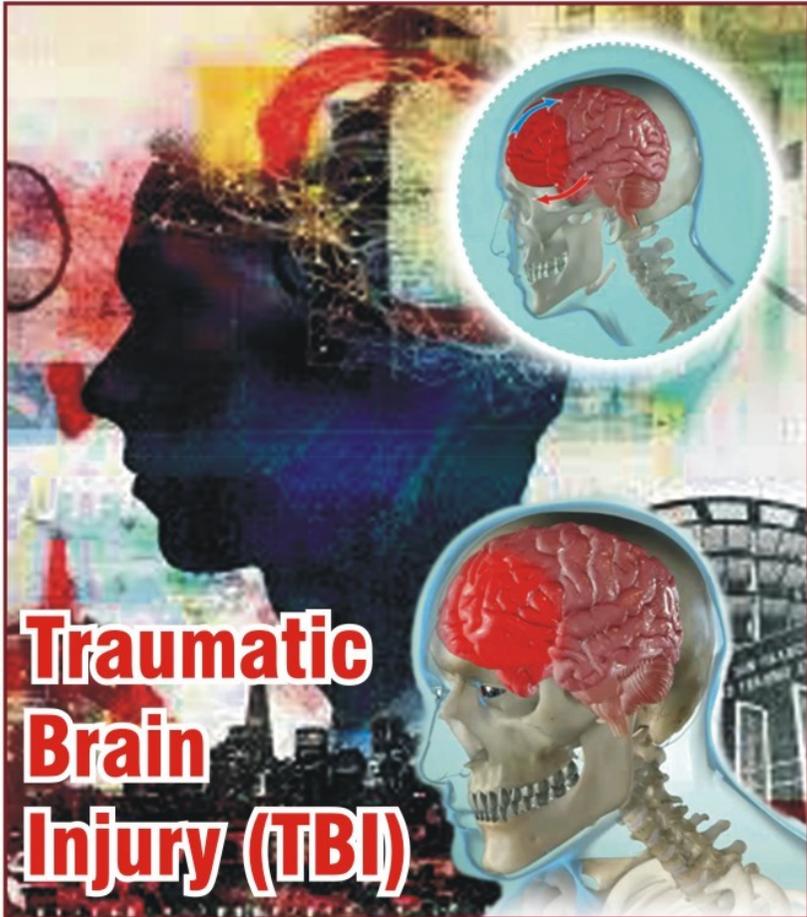


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Traumatic Brain Injury (TBI)

Traumatic brain injury (TBI) is sudden damage to the brain caused by a blow or jolt to the head. Common causes include car or motorcycle crashes, falls, sports injuries, and assaults. Injuries can range from mild concussions to severe permanent brain damage. While treatment for mild TBI may include rest and medication, severe TBI may require intensive care and life-saving surgery. Those who survive a brain injury can face lasting effects in their physical and mental abilities as well as emotions and personality. Most people who suffer moderate to severe TBI will need rehabilitation to recover and relearn skills.

TBI is an injury to the brain caused by a blow or jolt to the head from blunt or penetrating trauma. The injury that occurs at the moment of impact is known as the primary injury. Primary injuries can involve a specific lobe of the brain or can involve the entire brain. Sometimes the skull may be fractured, but not always. During the impact of an accident, the brain crashes back and forth inside the skull causing bruising, bleeding, and tearing of nerve fibers. Immediately after the accident the person may be confused, not remember what happened, have blurry vision and dizziness, or lose consciousness. At first the person may appear fine, but their condition can decline rapidly. After the initial impact occurs, the brain undergoes a delayed trauma – it swells – pushing itself against the skull and reducing the flow of oxygen-rich blood. This is called secondary injury, which is often more damaging than the primary injury.

Traumatic brain injuries are classified

according to the severity and mechanism of injury:

Mild: person is awake; eyes open. Symptoms can include confusion, disorientation, memory loss, headache, and brief loss of consciousness.

Moderate: person is lethargic; eyes open to stimulation. Loss of consciousness lasting 20 minutes to 6 hours. Some brain swelling or bleeding causing sleepiness, but still arousable.

Severe: person is unconscious; eyes do not open, even with stimulation. Loss of consciousness lasting more than 6 hours.

Although described as individual injuries, a person who has suffered a TBI is more likely to have a combination of injuries, each of which may have a different level of severity. This makes answering questions like “what part of the brain is hurt?” difficult, as more than one area is usually involved.

