy salad.

Watermelon

We can't imagine our summers without biting into a large slice of juicy and crunchy watermelon, right? Well, apart from being extremely refreshing, the high water content of watermelon is also a rich source of potassium. Can you believe that just two small wedges of this yummy fruit delivers over 14 percent of the daily potassium needs of your body. Apart from this, watermelon also contains vitamins A and C and magnesium, all of which are amazing for healthy skin and hair.





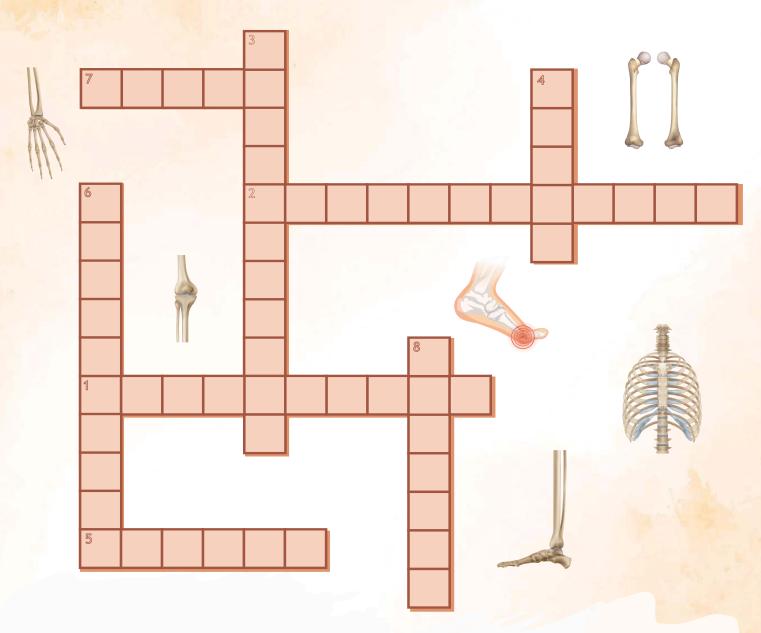
White beans

All the forms of white beans such as white kidney beans, lima and pea beans are all really great sources of potassium. Simply adding one cup of cooked beans to your meals is enough to give your body 18 percent of the daily potassium requirement. Additionally, it is so simple to include white beans in your diet. Simply boil them, add them into a curry and have it with a bowl of rice for a delicious, complete meal.

6 Potassium Rich Foods BEING FIT HUMAN June 2023 | Vol. 2 Issue 6

Crossword

All About Bones



ACROSS

- 1. Scientific name of Vitamin D
- 2. A disease that makes bones porous
- 5. Smallest bone of the human body
- 7. Longest bone

DOWN

- 3. Bone doctor
- 4. Bone growth near joints
- 6. are bone cells
- 8. Bones that form prehistoric evidence

19

Crossword: All About Bones BEING FIT HUMAN June 2023 | Vol. 2 Issue 6



Acupressure Points and Massage Treatment

Used for thousands of years in China, acupressure applies the same principles as acupuncture to promote relaxation and wellness and to treat diseases. Sometimes called pressure acupuncture, Acupressure is often thought of as simply acupuncture without the needles. But what exactly is acupressure and how does it work?



What Is the Theory Behind Acupressure?

