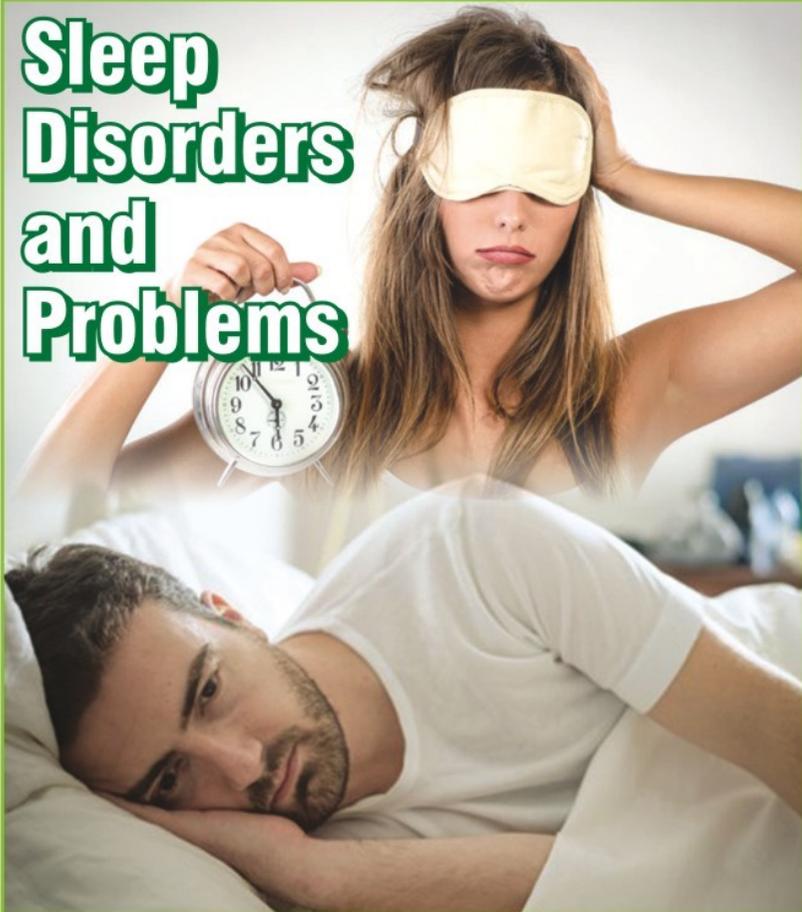


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## Sleep Disorders and Problems



## Sleep Disorders and Problems

Many of us experience trouble sleeping at one time or another. Usually it's due to stress, travel, illness, or other temporary interruptions to your normal routine. But if sleep problems are a regular occurrence and interfere with your daily life, you may be suffering from a sleep disorder.

A sleep disorder is a condition that frequently impacts your ability to get enough quality sleep. While it's normal to occasionally experience difficulties sleeping, it's not normal to regularly have problems getting to sleep at night, to wake up feeling exhausted, or to feel sleepy during the day.

Frequently having trouble sleeping can be a frustrating and debilitating experience. You sleep badly at night, which leaves you feeling dead-tired in the morning and whatever energy you have quickly drains throughout the day. But then, no matter how exhausted you feel at night, you still have trouble sleeping. And so the cycle begins again, taking a serious toll on your mood, energy, efficiency, and ability to handle stress. Ignoring sleep problems and disorders can damage your physical health and lead to weight gain, car accidents, impaired job performance, memory problems, and strained relationships. If you want to feel your best, stay healthy, and perform up to your potential, quality sleep is a necessity, not a luxury.

### Do you...

1. feel irritable or sleepy during the

day?

2. have difficulty staying awake when sitting still, watching television or reading?
3. fall asleep or feel very tired while driving?
4. have difficulty concentrating?
5. often get told by others that you look tired?
6. react slowly?
7. have trouble controlling your emotions?
8. feel like you have to take a nap almost every day?
9. require caffeinated beverages to keep yourself going?

If you are experiencing any of the above symptoms on a regular basis, you may be dealing with a sleep disorder. The more you answered "yes", the more likely it is that you have a sleep disorder.

### Self-help for sleep disorders

While some sleep disorders may require a visit to the doctor, you can improve many sleeping problems on your own.

### Improve your daytime habits.

Regardless of your sleep problems, sticking to a consistent sleep schedule, getting regular exercise, limiting your intake of caffeine, alcohol, and nicotine, and managing stress will translate into better sleep over the long term.

