



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Wednesday 20240403

## Mental illness

### Researchers find how ketogenic diet improves severe mental illness (The Tribune: 20240403)

<https://www.tribuneindia.com/news/health/researchers-find-how-ketogenic-diet-improves-severe-mental-illness-606623>

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Researchers find how ketogenic diet improves severe mental illness

“The ketogenic diet has been proven to be effective for treatment-resistant epileptic seizures by reducing the excitability of neurons in the brain,” Sethi said. ANI Photo

The common antipsychotic medication used for severe mental illnesses such as schizophrenia and bipolar disorder might have unintended consequences. Although these medications aid in the regulation of brain chemistry, they frequently result in metabolic adverse effects, such as obesity and insulin resistance, which are so upsetting that many patients cease taking them.

According to a recent pilot study conducted by doctors at Stanford Medicine, a ketogenic diet helps these individuals’ mental health in addition to restoring their metabolic health while they continue their drug regimen. The findings, which were released in Psychiatry Research, indicate that nutritional interventions can be quite effective in addressing mental health conditions.

“It’s very promising and encouraging that you can take back control of your illness in some way, aside from the usual standard of care,” said Shebani Sethi, MD, associate professor of psychiatry and behavioural sciences and the first author of the new paper.

The senior author of the paper is Laura Saslow, PhD, associate professor of health behaviour and biological sciences at the University of Michigan.

Sethi, who is board certified in obesity and psychiatry, remembers when she first noticed the connection. As a medical student working in an obesity clinic, she saw a patient with treatment-resistant schizophrenia whose auditory hallucinations quieted on a ketogenic diet.

That prompted her to dig into the medical literature. There were only a few, decades-old case reports on using the ketogenic diet to treat schizophrenia, but there was a long track record of success in using ketogenic diets to treat epileptic seizures.

“The ketogenic diet has been proven to be effective for treatment-resistant epileptic seizures by reducing the excitability of neurons in the brain,” Sethi said. “We thought it would be worth exploring this treatment in psychiatric conditions.” A few years later, Sethi coined the term metabolic psychiatry, a new field that approaches mental health from an energy conversion perspective.

In the four-month pilot trial, Sethi’s team followed 21 adult participants who were diagnosed with schizophrenia or bipolar disorder, taking antipsychotic medications, and had a metabolic abnormality—such as weight gain, insulin resistance, hypertriglyceridemia, dyslipidaemia or impaired glucose tolerance. The participants were instructed to follow a ketogenic diet, with approximately 10 per cent of the calories from carbohydrates, 30 per cent from protein and 60 per cent from fat. They were not told to count calories.

“The focus of eating is on whole non-processed foods including protein and non-starchy vegetables, and not restricting fats,” said Sethi, who shared keto-friendly meal ideas with the participants. They were also given keto cookbooks and access to a health coach.

The research team tracked how well the participants followed the diet through weekly measures of blood ketone levels. (Ketones are acids produced when the body breaks down fat—instead of glucose—for energy.) By the end of the trial, 14 patients had been fully adherent, six were semi-adherent and only one was non-adherent.

The participants underwent a variety of psychiatric and metabolic assessments throughout the trial.

Before the trial, 29 per cent of the participants met the criteria for metabolic syndrome, defined as having at least three of five conditions: abdominal obesity, elevated triglycerides, low HDL cholesterol, elevated blood pressure and elevated fasting glucose levels. After four months on a ketogenic diet, none of the participants had metabolic syndrome.

On average, the participants lost 10 per cent of their body weight; reduced their waist circumference by 11 percent; and had lower blood pressure, body mass index, triglycerides, blood sugar levels and insulin resistance.

“We’re seeing huge changes,” Sethi said. “Even if you’re on antipsychotic drugs, we can still reverse the obesity, the metabolic syndrome, the insulin resistance. I think that’s very encouraging for patients.”

The psychiatric benefits were also striking. On average, the participants improved 31 per cent on a psychiatrist rating of mental illness known as the clinical global impressions scale, with three-quarters of the group showing clinically meaningful improvement. Overall, the participants also reported better sleep and greater life satisfaction.

“The participants reported improvements in their energy, sleep, mood and quality of life,” Sethi said. “They feel healthier and more hopeful.” The researchers were impressed that most of the participants stuck with the diet. “We saw more benefit with the adherent group compared with the semi-adherent group, indicating a potential dose-response relationship,” Sethi said.

There is increasing evidence that psychiatric diseases such as schizophrenia and bipolar disorder stem from metabolic deficits in the brain, which affect the excitability of neurons, Sethi said.

The researchers hypothesize that just as a ketogenic diet improves the rest of the body’s metabolism, it also improves the brain’s metabolism.

“Anything that improves metabolic health in general is probably going to improve brain health anyway,” Sethi said. “But the ketogenic diet can provide ketones as an alternative fuel to glucose for a brain with energy dysfunction.”

Likely there are multiple mechanisms at work, she added, and the main purpose of the small pilot trial is to help researchers detect signals that will guide the design of larger, more robust studies.

## **Ice bath benefits**

### **Ice bath benefits: Why are celebs taking a dip in ice water (The times of India: 20240403)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/ice-bath-benefits-why-are-celebs-taking-a-dip-in-ice-water/photostory/108976807.cms>

Wellness trends may be found in abundance on social media, and celebrities are currently fascinated by the ice bath or icy plunge craze. These days, taking an ice bath or diving into freezing water can be the trendiest thing on social media for both celebs and common people. Improved mood, increased energy, weight loss, and decreased inflammation are among the marketed advantages, although there is conflicting evidence to back up some of those assertions.

Ice baths, sometimes referred to as cold-water immersion or cryotherapy, entail immersing a person for 11 to 15 minutes in water that has been chilled to between 50 and 59 degrees Fahrenheit (10 and 15 degrees Celsius). Athletes have always praised this practice for post-workout recuperation; now, celebrities are embracing it for possible health benefits.

From International names like Kim Kardashian, Kate Middleton, Harry Styles, Kristen Bell and Lizzo to Indian celebs like Virat Kohli, Rakulpreet, Vidyut Jammwal, and Samantha claim ice plunges reduce inflammation and make their body feel better. The appeal of bone-chilling technique is supported by a foundation of scientifically established advantages that go beyond the glittering celebrity frenzy. Here are some cool benefits about this practice:

Immersion in cold water activates the portion of the nervous system that regulates the state of relaxation or rest. That might improve emotions of wellbeing. It also activates the portion of the nervous system that controls the stress response known as "fight-or-flight." Regular practice may lessen that reaction, which may help people feel more resilient to other stresses in their lives, however this has not been scientifically demonstrated

Cold dips can also help you lose weight by hastening your metabolism. Cool water speeds up metabolism due to the activation of brown fat. Regularly engaging in cold water dipping exercises can raise metabolic rate and promote weight loss by freezing fat.