Secondary brain injury occurs as a result of the body's inflammatory response to the primary injury. Extra fluid and nutrients accumulate in an attempt to heal the injury. In other areas of the body, this is a good and expected result that helps the body heal. However, brain inflammation can be dangerous because the rigid skull limits the space available for the extra fluid and nutrients. Brain swelling increases pressure within the head, which causes injury to parts of the brain that were not initially injured. The swelling happens gradually and can occur up to 5 days after the injury.

Depending on the type and location of the injury, the person's symptoms may include:

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- Loss of consciousness
- Confusion and disorientation
- Memory loss / amnesia
- Fatigue
- Headaches
- Visual problems
- Poor attention / concentration
- Sleep disturbances
- Dizziness / loss of balance
- Irritability / emotional disturbances
- Feelings of depression
- Seizures
- Vomiting

Diffuse injuries (such as a concussion or diffuse axonal injury) will typically cause an overall decreased level of consciousness. Whereas, focal injuries (such as an ICH or a contusion) will have symptoms based on the brain area affected. Every patient is unique and some injuries can involve more than one area or a partial section, making it difficult to predict which specific symptoms the patient will experience.

What are the causes?

Common causes include falls, car or motorcycle crashes, vehicular accidents involving pedestrians, athletics, and assaults with or without a weapon.

Who is affected?

Approximately 1.5 to 2 million adults and children suffer a traumatic brain injury (TBI) each year in the United States. Most people who experience a head injury, about 1.1 million, will have a mild injury that does not require an admission to the hospital. Another 235,000 individuals will

be hospitalized with a moderate to severe head injury, and approximately 50,000 will die.

How is a diagnosis made?

When a person is brought to the emergency room with a head injury, doctors will learn as much as possible about his or her symptoms and how the injury occurred. The person's condition is assessed quickly to determine the extent of injury.

The Glasgow Coma Score (GCS) is a 15-point test used to grade a patient's level of consciousness. Doctors assess the patient's ability to 1) open his or her eyes, 2) ability to respond appropriately to orientation questions, ("What is your name? What is the date today?"), and 3) ability to follow commands ("Hold up two fingers, or give a thumbs up"). If unconscious or unable to follow commands, his or her response to painful stimulation is checked. A number is taken from each category and added together to get the total GCS score. The score ranges from 3 to 15 and helps doctors classify an injury as mild, moderate, or severe. Mild TBI has a score of 13-15. Moderate TBI has a score of 9-12, and severe TBI has a score of 8 and below.

Prevention

Tips to reduce the risk for a head injury:

- Always wear your helmet while riding a bicycle, motorcycle, skateboard, or all-terrain vehicle.
- Never drive under the influence of alcohol or drugs.
- Always wear your seat belt and ensure that children are secured in the appropriate child safety seats.
- Avoid falls in the home by keeping unsecured items off the floor, installing safety features such as non-slip mats in the bathtub, handrails on stairways, and keeping items off of stairs.
- Avoid falls by exercising to increase strength, balance, and coordination.
- Store firearms in a locked cabinet with bullets in a separate location.
- Wear protective headgear while playing sports.

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Signs of a Midlife Crisis?

It's thought that aging leads to feelings of depression, remorse, and anxiety. And a midlife crisis is a phase that helps people feel youthful again as they struggle to come to terms with the fact that their lives are half over.

But, the emotional turmoil some people experience during midlife doesn't always lead to major lifestyle changes that involve the desire to be young again. In fact, a midlife crisis could turn into something positive.

Are Midlife Crises Real?

Not everyone experiences a midlife crisis. In fact, studies show a midlife crisis isn't an issue for people in many parts of the world.

In fact, some researchers believe the notion of the midlife crisis is a social construct. And it's the belief that you're supposed to have some sort of crisis in your 40s that leads some people to say they experience a breakdown.

A national survey of Midlife in the United States conducted a poll to determine how many people experience midlife crises. Approximately 26% of the participants reported having a midlife crisis.

Most survey participants reported that their midlife crisis occurred before age 40 or after 50, however.

That raises the question about whether these crises were truly related to midlife since midlife is typically considered age 45.

Out of the one in four people who say they had a midlife crisis, the vast majority say it was brought on by a major event, rather than age. Factors that triggered the crisis included life changes such as divorce, job loss, loss of a loved one, or relocation.

