



Being Fit Human

What is High
Blood
Pressure?



**Loosing
Mind over
Dementia**

**ENERGETIC
FORCES OF NATURE**

Vata, Pitta Kapha



AYURVEDA

Doshas

Vata (air)

Pitta (fire)

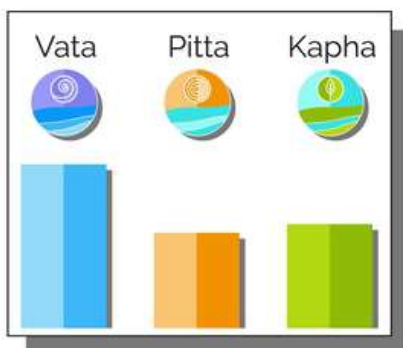
Kapha (water)



Ayurvedic Body Types



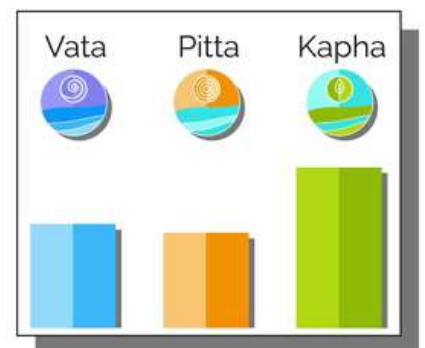
Vata Type



Pitta Type



Kapha Type



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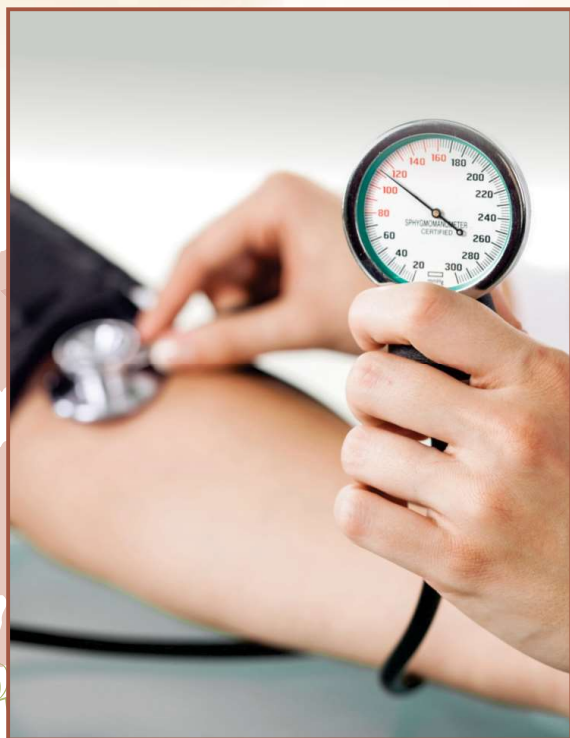
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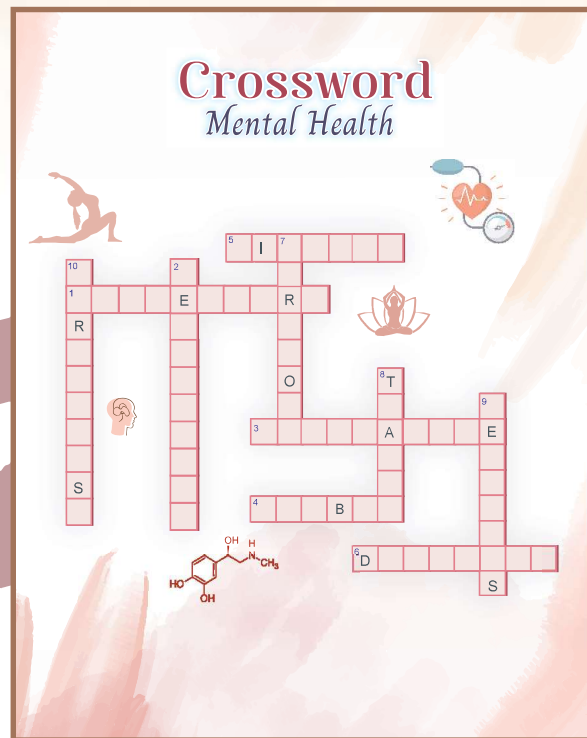
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BEING ASSERTIVE IS HEALTHY.
LEARN HOW TO SHARE YOUR
FEELINGS - BOTH
POSITIVE AND NEGATIVE -
WITH YOUR FAMILY,
FRIENDS AND COWORKERS
IN WAY THAT FEELS ☹️ 😊
COMFORTABLE TO YOU.



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.