This healthy practice can help in improving your body's blood circulation. Ice water therapy increases blood circulation, which is beneficial for heart health. Improved circulation allows the body to absorb and use nutrients and oxygen more effectively which helps in the long run.

Natural stress relievers called endorphins can be released while submerged in cold water. This can help those who are stressed because it might make them feel more at ease. It's well known that dipping into icy cold water elevates mood. Dopamine is released during an ice bath, improving mood. You might experience increased happiness and wellbeing as a result.

Dipping in cold water is great for muscle recovery and fitness. Following vigorous exercise, cold water therapy helps athletes feel less sore in their muscles. In a cool environment, blood vessels contract that leads to minimizing swelling and promoting muscle repair preventing wear and tear from the workout itself.

It's also important to proceed cautiously when using ice baths. Overexposure to cold water can cause skin and nerve sensitivity, hypothermia, and even heart problems. It is advised to progressively submerge various body parts in an ice bath for no longer than 15 minutes in order to prevent shock and blood vessel constriction, which may result in cardiac arrest or stroke

## Diabetes

### Diabetes? 7 lifestyle changes you must do right now (The times of India: 20240403)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/diabetes-7-lifestyle-changes-you-must-do-right-now/photostory/108975489.cms>

Diabetes is a chronic condition that affects millions of people worldwide. While it requires ongoing medical management, lifestyle choices play a significant role in controlling diabetes and preventing complications. Diabetes is spreading like an epidemic. There is a need to create awareness around diabetes because not just millions are affected by it, there is a large section of the population that is prediabetic. By making a few lifestyle changes, individuals with diabetes can better manage their condition and improve their overall health and well-being. These changes focus on diet, exercise, stress management, and other factors that impact blood sugar levels and overall health.

One of the most crucial lifestyle changes for managing diabetes is adopting healthy eating habits. Focus on a well-balanced diet that includes plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit the intake of processed foods, sugary snacks, and refined carbohydrates, as these can cause blood sugar spikes. Instead, opt for foods with a low glycemic index that provides sustained energy and help regulate blood sugar levels throughout the day.

Regular physical activity is essential for managing diabetes and improving overall health. Aim for at least 30 minutes of moderate-intensity exercise most days of the week. This can include activities such as walking, swimming, cycling, or strength training. Exercise helps lower blood sugar levels, improve insulin sensitivity, and reduce the risk of cardiovascular complications associated with diabetes. Find activities you enjoy and make them a regular part of your routine to stay active and healthy.

Maintaining a healthy weight is crucial for managing diabetes and reducing the risk of complications. If you're overweight or obese, losing even a small amount of weight can have significant benefits for your health. Focus on gradual weight loss through a combination of diet and exercise. Set realistic goals and make sustainable changes to your lifestyle to achieve long-term success. Consult with a healthcare professional or dietitian for personalized guidance and support on reaching and maintaining a healthy weight.

Monitoring blood sugar levels regularly is essential for managing diabetes and preventing complications. Keep track of your blood sugar levels as recommended by your healthcare provider, using a blood glucose meter or continuous glucose monitoring system. This information helps you

understand how your diet, exercise, medication, and other factors affect your blood sugar levels. By staying vigilant and proactive about monitoring your blood sugar, you can make informed decisions about managing your diabetes effectively.

Chronic stress can have a detrimental impact on blood sugar levels and overall health for individuals with diabetes. Incorporate stress management techniques into your daily routine to promote relaxation and well-being. This can include practices such as meditation, deep breathing exercises, yoga, or spending time in nature. Find activities that help you unwind and alleviate stress, and prioritize self-care to support your mental and emotional health while managing diabetes.

Taking medications as prescribed by your healthcare provider is essential for managing diabetes and preventing complications. Follow your treatment plan carefully, including taking medications as directed, monitoring blood sugar levels, and attending regular check-ups. If you have any concerns or questions about your medications, don't hesitate to discuss them with your healthcare provider. Adhering to your medication regimen consistently is critical for achieving optimal blood sugar control and overall health.

Regular medical check-ups are vital for monitoring your diabetes and identifying any potential complications early on. Schedule regular appointments with your healthcare provider for comprehensive diabetes care, includin

## **WHO's pandemic**

### **Chasing the heat in an election season (The Hindu: 20240403)**

<https://www.thehindu.com/sci-tech/health/chasing-the-heat-in-an-election-season/article68019512.ece>

This week in health: the heat and health conundrum, WHO's pandemic treaty and how AI can help in navigating mental health.

(In the weekly Health Matters newsletter, Ramya Kannan writes about getting to good health, and staying there. You can subscribe here to get the newsletter in your inbox.)

This is undeniably the hottest news this season, quite literally. The India Meteorological Department (IMD) predicted extreme heat in April-June in Central-western-peninsular parts. The IMD on April 1 warned of "above normal" heatwave conditions during these months over most of India. It also turns out to be the exact time when temperatures are any way soaring in the country

in a no literal sense as the fiercest battle is on in the subcontinent to elect the next government. Arguably, this could be among the grimmer battles fought. In light of this, advisories have been issued to the Election Commission of India (ECI) as well as the different States to take adequate precautions. Notably, this is not a 'mild' increase: Gujarat, Maharashtra, Andhra Pradesh, north Karnataka, Odisha, and western Madhya Pradesh, which on average see one to three heatwave days during April and May, are likely to experience two to eight heatwave days, the advisory from the IMD said. Heatwave days occur when day temperatures in a place are at least 4.5 degrees Centigrade above normal, or greater than 45 degrees Centigrade, on two consecutive days. While these States are particularly vulnerable, above normal temperatures are likely over all of the country barring Kerala, Jammu and Kashmir, Himachal Pradesh, Uttarakhand, and most of the northeastern States. For more information on what precautions to take while going to the polls, please hit the link above.

## **C-section deliveries**

### **Five-year study finds more women opt for C-section deliveries (The Hindu: 20240403)**

<https://www.thehindu.com/sci-tech/health/five-year-study-finds-more-women-opt-for-c-section-deliveries/article68015385.ece>

A study by the Indian Institute of Technology Madras found that there was a rise in the number of Caesarean sections (C-section) between 2016 and 2021 in the country. This, despite a drop in medical complications during pregnancy.