Since "midlife crisis" isn't an official diagnosis, it's a difficult concept for researchers to study. Researchers often disagree on what constitutes a midlife crisis.

Much of the research depends on individuals' answers to questions about



whether they've experienced a midlife crisis. Of course, what one person defines as a crisis may not be consistent with what another person considers to be a midlife crisis.

While it's typically thought that a midlife crisis involves the fear of mortality or the desire to be young again, the emotions experienced during a midlife crisis may not be all that much different from the distress someone might experience during any other type of life crisis.

The American Psychological Association says an emotional crisis is evident from "a clear and abrupt change in behavior."

Examples of behavioral changes can include:

- Neglect of personal hygiene
- Dramatic changes in sleep habits
- Weight loss or gain
- Pronounced changes in mood, such as increased anger, irritability, sadness, or anxiety.
- Withdrawal from usual routine or relationships

Causes

For many people, midlife is a time when relationships and roles are changing. Some people may need to begin caring for aging parents during midlife. Others may become empty nesters—or they may feel as though their teenagers are growing up too fast.

For some people, middle age may be a time of regrets.

The aging process becomes more apparent than ever during this time as well. Some individuals may develop illnesses while others may begin to notice a decline in their physical abilities.

For some individuals, midlife may be a time of immense reflection. They may look back over their years and question what their lives might have been like if they'd taken a different path. Some people may regret not choosing a different career path or not creating a life they once dreamed about living. Others may reflect on the happier days in their lives.

For those who are goal oriented, there may be less reflection and more action. Rather than look back on years gone by, they may begin scrambling to accomplish bigger goals in the second half of their lives.

Happiness Slump

Many studies indicate that happiness is U-shaped. A gradual decline in happiness begins during the late teen years and continues until an individual is in their 40s. Happiness begins increasing again in an individual's 50s.

Data on half a million Americans and Europeans found this trend to be true. Individuals in their 60s reported they'd never been happier, but people in their 40s felt like they were at an all-time low.

This U-shaped curve doesn't appear to be

universal, however. It's more prevalent in high-income nations. A gradual decline in happiness may explain why some people seem to hit a midlife crisis—they're in a happiness slump.

Even though data suggests people become happier again later in life, there's a pervasive belief that happiness continues to decline as we age. So, some people in their mid-40s may think life is only going to get worse, which may spark a midlife crisis.

Positive Aspect

A 2016 study published in the International Journal of Behavioral Development found an upside to the midlife crisis curiosity. Researchers found that people who were experiencing a crisis whether it was a quarter-life or a midlife crisis experienced enhanced curiosity about themselves and the wider world around them.

The distress and uncertainty participants experienced brought about openness to new ideas, which could bring insight and creative solutions. That curiosity could lead to new breakthroughs or new opportunities, which might be the silver lining in the midst of a crisis.

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DID YOU KNOW ?

An adult brain weighs up to 3 pounds, usually only about 2% of body weight, but uses nearly 20% of the body's energy.



Antibiotic Resistance

Antibiotic resistance is one of the most urgent threats to the public's health. Antibiotic resistance happens when germs, like bacteria and fungi, develop the ability to defeat the drugs designed to kill them. That means the germs are not killed and continue to grow.

Antibiotics can save lives, but any time antibiotics are used, they can cause side effects and contribute to the development of antibiotic resistance. Each year, approximately 28% of antibiotics are prescribed unnecessarily in doctors' offices and emergency rooms (ERs), which makes improving antibiotic prescribing and use a national priority.

Helping healthcare professionals improve the way they prescribe antibiotics, and improving the way we take antibiotics, helps keep us healthy now, helps fight antibiotic resistance, and ensures that these life-saving drugs will be available for future generations.

When Antibiotics Are Needed

Antibiotics are only needed for treating certain infections caused by bacteria. We rely on antibiotics to treat serious, life-threatening conditions such as pneumonia and sepsis, the body's extreme response to an infection. Effective antibiotics are also needed for people who are at high risk for developing infections. Some of those at high risk for infections include patients undergoing surgery, patients with end-stage kidney disease, or patients receiving cancer therapy (chemotherapy)

When Antibiotics Aren't Needed

Antibiotics do not work on viruses, such as those that cause colds, flu, bronchitis, or runny noses, even if the mucus is thick, yellow, or green.

