



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20240510

Covishield side effects

Covishield side effects | Doctors' group urges Centre to review all COVID vaccines (The Hindu: 20240510)

At a press conference, the doctors, under the banner of the Awaken India Movement (AIM), urged the government to review the science behind all COVID vaccines

<https://www.thehindu.com/sci-tech/health/covishield-side-effects-doctors-group-urges-govt-to-review-all-covid-vaccines/article68158989.ece>

The AIM urged the government of India to compensate all the victims of COVID vaccines, including their family members, through a mechanism that involves vaccine manufacturers as well. File

The AIM urged the government of India to compensate all the victims of COVID vaccines, including their family members, through a mechanism that involves vaccine manufacturers as well. File | Photo Credit: PTI

In the wake of pharmaceutical giant AstraZeneca admitting in a U.K. court that its COVID vaccine can cause blood clots in rare cases, a group of doctors on May 9 expressed deep concern over the safety of the Covishield vaccine manufactured by the Serum Institute of India.

At a press conference, the doctors, under the banner of the Awaken India Movement (AIM), urged the government to review the science behind all COVID vaccines and audit their commercialisation as well as implementation of active surveillance and monitoring mechanism to ensure vaccine adverse events are identified as early as possible.

Protein supplements

Avoid protein supplements: top medical body in dietary guidelines for Indians

The ICMR recommended restricting salt intake, minimising sugar and ultra-processed foods(The Hindu: 20240510)

<https://www.thehindu.com/sci-tech/health/avoid-protein-supplements-says-icmr-in-dietary-guidelines-for-indians/article68158977.ece>

The Hyderabad-based National Institute of Nutrition has released revised ‘Dietary Guidelines for Indians (DGIs)’ to meet the requirements of essential nutrients and prevent non-communicable diseases. Photo: main.icmr.nic.in

The Hyderabad-based National Institute of Nutrition has released revised ‘Dietary Guidelines for Indians (DGIs)’ to meet the requirements of essential nutrients and prevent non-communicable diseases. Photo: main.icmr.nic.in

The Indian Council of Medical Research (ICMR) has called for avoiding protein supplements for building body mass and recommended restricting salt intake, minimising sugar and ultra-processed foods and reading information on food labels to make informed and healthy food choices.

The Hyderabad-based National Institute of Nutrition (NIN) under the apex health research body on Wednesday released revised 'Dietary Guidelines for Indians (DGIs)' to meet the requirements of essential nutrients and prevent non-communicable diseases (NCDs).

EAC report showing dip in share of Hindu population poses serious questions, says Rajeev Chandrasekhar; Amit Malviya blames Congress

Bail to Kejriwal to campaign will end arrests of politicians as elections are year-round phenomenon in India, ED tells Supreme Court

Markets plunge amid fears of uncertain poll outcome

Fall in Japan’s power demand sees India as third largest producer of solar power in 2023

Consider plea to shift ‘Savukku’ Shankar from Coimbatore central prison to any other prison: Madras High Court

10 skincare tips

10 skincare tips you need for your kids' skin this summer (Hindustan: 20240510)

Follow these 10 simple summer skincare tips to ensure that your kids stay safe, healthy and happy while enjoying the sunshine.

Summer brings fun in the sun but it also means extra care for the little one's delicate skin and parents notice that as summer heats up, their kids and teens might face some serious skincare challenges but the good news is, we can help you navigate through it all. With longer days spent outdoors and more exposure to the sun's rays, keeping your kids' skin healthy and protected becomes extra important to avoid sunburns, dehydration and other skin problems but don't worry, we've got you covered!

10 skincare tips you need for your kids' skin this summer (Image by Freepik)

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In an interview with HT Lifestyle, Prasanna Vasnadu, Parent Educator and Founder of Tikitoro, shared five essential skincare tips to ensure your little ones have a happy and healthy summer -

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Smartwatches!

Participate daily to win an iPhone 15 & Boat Smartwatches! (Hindustan: 20240510)

<https://www.hindustantimes.com/lifestyle/health/10-skincare-tips-you-need-for-your-kids-skin-this-summer-101715309498173.html>

Sunscreen protection: Be a sun safety superhero this summer! Wearing sunscreen is one of the most important skin care practices for children in the summer. Lather your kids up with broad-spectrum sunscreen with a minimum SPF of 30 on all exposed skin, including the face, ears and neck. Reapply it every two hours or after swimming or sweating. Also, encourage your kids to use sunglasses, wide-brimmed hats, and wear lightweight long sleeve shirts, especially during peak sun hours, which is between 10 a.m. and 3 p.m.

Gentle Cleaning: Summertime fun often means sweaty adventures and dirty play! To keep your child's skin clean and clear, create a gentle cleansing routine. Skip harsh soaps and opt for a gentle cleanser which is free from allergic fragrances designed for sensitive skin. Teach your kids to wash their bodies and face, especially before bed, will help remove dirt and keep their skin happy and healthy.

Moisturise everyday: After a day of splashing and splashing, keep your child's skin happy and hydrated with a moisturizer made for your kid's sensitive skin. Look for moisturizers that have naturally derived ingredients like aloe vera, shea butter that provides hydration without clogging of pores and helps soothe inflamed and irritated skin. Apply liberally after bath time to lock in moisture and keep their skin soft and healthy all summer long. No matter what skin type your child has, it is essential to teach them the importance of moisturisation and help develop it as a healthy habit that must be practiced daily.

Hydration is must: The summer heat can cause dehydration, which has an impact on the appearance of the skin in addition to general health. Encourage your child to drink an adequate amount of water throughout the day to maintain hydration from within. Serve them fruits and vegetables that are high in water content, such as cucumbers, and melons. Carry a water bottle with you wherever you go, and encourage your kids to hydrate frequently, especially when engaging in outdoor activities.

Treat sunburns: Summer heat can be a drag for kids. Help them stay cool with refreshing baths, cold compresses, and loose, breathable clothing. If sunburns strike, using moisturizer with aloe vera, calendula or chamomile can work wonders to soothe irritation and redness.

Bringing her expertise to the same, Dr Saru Singh, Aesthetic Physician and Consultant, recommended five essential skincare tips to keep your kids protected and glowing all season long

Sunscreen Shield: Shield your child's skin from harmful UV rays by applying a broad-spectrum sunscreen with SPF 30 or higher. Reapply every two hours, especially after swimming or sweating, and don't forget commonly overlooked areas like ears, lips, and the tops of feet.