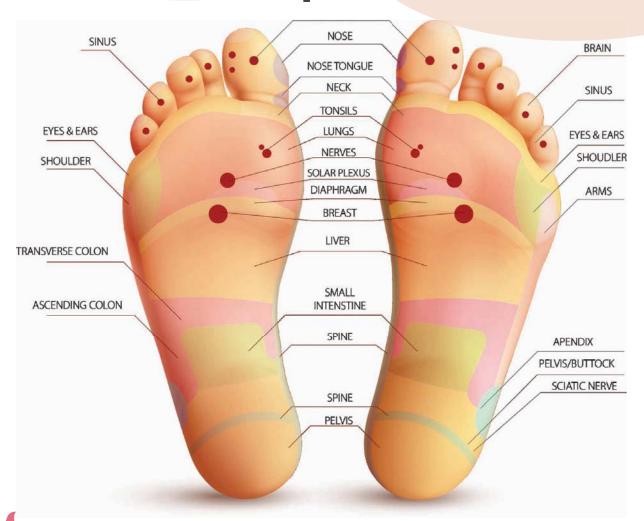
Asian Bodywork Therapies (ABT) with roots in Traditional Chinese Medicine (TCM). Examples of other Asian bodywork therapies are medical qigong and Tuina. Shiatsu is a Japanese form of acupressure.

Traditional Chinese Medical theory describes special acupoints or acupressure points, that lie along meridians or channels, in your body. These are the same energy meridians and acupoints as those targeted with acupuncture. It is believed that through these invisible channels flows vital energy -- or a life force called qi (chi). It is also believed that these 12 major meridians connect specific organs or networks of organs, as through out your body. The meridians begin at your fingerting

organizing a system of communication throughout your body. The meridians begin at your fingertips, connect to your brain and then connect to an organ associated with a certain meridian.

According to this theory, when one of these meridians is blocked or out of balance, illness can occur. Acupressure and acupuncture are among the types of TCM that are thought to help restore balance.

How Does Acupressure Work?

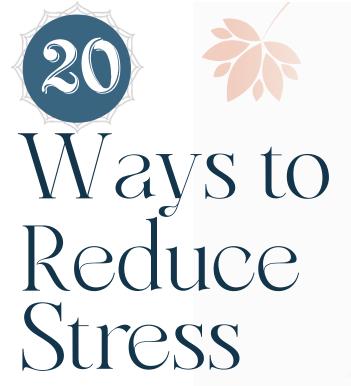


cupressure practitioners use their fingers, palms, elbows or feet or special devices to apply pressure to acupoints on the body's meridians. Sometimes, acupressure also involves stretching or acupressure massage, as well as other methods.

During an acupressure session, you lie fully clothed on a soft massage table. The practitioner gently presses on acupressure points on your body. A session typically lasts about one hour. You may need several sessions for the best results.

The goal of acupressure or other types of Asian bodywork is to restore health and balance to the body's channels of energy and to regulate opposing forces of yin (negative energy) and yang (positive energy). Some proponents claim acupressure not only treats the energy fields and body but also the mind, emotions and spirit. Some even believe that therapists can transmit the vital energy (external qi) to another person.

Not all Western practitioners believe that this is possible or even that these meridians exist. Instead, they attribute any results to other factors, such as reduced muscle tension, improved circulation or stimulation of endorphins, which are natural pain relievers.





How to reduce stress? This is one of the most frequently asked questions by people of many ages. Stress is good for you to get your work done but bad when it's too much stress to handle. There are many ways to reduce stress. A few benefitial ways to help you reduce your stress level during situations are -

Diaphragmatic or deep breathing exercises

2

3

4

Lie face down with your hands under your face and breathe deeply and slowly. This helps to calm your body down

Place one hand on your abdomen and one hand on your chest. As you breathe, make sure you move your hand up and down on your abdomen rather than the one on your chest

Progressively tense and relax the muscles in your body

Meditation is one of the effective ways. Sit quietly and imagine and concentrate on your happy place