Antibiotics are only needed for treating certain infections caused by bacteria, but even some bacterial infections get better without antibiotics. Antibiotics aren't needed for many sinus infections and some ear infections. Antibiotics can save lives, and when a patient needs antibiotics, the benefits usually outweigh the risks of side effects and antibiotic

resistance. When antibiotics aren't needed, they won't help you, and the side effects could still cause harm. Common side effects of antibiotics can include:

- rash
- dizziness
- nausea
- diarrhea
- yeast infections

More serious side effects include Clostridioides difficile infection (also called C. difficile or C. diff), which causes severe diarrhea that can lead to severe colon damage and death. People can also have severe and life-threatening allergic reactions, such as wheezing, hives, shortness of breath, and anaphylaxis (which also includes feeling like your throat is closing or choking, or your voice is changing).

What You Can Do To Feel Better

- Talk with your healthcare professional about the best treatment for you or your loved one's illness.
- If you need antibiotics, take them exactly as prescribed. Talk with your healthcare professional if you have any questions about your antibiotics.
- Talk with your healthcare professional if you develop any side effects, especially severe diarrhea, since that could be a C. diff. infection, which needs to be treated immediately. Respiratory viruses usually go away in a week or two without treatment. Ask your healthcare professional about the best way to feel better while your body fights off the virus.

To stay healthy and keep others healthy:

- Clean hands by washing with soap and water for at least 20 seconds or use a hand sanitizer that contains at least 60% alcohol.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Stay home when sick.
- Get recommended vaccines, such as the flu.

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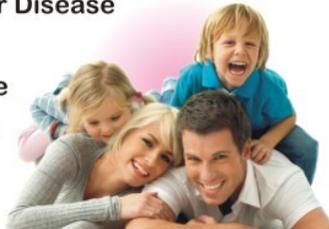
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BRAIN TUMOR



A brain tumor can be defined as the growth of abnormal cells in the brain or near by the brain. There are two main types of brain tumors:

- **Malignant or cancerous tumors**
- **Benign tumors**

The cancerous tumors can be divided into primary tumors that develops within the brain, and secondary tumors that have spread from a different source, known as brain metastasis tumors.

Symptoms:

As different parts of the brain control different functions of our body, so the symptoms vary accordingly based on the location and the type of tumor. A common primary symptom of the brain tumors is headache and they don't respond to the usual headache treatments.

Other symptoms include:

- ❖ Seizures
- ❖ Inability to concentrate
- ❖ Balance problems
- ❖ Changes in vision
- ❖ Problems while walking
- ❖ Numbness or tingling in the arms or legs
- ❖ Problems with memory
- ❖ Changes in speech or hearing
- ❖ Changes in the personality
- ❖ Weakness in a particular part of the body

Causes:

Brain tumors that develop in the brain - When normal cells acquire mutations in their DNA, primary brain tumors develop. Primary brain tumors originate in the brain itself or in the tissues around, e.g., in the brain-covering membranes (meninges),

pituitary gland, cranial nerves or pineal gland.

Unlike the secondary brain tumors in which the cancer spreads to the brain from a different source, the primary brain tumors are not that common examples include:

Gliomas: These tumors originate in the brain or spinal cord and include ependymoma, oligodendrogliomas, glioblastomas, astrocytomas and oligoastrocytomas.

Meningiomas: A meningioma is a tumor that arises from the membranes and it surrounds the brain and the spinal cord (meninges). Most of the meningiomas are non-cancerous.

Acoustic neuromas (schwannomas): These are benign tumors which develop on the nerves that control the balance and the hearing. It leads from the inner part of the ear to the brain.

Pituitary adenomas: These are mostly benign tumors that develop in the pituitary gland, a part of the brain. These tumors usually affect the pituitary hormones with effects all over the body.

Medulloblastomas: These are the most common form of cancerous brain tumors usually seen in children. Medulloblastoma usually originates in the lower back part of the brain and it tends to spread through the spinal fluid of the body. These tumors are less common in adults.

PNETs: Primitive neuroectodermal tumors or PNETs are rare. These are cancerous tumors that originate in embryonic (fetal) cells of the brain, although, they can develop anywhere in the brain.

Germ cell tumors: Germ cell tumors may start developing since childhood in the place where the testicles or ovaries will form later on. But sometimes germ cell tumors tend to spread in the other parts of body, such as, brain.

Craniopharyngiomas: These are rare, non-cancerous tumors which originate near the brain's pituitary gland. It secretes

hormones that control many functions of the body. As craniopharyngioma slowly develops, it can affect the pituitary gland and other parts situated near the brain.