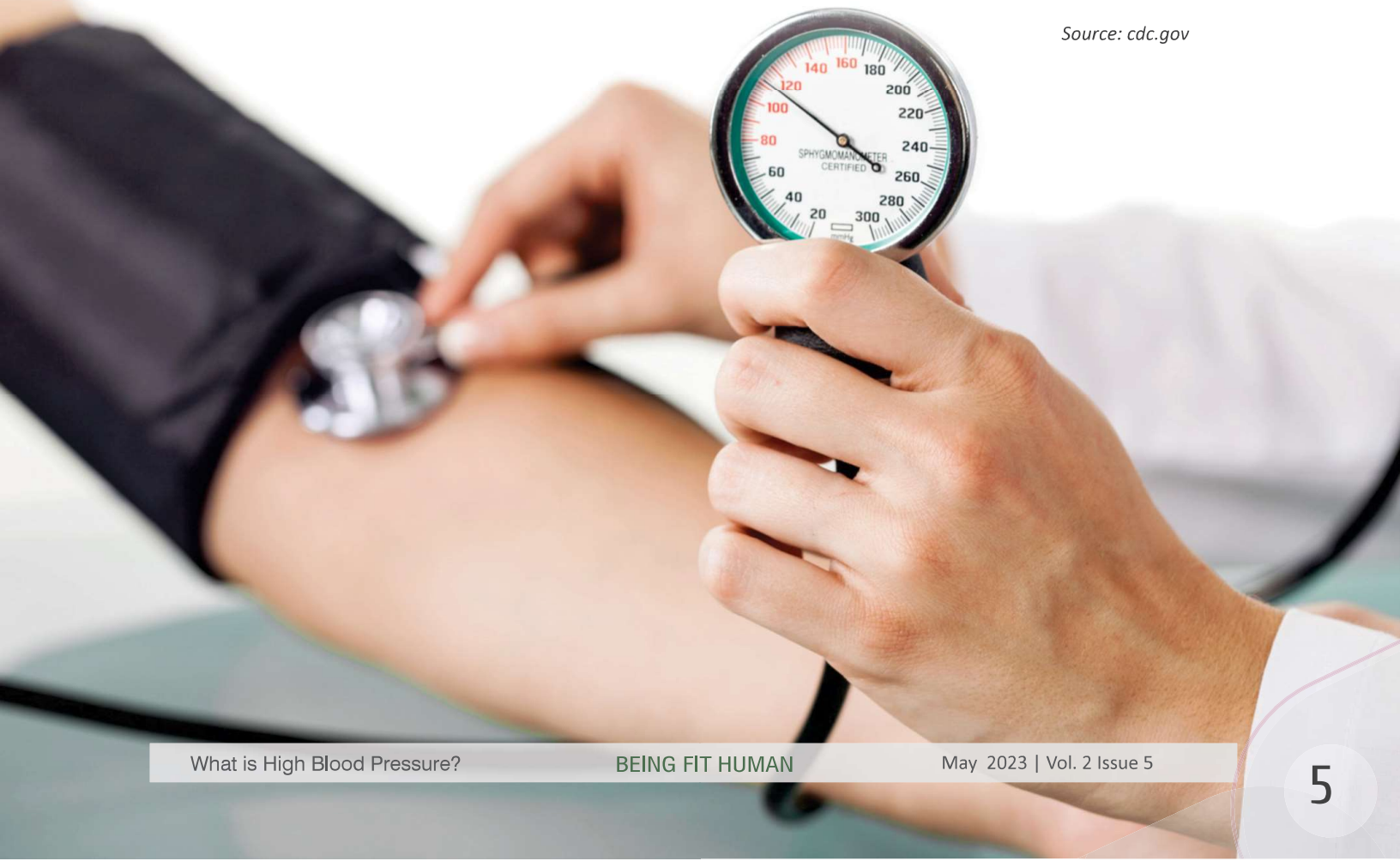
Finally, we wish to remind you that 'life is not merely being alive, but being well.'

– Vazundhara Choudhary
Editor-in-Chief

What is High blood pressure?

High blood pressure, also called hypertension, is blood pressure that is higher than normal. Your blood pressure changes throughout the day based on your activities. Having blood pressure measures consistently above normal may result in a diagnosis of high blood pressure (or hypertension).

Source: [cdc.gov](https://www.cdc.gov)



The higher your blood pressure levels, the more risk you have for other health problems, such as heart disease and stroke.

Your health care team can diagnose high blood pressure and make treatment decisions by reviewing your systolic and diastolic blood pressure levels and comparing them to levels found in certain guidelines. The guidelines used to diagnose high blood pressure may differ from one health care professional to other.

Usually, high blood pressure causes no signs or symptoms. That's why healthcare providers call it a "silent killer." You could have high blood pressure for years and not know it. In fact, the World Health Organization estimates that 46% of adults with hypertension don't know they have it. When your blood pressure is 180/120 mmHg or higher, you may experience symptoms like headaches, heart palpitations or nosebleeds. Blood pressure this high is a hypertensive crisis that requires immediate medical care.

Blood Pressure Levels

Some health care professionals diagnose patients with high blood pressure if their blood pressure is consistently 140/90 mm Hg or higher. This limit is based on a guideline released in 2003, as seen in the table below

Normal	Systolic: less than 120 mm Hg Diastolic: less than 80 mm Hg
At Risk (prehypertension)	Systolic: 120–139 mm Hg Diastolic: 80–89 mm Hg
High Blood Pressure (hypertension)	Systolic: 140 mm Hg or higher Diastolic: 90 mm Hg or higher

Other health care professionals diagnose patients with high blood pressure if their blood pressure is consistently 130/80 mm Hg or higher. This limit is based on a guideline released in 2017, as seen in the table below.

Normal	Systolic: less than 120 mm Hg Diastolic: less than 80 mm Hg
	Dystolic: 120–129 mm Hg Diastolic: less than 80 mm Hg
High Blood Pressure (hypertension)	Systolic: 130 mm Hg or higher Diastolic: 80 mm Hg or higher

Dietary changes shown to reduce blood pressure include diets with low sodium. For stage I hypertension (140-159/90-99 mmHg), lifestyle modifications including DASH eating plan is recommended for three months, if blood pressure is not controlled, then medication is added. But American Heart Association recommends medications if blood pressure is above 140/90 mmHg.