### Develop a relaxing bedtime routine

to prepare your mind and body for sleep. Make sure your bedroom is quiet, dark, and cool, avoid heavy meals and too many fluids late at

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night, take a warm bath, read, or listen to soothing music to unwind, and turn off screens at least one hour before bedtime.

**Get back to sleep when you wake up at night.** Whether you have a sleep disorder or not, it's normal to wake briefly during the night. If you're having trouble getting back to sleep, try focusing on your breathing, meditating, or practicing another relaxation technique. Make a note of anything that's worrying you and resolve to postpone worrying about it until the next day when it will be easier to resolve.

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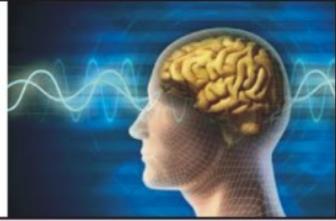
Malt contains about 6% protein, as well as abundance of free amino acids, vitamins, and minerals.

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- ✓ Hypertension
- ✓ Convalescence
- ✓ Chronic stress



## DID YOU KNOW ?

When a person dies, they have 7 minutes of brain activity left, its the mind playing back the person's memories in a dream sequence



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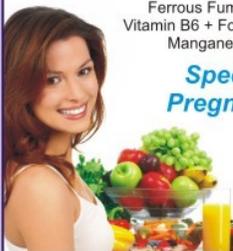
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# THE EFFECTS OF STRESS ON YOUR BODY

Stress is any change in the environment that requires your body to react and adjust in response. The body reacts to these changes with physical, mental, and emotional responses.

Stress is a normal part of life. Many events that happen to you and around you and many things that you do yourself put stress on your body. You can experience good or bad forms of stress from your environment, your body, and your thoughts.

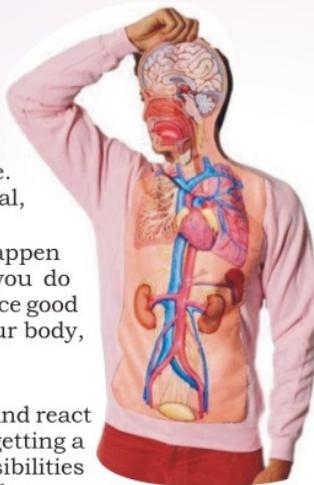
## How Does Stress Affect Health?

The human body is designed to experience stress and react to it. Stress can be positive ("eustress") such as a getting a job promotion or being given greater responsibilities keeping us alert and ready to avoid danger. Stress becomes negative ("distress") when a person faces continuous challenges without relief or relaxation between challenges. As a result, the person becomes overworked and stress-related tension builds.

Distress can lead to physical symptoms including headaches, upset stomach, elevated blood pressure, chest pain, and problems sleeping. Research suggests that stress also can bring on or worsen certain symptoms or diseases.

Stress also becomes harmful when people use alcohol, tobacco, or drugs to try to relieve their stress. Unfortunately, instead of relieving the stress and returning the body to a relaxed state, these substances tend to keep the body in a stressed state and cause more problems. Consider the following:

- Forty-three percent of all adults suffer adverse health effects from stress.
- Seventy-five percent to 90% of all doctor's office visits are for stress-related ailments and complaints.
- Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.
- The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. Stress costs American industry more than \$300 billion annually.



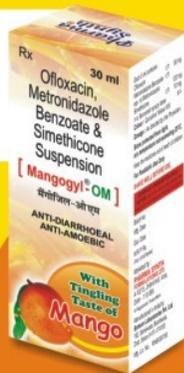
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## CANKER SORES

Canker sores are small, painful ulcers present inside the mouth, on the tongue, lips or throat. They can be painful and can make eating and talking difficult. Canker sores have a red border and a yellow or white centre. Anyone can get a canker sore, but teens, women and young adults are more prone to it. Mostly people have canker sores at some time in their lives but some have them regularly.

**SYMPTOMS :** The main symptom is getting a shallow ulcer on the tongue or on the inner side of one's lip or cheek. The sore may be large or small and has a red border with a white or yellow centre.

Canker sores usually begin with a burning or tingling sensation. They may swell up and become painful.