Cancer that originates somewhere and spreads to the brain: Secondary or metastatic brain tumors result from the spread of cancer to the brain which is originated from a different source of the body.

Secondary brain tumors are mostly seen in people who have a history of cancer. But in the rarest of cases, a metastatic brain tumor might be the first sign of cancer that is originated in a different source.

Secondary brain tumors are far more common unlike primary brain tumors. The common forms of cancer that might spread to the brain are Colon cancer, Lung cancer, Breast cancer, Melanoma, Kidney cancer.

Diagnosis: To diagnose the brain tumor, a doctor should look after the symptoms of neurological disorder. Personal and family health history should be checked. After the neurological examinations, if brain tumor is suspected, then the following tests are recommended:

Imaging tests - Magnetic resonance imaging or MRI is generally used to help diagnose the brain tumors. In some cases, a dye may be injected through a vein of your arm during the MRI study. Other possible imaging tests are computerized tomography (CT) scan and positron emission tomography (PET).

Angiogram or MRA - It involves the use of dye and X-rays of the blood vessels in the brain, to identify the signs of a tumor or abnormal blood vessels.

Biopsy - The doctor might ask for a biopsy to determine if the tumor is cancerous or not. A sample of tissue is removed from the brain either during the surgery while removing the tumor or with a needle inserted through a small hole drilled into the skull before the treatment is started. The sample is then taken to a lab for testing.

Treatment: There are several ways to treat brain tumors but it strictly depends on the stage of cancer, location and the

type of tumor.

Surgery: A brain tumor can be removed if it is located in a place where it is accessible to perform an operation. If tumors are small and easy to separate from the surrounding brain tissue, it is possible to surgically remove the tumor. In some other cases, the tumors can't be separated from the surrounding tissue or they're located near the sensitive areas of your brain, making the surgery very risky. In these cases, the doctor removes the tumor till the extent it is safe.

Risk: The Surgery, which involves the removal of brain tumor, carries risk of infection and bleeding. The other possible risks may depend on the location of the tumor in your brain. For instance, surgery on a tumor near the nerves which connect your eyes may carry a risk of vision loss.

Radiation therapy: Radiation therapy involves high-energy beams, e.g., X-rays or protons, to kill the tumor cells. Radiation therapy can focus just on the part of your brain where the tumor is located, or it also can be done in the entire brain (whole-brain radiation). Whole-brain radiation is most often used in treating cancer which has already spread to the brain from some other part of the body.

Chemotherapy: Chemotherapy involves the process of using drugs to kill tumor cells. Chemotherapy drugs can be taken orally in the pill form or can also be injected into the vein (intravenously). The chemo-therapy drug which is commonly for treating brain tumors is temozolomide. It is generally taken in the pill form. Many other form of chemotherapy drugs are available and can be used depending on the type of cancer.

Drug therapy: Targeted drug treatments usually focus on specific abnormalities present within the cancer cells. It first targets to block the abnormalities, leaving the cancer cells to die. One targeted drug therapy, which is commonly used to treat a type of brain cancer called glioblastoma, is bevacizumab. This drug is injected through a vein (intravenously). It stops the formation of new blood vessels by cutting off the blood supply to the tumor and killing the tumor cells.

Five ways to control your eating



Extra cheese burst pizza, chocolate mousse, vanilla mango soufflé, cheddar chicken muffins. Does all these items make your tummy go yum? If yes then welcome to the foodie club. The club where all we know is how to be the slaves of our desires to quench our taste buds.

Often in the quest to satisfy our hunger we tend to over eat. Now that's surely a big problem. More so because majority of us of us now are living a sedentary life style.

Modern Life Style

A life style where we seldom get the time to work out or take breaks to breathe in fresh air, the school group too is overloaded with pressure of Exams and tuitions where as the office goers are always on the run.

In such a scenario the only pleasure people can afford is to indulge in eating

some amazing dishes, trying out restaurants or going out to cafes.

All these habits of stuffing heavy calorie diets as it fits in the brunch quick enough leads to health issues.

Here are 5 ways to control your over eating:

Greens First: While having lunch first stuff up yourself with as much as vegetables or proteins as possible cutting on the carb. This will leave less space for the sweet as well as the carb intake.

Water The Saver- Before taking any meal first drink a glass full of water this will help you to fill up your stomach and eventually you will be eating a lot less.