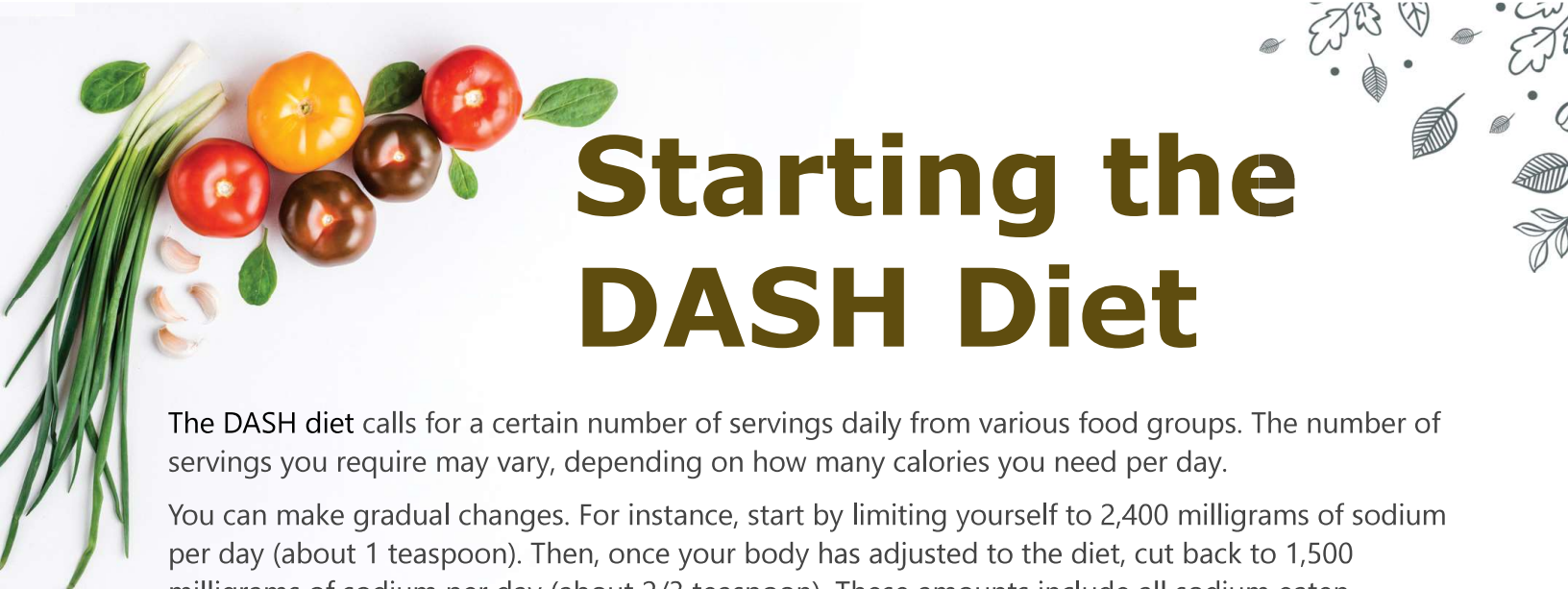
DASH stands for Dietary Approaches to Stop Hypertension (high blood pressure). The diet is simple:

- Eat more fruits, vegetables, and low-fat dairy foods
- Cut back on foods that are high in saturated fat, cholesterol and trans fats
- Eat more whole-grain foods, fish, poultry, and nuts
- Limit sodium, sweets, sugary drinks, and red meats

In research studies, people who were on the DASH diet lowered their blood pressure within 2 weeks.

Another diet, DASH Sodium calls for cutting back sodium to 1,500 milligrams a day (about 2/3 teaspoon). Studies of people on the DASH-Sodium plan lowered their blood pressure as well.

DASH Diet Plan



Starting the DASH Diet

The DASH diet calls for a certain number of servings daily from various food groups. The number of servings you require may vary, depending on how many calories you need per day.

You can make gradual changes. For instance, start by limiting yourself to 2,400 milligrams of sodium per day (about 1 teaspoon). Then, once your body has adjusted to the diet, cut back to 1,500 milligrams of sodium per day (about 2/3 teaspoon). These amounts include all sodium eaten, including sodium in food products as well as in what you cook with or add at the table.



Dash Diet Tips

- Add a serving of vegetables at lunch and at dinner.
- Add a serving of fruit to your meals or as a snack. Canned and dried fruits are easy to use, but check that they don't have added sugar.
- Use only half your typical serving of butter, margarine, or salad dressing, and use low-fat or fat-free condiments.
- Drink low-fat or skim dairy products any time you would normally use full-fat or cream.
- Limit meat to 6 ounces a day. Make some meals vegetarian.
- Add more vegetables and dry beans to your diet.
- Instead of snacking on chips or sweets, eat unsalted pretzels or nuts, raisins, low-fat and fat-free yogurt, frozen yogurt, unsalted plain popcorn with no butter, and raw vegetables.
- Read food labels to choose products that are lower in sodium.



To prepare the DASH diet, follow these recommendations (based on 2,000 calories a day):

Grains

7-8 daily servings

serving sizes:

1 slice of bread 1/2 cup

cooked rice or pasta,

1 ounce dry cereal



Fruits

4-5 daily servings

1 medium fruit,

1/2 cup fresh or frozen fruit,

1/4 cup dried fruit,

6 ounces fruit juice



Vegetables

4-5 daily servings

1 cup raw leafy greens,

1/2 cup cooked

vegetable



Low-fat or fat-free dairy products

2-3 daily servings
8 ounces milk,
1 cup yoghurt,
1.5 ounces cheese



Nuts, seeds and legumes

4-5 servings per week
1/3 cup nuts,
2 tablespoons seeds,
1/2 cup cooked dry
beans or peas



Fats and Oils

2-3 daily servings
1 teaspoon vegetable oil or
soft margarine, 1 tablespoon
low-fat mayonnaise,
2 tablespoons light salad
dressing



Lean meat, poultry and fish

2 or fewer serving
A day 3 ounces cooked
meat, poultry,
or fish



Sweets

Less than 5
servings per week
1 tablespoon sugar,
jelly, or jam





What to Avoid

- Avoid salt
- Reduce intake of saturated fat and cholesterol (<200mg/day) for overall cardiovascular health
- Avoid smoking
- Avoid or moderate alcohol intake



What to Take

Potassium, magnesium and fiber, on the other hand, may help control blood pressure. Fruits and vegetables are high in potassium, magnesium, fiber and they are low in sodium.

- Adequate intake of dietary potassium (approximately 90 mmol/d)
- Adequate intake of dietary magnesium and calcium for general health.