The chances of a delivery through C-section were greater if a woman gave birth in a private hospital, the study revealed. Also, overweight and older women (aged 35-49) were more likely to have C-section deliveries.

## **Cholesterol**

### **Why is cholesterol rising among the young? (Indian express: 20240403)**

Dr Suranjit Chatterjee, Senior Consultant, Internal Medicine, Indraprastha Apollo Hospital, New Delhi, on the need for early screening.

<https://indianexpress.com/article/health-wellness/hdy-cholesterol-rising-among-young-9225727/>

Most importantly, the cholesterol buildup could have begun at a younger age, in the teens even, but the patients have not felt any anomaly until they crossed into their 20s. (Photo: Getty Images/Thinkstock)

Many of my patients in their early 20s do not believe that they have high cholesterol till they see their lipid profile reports. Cholesterol has long been associated with older age groups but a worrying trend has emerged in recent years – a significant rise in cholesterol levels among the younger population. This silent health issue is often overlooked as high cholesterol rarely presents noticeable symptoms until it's too late.

Most importantly, the cholesterol buildup could have begun at a younger age, in the teens even, but the patients have not felt any anomaly until they crossed into their 20s. That's why you have so many youngsters report heart attacks caused by plaques, a result of high cholesterol in their blood.

What does cholesterol do and what's the ideal range?

Cholesterol is a waxy substance made by the liver that is necessary for producing hormones, vitamin D and bile salts, which play a role in digestion. It is carried as lipoproteins, high-density lipoprotein (HDL) and low-density lipoprotein (LDL). HDL is known as the "good cholesterol," and ideally should be 50mg/dL or higher. The amount of LDL, or "bad cholesterol," in your body should be kept low. Specifically, LDL cholesterol should be less than 100 mg/dL for Indians, who are more prone to heart disease than other populations. An LDL reading of 130 to 159 mg/dL is categorized as "borderline high," 160 to 189 mg/dL is "high," and a reading of 190 mg/dL or above is considered "very high."

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What causes cholesterol spike in the young?



This is linked to lifestyle and dietary choices, beginning with that packet of chips in your childhood. The prevalence of processed and fast foods, high in saturated fats and trans fats, has skyrocketed in recent decades. Unhealthy dietary habits, combined with a sedentary lifestyle and lack of physical activity, create the perfect storm for cholesterol build-up in the body. So your liver cannot handle the overload of fat or flush them out. Furthermore, the convenience of readily available sugary drinks and snacks has led to increased consumption of added sugars, which can contribute to high triglyceride levels and low levels of HDL (good) cholesterol. This imbalance in cholesterol levels can significantly increase the risk of heart disease and other related health issues.

ALSO READ | Are carbs increasing your cholesterol and heart attack risk? Find out why they are more damaging than fats

Having a family history or diabetes might also affect your numbers. A condition known as diabetic dyslipidemia can raise both your LDL (bad) cholesterol and lower your HDL (good) cholesterol.

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The invisible threat

One of the most concerning aspects of high cholesterol in young people is its asymptomatic nature. This leads to a false sense of security, allowing the condition to progress unchecked until serious complications arise.

High cholesterol can lead to a gradual buildup of plaque in the arteries, a condition known as atherosclerosis. This narrowing of the arteries can restrict the blood flow and increase the risk of heart attacks, strokes and other cardiovascular issues. The damage LDL (bad cholesterol) does to the arteries is cumulative and irreversible.

Early detection and prevention

While high cholesterol can lead to heart disease, the elevated level itself does not cause any symptoms. That's why young adults 20 years and older should get their cholesterol checked every five years even if they look fit. And if they show a tendency, they should check it every year.

5 superfoods to increase your good cholesterol levels

Also many people mistakenly link high cholesterol to obesity. Even thin people can have high cholesterol. By identifying elevated cholesterol levels early on, appropriate lifestyle modifications and, if necessary, medical interventions, you can reduce the risk of long-

term complications. Focus on a balanced diet rich in fruits, vegetables, whole grains and lean proteins. Regular physical activity and maintaining a healthy weight are also crucial for managing cholesterol levels. Additionally, quitting smoking and limiting alcohol consumption can significantly improve cardiovascular health.

If your levels are so high as to warrant use of cholesterol-lowering medication like statins, lifestyle changes can boost their efficacy.

## **Watermelon strawberry**

**This 5-ingredient watermelon strawberry smoothie can be your summer skin saviour (recipe inside) (Indian express: 20240403)**

<https://indianexpress.com/article/lifestyle/life-style/watermelon-strawberry-summer-skincare-smoothie-hydration-benefits-recipe-9242962/>

Watermelon is not just a quintessential summer fruit; it's packed with nutrients that can give your skin a healthy boost. Here's how a watermelon strawberry smoothie can become your go-to summer skincare drink.

watermelon strawberry smoothie recipe, summer skincare smoothie, smoothie for glowing skin, beat the heat smoothie Find out why you should add this watermelon strawberry smoothie to your summer diet. (Source: Freepik)

Summer's here, and the scorching sun, dry air, and increased sweating can leave your face feeling parched and dull. But fret no more! Celebrity chef Simone Kathuria offers a simple 5-ingredient recipe for a refreshing watermelon strawberry smoothie that might just be your new summer go-to.

Here's how to whip up this radiance-boosting beverage:

Gather chopped watermelon, frozen strawberries, lemon juice, mint leaves, and honey.

Wash the fresh ingredients thoroughly.

Combine the chopped watermelon and frozen strawberries in a blender.

Add lemon juice, mint leaves, and honey to taste.

Blend until smooth and creamy. Serve chilled!

Why you must add this smoothie to your summer diet

As Dr Henna Sharma, consultant dermatologist at Yatharth Hospital, Noida Extension, explains, with warmer months come cravings for refreshing and nourishing drinks. This smoothie ticks all the boxes for a summer skincare staple:

\*Hydration: Watermelon and lemon juice are both water-rich, keeping you hydrated on scorching days. Proper hydration is vital for healthy skin and overall well-being.

\*Antioxidant powerhouse: Watermelon, strawberries, and honey are all packed with antioxidants that combat free radical damage, reducing inflammation, preventing premature aging, and supporting healthy skin.

\*Cooling properties: Mint leaves and the refreshing flavours of watermelon and lemon create a delightful cooling effect, making this smoothie a perfect choice for hot weather.

\*Nutrient boost: This fruity concoction provides a variety of essential vitamins and minerals like vitamin C, vitamin A, potassium, and antioxidants, all beneficial for overall health and immunity.