Hydration Hero: Keep your kids hydrated by encouraging them to drink plenty of water throughout the day. Hydrated skin is less prone to dryness and sun damage, so pack a water bottle for outings and limit sugary drinks that can dehydrate.

Cover-Up Care: Dress your child in lightweight, long-sleeved clothing and wide-brimmed hats to provide extra protection from the sun. Opt for tightly woven fabrics that offer better UV protection, and seek shade during peak sun hours between 10 a.m. and 4 p.m.

Cooling Comfort: Help your kids cool down after outdoor play by taking cool baths or showers. Moisturize their skin with a gentle, hydrating lotion to soothe any sun-exposed areas and prevent dryness.

Allergy Awareness: Be mindful of potential skin allergies or sensitivities to common summer irritants like chlorine, insect bites, or certain plants. Keep antihistamines and soothing creams on hand for quick relief if irritation occurs.

By following these simple summer skincare tips, you can ensure your kids stay safe, healthy, and happy while enjoying the sunshine.

Ayurveda for heatwaves

Ayurveda for heatwaves: Sandalwood paste on pulse points to melons, tips to prevent heat-related illnesses in summer (Hindustan: 20240510)

Maintaining internal and external coolness in summer is essential to prevent sunstrokes and heat-related illnesses. Here's how Ayurveda can help beat heatwaves

In Ayurveda, maintaining internal and external coolness during summer is essential to prevent sunstrokes and heat-related illnesses and for this, we must follow a balanced diet and a healthy lifestyle. According to experts, Ayurveda offers a comprehensive approach to combat heatwaves by addressing the body's internal equilibrium.

Ayurveda for heatwaves: Sandalwood paste on pulse points to melons, tips to prevent heat-related illnesses in summer (Image by freepic.diller on Freepik)

Ayurveda for heatwaves: Sandalwood paste on pulse points to melons, tips to prevent heat-related illnesses in summer (Image by freepic.diller on Freepik)

In an interview with HT Lifestyle, Dr Sarvesh Kumar Agrawal, Associate Professor at National Institute of Ayurveda in Jaipur, advised, "We must incorporate cooling diet, herbs and practices into our daily routine during the summer months. Amla and Aloe Vera juice are renowned for their cooling properties and can be consumed regularly to regulate body temperature and promote overall well-being. Additionally, applying Sandalwood paste to the body, particularly on pulse points, helps cool the skin and relieves the heat."

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PCOS and Inositol

PCOS and Inositol: 5 food items that should be part of the daily diet(Hindustan: 20240510)

<https://www.hindustantimes.com/photos/lifestyle/pcos-and-inositol-5-food-items-that-should-be-part-of-the-daily-diet-101715241684686-1.html>

PCOS is a condition where the ovaries produce an abnormal amount of Androgen leading to cyst formation in the ovaries. This can further lead to menstrual irregularity, weight gain, acne formation and mood swings. In PCOS, some people may lack the proper dosage of Inositol in their bodies. Inositol is a type of sugar made in the body and also found in food items. "When our bodies struggle to use insulin effectively, our bodies also might not be utilising inositol as well as it should... leading to depletion of our inositol stores," wrote Dietitian Tallene Hacatoryan. Here are a few food items that should be consumed on a daily basis.(Pixabay)expand-icon

Published on May 10, 2024 06:00 AM IST

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should... leading to depletion of our inositol stores," wrote Dietitian Tallene Hacatoryan. Here are a few food items that should be consumed on a daily basis.(Pixabay)

Buckwheat is a great flour alternative. It is gluten-free and is loaded with fiber, protein and antioxidants. (Unsplash)expand-icon

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Cabbage helps in reducing inflammation and boosts digestion. It is also a great source of vitamins, fiber and folates. (Unsplash)expand-icon

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Citrus and melons make for a great source of Vitamin C, flavonoids and fiber. They also satisfy the sweet cravings. (Unsplash)expand-icon

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Beans are a great source of protein and fiber. For gluten free carb, beans can be used in soup or salad as a daily diet. (Unsplash)expand-icon

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Nuts are loaded with benefits and are a healthy go-to snack. They also help in reducing the food cravings and keep us satiated.(Unsplash)expand-icon

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Nile virus

West Nile virus spreads in Kerala: Symptoms to prevention all you want to know (Hindustan: 20240510)

<https://www.hindustantimes.com/lifestyle/health/west-nile-virus-spreads-in-kerala-symptoms-to-prevention-all-you-want-to-know-101715263981002.html>

West Nile virus mostly causes flu-like symptoms but can lead to life-threatening neurological complications. Take note of these symptoms and prevention tips.

West Nile fever is spreading across the three districts of Kerala--Malappuram, Kozhikode and Thrissur and State Health Department has issued an alert, instructing the authorities to speed up pre-monsoon cleaning activities. So far, at least ten cases of the vector-borne disease have been found. West Nile virus is a mosquito-borne flavivirus that can cause flu-like symptoms. It is spread via bite of an infected mosquito, mostly culex mosquitoes that are considered the primary carriers of the disease. Human to human transmission is not known yet. Death of two people in the recent days are suspected to be because of the WNV virus, as per a Hindustan Times report though no official confirmation has been made so far.

West Nile virus is a mosquito-borne flavivirus that can cause flu-like symptoms in people and some birds.(US CfDCaP/epa efe/dpa/picture-alliance)

West Nile virus is a mosquito-borne flavivirus that can cause flu-like symptoms in people and some birds.(US CfDCaP/epa efe/dpa/picture-alliance)

What is West Nile virus?

West Nile virus is a mosquito-borne flavivirus that can cause flu-like symptoms in people and some birds. The virus is most commonly found in Africa, Europe, West Asia, and North America, but it has been increasingly detected in other parts of the world, including Kerala.

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"The virus is spread to humans by the bite of an infected mosquito. Culex mosquitoes, which are common in Kerala, are the primary carriers of the West Nile virus in the state. Most people infected with West Nile virus will not develop any symptoms. However, those who do experience symptoms will typically feel flu-like illness within 2 to 14 days after being bitten by an infected mosquito," says Dr Neha Rastogi, Consultant, Infectious Diseases, Fortis Memorial Research Institute, Gurugram.

"West Nile fever is a mosquito-borne viral disease that has become a significant public health concern, particularly during the warmer months when mosquito activity peaks. While the majority of infected individuals remain asymptomatic or experience only mild, flu-like symptoms, we must

remain vigilant as this virus has the potential to cause severe and even life-threatening neurological complications, especially in vulnerable populations such as the elderly and those with weakened immune systems," says Dr Rakesh Gupta , Senior Consultant , Internal Medicine , Indraprastha apollo hospitals.