To increase the amounts of natural potassium, magnesium, and fiber, select food items from the following:

Food rich in POTASSIUM, MAGNESIUM AND fiber

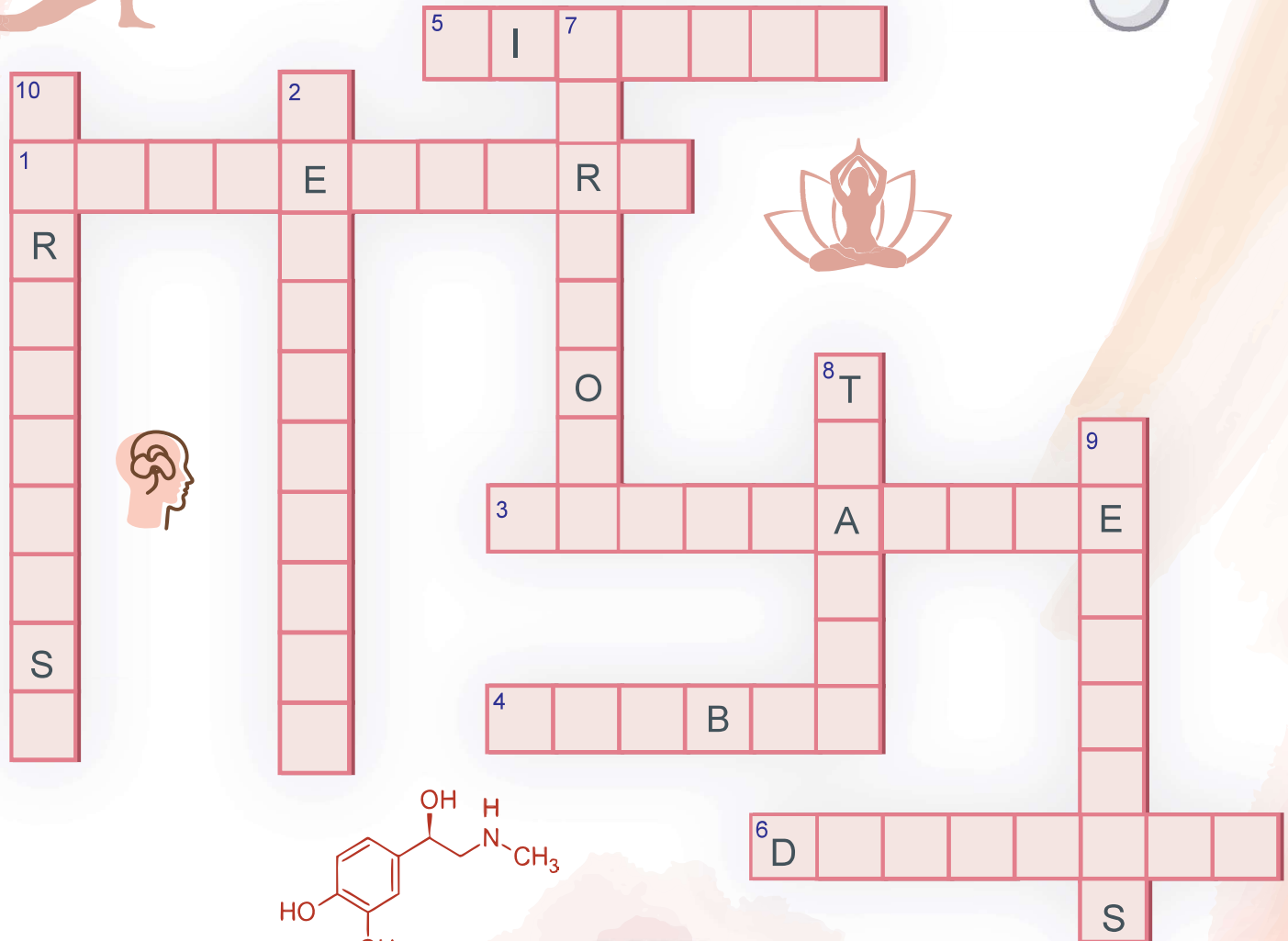
- | | | |
|---------------|--------------|----------------------|
| • Apples | • Green peas | • Strawberries |
| • Apricots | • Kale | • Sweet potatoes |
| • Oranges | • Lima beans | • Tangerines |
| • Bananas | • Mangoes | • Tomatoes |
| • Peaches | • Raisins | • Tuna |
| • Beet greens | • Spinach | • Yoghurt (fat-free) |
| • Pineapples | • Squash | • Carrots |



Consult with doctor or a dietician to plan your DASH diet and they will calculate how many calories you need each day to maintain to attain a healthy weight. And then they can help you plan meals with food you enjoy daily that meet the DASH guidelines.

Crossword

Mental Health

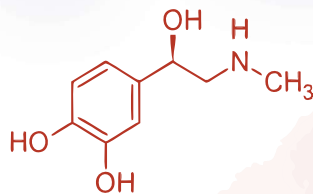


ACROSS

1. Causes forgetfulness with age
3. Stress hormone
4. Very strong fear
5. Symptomized by a sudden shift of mood and activity
6. The mental condition of holding false beliefs about external reality

DOWN

2. Recommended for mental health
7. Condition of believing that others want to harm you
8. State of denial and shock after a terrible event
9. Mental disorder caused by repressed past anxiety
10. Personality disorder causing to have extreme self-admiration



Loosing Mind over Dementia

Source: [timesofindia.indiatimes](https://timesofindia.indiatimes.com)





Dementia and the fear of Mirrors

Dementia refers to a group of symptoms linked to the deterioration of the brain. This condition is more common among older people and can lead to memory loss, behavioral changes and problems with movement. One disturbing problem people with dementia can experience is while looking in the mirror.

Mirror and Dementia

According to the NHS UK, mirror reflections can be “troubling” for those living with dementia. If there is a dementia patient in your house, NHS UK advises removing or covering mirrors to make your home more dementia-friendly. “Check mirrors and cover or remove them if they’re likely to cause confusion in the person with dementia,” it says.



What causes the Distress?

People with dementia can feel distressed while looking at the mirror as they may not be able to recognise themselves. According to experts, people with dementia are afraid of mirrors because they don't understand that they're seeing a reflected image of themselves. It is also advised to close the curtains in the evening so the patient with dementia can't see their reflection in the window glass. This is because differences in lighting could accidentally create a mirror effect on windows or paintings with glass frames.