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Malvika Fulwani, a clinical dietitian and certified diabetes educator, suggests prioritising whole fruits over juices or smoothies. However, she notes that smoothies are easy to prepare and can be consumed on the go, making them a convenient option during busy summer days.

Dr Sharma adds that certain individuals may need to be cautious or avoid this smoothie altogether due to specific health conditions:

\*Citrus allergy: The presence of lemon juice makes this smoothie unsuitable for those with citrus allergies, who may experience itching, swelling, or hives.

\*Diabetes management: While the natural sugars in watermelon and strawberries are generally healthy, individuals with diabetes should monitor their intake of sugary drinks, including smoothies, to maintain healthy blood sugar levels.

\*Mint sensitivity: Some people may experience digestive discomfort or allergic reactions to mint. If you have a known sensitivity, skip the mint or substitute it with another herb.

\*Low-carb considerations: The natural sugars in fruits can add up quickly. Those following a low-carb or ketogenic diet may want to explore lower-carb options.

Fulwani recommends customising smoothies to your preferences and dietary needs. “Incorporate yogurt, nuts, seeds, or protein powder for added nutrition,” she suggests. “For personalised guidance, consult a qualified healthcare professional,” she concludes.

## Dehydration

### Decoding skin turgor, the simple test often used to spot dehydration (Indian express: 20240403)

Can simply pinching your skin tell you if you are dehydrated? Dr Swetha Sridhar, consultant dermatologist and assistant professor at Bowring and Lady Curzon Hospital weighs in

<https://indianexpress.com/article/lifestyle/life-style/skin-turgor-dehydration-water-diagnosis-test-9246386/>

skin turgor, dehydrationSkin turgor can indicate whether your body is dehydrated or not. (Source: Freepik)

Considered to be an indicator of the skin’s elasticity, which is maintained by the water content present within its layers, skin turgor is used to describe the ability of the skin to return to its normal state after being pulled or pinched.

In simple terms, skin turgor can indicate whether your body is dehydrated or not. Dr Swetha Sridhar, consultant dermatologist and assistant professor at Bowring and Lady Curzon Hospital, Bengaluru, says, “The pinch test is simple: gently pinch the skin, often on the forearm or abdomen, and observe how quickly it returns to its normal flat state. Healthy, well-hydrated skin snaps back rapidly, while dehydrated skin returns more slowly.”

#### Changes in skin turgor due to dehydration

In dehydration, the body loses fluids and electrolytes, Dr Sridhar says, leading to a decrease in the skin’s elasticity. This occurs because water plays a crucial role in maintaining skin plumpness and elasticity; without adequate hydration, the skin becomes less supple.

Physiologically, dehydration reduces the volume of interstitial fluid—the fluid that surrounds the cells, including skin cells—leading to a more “deflated” appearance of the skin and slower turgor.

skin turgor, dehydration Skin turgor is commonly assessed on the back of the hand, lower arm, or abdomen, according to Dr Swetha Sridhar (Source: Freepik)

#### Specific areas for skin turgor assessment

Skin turgor is commonly assessed on the back of the hand, lower arm, or abdomen, according to Dr Sridhar. However, these areas can be less reliable in older adults due to the natural loss of skin elasticity with aging.

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In such cases, she says, clinicians may assess skin turgor in areas less affected by aging, such as over the sternum or the forehead, to gauge hydration more accurately.

#### Clinical assessment and diagnostic tools

Dermatologists and healthcare practitioners evaluate skin turgor through a comprehensive examination of hydration levels. While observing skin turgor can serve as an initial indicator, it is commonly integrated with additional markers and diagnostic methods for a more thorough assessment.

“These may include patient history, physical examination for other signs of dehydration, and laboratory tests measuring electrolyte levels, kidney function, and urine concentration,” Dr Sridhar informs. It is essential to consider the overall health condition of the patient when diagnosing skin turgor accurately and assessing hydration levels.

#### Reliability of skin turgor as an indicator of dehydration

While changes in skin turgor can indicate dehydration, Dr Sridhar underscores the importance of recognising its limitations and encourages employing a comprehensive approach when diagnosing and managing dehydration because “it’s not always a reliable standalone measure”.

Dehydration severity and its impact on skin turgor can vary widely among individuals, influenced by factors such as age, overall health, and the presence of certain conditions.

For example, elderly individuals naturally have less elastic skin, she says, which may not reflect hydration status accurately. It’s important to consider other signs of dehydration, such as dry mouth, fatigue, decreased urine output, and dizziness, alongside skin turgor.

In the end, Dr Sridhar agrees that skin turgor is a useful, non-invasive tool for assessing hydration status, but highlights that it should be considered alongside other signs and symptoms of dehydration. Accurate assessment requires a holistic approach, taking into account the individual’s age, health status, and other diagnostic findings.

## **Anxiety**

### **Take control of your anxiety: 5 easy exercises to integrate into your daily routine**

### **Feeling overwhelmed by anxiety? Here are some easy exercises you can start doing right now to manage it. (Indian express: 20240403)**

<https://indianexpress.com/article/lifestyle/life-style/anxiety-anxious-exercise-calm-mindfulness-meditation-9244706/>

anxiety, exercises, yoga, anxiousness Exercise is like a natural stress fighter for your brain and body, says Dr Pallavi Singh, founder of Stride Podiatry (Source: Freepik)

Today, most of us are familiar with the debilitating feeling of anxiety. This feeling can take several forms, and affect individuals not only mentally and emotionally, but also physically. In more serious cases of anxiety disorders, it can become life-altering.

In simple terms, anxiety is the fear of the unknown and is often accompanied by physical symptoms such as rapid heartbeat, trembling, and gastrointestinal issues. When experienced consistently, it can take a toll on the person's health and mental well-being, resulting in their inability to function normally in daily life.

As a result, it becomes imperative for everyone to take a step back and calm their nerves down whenever needed.

Dr Pallavi Singh, founder of Stride Podiatry says that exercise is like a natural stress fighter for your brain and body. Adding, Pooja Thawrani, founder of Balance Yoga Studio, tells indianexpress.com, "From a yoga practitioner's viewpoint, the calming effect of yoga and similar exercises on anxiety is not just physical but deeply rooted in the mind-body connection." She stresses that in addition to these exercises, what is also important is cultivating a mindful, balanced lifestyle that supports overall well-being.

What effects do calming exercises have on the body?