**CAUSES :** The causes behind canker sores is unknown, but they tend to run in families. Canker sores are not contagious. The possible triggers for canker sores include -

- Toothpastes and mouth rinses containing sodium lauryl sulphate.
- A minor injury in one's mouth from dental work, overzealous brushing, sports mishaps or an accidental cheek bite.
- A diet lacking in vitamin B-12, folic acid or iron, zinc.
- Food sensitivities, particularly to strawberries, eggs, coffee, cheese, nuts, and spicy or acidic foods.
- Hormonal shifts during menstruation.
- Inflammatory bowel diseases, such as ulcerative colitis and Crohn's disease.

- Celiac disease, a serious intestinal disorder caused by a sensitivity to gluten.
- Bad immune system that attacks healthy cells in one's mouth instead of pathogens, such as bacteria and viruses.
- Behcet's disease, a rare disorder which causes inflammation throughout the body, including the mouth.
- HIV/AIDS that suppresses the immune system.

**DIAGNOSIS :** The doctor or dentist can identify canker sores with a visual exam. In some cases, where canker sores are severe and ongoing, one may have tests to check for other health problems.

**TREATMENT :** Majority of people with Canker sores have minor symptoms and don't require any specific therapy. The pain is often tolerable with simple dietary modification during an episode of ulceration like avoiding spicy and acidic foods and beverages. But large, persistent or unusually painful sores need medical care. A number of treatment options exist. They are-

**Topical Products :** Topical products help to relieve pain and speed healing. It needs to be applied to individual sores as soon as they appear. Certain products have active ingredients like Fluocinonide, Benzocaine and Hydrogen peroxide.

**Mouth Rinses :** The dentist may prescribe a mouth rinse, containing the steroid lidocaine to reduce pain or dexamethasone to reduce pain and inflammation.

Oral Medications may be used when canker sores are severe or when they don't respond to topical treatments. These include -

Oral steroid medications when severe canker sores don't respond to other treatments.

Medications not intended specifically for canker sore treatment like intestinal ulcer treatment sucralfate, which is used as a coating agent and colchicine, which is normally used to treat gout.



## Top 5 Surprising Benefits of Vitamin D in your body

Not just restricted to building healthy bones and teeth there are several other surprising benefits of having adequate levels of Vitamin D in your bodies. Vitamin D or also known as the 'Sunshine Vitamin' as it is produced in our skin on exposure to sunlight is a fat-soluble vitamin that plays a gigantic role in keeping the human body healthy. Have a look at the top 5 ways in which this wonder vitamin benefits your body.

**Strengthens your bones :** Vitamin D works wonders for strengthening and building bones. It is required by our bodies for bone growth and preventing them from becoming brittle. When coupled with calcium, it can help in preventing osteoporosis also.

**Strengthens your muscles :** Apart from its bone-building capabilities, Vitamin D is beneficial in building and strengthening muscles too. It is essential for muscle growth as a

deficiency of it might lead to weak muscles. This wonder vitamin helps increase muscle strength thus preventing falls, which is a common problem in the elderly people.

**Supports the Immune System :** Vitamin D supports the immune system and helps the body in fighting diseases by beating harmful bacterias and viruses. Undeniably, this role of prevention of viruses and infections has become a very serious concern during COVID-19 pandemic and it is very crucial to take care of your immune system.

**Reduces Depression :** It has been said that sunshine plays a great role in brightening up your mood and researches have also shown that Vitamin D plays a great role in regulating mood swings and forestalling depression. Therefore, Vitamin D plays an important part in battling cancer.

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**Helpful if you are trying to lose weight :** As per researches, Vitamin D has also proved to be helpful in losing weight. As a matter of fact, besides helping in weight loss, Vitamin D is also helpful in reducing the risks of heart diseases.

**How to get Vitamin D?**

There are mainly three common ways in which you can get your daily dose of Vitamin D. Have a look at the Vitamin D sources:-

**Exposure to Sunlight:** When exposed to sunlight our bodies absorb sunlight and produce Vitamin D in our bodies. It is also said that sun derived Vitamin D circulates twice as long as the Vitamin D we get from Vitamin D food sources. So, make sure your body is exposed to sunlight and is able to get its dose from natural sources.

**Vitamin D food sources:** There are very few food sources in nature that are good sources of Vitamin D. Salmon, mushrooms, broccoli, soy milk, almond milk, cheese, egg yolks, cereals, carrots, almonds, apples, bananas, lentils, sunflower seeds are

some of the top Vitamin D rich foods that one should consider including in their diet.