Understanding their Reaction

Since patients with dementia are unable to recognize themselves in the mirror, they think that a stranger has suddenly appeared near them. Being suddenly startled by a stranger or intruder can trigger anxiety, anger, or even hysterical terror. They can feel extremely confused and unsafe, making them react completely irrationally. They might resist your attempts to calm them.



Fear of Mirrors and Refusal to Bathe

Fear of mirrors can make some seniors with dementia afraid of the bathroom, which could be the reason behind their refusal to bathe. They might be afraid of the stranger that appears when they are engaging in such personal activities.

Other Signs of Dementia

Apart from the fear of mirrors, other signs of dementia include:

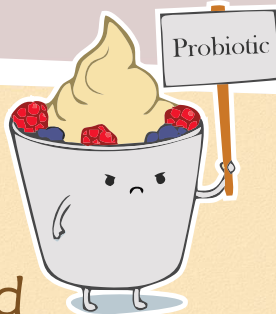
- Loss of memory
- Finding it hard to follow conversations or TV programmes
- Difficulty thinking or reasoning
- Feeling anxious, depressed or angry about memory loss
- Feeling confused when in a familiar environment

It is important to consult a doctor if you experience any of the following signs of dementia or anyone you know is experiencing such symptoms.

Being Fit HUMERUS

Why don't yogurt and medicine get along?

One is probiotic and the other is antibiotic!



Why did the book go to the doctor?

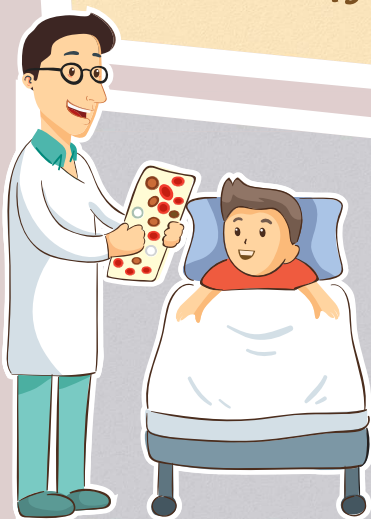
Someone broke its spine.



The red circles are your red blood cells.

The white circles are your white blood cells.

The brown circles are donuts. We need to talk."



Why did the snowman go to the doctors?

He felt a bit chilly.



MRI



Dogs can't operate an MRI machine but CAT-scan.

ENERGETIC FORCES OF NATURE

Source: banyanbotanicals



Vata, pitta, and kapha—collectively known as the doshas—are one of the most foundational concepts in the tradition of Ayurveda. But what are they, exactly?

In essence, the doshas are energetic forces of nature, functional principles that help us better understand ourselves and the world around us. To find out which of the doshas make up your constitution and state of imbalance, take our dosha quiz.

Vata, pitta, and kapha are each essential to our physiology in some way, so no one dosha is better than, or superior to, any other. Each of them has a very specific set of functional roles to play in the body. That said, when the doshas are out of balance, they can wreak havoc on our health.

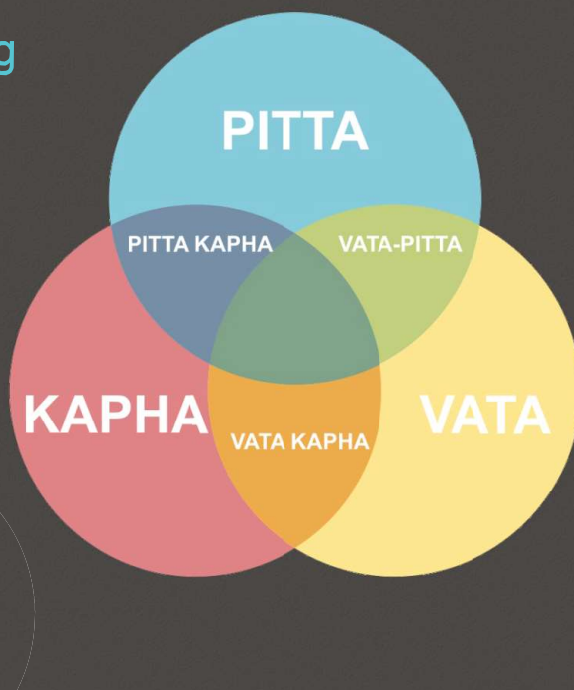
But before we get into the specifics of each of the three doshas, it is helpful to understand their elemental composition and their broader role in the natural world.

In Ayurveda, the most basic building blocks of the material world are the five elements: ether (space), air (wind), fire, water and earth.

Pitta embodies the transformative nature of Fire energy.

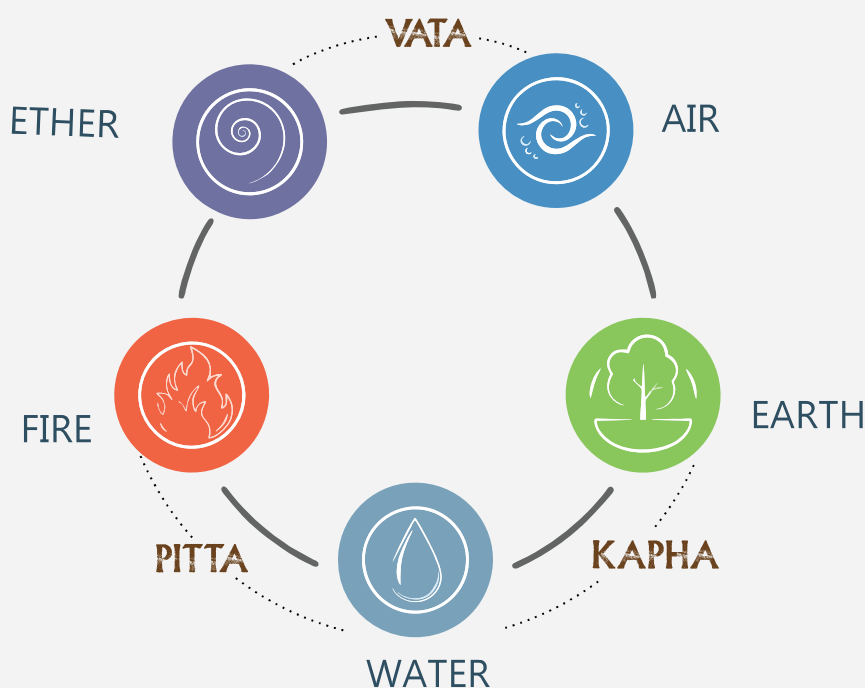
Vata is characterized by the mobile nature of Wind (Air) energy.