Dr Singh suggests that the key is to move regularly. "Even a brisk walk for 20-30 minutes most days of the week can make a big difference in how calm and stress-free you feel," she says. Exercising regularly to calm your mind can help in several ways:

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Releases 'happy' chemicals

When you exercise, your body releases endorphins. These act like little messengers that improve your mood and make you feel more relaxed, pushing away those anxious jitters.

Controls stress hormones

Exercise helps your body put a restraint on the release of stress hormones like cortisol. Too much cortisol can make you feel anxious, but exercise keeps it in check.

Better sleep, better mood

Regular exercise can help you sleep soundly at night. When you're well-rested, you're naturally less edgy and better able to handle stress, making anxiety less likely to take hold.

Other mood-regulators

Exercise also increases the production of other neurotransmitters like serotonin and dopamine, which play a role in mood regulation and feelings of pleasure and reward.

anxiety, exercises, anxiousness Anxiety is the fear of the unknown and is often accompanied by physical symptoms such as rapid heartbeat, trembling, and gastrointestinal issues. (Source: Freepik)

5 relaxing exercises that can help calm anxiety

According to Dr Singh, anxiety often manifests physically, leading to shallow breathing and muscle tension. Here are five exercises, grounded in well-understood physiological principles, she says, that can effectively combat these symptoms and promote a sense of calm:

Deep breathing (diaphragmatic breathing)

This technique stimulates the parasympathetic nervous system, which governs the body's relaxation response. By focusing on slow, deep breaths that expand your abdomen (diaphragmatic breathing), you activate the vagus nerve, leading to a decrease in heart rate and a reduction in stress hormones like cortisol.

Progressive muscle relaxation (PMR)

PMR capitalises on the mind-body connection. By intentionally tensing and releasing different muscle groups, you heighten your awareness of physical tension associated with anxiety. This allows for a more deliberate release of tension, promoting a relaxed state throughout the day.

### Guided visualisation

Visualisation leverages the power of imagery to create a sense of calm. By focusing on a peaceful and serene mental image, you distract yourself from anxious thoughts and activate brain regions associated with relaxation. This can effectively reduce activity in the amygdala, a part of your brain that is a key player in processing fear and anxiety.

### Body scan meditation

This mindfulness technique cultivates awareness of bodily sensations without judgment. By systematically focusing your attention on different parts of your body, you can identify areas of tension or discomfort. Simply acknowledging these sensations, without judgment, can facilitate their release. This practice promotes a sense of present-moment awareness, disengaging you from ruminative anxieties.

### Mindful movement

Combining gentle physical activity with mindfulness, mindful movement exercises like yoga or tai chi, offer a two-pronged approach to anxiety reduction. Focusing on your breath and how your body moves keeps you present in the moment, effectively diverting attention from anxious thoughts. Additionally, the physical activity component promotes the release of endorphins, natural mood-elevating neurotransmitters that further contribute to a sense of well-being.



## **Mental illness**

### **Researchers find how ketogenic diet improves severe mental illness (New Kerala: 20240403)**

<https://www.newkerala.com/news/2024/19239.htm>

The common antipsychotic medication used for severe mental illnesses such as schizophrenia and bipolar disorder might have unintended consequences. Although these medications aid in the regulation of brain chemistry, they frequently result in metabolic adverse effects, such as obesity and insulin resistance, which are so upsetting that many patients cease taking them.

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"It's very promising and very encouraging that you can take back control of your illness in some way, aside from the usual standard of care," said Shebani Sethi, MD, associate professor of psychiatry and behavioral sciences and the first author of the new paper.

The senior author of the paper is Laura Saslow, PhD, associate professor of health behavior and biological sciences at the University of Michigan.

Sethi, who is board certified in obesity and psychiatry, remembers when she first noticed the connection. As a medical student working in an obesity clinic, she saw a patient with treatment-resistant schizophrenia whose auditory hallucinations quieted on a ketogenic diet.

That prompted her to dig into the medical literature. There were only a few, decades-old case reports on using the ketogenic diet to treat schizophrenia, but there was a long track record of success in using ketogenic diets to treat epileptic seizures.

"The ketogenic diet has been proven to be effective for treatment-resistant epileptic seizures by reducing the excitability of neurons in the brain," Sethi said. "We thought it would be worth exploring this treatment in psychiatric conditions."

A few years later, Sethi coined the term metabolic psychiatry, a new field that approaches mental health from an energy conversion perspective.

In the four-month pilot trial, Sethi's team followed 21 adult participants who were diagnosed with schizophrenia or bipolar disorder, taking antipsychotic medications, and had a metabolic abnormality -- such as weight gain, insulin resistance, hypertriglyceridemia, dyslipidemia or impaired glucose tolerance. The participants were instructed to follow a ketogenic diet, with approximately 10% of the calories from carbohydrates, 30% from protein and 60% from fat. They were not told to count calories.

"The focus of eating is on whole non-processed foods including protein and non-starchy vegetables, and not restricting fats," said Sethi, who shared keto-friendly meal ideas with the participants. They were also given keto cookbooks and access to a health coach.

The research team tracked how well the participants followed the diet through weekly measures of blood ketone levels. (Ketones are acids produced when the body breaks down fat -- instead of glucose -- for energy.) By the end of the trial, 14 patients had been fully adherent, six were semi-adherent and only one was non-adherent.

The participants underwent a variety of psychiatric and metabolic assessments throughout the trial.

Before the trial, 29% of the participants met the criteria for metabolic syndrome, defined as having at least three of five conditions: abdominal obesity, elevated triglycerides, low HDL cholesterol, elevated blood pressure and elevated fasting glucose levels. After four months on a ketogenic diet, none of the participants had metabolic syndrome.

On average, the participants lost 10% of their body weight; reduced their waist circumference by 11% percent; and had lower blood pressure, body mass index, triglycerides, blood sugar levels and insulin resistance.

"We're seeing huge changes," Sethi said. "Even if you're on antipsychotic drugs, we can still reverse the obesity, the metabolic syndrome, the insulin resistance. I think that's very encouraging for patients."

The psychiatric benefits were also striking. On average, the participants improved 31% on a psychiatrist rating of mental illness known as the clinical global impressions scale, with three-quarters of the group showing clinically meaningful improvement. Overall, the participants also reported better sleep and greater life satisfaction.

"The participants reported improvements in their energy, sleep, mood and quality of life," Sethi said. "They feel healthier and more hopeful."

The researchers were impressed that most of the participants stuck with the diet. "We saw more benefit with the adherent group compared with the semi-adherent group, indicating a potential dose-response relationship," Sethi said.

There is increasing evidence that psychiatric diseases such as schizophrenia and bipolar disorder stem from metabolic deficits in the brain, which affect the excitability of neurons, Sethi said.