**Supplemental Form:** As per researchers, it has been noticed that people who included Vitamin D supplements in their diet have improvement in their Vitamin D deficiency levels in their bodies. In the event that you are not able to get adequate amounts of Vitamin D from the sunlight then it is advised to include Vitamin D in your diet in supplemental forms. **DeeAmmrit** is one of the highly recommended Vitamin D supplements by the doctors at present owing to its effective results in helping the body keeping up good health.

It is crucial to maintain adequate levels of Vitamin D in your body to support normal growth and development of the body. Also, it is recommended to include Vitamin D in your diet in supplemental form if your body is not able to meet the requirements from natural sources. Consult a doctor for dosage purposes.

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# SOCIAL MEDIA EFFECTS OF BRAIN

Social media rage is sweeping across the world. Every second person you see is active on social media. People spend all day tweeting, posting, liking and sharing, but have you given a thought the effect it is casting on your brain?

Neuroplasticity, that is the brain's ability to modulate its behavior, is based on new experiences. This has been put into overdrive as social media became not just a hobby or recreation but a major lifestyle trait and a full-time career option for many.

## **Trance of virtual world**

With repeated and consistent browsing of the sites, visiting profiles, knowing about individual's updates - all these things slowly put the brain in a trance. Often you will notice a person just scrolling for hours in social media aimlessly. This practice ultimately slows down the individual's brain functionality.

## **False triggers**

There are so many videos on social media and nowadays, food videos are at the highest trend.

But did you know watching these videos or images can trigger false alarm of hunger in your brain? Studies suggest that the food images or the videos activate the brain's reward center, thus compelling the viewers to overeat, initiating weight gain and obesity.

## **Activating happy hormone**

According to studies, social media helps in releasing dopamine or the happy hormones by triggering the reward centers of our brain. Dopamine being one of the brain's chemicals, responsible for addiction and reward-motivated behaviour —is



triggered by rewards and the buildup of anticipation. So when someone is waiting for a picture to blow up on Facebook or Instagram, what you are essentially being trained for is to wait for the reward cues in your brain to be released.

## **Creating peer pressure**

In many cases, social media tends to create a sort of peer pressure. Social media friends changing jobs or starting anew in a new city or getting married - all these can affect you and you might unconsciously start comparing yourself with your peers leading to frustration and insecurity complex.

## **Alternative knowledge resource**

Nowadays majority prefer news from social media than from print media. The good side of it is that any news from social media comes up with two views people who vice for or against and either way you get to know the reaction of the masses which helps you in deciding and better understanding and judging of a situation. This accelerates your brain to think.

Everything has a negative and a positive side and so does social media. Ultimately it all depends on how you will deal with it.

# Walnuts Are Stress Busters

Eating a handful of walnuts regularly can affect the blood pressure response to stress as per a new study. The study stated that people who showed an exaggerated biological response to stress were at higher risk of heart disease. The main aim of the study was to find out if omega 3-fatty acids from plant sources would blunt cardiovascular responses to stress.

The study involved participants with elevated levels of bad cholesterol. They were provided meals and snacks during three separate dietary interventions lasting for six weeks each.

Diets included a diet without nuts, another included walnuts and walnut oil substituted for some of the fat and protein in a diet, and the third diet included walnuts, walnut oil, and flaxseed oil. At the end, researchers measured the blood pressure readings in the participants. The result stated that including walnuts and walnut oil in the diet lowered resting blood pressure and blood pressure responses to stress by 2-3 points.

## Walnuts Reduce Stress

Including walnuts and walnut oil in the diet reduces blood pressure during stress. This is important because you can't avoid all the stressors in your daily life so a dietary change helps your body to respond better to stress.

Also, adding flaxseed oil to a walnut diet significantly improves your



cardiovascular health.

Researchers have previously shown that adding flax seeds to walnuts lower C-reactive protein levels, indicating an anti-inflammatory effect that reduces the risk of heart diseases.

## Studies Support the Previous Research

Walnuts are a rich source of fiber, antioxidants, and unsaturated fatty acids, especially, alpha-linolenic acid. Alpha-linolenic acid is an omega-3 fatty acid, which provides beneficial effects on blood pressure.

Experts say that people who stick to one serving of nuts daily in place of another snack or meal containing fat don't gain weight, which, in itself, can cause health problems.

Replacing the bad fat in your diet with good fats from walnuts, walnut oil, and flax oil is the solution and is beneficial for your health. Also, walnut diets aren't higher in calories, so you don't gain weight as well.