Symptoms of West Nile fever

"Some common symptoms of West Nile virus are fever, headache, body aches, fatigue, nausea, vomiting, diarrhoea etc," adds Dr Rastogi.

"In a small number of cases, West Nile virus infection can lead to severe neurological illness, such as meningitis (inflammation of the membranes that surround the brain and spinal cord) or encephalitis (inflammation of the brain)," adds the expert.

Preventive tips

"There is no vaccine or specific treatment for West Nile virus infection. However, one can use insect repellent that contains DEET, picaridin, oil of lemon eucalyptus, or IR3535. Wear long-sleeved shirts and pants when outdoors, especially at dawn and dusk when mosquitoes are most active. Eliminate mosquito breeding grounds around your home by getting rid of standing water in tires, buckets, flowerpots, and other containers," suggests Dr Rastogi.

"Effective prevention measures, such as using insect repellents, wearing protective clothing, and eliminating standing water sources where mosquitoes breed is very important. Early recognition of the symptoms, including fever, headache, body aches, and rash, is vital for prompt diagnosis and appropriate medical intervention," says Dr Gupta.

Dr Gupta says people with severe cases of West Nile fever may require hospitalization and supportive care, including intravenous fluids, respiratory support, and prevention of secondary infections.

"Close monitoring and management of neurological complications, such as encephalitis and meningitis, are critical to minimize long-term effects and improve patient outcomes. While there is currently no specific treatment or vaccine for West Nile fever, ongoing research efforts hold promise for future therapeutic and preventive measures. Until then, our focus remains on raising awareness, promoting prevention strategies, and providing timely and comprehensive care," he adds.

Better life

4 aspects of change that we should learn to embrace for a better life: Therapist shares tips(Hindustan: 20240510)

<https://www.hindustantimes.com/photos/lifestyle/4-aspects-of-change-that-we-should-learn-to-embrace-for-a-better-life-therapist-shares-tips-101715256479714-5.html>

From external changes to internal changes, here are four types of changes that we should learn to embrace.

For personal development and emotional growth, we should learn to embrace change. Change is constant throughout our lives but when we choose what changes we should make, we gain more perspective about ourselves. "By examining change through different lenses, we gain a more holistic perspective that considers all these dimensions. This allows us to address the full range of challenges and opportunities that come with change," wrote Therapist Israa Nasir. Here are four aspects of change that we should learn to embrace.(Unsplash)expand-icon

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External change: This refers to the circumstances we are a part of or the environment that surrounds us. Often external changes are beyond our control, and we need to adapt to it with changes in our behaviour and habits. (Unsplash)expand-icon

Published on May 09, 2024 07:00 PM IST

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Internal change: This includes changing our habits, mindset, shifting our perspectives or making changes in our attitude or behavioural patterns. This comes with self-awareness. (Unsplash)expand-icon

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Behavioural change: While setting new goals or adopting new habits, we may change certain things about ourselves such as actions, habits or patterns in our behaviour. (Unsplash)expand-icon

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Behavioural change: While setting new goals or adopting new habits, we may change certain things about ourselves such as actions, habits or patterns in our behaviour. (Unsplash)

Organisational change: Changes within groups, systems or institutions related to policies, structure or culture should be made to make things better.(Unsplash)expand-icon

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Organisational change: Changes within groups, systems or institutions related to policies, structure or culture should be made to make things better.(Unsplash)

World Lupus Day 2024

World Lupus Day 2024: Date, history, significance, facts about autoimmune disease (Hindustan: 20240510)

<https://www.hindustantimes.com/lifestyle/health/world-lupus-day-2024-date-history-significance-facts-about-autoimmune-disease-101715257402807.html>

World Lupus Day is dedicated to people worldwide who suffer from this debilitating autoimmune disease and struggle with multiple symptoms across their body.

Lupus is an autoimmune disease makes your body's immune system attack your own tissues and organs due. This inflammation can affect joints, skin, kidneys, blood cells, brain, heart and lungs. This wide range of symptoms across the body includes joint pain, headache, rashes, fever, fatigue, mouth sore, confusion, swollen glands, blood clots etc. The condition can also weaken bones and cause osteoporosis and may affect heart causing cardiovascular issues. Genetic factors, hormones, environmental factors, smoking or stress can also raise chances of getting this disease. (Also read | World Thalassaemia Day 2024: Date, history and significance of the day)

World Lupus Day is celebrated every year on May 10. This year it's being observed on a Friday.

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Significance of World Lupus Day

Almost 5 million people worldwide suffer from Lupus, with 1.5 million of them living in the United States alone. World Lupus Day is dedicated to people worldwide who suffer from this debilitating disease and struggle with multiple symptoms across their body. This annual observance focuses on the need for improved patient healthcare services, increased research into the causes of and cure for lupus, earlier diagnosis and treatment of lupus. World Lupus Day also brings together organizations and people affected by the disease around the world and also aims to find ways to lessen the suffering of people with this potentially fatal autoimmune disease.

History of World Lupus Day

According to daysoftheyear.com, the history of World Lupus Day goes back to 2004 when it was established by Lupus Canada to raise awareness around this lesser-known disease that could greatly impact those suffering from it and their families. Lupus organisations from thirteen different countries came together to organize this day and made efforts to funding for research, provide better patient services, increase epidemiological data and raise awareness.

Facts about Lupus

The day is now popularly observed across most of the continents all over the world - in Africa, Asia, Australia, North & South Americas, and Europe.

Lupus is usually diagnosed between the age of 15 to 44 and lasts for the rest of the person's life. It is more common in women and almost 90% of those suffering from the disease are females, while only 10% men get diagnosed with it

In the 13th century, Lupus got its name from Latin word which means wolf, to describe facial lesions that looked like a wolf's bite.

Managing Lupus

"As we commemorate World Lupus Day, it is crucial to emphasize the vital role of physical activity in managing this complex autoimmune condition. This condition is also known as Systemic Lupus Erythematosus (SLE) which affects millions of individuals worldwide, with women accounting for up to 90% of cases. While the management of lupus has seen significant advancements in recent years, the importance of physical activity cannot be overstated," says Dr Anu Daber, Sr Consultant Rheumatology, Paras Health Gurugram.

"According to the recommendations by an international task force, individuals with SLE should aim for at least 150 minutes of moderate-intensity aerobic activity per week, in addition to muscle-strengthening exercises at least two days per week. It is crucial to understand that the benefits of physical activity extend far beyond just the physical aspects of lupus management. Regular exercise has been shown to have a positive impact on mental health, reducing the risk of depression and anxiety, which are common comorbidities among individuals with SLE," adds Dr Daber.