The researchers hypothesize that just as a ketogenic diet improves the rest of the body's metabolism, it also improves the brain's metabolism.

"Anything that improves metabolic health in general is probably going to improve brain health anyway," Sethi said. "But the ketogenic diet can provide ketones as an alternative fuel to glucose for a brain with energy dysfunction."

Likely there are multiple mechanisms at work, she added, and the main purpose of the small pilot trial is to help researchers detect signals that will guide the design of larger, more robust studies.

As a physician, Sethi cares for many patients with both serious mental illness and obesity or metabolic syndrome, but few studies have focused on this undertreated population.

She is founder and director of the metabolic psychiatry clinic at Stanford Medicine

"Many of my patients suffer from both illnesses, so my desire was to see if metabolic interventions could help them," she said. "They are seeking more help. They are looking to just feel better."

Researchers find how ketogenic diet improves severe mental illness

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## **Genetic disorder**

### **YKT6 gene variants may cause novel genetic disorder: Study (New Kerala: 20240403)**

<https://www.newkerala.com/news/2024/19240.htm>

recent joint investigation identified uncommon mutations in the YKT6 gene as the source of a novel neurological illness characterised by developmental delays, severe progressive liver disease, and a risk of liver cancer.

The study, published in *Genetics in Medicine*, was led by Dr Hugo Bellen, Distinguished Service Professor at Baylor College of Medicine and Principal Investigator at Texas Children's Hospital's Jan and Dan Duncan Neurological Research Institute (Duncan NRI), and Dr Wendy Chung, Chief of Paediatrics at Boston Children's Hospital.

"It is known that the YKT6 gene plays important roles in many intracellular vesicular trafficking events in the cells but this is the first time it has been linked to a genetically inherited disorder," Dr. Bellen said. "This study, using patient samples and fruit flies, provides a solid experimental foundation for future studies to better understand this new disease and to develop therapies."

YKT6 gene variants disrupt brain development and sometimes, liver function

In collaboration with Dr Mythily Ganapathi at Columbia University Irving Medical Center, Drs. Paula Hertel and Davut Pehlivan at Texas Children's Hospital and Dr. James Lupski at Baylor College of Medicine, and by using the GeneMatcher tool and Baylor Genetics clinical diagnostics laboratory, this team of researchers and clinicians found three unrelated individuals with missense (analogous to misspellings in a word) variants in both copies of the YKT6 gene.

All three individuals had early onset of disease (four to six months of age) with failure to thrive. Two of them had an identical missense variant because of which the tyrosine amino acid at position 185 was changed to cysteine (Tyr185Cys). On the other hand, the third child carried a variant that caused the same amino acid change but in a different location (Tyr64Cys) of the YKT6 protein. Interestingly, in addition to developmental delays and neurological defects which were observed in all three children, only the two individuals with the Tyr185Cys variant had liver dysfunction and a potential risk for developing liver cancer.

"Interestingly, both individuals with the Tyr185Cys variant belong to the Syrian/Saint Thomas Christians of Kerala, India, a group currently estimated to be comprised of about 5 million individuals worldwide," Dr Mythily Ganapathi said. "Our genetic lineage analysis suggests this variant likely originated from a common ancestor before the community split."

YKT6 gene variants impair autophagy

To assess how YKT6 variants result in the observed disease pathologies, the Bellen team studied the fruit fly version of this gene which is quite similar to its human counterpart.

"We found that the fly version of this protein is expressed in the fat body and brain which are analogous to the human liver and central nervous system respectively," Dr. Mengqi Ma, one of the first authors and a postdoctoral fellow in the Bellen lab, said. "Moreover, fly strains with loss of function mutations in this gene were lethal."

Further, they observed that Ykt6 mutant flies expressing the normal fly version of the Ykt6 gene flies had an average lifespan. However, transgenic flies expressing the fly versions of the disease variants were less effective in restoring lifespan and other symptoms. While Ykt6 mutant flies expressing Tyr65Cys (equal to human Tyr64Cys) had normal lifespan and locomotion, those expressing Tyr186Cys (equal to human Tyr185Cys) had severely reduced lifespan and locomotor defects. "Our results showed that the fly Ykt6 Tyr186Cys cause more severe defects than Tyr65Cys," Dr. Ma added, "suggesting that the corresponding human YKT6 Tyr185Cys is a more severe variant than Tyr64Cys."

To understand why these variants behaved differently, they delved deeper into their biology.

YKT6 belongs to the SNARE family of proteins that regulate the flow of protein traffic to various compartments within the cell. In mammalian cells, YKT6 mediates the fusion of two cellular organelles - the autophagosomes and lysosomes to form autolysosomes - within which 'used' cellular proteins, lipids, and other molecules are degraded and recycled back for future use. This process called autophagy is critical for the proper function and health of the cells.

The team found that the loss of fly Ykt6 led to an abnormal accumulation of proteins involved in autophagosome formation and autophagic cargo receptor, indicating a block in the autophagy pathway. Further studies revealed that just like lethality and other defects, fly Tyr186Cys (equal to human Tyr185Cys) was less efficient in reverting the symptoms compared to a normal copy of the Ykt6 gene. Furthermore, they observed that while autophagy initiation was normal, the steps involved in the breakdown of cellular waste were impaired in the absence of Ykt6.

"Based on our findings, we recommend the YKT6 gene as a candidate for carrier screening in the Syrian/Saint Thomas Christian community of Kerala," Dr Mythily Ganapathi said.

"Our work suggests children diagnosed with YKT6 liver disease will also need to be screened for hepatocellular carcinoma," Dr. Paula Hertel said.

"In summary, we have discovered YKT6 variants as the cause of a novel developmental disorder affecting brain function and in certain cases, also liver function, providing us valuable insights into a new genetic disease. However, additional studies with more patients will be needed to precisely understand the pathogenesis and to identify potential therapeutic targets for this condition," Dr Bellen added.