Nothing is more filling and healthy than walnuts. Whether you toss them into a salad or eat them raw, walnuts stand out as a superstar when it comes to relieving stress.

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## Foods that turn poisonous when heated again



Refrigerator and microwave are two indispensable appliances of modern life. Due to shortage of time and superfast life, we cook for the whole week and shove it in the refrigerator only to reheat before eating. But did you know that the toxins increase whenever you reheat food? Research shows that reheating some of your favorite foods items can be dangerous for your health, more so if they are not stored in a proper way.

Here's a list of some common foods that you should never reheat.

**Mushrooms:** These should be eaten the same day that they are cooked. This is because of their complex protein content. Reheating makes mushrooms change their protein composition and thus present a high

health risk for heart and digestive system. If you want to eat mushrooms that were cooked the previous day, eat them cold.

**Celery:** These can become really poisonous when you reheat it because celery contains nitrates which turn the nitrates to nitrites after being reheated. Reheating celery tends to release carcinogenic properties. If you at all want to reheat the food containing celery, remove the celery.

**Chicken:** Just like mushrooms, chicken contains proteins that react in a negative way when reheated. When cold chicken is heated for a second time, there comes a change in the protein composition of the meat leading to digestive problems.

**Green veggies:** Any leafy greens should never be heated for the second time. They contain very high amounts of nitrates, these can break down and form nitrites due to organisms that are present in them. Nitrites can affect the oxygen level in blood and become toxic and cause food poisoning even or dysentery.

**Eggs:** Eggs should never be subjected to heat repeatedly. Reheating at high temperatures after eggs have been fried or boiled can make them toxic and result in problems with your digestive system.

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भूख बढ़ाए, Naturally!

A young child with dark hair, wearing a striped shirt, is sitting at a wooden table. The child is holding a large, round, golden-brown flatbread (possibly a roti or chapati) with both hands, looking at it with a slight smile. There is a plate of food on the table in front of the child.



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## अगर आपको भी है ज्यादा सोने की आदत तो हो सकती हैं ये 7 बीमारियां

एक स्वस्थ व्यक्ति को 8 घंटों से ज्यादा नहीं सोना चाहिए। इससे ज्यादा सोने से कई तरह की परेशानियाँ पैदा होने लगती हैं।

हमारे शरीर के लिए सोना बेहद जरूरी है। सोने से दिमाग ताजा होता है और शरीर की उर्जा रिस्टोर होती है। नींद ना पूरी होने से कई तरह की बीमारियाँ भी पैदा होती हैं। एक स्वस्थ व्यक्ति को 8 घंटों से ज्यादा नहीं सोना चाहिए। इससे ज्यादा सोने से कई तरह की परेशानियाँ पैदा होने लगती हैं। इस खबर में हम आपको ज्यादा सोने से होने वाली परेशानियों के बारे में जानकारी देंगे।

**कब्ज** :- ज्यादा देर तक सोने वालों में कब्ज की परेशानी देखी जाती है। पेट को हेलदी रखने के लिए जरूरी है कि सही समय पर सही बॉडी मुवमेंट होता रहे।

**मोटापा** :- शरीर के बढ़ते मोटापे का सीधा असर आपके सोने के समय से होता है। जब आप सोते हैं तो आपके शरीर की कैलोरी बर्न नहीं होती। जिससे आपके शरीर का वजन बढ़ता है। कई शोध में ये बात सामने आई है कि, ज्यादा सोने से कई तरह की मनोवैज्ञानिक बीमारियों का खतरा बना रहता है।

**सिरदर्द** :- आम तौर पर ज्यादा सोने वालों में सिरदर्द की शिकायत देखी जाती है। यह मस्तिष्क में न्यूरोट्रांसमीटर में उतार-चढ़ाव के कारण हो सकता है, जिसमें नींद के दौरान सेरोटोनिन बढ़ सकता है, जिससे सिरदर्द हो सकता है।

**पीठ में दर्द** :- ज्यादा देर तक सोने से आपकी पीठ में दर्द हो सकता है। ऐसा इसलिए होता है क्योंकि ज्यादा देर तक सोने से शरीर में खून के बहाव पर बुरा असर पड़ता है और आपकी पीठ अकड़ जाती है।