Kapha reflects the binding nature of Water energy.



The Elements AND The Doshas

All of the doshas contain all five elements (as do all things in nature), but each is predominantly composed of two elements.



Dosha Primary Elements

Vata	Air + Ether
Pitta	Fire + Water
Kapha	Water + Earth

As with the elements, all three of the doshas can be found in everyone and everything, but in different proportions. They combine to create different climates, different foods, different species and even different individuals within the same species.

In fact, the particular ratio of vata, pitta and kapha within each of us provides us with a blueprint for optimal health (otherwise known as our constitution) and garners a significant influence on our individual physical, mental and emotional character traits—as well as our unique strengths and vulnerabilities.

Ayurvedic medicine is based on the idea that the world is made up of five elements — aakash (space), jala (water), prithvi (earth), teja (fire) and vayu (air). A combination of each element results in three humors or doshas, known as vata, kapha and pitta. These doshas are believed to be responsible for a person's physiological, mental and emotional health.

NATURE OF THE DOSHAS

Each dosha is characterized by a collection of qualities that support its particular energy.

VATA

Dry, Light,
Cold, Rough,
Subtle, Mobile,
Clear

PITTA

Hot, Sharp,
Light, Liquid,
Spreading,
Oily

KAPHA

Heavy, Slow, Cool,
Oily, Smooth,
Dense, Soft, Stable,
Gross, Cloudy
(Sticky)

Dosha Qualities

These qualities make balancing the doshas very intuitive because, according to Ayurveda, like increases like and opposites balance.

When any one of the doshas is aggravated, we can generally promote a return to balance by reducing the influence of that dosha's qualities, while favoring their opposites. If we know which specific qualities are aggravated, we can focus on pacifying those qualities in particular, while favoring foods, herbs and experiences that amplify their opposing energies.

Ayurveda's TEN PAIRS of Opposites

Heavy	—	Light	Dense	—	Liquid
Slow	—	(Dull)Sharp (Penetrating	Soft	—	Hard
Cold	—	Hot	Stable	—	Mobile
Oily	—	Dry	Gross	—	Subtle
Smooth	—	Rough	Cloudy	—	(Sticky)

The Doshas AND Their Functions

Each of the three doshas has a unique personality determined by its particular combination of elements and qualities. At the end of the day, each dosha naturally governs specific physiological functions:

Vata
Movement
and
Communication

Pitta
Digestion
and
Transformation

Kapha
Cohesiveness,
Structure, and
Lubrication

Dosha's Primary Functions

Vata governs Movement and Communication.

Pitta oversees Digestion and Transformation.

Kapha provides Cohesiveness, Structure and Lubrication.

While the doshas can be observed everywhere in nature, they are particularly supportive in understanding living organisms—specifically ourselves. For this reason, we will explore their primary functions in the context of human physiology

PITTA

Pitta represents the energy of transformation and is therefore closely aligned with the fire element. But in living organisms, pitta is largely liquid, which is why water is its secondary element. Pitta is neither mobile nor stable, but spreads-much as the warmth of a fire permeates its surroundings or as water flows in the direction dictated by the terrain.

Pitta is closely related to intelligence, understanding and the digestion of foods, thoughts, emotions and experiences; it governs nutrition and metabolism, body temperature and the light of understanding.

VATA

Vata embodies the energy of movement and is therefore often associated with wind and the air element. Vata is linked to creativity and flexibility; it governs all movement-the flow of the breath, the pulsation of the heart, all muscle contractions, tissue movements, cellular mobility-and communication throughout the mind and the nervous system.

KAPHA

Kapha lends structure, solidity and cohesiveness to all things and is therefore associated primarily with the earth and water elements. Kapha also embodies the watery energies of love and compassion. This dosha hydrates all cells and systems, lubricates the joints, moisturizes the skin, maintains immunity and protects the tissues.



Dosha: Vata

(Air & Space)

Vata is a cold and dry dosha; warm, nourishing foods with moderately heavy texture, plus added butter and fat are good for stabilizing Vata. Choose salty, sour, and sweet tastes as well as soothing and satisfying foods. Warm milk, cream, butter, warm soups, stews, hot cereals, fresh baked bread, raw nuts and nut butters are good for Vatas. Take a hot or herbal tea with snacks in the late afternoon. All sweet fruits (so long as they are extra-ripe) are OK for Vata. Warm drinks or hot water are best for Vatas. Spices: Cinnamon, cardamom, cumin, ginger, cloves and garlic are all OK for Vatas.

Cold foods such as salads, iced drinks, raw vegetables and greens are not good for those with Vata imbalance (i.e. where Vata is dominant). Avoid drinks with too much caffeine and candies as they disturb Vata. Avoid unripe fruits, as they are too astringent.



FAVORABLE FOODS



FOODS TO REDUCE



BEST GRAINS

Oats (as cooked oatmeal cereal, not dry), cooked rice

GRAINS IN MODERATION

Wheat, barley, buckwheat, corn, dry oat, millet



BEST VEGETABLES (cooked)

Asparagus, beets, carrots, cucumber, garlic, green beans, onions, sweet potatoes, radishes and turnips

VEGETABLES IN MODERATION (cooked)

Broccoli, Brussels sprouts, cabbage, cauliflower, celery, eggplant, leafy green vegetables, mushrooms, peas, peppers, potatoes, sprouts, tomatoes, zucchini
Avoid raw vegetables, in general

HERBS & SPICES

Avoid using spices in large quantities
Minimize or avoid all bitter and astringent herbs and spices such as coriander seed, fenugreek, parsley and thyme. Saffron and turmeric should be used in moderation



DAIRY

All Dairy is acceptable

BEST OILS

Sesame oil, ghee and olive oil are especially good



SWEETENERS

All sweeteners are acceptable

NUTS AND SEEDS

All are acceptable in small amounts. Almonds are the best



BEST BEANS

Chickpeas, mung beans, pink lentils, tofu (small amounts)

BEANS IN MODERATION

Kidney beans, black beans, etc.