YKT6 gene variants may cause novel genetic disorder: Study

## Healthy Food

**Healthy Food: गर्मियों में थकान जैसी समस्याओं के लिए इन 6 फूड को डाइट में करें शामिल (Hindustan: 20240403)**

<https://www.livehindustan.com/lifestyle/health/story-best-summer-food-to-reduce-heat-in-thyroid-fatigue-diabetes-gut-skin-hair-9681183.html>

Healthy Food For Summer: गर्मियों में कमजोर पाचन से लेकर थकान, कमजोरी और दूसरी 6 समस्याओं के लिए डाइटिशियन के बताएं इन 6 फूड्स को डाइट में शामिल करें। जानें कौन से हैं

वो फूड्स जो हेल्थ के लिए हैसही।

गर्मी का मौसम हेल्थ के लिए काफी सारी परेशानियां लेकर आता है। गर्मी में थकान और कमजोरी महसूस होनेके साथ ही थायरॉइड और डायबिटीज के मरीजों को भी बाँडी

मेंहीट की प्रॉब्लम होनेलगती है। ऐसेमेंसमस्याओं को समझकर डाइट मेंकुछ चीजों को लेनेसेराहत मिलती हैऔर बाँडी हीट की समस्या खत्म होती है। अगर आप स्किन

प्रॉब्लम, हेयर लॉस, डायबिटीज, थायरॉइड जैसी 6 समस्याओं सेजुझ रहेहैतो डायटीशियन मनप्रीत के बताए इन 6 तरह के फूड्स को डाइट मेंशामिल करें।

ऐप पर पढ़ेंढ़ेंढ़ें

ई- पेपर शहर चुनें

होम NCR देश चुनाव IPL 2024 NEW मनोरंजन करियर बोर्ड रिजल्ट्स

NEW होली वेब स्टोरी बिजनेस विदेश धर्म

4/3/24, 12:14 PM best summer food to reduce heat in thyroid fatigue diabetes gut skin hair - Healthy Food: गर्मी यों में थका न जैसी समस्याओं के लिए इन 6 ...

<https://www.livehindustan.com/lifestyle/health/story-best-summer-food-to-reduce-heat-in-thyroid-fatigue-diabetes-gut-skin-hair-9681183.html> 2/7

विज्ञापन

थायरॉइड

थायरॉइड के मरीजों को गर्मी मेंहीट बैलेंस करनेके लिए नारियल पानी पीना फायदेमंद होता है। नारियल पानी गर्मी मेंइलेक्ट्राइट्स को बैलेंस करता है। मेटाबॉलिज्म बढ़ाता

और एनर्जी देता है। साथ ही अगर इससेसब्जा सीड्स को मिला दिया जाए तो शरीर मेंहो रही सूजन को कम करनेमेंभी मदद करता है।

डायबिटीज

बाँडी मेंहीट और थकान जैसी समस्या होनेपर डायबिटीज के मरीज सफेद कद्दू के जूस को पिएं।एं एशागॉर्ड मेंग्लाइसेमिक इंडेक्स कम होता है। और ब्लड शुगर लेवल को

बैलेंस कर एनर्जी देनेमेंमदद करता है। सफेद कद्दू मेंन्यूट्रिशन की मात्रा भी अच्छी खासी होती है। विटामिन सी, कैल्शियम, आयरन और मैग्नीशियम सेभरपूर होनेकी वजह

सेडायबिटीज के मरीजों के लिए फायदेमंद है।

गट हेल्थ के लिए

गर्मी में जिन लोगों में पेट में गर्मी महसूस होती है और डाइजेशन ठीक तरीके से काम नहीं करता है। ऐसे लोगों को कांजी पीना फायदा करता है। ठंडी कांजी आंतों में गुडगु

बैक्टीरिया को बढ़ाती है और गट हेल्थ को सही करती है। जिससे पाचन क्रिया तेज होती है।

थकान और कमजोरी

डिहाइड्रेशन और बहुत ज्यादा धूप में रहने की वजह से अगर शरीर थका महसूस हो रहा। कमजोरी लग रही तो जौ के सत्तू को पानी में मिलाकर पिएं। एं येशरीर को ताकत

देने में मदद करता है।

बालों का झड़ना

गर्मी में पसीने की वजह से बालों का झड़ना सता रहा है तो खाने में चुकंदर का रायता शामिल करें। आयरन, फोलेट और विटामिन सी से भरपूर चुकंदर हेयर फॉलिकल को

बढ़ने में मदद करते हैं। साथ ही एंटी एं ऑक्सीडेंट्स से भरपूर होने की वजह से चुकंदर बालों को डैमेज से बचाता है।

## Health Benefits of Cucumber

**ये हैं गर्मियों में खीरा खाने के गजब के फायदे, डायबिटीज और कब्ज की हो सकती है छुट्टी (Hindustan: 20240403)**

Health Benefits Of Cucumber: क्या आप जानते हैं खीरे का नियमित सेवन आपको डायबिटीज और कब्ज जैसे रोगों से दूर रखते हुए सेहत से जुड़े कई फायदे भी पहुंचा सकता है।

सेहत के लिए खीरे के फायदों को देखते हुए आइ

<https://www.livehindustan.com/lifestyle/health/story-diabetes-to-constipation-know-amazing-health-benefits-of-eating-cucumber-during-summer-kheera-khane-ke-fayde-9680441.html>

Health Benefits Of Cucumber: सलाद की प्लेट सजाने से लेकर आपकी खूबसूरती में चार चांद लगाने तक, आपने खीरे के कई फायदे सुने होंगे। लेकिन

क्या आप जानते हैं खीरे का नियमित सेवन आपको डायबिटीज और कब्ज जैसे रोगों से दूर रखते हुए सेहत से जुड़े कई फायदे भी पहुंचा सकता है। जी हां, खीरा,

पानी के साथ-साथ फाइबर, कैल्शियम, मैग्नीशियम, फास्फोरस और पोटैशियम जैसे पोषक तत्वों से भरपूर होता है। जो सेहत को कई लाभ पहुंचाते हैं। सेहत के

लिए खीरे के फायदों को देखते हुए आइए जान लेते हैं गर्मियों में खीरा खाने से सेहत को मिलते हैं क्या गजब के फायदे।

विज्ञापन

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश चुनाव IPL 2024 NEW मनोरंजन करियर बोर्ड रिजल्ट्स

NEW होली वेब स्टोरी बिजनेस विदेश धर्म

4/3/24, 12:16 PM diabetes to constipation know amazing health benefits of eating cucumber during summer kheera khane ke fayde - ये हैं गर्मियों में खीरे ...