Break it Heavy- Try having a filling or heavy breakfast. Oats is a good choice to start with as it can keep you full for long hours. You will be a lot less likely to feel hungry

Switch It Off- Avoid watching TV or staring at your monitor as it makes you over eat even though you have never observed it.

Chew taking time- Chew your food properly and take a few time to keep it in mouth. Gorging and devouring food goes into the overeating zone. Your brain need s time to figure out and signal that your tummy have had enough. So g give it that time.

With these five simple tips you can rely your weight loss regime and start off with your healthy eating habits. These will definitely help you stop over eating and folks who are really looking forward in shedding those extra fat this is a perfect go. A healthy you is always a happy you!

Attention Doctors!!!

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Strep Throat is Contagious, Seek Immediate Medical Help

Strep throat is a bacterial infection causing pain and swelling of the throat. It mainly affects children between the age group of 5 and 15, caused due to a group of Streptococcus bacteria.

Streptococcus is a highly contagious bacterium and can spread through airborne droplets. Strep throat infection gets transferred from one person to another through sneezing, coughing, direct or indirect contact with infected person, and sharing of personal items.

The infection is seasonal and the risk increases in winter and spring.

The symptoms vary person to person based on the severity of their condition. Most common symptoms include sudden high fever, a sore throat, white patches around the throat, throat rash, a headache, shivering, loss of appetite, loss of appetite, stomach ache, body ache, nausea, vomiting, swollen lymph nodes and difficulty in swallowing.

These symptoms may appear after 3-5 days of exposure to infection. To avoid complications, it is important to see a doctor soon after signs and symptoms become visible.

Treatment:

The treatment options may include antibiotics like penicillin and amoxicillin. To get rid of infection properly, and it is important to finish the course of treatment. Home care remedies and taking precautions can minimize the risk of strep throat infections.

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Know Your Hormone Balancing Foods

Hormones are like messengers that play a key role in regulating your appetite, weight, and mood. They have intense effects on your mental, physical and emotional health. The endocrine glands secrete the right amount of each hormone required for several processes in your body.

Although imbalances in hormones are increasing with today's fast-paced lifestyle, a healthy lifestyle and nutritious diet are cornerstones that help you in boosting your hormonal health and keep you at good health.

Generally, symptoms of hormonal imbalance are experienced during puberty, menstruation, pregnancy, postpartum and premenopausal and menopause.

Symptoms include-fatigue, frequent headaches, excess hair growth in unwanted areas, acne breakouts, changes in body temperature, feeling irritable, weight gain, depression, irregular cycle, mood swings and fatigue.

Food is a quintessential means that are beneficial in handling hormone imbalances, let's explore some of the best hormone balancing foods.

Foods High In Omega 3 Fats

Essential fatty foods are one of the most important components to maintain hormone balance. Hormones are synthesized by cholesterol, if your diet is low in fat, hormone production may hamper and especially the female sex hormones estrogen and progesterone. Include a good amount of healthy fats such as – flaxseeds, chia seeds, salmon, herring and mackerel.

Protein Rich Foods

Protein-rich foods are essential in maintaining all the important bodily functions. Dietary protein provides essential amino acids that the body can't make and must be consumed every day to maintain health. Protein influence the release of hormones that control appetite and food intake. Further on, lack of amino

acids lysine and tryptophan decreases the levels of neurotransmitters that lead to nervousness, anxiety, depression and sleeping problems. Feeling stressed causes an imbalance of female hormones.

Good sources of protein foods include-milk and milk products, egg, lean meat, fish, lentils and legumes.

Magnesium Rich Foods

Magnesium, selenium, zinc, and iron are the minerals needed to produce neurotransmitters and hormones. Magnesium is also known as anti-stress mineral that has a calming effect on your body. It relaxes the muscles and nerves, thereby improving sleep, lowering the effects of stress and promoting hormonal balance.

Good sources of magnesium foods include- leafy green vegetables, beans and legumes, nuts and seeds.

Vitamin B Rich Foods

Vitamin B rich foods are essential in maintaining the emotional and mental well-being. Stress and depression lead to increasing demands for B vitamins. Alcohol, use of contraceptive pills, nicotine and excess consumption of caffeine are some of the factors that lead to B vitamin deficiency.

Common symptoms are anxiety, depression, irritability, and heightened PMS. So, add on a good amount of vitamin B rich foods such as milk and milk products, eggs, shellfish and lean meat to maintain your hormonal balance.