BEST FRUITS (well-ripened)

Bananas, apricots, avocados, berries, cherries, coconut, fresh figs, grapefruit, lemons, grapes, mangoes, sweet melons, sour oranges, papaya, pineapple, peaches, plums, stewed fruits

FRUITS IN MODERATION

Cranberries, pears, pomegranates
Avoid dried fruits, in general and all unripe fruit



BEST MEAT

Chicken, seafood, turkey, in small quantity

MEAT IN MODERATION

Red meat



Dosha: Pitta

(Fire & Little Water)

The best foods for Pittas are cool or warm, with moderately heavy textures—i.e., not steaming hot foods. Bitter, sweet and astringent tastes are ideal. Take cool, refreshing food in summer or hot weather, like salads, milk and ice cream. Herbal tea, specifically mint or licorice root tea are pacifying to Pittas. Cold cereal, cinnamon toast and apple tea is a good breakfast for a Pitta. Vegetarian foods, in general, are the best for Pittas, as consuming red meat tends to heat the body from the fat. They should consume abundant amounts of milk, grains and vegetables.



FAVORABLE FOODS



FOODS TO REDUCE

Pittas should use less butter and added fat and they should avoid pickles, sour cream and cheese. They should also avoid vinegar in salad dressing and use lemon juice instead. Alcoholic and fermented foods should be avoided. Reduce coffee. Avoid oily, hot, salty and heavy foods such as anything fried. Pittas should also skip egg yolks, nuts, hot spices, honey and hot drinks.

BEST GRAINS:

Barley, oats, wheat and white rice (preferably basmati)

GRAINS IN MODERATION

Brown rice, corn, millet and rye

HERBS & SPICES

Spices should generally be avoided as they are too heating. The following are OK for Pittas in small amounts: Cardamom, cilantro (green coriander), cinnamon, coriander seed, dill, fennel, mint, saffron, turmeric, cumin and black pepper



SWEETENERS

All are acceptable except honey and molasses

NUTS AND SEEDS

Coconut, pumpkin seeds, sunflower seeds, flaxseeds

BEST FRUITS

Bananas, avocados, cherries, coconuts, figs, mangoes, melons, oranges, pears, pineapples, plums, prunes and raisins

FRUITS IN MODERATION

Apricot, apples, berries, sour cherries, grapefruit, raw papaya, dark grapes, peaches, persimmon and pineapples

Note: Fruits should be sweet and ripe; avoid fruits that come to market sour or unripe. Also avoid green grapes, oranges, pineapple and plum unless they are sweet and ripe.

BEST VEGETABLES

Sweet and bitter vegetables, like asparagus, broccoli, Brussels sprouts, cabbage, radishes, cauliflower, celery, cucumber, green beans, green (sweet) peppers, leafy green vegetables, lettuce, mushrooms, okra, parsley, peas, potatoes, sprouts, squash, sweet potatoes, zucchini, carrot and spinach

VEGETABLES IN MODERATION

Eggplant, onion, tomatoes, hot peppers, chilies and beets



BEST DAIRY

Butter, egg whites, ghee (clarified butter), milk and fruit sorbets (not sour)

DAIRY MODERATION

Cheese, sour yogurt, sour buttermilk, egg yolk, sour cream and ice cream



BEST BEANS

Chickpeas, mung beans, red lentils, tofu and other soybean products (not fermented)

BEANS IN MODERATION

Black gram, black lentils and arhar dal

BEST OIL

Olive, soy, sunflower and grapeseed oil



BEST MEAT

Chicken, shrimp, turkey and river fish (all in small amounts)

OIL IN MODERATION

Almond, corn, safflower, sesame and coconut oil





Dosha: Kapha

(*Earth & Water*)

FAVORABLE FOODS

Warm, light and dry food is favorable, or cooked light meals. Kaphas do best with lightly cooked foods or raw fruits and vegetables. Any food that is spicy is good for Kaphas such as very hot Mexican or Indian food, especially in winter. Dry cooking methods (baking, broiling, grilling, sautéing) are preferable for Kaphas over moist cooking such as steaming, boiling, or poaching. Foods such as romaine lettuce, endive or tonic water are good for stimulating the Kapha appetite, while preferred spices are cumin, fenugreek, sesame seed and turmeric.

FOODS TO REDUCE

Kaphas need to watch the consumption of too many sweet and fatty foods, and need to watch their salt consumption as well, as it can lead to fluid retention. They should avoid deep-fried foods. A typical Kapha tendency is to overeat: The main meal should be at the middle of the day and only a light, dry meal in the evening. In general, Kaphas should avoid sugar, fats and dairy products, skip chilled foods & drinks and use ghee & oils in small amounts only.