<https://www.livehindustan.com/lifestyle/health/story-diabetes-to-constipation-know-amazing-health-benefits-of-eating-cucumber-during-summer-kheer...> 2/4

गर्मियों में खीरा खाने से मिलते हैं ये फायदे-

वेट लॉसवेट लॉस के लिए खीरे का सेवन बेहद फायदेमंद माना जाता है। खीरे में कैलोरी की मात्रा कम और फैट बिल्कुल नहीं होता है। एक स्टडी के अनुसार हाई वॉटर

और लो कैलोरी फूड्स वजन घटाने में फायदेमंद हो सकते हैं।

डिहाइड्रेशन रखें दूर खीरा खाने से बॉडी की कई तरह की दिक्कतें दूर होती हैं। बॉडी के मेटाबॉलिज्म को बेहतर बनाए रखने के लिए उसे पानी की जरूरत होती है। बता दें, खीरे के

सेवन से दैनिक जरूरत का 40 प्रतिशत पानी शरीर को मिल जाता है। खीरे में मौजूद इलेक्ट्रो लाइट्स बॉडी को हाइड्रेटेड रखकर डिहाइड्रेशन से बचाव करते हैं।

डायबिटीज डायबिटीज रोगियों के लिए खीरे का सेवन बेहद फायदेमंद माना जाता है। कई एनिमल स्टडी में यह बात सामने आई है कि खीरे का सेवन ब्लड शुगर को कंट्रोल

कर सकता है। खीरे में ग्लाइसेमिक इंडेक्स की मौजूदगी के साथ फाइबर और रफेज की मात्रा ज्यादा होती है जो मेटाबॉलिज्म को मजबूत करती है। शोधकर्ताओं



की मानें तो खीरा डायबिटीज से पीड़ित लोगों के लिए अच्छा आहार विकल्प हो सकता है। खीरा, मधुमेह को नियंत्रित करने और इसके जोखिमों की रोकथाम में

महत्वपूर्ण भूमिका निभा सकता है।

कब्जखीरे का सेवन बॉवेल मूवमेंट को अच्छा करके कॉन्स्टिपेशन की समस्या से बचाव करता है। खीरे में मौजूद पानी और फाइबर की मात्रा डाइजेशन दुरुस्त रखकर

कब्ज की समस्या से निजात दिलाने के साथ मल त्याग की प्रक्रिया को आसान और नियमित बनाए रखने में मदद करती है। जिन लोगों को कब्ज की समस्या रहती

है, उन्हें अपनी डाइट में खीरा जरूर शामिल करना चाहिए।

त्वचा, बालों और नाखूनों के लिए फायदेमंद खीरे में मौजूद सिलिका आपके बालों और नाखूनों के लिए बहुत अच्छा होता है। इसके अलावा इसमें मौजूद एंटी-इंफ्लेमेटरी गुण प्राकृतिक रूप से त्वचा को

चमकदार बनाए रखने में मदद करते हैं।

## Mental Health

**Mental Health: दिमाग को बूढ़ा नहीं होने देंगे ये Food, कंप्यूटर की तरह तेज दौड़ेगा दिमाग, याददाश्त भी होगी मजबूत ((Navbharat Time: 20240403)**

<https://navbharattimes.indiatimes.com/lifestyle/health/best-foods-for-mental-health-according-to-study-diet-improve-your-brain-health/articleshow/108992793.cms?story=2>

बेहतर मेंटल हेल्थ के लिए दिमाग को मजबूत बनाना, याददाश्त को तेज करना, और सोचने-समझने की शक्ति को बढ़ाना बेहद जरूरी है, जिसमें हमारा खान-पान महत्वपूर्ण भूमिका निभा सकता है। तो आइए जानते हैं कि अच्छी मेंटल हेल्थ के लिए हमें डाइट में क्या-क्या शामिल करना चाहिए।

best foods for mental health according to study diet improve your brain health

Mental Health: दिमाग को बूढ़ा नहीं होने देंगे ये Food, कंप्यूटर की तरह तेज दौड़ेगा दिमाग, याददाश्त भी होगी मजबूत

एमजॉन पर सुपर वैल्यू डेज, 1-7 अप्रैल तक ग्रॉसरी पर बंपर छूट

डील देखें

ऐमजॉन पर सुपर वैल्यू डेज, 1-7 अप्रैल तक ग्राँसरी पर बंपर छूट

शॉपिंग अलर्ट- कूलिंग एप्लायंसेज पर बेहतरीन ऑफर के साथ गर्मी को मात दें - 55% तक की छूट पाएं डील देखें

शॉपिंग अलर्ट- कूलिंग एप्लायंसेज पर बेहतरीन ऑफर के साथ गर्मी को मात दें - 55% तक की छूट पाएं

क्या आप iPhone 15 जीतने के लिए लकी ड्रॉ का हिस्सा बनना चाहेंगे?

डील देखें

क्या आप iPhone 15 जीतने के लिए लकी ड्रॉ का हिस्सा बनना चाहेंगे?

भागदौड़ भरी जिंदगी में मेंटल हेल्थ को बेहतर बनाए रखना एक बड़ी चुनौती है। तमाम कोशिशों के बावजूद एक बड़ी संख्या में लोग स्ट्रेस, एंजायटी और पैनिक अटैक जैसी समस्याओं से जूझ रहे हैं। फिल्मी कलाकार हों, स्पोर्ट्स पर्सन्स हों, स्टूडेंट्स हों, ग्रहणियों हों, या फिर प्रोफेशनल्स।

हर वर्ग के लोग मेंटल हेल्थ से जुड़ी किसी न किसी तरह की दिक्कत का सामना कर रहे हैं। ऐसे में सवाल है कि इस समस्या का हल क्या है। ऐसा कौन सा तरीका है, जिसकी मदद से मेंटल हेल्थ को बेहतर रखा जा सकता है? जवाब है लाइफस्टाइल मोडिफिकेश।

शोध बताते हैं कि हेल्दी डाइट हमारी इस समस्या का हल कर सकती है। तो आइए जानते हैं कि वो कौन से फूड हो सकते हैं, जो हमारी मेंटल हेल्थ पर महत्वपूर्ण प्रभाव डालते हैं।

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<strong>विटामिन सी वाले फल</strong>

आंवला, संतरा, नींबू, अमरूद आदि का सेवन मेंटल हेल्थ को बेहतर बनाने में मदद कर सकता है। दरअसल इन सभी में विटामिन सी अच्छी मात्रा में पाया जाता है, जो शरीर में ऑक्सीटोसिन

को बढ़ाता है और खराब मूड को अच्छा करने में सहायक होता है।

मूंगफली, और सूरजमुखी

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मूंगफली, और सूरजमुखी के बीज भी मेंटल हेल्थ को बढ़िया रखने में मदद कर सकते हैं। इनमें विटामिन बी3 (नियासिन) पर्याप्त मात्रा में होता है जो कि शरीर में ऑक्सीटोसिन का उत्पादन बढ़ाकर उदासी और दुख की भावनाओं को दबाने में मदद कर सकता है।