6 Do a few physical exercises or yoga

If you feel too much stress and pressure, consult a psychologist

Make time for the hobbies that help you relax and distract you

Ways to Reduce Stress BEING FIT HUMAN June 2023 | Vol. 2 Issue 6

	1	
Learn to identify the situations that stress you out the most and learn to manage that stress accordingly	16	If you feel really stressed out, do not hesitate to talk to someone. Talking to someone helps you relax, understand your problem better and find a solution to it in an easier way when compared to dealing with it all on your own
Organize your daily events and complete them so that you have a sense of mastery and do not feel stressed out at the very last minute	17	One of the stress management tools is to note down the things that stress
Always make sure that you know things which suggest that you aren't coping well to		you out. This keeps you aware of your surroundings
a situation Learn to say 'no' to the things you are not comfortable with	18	Take control of your problems. Try to deal with your problems by yourself. This will keep you relaxed and help you gain confidence
Avoid substances such as alcohol, nicotine or excessive caffeine	19	Manage your time. When you feel you have a lot to do but less time, you get stressed. That's why know how to prioritize your work according to
Get your daily amount of sleep. Lack of significant sleep can cause stress too		your time
Try relaxation techniques such as	20	Give some rest to your body. Especially when ill. Your body needs recovery from time to time.
physical exercises and breathing exercise and many more		
	that stress you out the most and learn to manage that stress accordingly Organize your daily events and complete them so that you have a sense of mastery and do not feel stressed out at the very last minute Always make sure that you know things which suggest that you aren't coping well to a situation Learn to say 'no' to the things you are not comfortable with Avoid substances such as alcohol, nicotine or excessive caffeine Get your daily amount of sleep. Lack of significant sleep can cause stress too Try relaxation techniques such as physical exercises and breathing	that stress you out the most and learn to manage that stress accordingly Organize your daily events and complete them so that you have a sense of mastery and do not feel stressed out at the very last minute 17 Always make sure that you know things which suggest that you aren't coping well to a situation Learn to say 'no' to the things you are not comfortable with Avoid substances such as alcohol, nicotine or excessive caffeine 19 Get your daily amount of sleep. Lack of significant sleep can cause stress too 20 Try relaxation techniques such as physical exercises and breathing

Ways to Reduce Stress BEING FIT HUMAN June 2023 | Vol. 2 Issue 6

7 WAYS

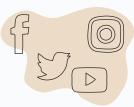
To De-Stress



Breathe deeply for 5 minutes



Go outside and take a walk



Take a break from social media



Talk to your best friend



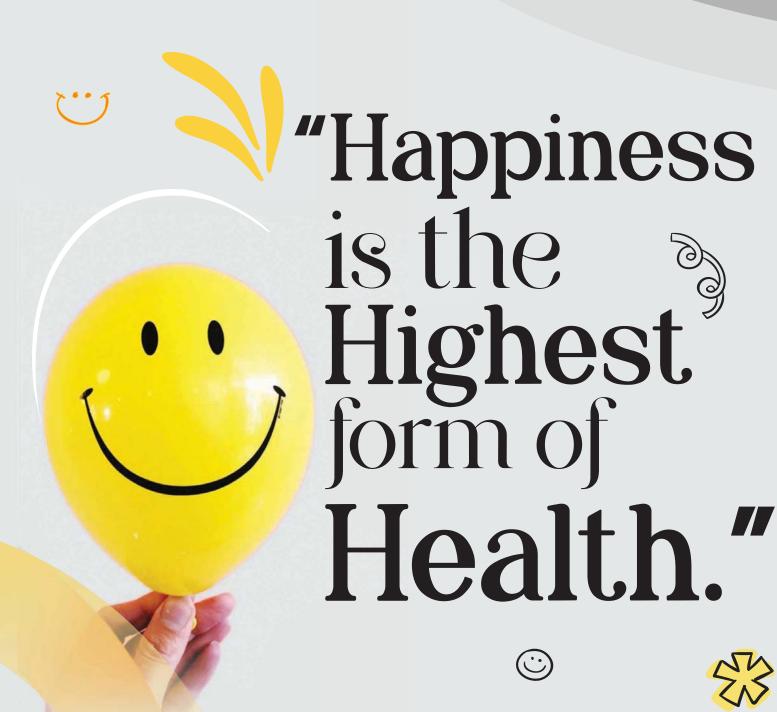
Listen to your favourite music



Do something creative



Write in your journal



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