Tackling asthma

Tackling asthma: Expert insights on better management of chronic respiratory disease (Hindustan: 20240510)

Not many are aware that Asthma is not a disease that can be permanently cured but can only be managed better with right intervention and medication.

Asthma is a major health problem, not just in India but globally and it is a chronic respiratory disease which affects millions of people worldwide, including millions in India. The recent Global Burden of Disease (GBD, 1990–2019) estimated the total burden of asthma in India as 34.3 million, accounting for 13.09% of the global burden.

Tackling asthma: Expert insights on better management of chronic respiratory disease (Image by 8photo on Freepik)

Tackling asthma: Expert insights on better management of chronic respiratory disease (Image by 8photo on Freepik)

Also, India contributes to an alarming 42% asthma-related deaths globally. Additionally, the country ranks first in the world for disability-adjusted life years (DALYs) attributed to asthma, highlighting the substantial impact of the disease on overall health and quality of life.

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Happiness (The Asian Age:20240510)


<http://onlinepaper.asianage.com/articledetailpage.aspx?id=18012032>



The Sad Part Of 24/7 Happiness

With self-proclaimed gurus and influencers doling out 24/7 happiness mantras, experts highlight the importance of embracing grief and imperfections in our lives

ANDREA CUTINHO

 In the quest for happiness, people employ various methods like nurturing meaningful relationships, eating healthy, pursuing financial stability, practising self-care, and engaging in physical exercise. However, the propaganda of achieving '24/7 Happiness,' often preached by self-proclaimed gurus and YouTube influencers can have detrimental effects. Many of them coach individuals into targeting unrealistic and unhealthy forms of achieving life-long bliss. Behind a facade of fake smiles, the suppression of raw emotions and impending doom can profoundly impact individuals both physically and mentally, leading to dire consequences.

IN PURSUIT OF HAPPINESS

The rise of social media exacerbates the 24/7 happiness epidemic when displays of luxury and social status take centre stage influencing people to associate money with solving every problem known to man. Statements like 'Life is too short to miss out' or 'Live life king-size' can be misinterpreted by those who avoid confronting their inner struggles and prioritise multitasking at sonic speeds to generate multitudes of wealth. The prevalence of narrow-mindedness and constant hustling intensifies with the proliferation of YouTube videos



 **STRIVING FOR POSITIVITY AND HAPPINESS IS IMPORTANT YET TO ACHIEVE HAPPINESS, ONE MUST FIRST UNDERSTAND AND NAVIGATE GRIEF.**

— SNEHA GUPTA, Holistic Well-being Life Coach

promoting fast monetary gains, featured widely alongside content. Some renowned experts promote 24/7 happiness to generate the 'fan dynamic effect' due to their fame and reputation.

Meera Jayaprakash, Psychotherapist at The Flashlight warns against the doom associated with the 24/7 happiness mantra saying, "When a person suppresses their natural emotions like sadness, anger, or guilt in pursuit of continuous happiness, it comes out drastically in the form of self-doubt, seeking validation, emotional stress, frustration, and lack of self-confidence. The physical body also starts showing mental health trauma in


the form of insomnia or hypersomnia, eating disorders, blood pressure, difficulty in emotional and sexual intimacy, cysts and even stress-induced tumours."

While individuals on social media, family or society may propagate the need to be happy 24/7, the root cause of the validation-seeking attitude stems from a much larger issue. "The need to seek constant happiness stems down to gender norms which leads to suppression of natural emotions. For example, a woman may have difficulty showing anger and is expected to smile, a man is accustomed to not showing emotions or the eldest child of the family is pressured to maintain a responsible image," adds Meera.

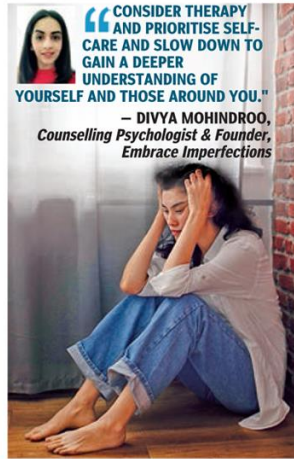
AN EMOTIONAL JOURNEY

The true meaning of happiness lies when feelings of sadness, pain, grief, and fear are confronted leading to healthy growth and important life lessons. For **Rimma Quadros**, Chief Coordinator, Arts and Humanities, the pursuit of 24/7 happiness taught her important lessons in life. She says, "The pursuit of success in various aspects of life leaves little time for personal growth. Competition in academics, jobs and picture-perfect social media content adds to stress and harms mental health." "In this journey, recognizing both the ups and downs is vital. Fostering support, open communication and self-compassion are crucial to navigate the pressures of modern life and emerge stronger," she adds.

Sneha Gupta, a holistic well-being life coach stresses that acknowledging pain and sadness is the very first step towards

 **"WHEN A PERSON SUPPRESSES NATURAL EMOTIONS IN THE PURSUIT OF CONTINUOUS 24/7 HAPPINESS, IT LEADS TO SELF-DOUBT, SEEKING VALIDATION, EMOTIONAL STRESS, FRUSTRATION AND LACK OF SELF-CONFIDENCE."**

— MEERA JAYAPRAKASH, Psychotherapist, The Flashlight



 **CONSIDER THERAPY AND PRIORITISE SELF-CARE AND SLOW DOWN TO GAIN A DEEPER UNDERSTANDING OF YOURSELF AND THOSE AROUND YOU."**

— DIVYA MOHINDROO, Counselling Psychologist & Founder, Embrace Imperfections

true happiness. She says, "Striving for positivity and happiness is important yet to achieve happiness. One must first understand and navigate grief." The constant chase of happiness is something we create for ourselves through trials and triumphs. "Happiness is achieved by understanding our subconscious mind, our value system, and beliefs, and cultivating meaningful relationships along the way," adds Sneha.

EMBRACE IMPERFECTIONS

The first step to happiness is understanding where sadness comes from and the root causes behind it. Constant people-pleasing and validation-seeking ultimately lead to a rut of frustration and dissatisfaction, no matter how good you may strive to be. **Divya Mohindroo**, Counselling Psychologist and Founder of Embrace Imperfections weighs in on the happiness trend advising, "The mentality of 'Good vibes only' or being happy 24/7 removes you from the world, the community, and the people in your life." "Expressing through words or movement, art, music, or dance is essential to convey emotions. Take breaks from social media and news to prevent overwhelm. Consider therapy and prioritise self-care and slow down to gain a deeper understanding of yourself and those around you," suggests Mahindroo.