**डिप्रेशन** :- जानकारों का मानना है कि ज्यादा देर तक सोने से दिमाग में डोपामाइन और सेरोटोनिन का लेवल कम होता है, यही कारण है कि आपका मूड पूरे दिन चिड़चिड़ा सा रहता है।

**दिल की बीमारी** :- ज्यादा सोने वाले लोगों में दिल की बीमारी का खतरा बना रहता है।

**कमजोर यादाश्त** :- ज्यादा देर तक सोना हमारे दिमाग को भी गलत ढंग से प्रभावित करता है। इससे हमारी यादाश्त भी कमजोर होती है।

## शरीर में दिख रहे हैं ये 5 लक्षण तो जल्दी से कराएं अपना शुगर टेस्ट



निम्नलिखित पाँच में से कोई भी एक समस्या या सभी समस्याएं अगर आपको बार-बार परेशान कर रही हैं तो आपको शुगर टेस्ट कराने की जरूरत है। क्योंकि जब शरीर में शुगर का स्तर बढ़ने लगता है तो हमारा शरीर कई तरीकों से हमें इस बात का इशारा देता है। यदि हम समय रहते अपनी स्थिति में सुधार कर लें तो भयानक बीमारियों की चपेट में आने से बच सकते हैं:-

**बहुत अधिक भूख और प्यास लगना**:- शरीर में शुगर बढ़ने की स्थिति में हमारी बॉडी अतिरिक्त मात्रा में ग्लूकोज का उत्पादन और उपयोग करने लगती है। इसके लिए शरीर की कोशिकाओं से पानी सोख लिया जाता है और

ग्लूकोज़ के उत्पादन में उपयोग किया जाता है। यह ग्लूकोज़ जाकर ब्लड में मिल जाता है तो शरीर को फिर से ग्लूकोज़ की जरूरत होती है और वह फिर कोशिकाओं से पानी लेता है। यही प्रक्रिया लगातार चलती रहती है। इस कारण शुगर बढ़ने की स्थिति भूख और प्यास दोनों बहुत अधिक लगते हैं।

**बार-बार पेशाब आना:**— अधिक प्यास लगने पर बार-बार पानी पिया जाता है। फिर शरीर के अंदर ग्लूकोज़ बनने की स्थिति में जो अतिरिक्त लिक्विड होता है, उसे छानने के लिए किडनी लगातार मेहनत करती रहती है। इस कारण थोड़ी-थोड़ी देर में यूरिन आता रहता है। साथ ही किडनी पर भी बुरा असर पड़ता है।

**हर समय थकान रहना:**— किसी भी व्यक्ति को हर समय थकान कई कारणों के चलते रह सकती है। लेकिन यह थकान भी शुगर के बढ़ने का एक संकेत होती है। यदि आपकी दिनचर्या सामान्य है और आप बहुत अधिक शारीरिक या मानसिक कार्य नहीं कर रहे हैं और फिर भी थका हुआ अनुभव करते हैं तो आपको अपनी शुगर पर ध्यान देना चाहिए।

**बार-बार यीस्ट इंफेक्शन होना:**— जिन लोगों के शरीर में शुगर बढ़ रही होती है, उनमें यीस्ट इंफेक्शन भी बहुत जल्दी-जल्दी हो जाता है। अगर किसी के भी साथ इस तरह की स्थिति बनती है तो उसे अन्य जरूरी टेस्ट्स के साथ ही अपना शुगर टेस्ट भी कराना चाहिए। क्योंकि बढ़ी हुई शुगर के दौरान शरीर में जिस तरह की स्थितियां बनती हैं, वे यीस्ट के पनपने के लिए बहुत सपोर्टिव होती हैं। ऐसा नहीं है कि यीस्ट इंफेक्शन केवल महिलाओं में ही होता है। शुगर की स्थिति में यह दिक्कत पुरुषों में भी हो सकती है। हालांकि पुरुषों की तुलना में महिलाओं में यह समस्या आम है।

**खास पुरुषों में होती है यह समस्या:**— शरीर में शुगर की मात्रा बढ़ने पर पुरुषों में जो समस्याएं देखने को मिलती हैं, उनमें इरेक्टाइल डिसफंक्शन बहुत सामान्य समस्या है। क्योंकि बढ़ी हुई शुगर के कारण रक्त धमनियों और नर्व्स को भारी नुकसान होता है। यदि आप ऐसी समस्या का सामना कर रहे हैं तो डॉक्टर से जरूर बात करें।

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