Anti-inflammatory Foods

Inflammation is the chief contributor for many diseases especially cardiovascular disease, stroke, dementia and diabetes. Inflammation can also cause hormonal imbalance, due to unhealthy food habits, blood sugar spikes, food allergies, parasites and toxins. Consuming anti-inflammatory foods such as garlic, ginger, turmeric, fatty foods, nuts, and vegetables can be beneficial in maintaining the hormonal balance.

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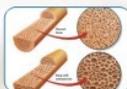
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- Surgery and post-operative care
- Per Rectum (PR) and colonoscopic examination
- Radiological examination.

To avoid excessive strain during Defecation in cardiac patients and patients with hernia.

In **PAIN FULL** excessive Bleeding Conditions..

Tranxi-M

Tranexamic Acid 500 mg + Mefenamic Acid 250 mg Tablets

**Prevents Excessive Bleeding &
Associated Pain**

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Dual Power

An ideal combination in Menorrhagia

Tranexamic Acid : Reduces Bleeding

Mefenamic Acid : Control Pain

Reduces Possibility of Anemia

Also Effective in :

Bleeding due to Hormonal Imbalance





High Blood Sugar Levels May Lead to Diabetic Neuropathy

Diabetic neuropathy is a condition commonly associated with type-2 diabetes causing damage to nerves. Uncontrolled levels of blood sugar, otherwise known as hyperglycemia, alter the ability of nerves to send signals, causing diabetic neuropathy.

The symptoms may not be visible in the beginning because of the slow progression of the condition. It usually takes a long time to develop diabetic neuropathy.

A patient suffering from diabetic neuropathy may feel numbness, tingling, pain, weakness in the limbs, loss of balance and coordination. These are the common signs associated with peripheral neuropathy and may get worse at night.

Besides peripheral neuropathy, there are three other types of diabetic neuropathy. These include autonomic neuropathy, radio-complexes neuropathy (affects mainly the nerves in lower limbs), and mono-neuropathy (affects mainly the nerves in middle body).

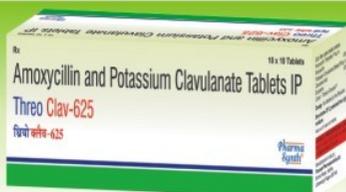
Autonomous neuropathy, which is also the major type of diabetic neuropathy, causes nerve damage, leading to severe neuro-degenerative disorders such as multiple sclerosis and Parkinson's disease. It can occur in heart, bladder, stomach, intestine, eyes, and sex organs. The signs may include, loss of consciousness, bladder issues, constipation or diarrhoea, gastro paresis, nausea and vomiting, trouble swallowing, increase or decrease in sweating, uncontrolled body temperatures, trouble

in vision while adjusting to light or dark environments, Erectile dysfunction and vaginal dryness, loss of libido.

The exact causes for diabetic neuropathy vary from type to type. High blood sugar also affects the capillary walls supplying oxygen and nutrients to nerves. The other factors may include nerve inflammation, genetics, smoking, and alcoholism.

The condition can be prevented by controlling blood sugars, carefully monitoring pre-diabetes symptoms and fasting blood sugar levels, balanced diet and following the doctor's advice.

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The most acceptable prescription for Unacceptable Infections



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Effective analgesic, anti-inflammatory, anti-septic and deodorant

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Improves Health & Stimulates Appetite

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Change of season has every reason for Cough & Congestion

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A wide range of Cough Remedies

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Diphenhydramine HCL 14 mg, Phenyephine HCL 2.5 mg,
Ammonium Chloride 100 mg, Sodium Citrate 50 mg / 5ml

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Ambroxol HCL 15 mg, Terbutaline Sulphate 1.25 mg,
Guaiphenesin 50 mg / 5ml

SEDORIL-DCP

Dextromethorphan Hydrobromide 5 mg, Chlorpheniramine Maleate 2 mg,
Phenyephine HCL 5 mg / 5ml

SEDORIL-kid

Phenyephine HCL 2.5 mg, Chlorpheniramine Maleate 2 mg,
Paracetamol 125 mg / 5ml

SEDORIL-LS ORAL SOLUTION

Ambroxol Hydrochloride 30 mg,
Guaiphenesin 50 mg, Levosalbutamol 1 mg / 5 ml

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Phenyephine HCL 2.5 mg, Chlorpheniramine Maleate 2 mg,
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