To deal with the root cause of suppressed emotions therapeutic techniques like emotional expression through open communication and writing without filters on a piece of paper are greatly effective. "Accept and remind yourself that some situations have no control without any judgement, journal and be mindful of your present by avoiding multitasking to remain truly content and satisfied," adds Jayaprakash.



Nutrition alert

Nutrition alert: Here's what a 100-gram serving of arbi contains (Indian Express:2024.0510)

<https://indianexpress.com/article/lifestyle/food-wine/nutrition-alert-arbi-health-benefits-9278002/>

According to G Sushma, clinical dietician, CARE Hospitals, Banjara hills, Hyderabad, arbi has a high water content, which can help contribute to hydration during hot summer days.

arbiWhat are the health benefits of eating arbi? (Source: Freepik)

Arbi, also known as taro root or colocasia, is a versatile and nutritious root vegetable gaining popularity worldwide. This starchy wonder offers a range of health benefits thanks to its impressive nutrient profile.

According to G Sushma, clinical dietician, CARE Hospitals, Banjara hills, Hyderabad, arbi has a high water content, which can help contribute to hydration during hot summer days.

Oral hygiene

Oral hygiene: Why you should hold the toothbrush at a 45-degree angle to your gums

Dr R R Dutta, HOD, internal medicine, Paras Gurugram said, "The correct way to brush your teeth is often overlooked but crucial for maintaining optimal oral health. (Indian Express:2024.0510)

<https://indianexpress.com/article/lifestyle/life-style/brushing-teeth-twice-enough-9311597/>

brushing teeth, oral hygiene, dental health, proper brushing technique, gum disease, tooth decay, enamel damage, dentist, professional cleaning Choose a soft-bristled toothbrush to avoid damaging your enamel and gums. (Source: Freepik)

All of us are taught to brush our teeth twice daily to maintain oral hygiene and good dental health. However, many of us still face dental issues after brushing daily — that is because while brushing our teeth is necessary, doing so correctly is also important.

Dr R R Dutta, HOD, internal medicine, Paras Gurugram said, “The correct way to brush your teeth is often overlooked but crucial for maintaining optimal oral health. It involves holding your toothbrush at a 45-degree angle to your gums and using gentle, circular motions to clean all tooth surfaces thoroughly.”

Agreed Dr Amit Sachdeva, Dentex Dental Care, and said that angling the toothbrush at 45 degrees along the gum line offers a two-pronged benefit for optimal oral hygiene. “First, it allows the bristles to effectively reach beneath the gum tissue, where plaque and bacteria can accumulate and contribute to gum disease. This gentle subgingival cleaning helps remove harmful biofilms at their source. Second, the angled position ensures the bristles contact both the tooth surface and the gum tissue, promoting a more thorough cleaning and reducing the risk of damaging the gums if brushing with a straight-on approach. This technique, along with soft bristles and gentle pressure, helps maintain healthy teeth and gums,” he told indianexpress.com.

ICMR issues guidelines

ICMR issues guidelines urging Indians to avoid using protein supplements; here's why(Indian Express:2024.0510)

Learn more about some effective alternative dietary strategies and sources of protein that can replace your protein supplements

<https://indianexpress.com/article/lifestyle/food-wine/icmr-protein-supplements-powder-health-kidney-bones-9318508/>

ProteinThe Indian Council of Medical Research's (ICMR) has released the revised Dietary Guidelines for Indians (DGIs) taking a cautionary stance on the use of protein supplements. (Source: Freepik)

After a study revealed that 70% of the 36 popular protein supplements tested in India had inaccurate protein information last month, the Indian Council of Medical Research (ICMR) has released the revised Dietary Guidelines for Indians (DGIs) taking a cautionary stance on the use of protein supplements by urging Indians to avoid their consumption, according to a report by PTI.

Led by the health research body the National Institute of Nutrition (NIN) in Hyderabad, these guidelines stem from a meticulous process involving extensive research.

According to PTI, “The DGIs have been drafted by a multi-disciplinary committee of experts led by Dr Hemalatha R, Director, ICMR-NIN and have undergone several scientific reviews. Seventeen guidelines have been listed in it.”

Among the seventeen listed guidelines, a notable emphasis has been placed on avoiding the prolonged intake of protein powders or high protein concentrates, citing potential health risks such as bone mineral loss and kidney damage.

Specific risks associated with prolonged intake of protein supplements

Aaiisha Sanghavi, nutrigenomics counsellor, HaystackAnalytics informs, “Prolonged intake of protein supplements can strain kidney function by increasing glomerular filtration rate (eGFR) and serum creatinine levels. Acidic protein diets may lead to calcium loss, impacting bone health. A diet high in acid-ash proteins causes excessive calcium loss because of its acidogenic content.”

Festive offer

Shubha Ramesh L, chief dietician at DHEE Hospitals adds, “High protein intake, particularly from supplements, has been associated with increased urinary excretion of calcium, an essential mineral for bone health. This phenomenon can potentially lead to negative calcium balance and bone density loss over time if not counterbalanced with adequate dietary calcium.”

While protein-rich diets are generally safe for healthy individuals, she says, excessive protein, especially from supplements, can exacerbate kidney strain in those with pre-existing kidney dysfunction.

protein Meet your protein needs naturally (Source: Freepik)

Evidence supporting the concerns raised by the ICMR-NIN regarding protein supplements

According to Kanikka Malhotra, clinical dietician and diabetes educator, research demonstrates the need for more regulation and guidance on protein supplement use, particularly among groups at risk of kidney failure.

Shubha reveals, “The concerns about protein supplements are backed by various studies which highlight the potential for negative impacts on renal and bone health when consumed in excessive amounts without adequate hydration and dietary balance.”

The ICMR-NIN guidelines are influenced by these findings, she confirms, suggesting that protein from natural food sources is typically accompanied by other essential nutrients that create a more balanced nutritional profile, thus mitigating potential health risks.

Individuals for whom protein supplements might pose a higher risk

Elderly individuals, those with pre-existing kidney conditions, and pregnant women are at higher risk with protein supplements due to potential kidney strain and altered calcium metabolism, says Sanghavi.

Oral rinse

Simple oral rinse can detect gastric cancer early, shows study (New kerala:20240510)

<https://www.newkerala.com/news/2024/26670.htm>

simple oral rinse may be key to check early risks of gastric cancer -- the fourth-leading cause of cancer deaths worldwide, according to a study on Thursday.