BEST GRAINS

Barley, buckwheat, corn, millet, oats, rye and basmati rice

GRAINS IN MODERATION

Avoid hot cereals and steamed grains, in general, as they are too moist and heavy for Kaphas



BEST VEGETABLES

Asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, eggplant, garlic, leafy green vegetables, lettuce, mushrooms, okra, onions, peas peppers, potatoes, radishes, spinach and sprouts

VEGETABLES IN MODERATION

Cucumbers, sweet potatoes, tomatoes and zucchini



BEST DAIRY

Warm skim milk, small amounts of whole milk and eggs (not fried or cooked with butter), goat's milk, soy milk and camel milk

DAIRY MODERATION

Egg yolks



HERBS & SPICES

All are good, especially cumin, fenugreek, sesame, and ginger, which is especially good for improving digestion



SWEETENERS

All in very small quantities

NUTS AND SEEDS

Sunflower seeds, pumpkin seeds and flax seeds



BEST BEANS

All legumes are acceptable

BEANS IN MODERATION

Kidney beans and tofu

BEST OIL

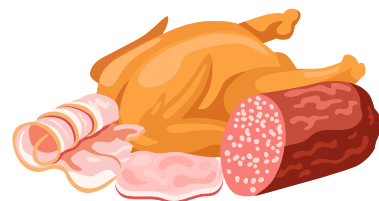
Almond, sunflower, olive oil and grapeseed oil (all in small quantities)

BEST FRUITS

Apples, apricots, berries, cherries, cranberries, papaya, pears, prunes, pomegranates, and grapefruit. Dried fruits in general are good for Kaphas, specifically apricots, figs, prunes and raisins

FRUITS IN MODERATION

Dates, fresh figs, bananas, coconuts and mangoes

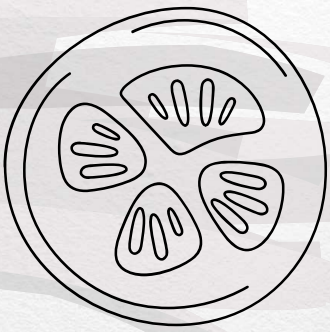


BEST MEAT

Chicken, turkey (all in small amounts) and lean fish

MEAT IN MODERATION

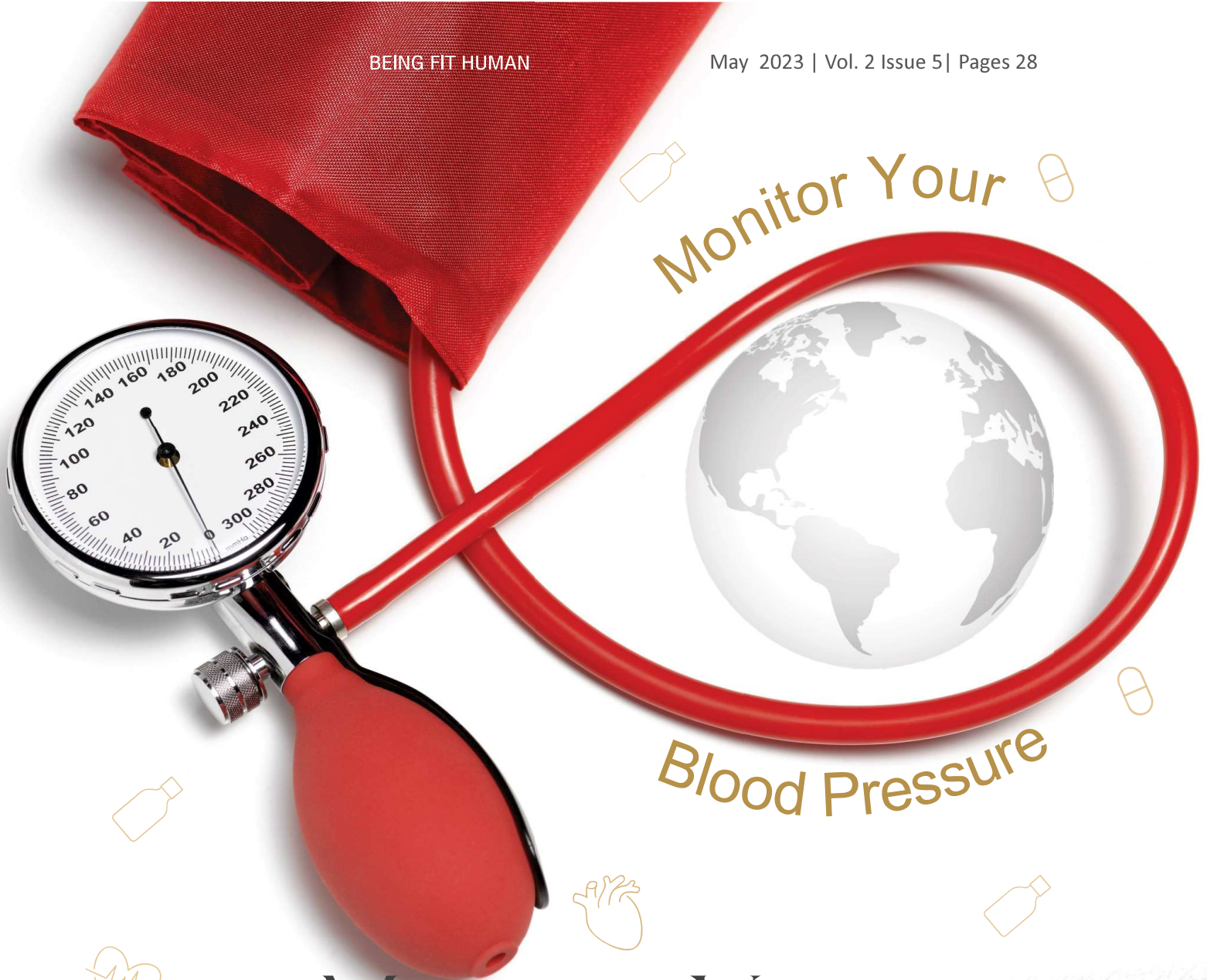
Shrimp and red meat



THE
HEALTHY
MOMENT



Your Health Is To Eat
What You Don't
Want, Drink What
You Don't Like And
Do What You'd
Rather Not.



Measure Your
Blood Pressure
Accurately,
Control It, Live Longer

World **Hypertension** Day

17 May

Owned, Printed and Published by Anuj Gupta, 4715-16-4697/5, 21-A, 1st Floor, Dayanand Road, Daryaganj, New Delhi-110002.

Printed at: Sundeep Press, C-105/2, Naraina Industrial Area, Phase-I, Delhi-110028.

Editor: Vasundhara Choudhary

RNI Tilte Code: DELENG19854