Simple oral rinse can detect gastric cancer early, shows study

Researchers, from Rutgers University in the US, showed that a simple oral rinse helped them identify distinct oral bacteria patterns in patients with cancer or precancerous conditions.

However, the difference between the samples "was very little", they said, noting that it "suggests that the changes in the microbiome may occur as soon as the stomach environment starts to undergo changes that can eventually turn into cancer".

The results were based on bacteria samples from the mouths of 98 patients scheduled for endoscopy, of which 30 had gastric cancer, 30 presented premalignant gastric conditions, and 38 were healthy controls.

"We see that the oral microbiome and the stomach microbiome are connected, and knowing what bugs are in your mouth tells us what the stomach environment is like," said Shruthi Reddy Perati, general surgery resident at Rutgers Robert Wood Johnson School of Medicine.

Importantly, the findings suggest oral bacteria alone could be biomarkers for gastric cancer risk.

As per the findings, the team also developed a model of the 13 bacterial genera representing the most significant differences between controls and the cancer and pre-cancer patients.

The findings will be presented at the Digestive Disease Week (DDW) 2024 in Washington, D.C.

Endoscopy

Endoscopy exposes healthcare workers to toxic smoke equal to 1 cigarette per procedure (New kerala:20240510)

<https://www.newkerala.com/news/2024/26632.htm>

Healthcare workers assisting endoscopic gastrointestinal procedures in operation theatres may be exposed to dangerous toxin levels equivalent to smoking a cigarette during each procedure, increasing "significant health risks", a new study revealed on Thursday.

The study, led by researchers at the Brigham and Women's Hospital in the US, noted that smoke-producing endoscopic procedures include a procedure that uses electrical current to remove polyps.

"Surgeons in the operating room have regulations and guidelines to mitigate smoke exposure, but that does not exist for gastrointestinal endoscopy," said lead author Trent Walradt, a research fellow at Brigham.

"If you're doing four or five procedures a day, that's five cigarettes a day. Over the course of a week, it's like you're smoking a pack of cigarettes. That's not acceptable," added Chris Thompson, director of endoscopy at Brigham and principal investigator on the study.

The team assessed gastrointestinal endoscopic procedures that produce smoke, such as procedures to stop bleeding, reduce the size of the opening to the small intestine after gastric bypass, or remove cancerous and precancerous polyps near the muscle.

Sleep Effect On Body

Sleep Effect On Body: भूलने और सोचने की क्षमता कम कर देगी नींदनीं , कम सोने से होंगेहों गये नुकसान

Sleep Effect On Body: अगर आप 20 से 35 साल की उम्र में हैं और काम के सिलसिले में नींदनीं को छोड़ देते हैं। कम से कम रात को 5 घंटे से भी कम नींदनीं लेते हैं तो इससे शरीर पर

बहुत तरह के निगेटिव असर पड़ते हैं।(Hindustan Times :20240510)

<https://www.livehindustan.com/lifestyle/health/story-not-sleeping-enough-in-night-might-increase-of-many-health-problems-include-risk-of-memory-loss-immune-system-low-sex-drive-9959175.html>

Sleep Effect On Body: भूलने और सोचने की क्षमता कम कर देगी नींद, कम सोने से होंगे ये नुकसान

अगर आप लगातार कम सोते हैं और 7-8 घंटे से भी कम नींदनीं लेते हैं। तो ये आपकी सेहत के लिए बिल्कुल भी अच्छा नहीं है। कुछ लोग लगातार काम करते हैं

और कम सोने को ही अच्छा समझते हैं। लेकिन इससे आपके शरीर पर निगेटिव असर पड़ता है। कई सारी रिसर्च में पता चल चुका है कि अगर 5 घंटे से कम

सोया जाए तो इससे ना केवल बीमार होने के चांस बढ़ जाते हैं बल्कि आपके सोचने-समझने की क्षमता पर भी असर पड़ता है। जानें कम सोने के नुकसान

होम राज्य देश जीतें iPhone NEW लोकसभा 2024 IPL लाइव स्कोर मनोरंजन करियर वेब स्टोरी बिजनेस विदेश ध

5/10/24, 11:40 AM not sleeping enough in night might increase of many health problems include risk of memory loss immune system low sex drive - ...

<https://www.livehindustan.com/lifestyle/health/story-not-sleeping-enough-in-night-might-increase-of-many-health-problems-include-risk-of-memory-los...> 1/4

कम सोने से पड़ सकते हैं ज्यादा बीमार

अगर आप लंबे समय तक मात्र 5-6 घंटे की नींदनीं लेते हैं तो इससे आपकी बॉडी बीमारियों से लड़ने में अक्षम हो जाती है। रिसर्च में नींदनीं और इम्यून सिस्टम का

रिलेशन पता चला है। रिसर्च के मुताबिक जब शरीर बीमार करने वाले बैक्टीरिया से लड़ता है तो आपकी नींदनीं कम हो सकती है वहीं अगर आप कम सोते हैं तो

इससे जल्दी बीमार पड़ जाएंगे।

दिल की सेहत पर होता है बुरा असर

5 घंटे से कम रात को सोना या 9 घंटे से ज्यादा रात को सोना दोनों की तरीका हार्ट के लिए हार्मफुल है। यूरोपियन हार्ट जर्नल के मुताबिक दोनों का असर हार्ट पर

होता है। कम सोने से कोरोनरी हार्ट डिजीज पैदा होने लगती है या फिर स्ट्रोक का खतरा बढ़ जाता है।

कैंसर रिस्क

कम सोने से ब्रेस्ट कैंसर, कोलोरेक्टल कैंसर और प्रोस्टेट कैंसर का खतरा बढ़ जाता है।

आप सोच नहीं पाएंगे

अगर आप एक रात को नहीं सोते तो इससे सोचने की क्षमता पर असर पड़ता है। हेल्थलाइन की रिपोर्ट के मुताबिक एक्सपेरिमेंटल ब्रेन रिसर्च में रात को ना सोने से

ब्रेन फंक्शन जिसमें मेमोरी, डिजीजन मेकिंग, रिजनिंग और किसी प्रॉब्लम को सॉल्व करने की क्षमता पर बुरा असर पड़ने के लिए बताया गया है।

भूलने की समस्या होगी

रिसर्च के मुताबिक दिमाग को पूरे आराम की जरूरत पड़ती है जिससे कि वो नई जानकारियों को मेमोरी में इकट्ठा कर सके। जब आप नहीं सोते तो इससे भूलने

की दिक्कत पैदा होने लगती है।

मर्दों पर पड़ता है असर

स्टडी के मुताबिक एक सप्ताह तक लगातार नींदनीं पर्याप्त ना लेने से टेस्टोस्टेरॉन लेवल घटता है। 5 घंटे से भी कम सोने से सेक्स हार्मोन लेवल 10 से 15 प्रतिशत

कम हो जाता है।

वजन बढ़ने लगता है

लगातार अगर यंग लोग 5 से कम घंटे सोते हैं तो इससे वजन बढ़ने के चांस बाकी लोगों की तुलना में ज्यादा होते हैं। जो कम से कम हर रात 7-8 घंटे की नींदनीं लेते

हैं।

ऐप पर पढ़ें

5/10/24, 11:40 AM not sleeping enough in night might increase of many health problems include risk of memory loss immune system low sex drive - ...

<https://www.livehindustan.com/lifestyle/health/story-not-sleeping-enough-in-night-might-increase-of-many-health-problems-include-risk-of-memory-los...> 2/4

Sleep

लेटेस्ट Hindi News, लोकसभा चुनाव 2024, बॉलीवुड न्यूज, बिजनेस न्यूज, टेक, ऑटो, करियर ,और राशिफल, पढ़ने के लिए Live Hindustan App

डाउनलोड करें।

Latest News in Hindi

PHOTOS: ट्रांसपेरेंट ड्रेस में उर्फ़ी जावेद ने फिर खींचा खीं फैस का ध्यान गुजरात में बैठा पाकिस्तानी जासूस गिरफ्तार, भेज रहा था खूफिया जानकारी

Live : कब आएगा राजस्थान बोर्ड 10वीं 12 वीं वीं रिजल्ट, यहां मिलेगा लिंक राशन वितरण में धांधली पर एक्शन, सीडीपीओ समेत तीन पर मुकदमा

डायबिटीज का रिस्क

मोटापे की वजह से अगर कमर चौड़ी है और पर्याप्त नींदनीं नहीं लेते हैं तो डायबिटीज का खतरा भी बढ़ जाएगा।

Barley Benefits

Barley Benefits: डायबिटीज से लेकर कब्ज में जौ खाना है अच्छा, जानें किन तरीकों से खाएं

Barley Benefits: गर्मियों में पाचन से जुड़ी दिक्कतें होती हैं या फिर डायबिटीज के मरीज हैं। जौ को तीन तरीकों से डाइट में शामिल कर इन सारी बीमारियों में राहत पा सकते हैं। जानें(Hindustan Times :20240510)

जौ खाने के फायदे।

<https://www.livehindustan.com/lifestyle/health/story-diabetes-to-constipation-7-impressive-benefits-of-barley-in-summer-know-how-many-ways-to-add-in-diet-9958641.html>

गर्मियों में बाहर के तापमान बढ़ने के साथ ही शरीर के अंदर का तापमान भी बढ़ने लगता है। ऐसे में वो फूड्स जो शरीर को ठंडक पहुंचाएं, उसे खाना फायदेमंद

है। जौ इसी लिस्ट में शामिल है, जिसे गर्मी के मौसम में खासतौर पर खाना चाहिए। केवल शरीर को ठंडक ही नहीं बल्कि जौ खाने के और भी बहुत सारे फायदे हैं।

वेट लॉस से लेकर हार्ट को हेल्दी रखना है और डाइजेशन दुरुस्त तो जौ को आज से ही डाइट में खाना शुरू कर दें।

विज्ञापन

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश जीतें iPhone NEW लोकसभा 2024 IPL लाइव स्कोर मनोरंजन करियर वेब स्टोरी बिजनेस विदेश ध

5/10/24, 11:42 AM diabetes to constipation 7 impressive benefits of barley in summer know how many ways to add in diet - Barley Benefits: डा यबि टी ...

<https://www.livehindustan.com/lifestyle/health/story-diabetes-to-constipation-7-impressive-benefits-of-barley-in-summer-know-how-many-ways-to-add-... 1/5>

न्यूट्रिशन से भरपूर जौ

जौ को अगर साबुत ही इस्तेमाल किया जाए खाने के लिए तो इसमें फाइबर का सोर्स ज्यादा होता है। साथ ही मैंगनीज और सेलेनियम, विटामिन बी1, क्रोमियम,

फास्फोरस, मैग्नीशियम और नियासिन की मात्रा होती है। इसके साथ ही जौ में एंटीऑक्सीडेंट्स भरपूर होता है। जो कैंसर और हार्ट डिजीज के रिस्क को कम

करता है।

भूख को कम करता है और वेट लॉस मदद

जौ को अगर खाया जाए तो इससे पेट भरने का एहसास ज्यादा होता है। जिससे भूख कम लगती है और इसका सीधा कनेक्शन वेट लॉस से जुड़ा हुआ है। जौ में

सॉल्यूएबल फाइबर बीटा ग्लूकेन होता है। जो आंतों में जाकर जेल फॉर्म में बदल जाता है। जो कि डाइजेशन को स्लो कर देता है और साथ ही जरूरी न्यूट्रिशन को

अब्जॉर्ब करता है। जिससे भूख कम लगती है और पेट भरने का एहसास ज्यादा होता है।

डाइजेशन में मदद

जौ का हाई फाइबर कंटेनट डाइजेशन को स्मूद बना देता है और कब्ज की शिकायत नहीं रह जाती। इसके साथ ही जौ में गट फ्रेंडली बैक्टीरिया भी पाए जाते हैं।

कोलेस्ट्रॉल कम करता है

जौ में मौजूद बीटा ग्लूकेन्स बैड कोलेस्ट्रॉल को बाइल एसिड में रोकता है। जिससे बैड कोलेस्ट्रॉल बढ़ने नहीं पाता और ये बाइल एसिड लिवर के जरिए स्टूल के

जरिए बाहर निकाल देता है।

हार्ट रिस्क को कम करता है

साबुत अनाज हार्ट हेल्थ के लिए अच्छे होते हैं। रोजाना जौ को अगर डाइट में खाया जाए तो इससे हार्ट डिजीज का खतरा कम होता है। इसका कारण है जौ बैड

कोलेस्ट्रॉल को कम करता है साथ ही ब्लड प्रेशर को भी नॉर्मल रखने में मदद करता है।

डायबिटीज वालों के लिए जौ है फायदेमंद

टाइप 2 डायबिटीज के लिए जौ फायदेमंद है। क्योंकिक्यों ये ब्लड शुगर लेवल को लो करता है और इंसुलिन को बढ़ाता है। जौ में मैग्नीशियम की मात्रा होती है जो

इंसुलिन प्रोडक्शन और शरीर में चीनी के इस्तेमाल के लिए जरूरी होती है।

कैं

ऐप पर पढ़ें

5/10/24, 11:42 AM diabetes to constipation 7 impressive benefits of barley in summer know how many ways to add in diet - Barley Benefits: डा यबि टी ...

<https://www.livehindustan.com/lifestyle/health/story-diabetes-to-constipation-7-impressive-benefits-of-barley-in-summer-know-how-many-ways-to-add-...> 2/5

Health Benefits

JAC 12th result लेटेस्ट Hindi News ,उत्तराखंड बोर्ड रिजल्ट , लोकसभा चुनाव 2024, बॉलीवुड न्यूज, बिजनेस न्यूज, टेक, ऑटो, करियर ,और

राशिफल, पढ़ने के लिए Live Hindustan App डाउनलोड करें।

कोलन कैंसर से बचाव

जौ में मौजूद फाइबर की वजह से खराब डाइजेशन और कब्ज की वजह से होने वाले कोलन कैंसर से बचाव करता है।

शरीर में जलन रोके

जौ को आयुर्वेद में ठंडा अनाज बताया गया है। जिसे खाने से कफ और पित्त शांत होता है। जो गर्मियों में शरीर में होने वाली जलन के लिए जौ के सत्तू को पीना

फायदेमंद होता है।

जौ खाने के हैं कई तरीके

जौ को डाइट में कई तरीकों से शामिल कर सकते हैं।

-जौ के आटे को रोटी बनाने में इस्तेमाल किया जा सकता है। साथ ही साबुत जौ का पानी पीना फायदेमंद होता है।

-वहीं जौ को भूनकर तैयार सत्तू भी काफी हेल्दी होता है। जिसे आप ना केवल ड्रिंक बनाकर पी सकते हैं बल्कि सूप की तरह भी लिया जा सकता है।

Packaged Snacks May Shorten Lifespan:

स्टडी : पैकेज्ड रेडी टू ईट फूड खाने वाले हो जाएं सावधान, कम उम्र में जा सकती है जान

Packaged Snacks May Shorten Lifespan: इस तरह के फूड्स में विटामिन और फाइबर की कमी होने के साथ चीनी, सैचुरेचेड फैट और नमक काफी ज्यादा मात्रा में मौजूद होते

हैं। जो कई जानलेवा रोगों का खतरा बढ़ा सकते हैं(Hindustan Times :20240510)

<https://www.livehindustan.com/lifestyle/fitness/story-omg-ultra-packaged-ready-to-eat-snacks-and-fizzy-drinks-may-shorten-lifespan-claims-30-year-long-study-9955178.html>

Packaged Snacks May Shorten Lifespan: अगर आप जंक फूड खाने के शौकीन हैं और आए दिन पैकेज्ड बेक किए रेडी टू ईट स्नैक्स और फिजी ड्रिंक

अपने लिए ऑर्डर करते रहते हैं तो आप खुद अपनी अपनी उम्र को कम कर रहे हैं। जी हां, हाल ही में 30 साल तक चली एक रिसर्च में यह बात सामने आई है कि

फिजी ड्रिंक और पैकेज्ड रेडी टू ईट फूड समय से पहले मौत का खतरा बढ़ा सकते हैं। दरअसल, अल्ट्रा - प्रोसेस्ड फूड्स में अक्सर रंग, इमल्सीफायर, टेस्ट को

बेहतर बनाने के लिए कई चीजें यूज की जाती है। इसके अलावा इस तरह के फूड्स में विटामिन और फाइबर की कमी होने के साथ चीनी, सैचुरेचेड फैट और

नमक काफी ज्यादा मात्रा में मौजूद होते हैं। जो लोगों में मोटापा, डायबिटीज, हाई ब्लड प्रेशर, हार्ट रोग और कैंसर का खतरा बढ़ सकता है।

विज्ञापन

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम राज्य देश जीतें iPhone NEW लोकसभा 2024 IPL लाइव स्कोर मनोरंजन करियर वेब स्टोरी बिजनेस विदेश ध

5/10/24, 11:43 AM omg ultra packaged ready to eat snacks and fizzy drinks may shorten lifespan claims 30 year long study - स्टडी : पैकेज्ड रेडी टू ईट ...

<https://www.livehindustan.com/lifestyle/fitness/story-omg-ultra-packaged-ready-to-eat-snacks-and-fizzy-drinks-may-shorten-lifespan-claims-30-year-lo...> 1/4

Health Tips In Hindi

JAC 12th result लेटेस्ट Hindi News ,उत्तराखंड बोर्ड रिजल्ट , लोकसभा चुनाव 2024, बॉलीवुड न्यूज, बिजनेस न्यूज, टेक, ऑटो, करियर ,और

राशिफल, पढ़ने के लिए Live Hindustan App डाउनलोड करें।

सेहत पर हुई इस रिसर्च के लिए, अमेरिका, ब्राजील और चीन सहित शोधकर्ताओं की एक अंतरराष्ट्रीय टीम ने 1984 और 2018 के बीच 11 अमेरिकी राज्यों की

74,563 रजिस्टर्ड लेडीज नर्सों की लांग टर्म हेल्थ पर अपनी नजर बनाए रखी। साथ ही शोध में 1986 से 2018 तक सभी 50 अमेरिकी राज्यों के 39,501 पुरुषों ने

भी भाग लिया, जिनका कैंसर, हार्ट रोग या डायबिटीज जैसे रोगों का पहले कोई इतिहास नहीं था।

रिसर्च के परिणामों से पता चला कि रोजाना औसतन सात सर्विंग अल्ट्रा -प्रोसेस्ड फूड आइटम्स खाने से मौत का खतरा नौ प्रतिशत तक बढ़ जाता है। इस शोध में

बाग लेने वाले कंटेस्टेंट के बीच किसी भी कारण से हुई मृत्यु की सालाना दर प्रति एक लाख व्यक्ति 1,536 थी। इसके अलावा, मीट, पोल्ट्री, और सी फूड-बेस्ड

रेडी-टू-ईट प्रोडक्ट्स खाने से मौत का खतरा सबसे ज्यादा देखा गया। जिसमें चीनी-मीठा और आर्टिफिशियल स्वीट बेवरेजेस, डेयरी-बेस्ड डेजर्ट और अल्ट्रा -

प्रोसेस्ड ब्रेकफास्ट शामिल हैं।