

# Seven Daily Habits To Make Wellness A Way Of Life

NEW DELHI: With today's fast-paced life, following a healthy lifestyle is a difficult task. However, adopting healthy lifestyle habits are essential to achieve wellness. From preventive care to managing lifestyle issues, wellness represents a natural and holistic experience that people can adopt in every aspect of their lives.

Wellness is about living a complete, healthy life and making smart choices that can fit into one's daily routine. It is not just the occasional resolution to stay healthy which will help achieve overall well-being, but little things done consistently that will go a long way in establishing wellness as a way of life.

Dr. Shruthi Hegde, Ayurveda Expert at The Himalaya Drug Company, recommends the following 7 simple habits one can adopt to make healthy living a way of life. Aim to adopt one of these habits every day for a happier, healthier you by the end of the week.

\* Do a physical activity for 45 mins: Commit to spending a minimum of 45 minutes every day exercising. You don't need to follow the same routine; just



ensure that you work out every single day. Simple forms of exercise go a long way in preventive care. They help reduce the risk of cardiovascular diseases and osteoporosis, alleviate depression and anxiety, and even boost mental alertness and confidence.

\* Write down something you are grateful for: While all of us face problems in our daily lives, we also have a lot to be thankful for that gets lost amid all our troubles. Reflecting on the posi-

tive things in your life everyday will help you take on the troubles better, motivating you to keep pushing ahead while spreading the joy of positivity to those around you.

\* Drink 3 liters of water: Water is the fuel your body runs on. It is necessary to keep your body functioning well. Drinking enough water can help you with detoxification, digestion, better skin and hair, helping you feel balanced and ready to face the

day's challenges. Let three liters be your absolute minimum intake of water, but aim for more depending on your lifestyle conditions.

\* Commit to breaking a bad habit: All of us have some habits we are not proud of, and have been meaning to break for some time. While that negative habit itself impacts your wellness, not being able to break it also takes a toll on your mind.

Take a small step every day towards getting rid of it, whether it is overusing your phone, snacking on junk food, or anything else you've been planning to stop, and see your body and mind become healthier.

\* Take 15 minutes out to reflect on your day: In our busy lives, it is often easy to get caught up in day-to-day activities such that we do not allot any time for reflection. Taking a moment to stop and reflect on the day will help you take on the challenges of the day better. Just 15 minutes of quiet reflection, whether through meditation or even just looking out the window and taking a moment for yourself will help you take a step towards achieving mental wellness and relaxation.

\* Sleep for 7-8 hours: The function of sleep is to not only relax the body, but also rest and restore the mind. Commit to sleeping a minimum of seven hours a day while aiming for eight, and you will feel yourself getting healthier and happier in a short span of time. This will help you achieve both mental and physical wellness, and your mind and body will be more at ease.

\* Include a herb in your daily diet: Consuming herbs is a great way to practice long-term wellness and prepare your body for the challenges of life. For example, as per Ayurveda texts and modern research, Guduchi can significantly help in preventive care, as it is a great promoter of immunity, aids in fighting against infections, and helps you stay fit and healthy.

Depending on your need, you can find an herb to help you achieve your goals, whether Tulasi for respiratory wellness or Brahmi to improve cognitive abilities or boost your memory.

\* Take a big step towards achieving wellness in your life by adopting some of these simple methods, just one a day, for an entire week of wellness.

## Schizophrenia May Be Genetic

NEW YORK: Scientists have found that some psychiatric disorders like schizophrenia, bipolar disorder may be genetic, whereas neurological disorders like Parkinson's or Alzheimer's, appeared more distinct.

The study indicated that psychiatric disorders are likely to have similarities at a molecular level, which current diagnostic categories do not reflect.

"This work is starting to reshape how we think about disorders of the brain. If we can uncover the genetic influences and patterns of overlap between different disorders, then we might be able to better understand the root causes of these conditions -- and potentially identify specific mechanisms appropriate for tailored treatments," said lead co-senior author, Ben Neale from Stanley Centre at Broad Institute of MIT and Harvard in Massachusetts. In the study published in the journal Science, the team measured the amount of genetic overlap across the disorders using genome-wide association studies (GWAS) of 265,218 patients and 784,643 controls.

They also examined the relationships between brain disorders



and 17 physical or cognitive measures, such as years of education, from 1,191,588 individuals.

The results showed widespread genetic overlap across different types of psychiatric disorders, particularly between attention-deficit/hyperactivity disorder (ADHD), bipolar disorder, major depressive disorder and schizophrenia. The data also indicated overlap between anorexia nervosa and obsessive-compulsive disorder (OCD), as well as between OCD and Tourette syndrome.

Conversely, neurological disorders except migraine, which was genetically correlated to ADHD, major depressive disorder, and Tourette syndrome, appeared to be distinct. Further, they noted

that genetic factors predisposing individuals to certain psychiatric disorders -- namely anorexia, autism, bipolar, and OCD -- were significantly correlated with factors associated with higher childhood cognitive measures, including more years of education and college attainment.

"We were surprised that genetic factors of some neurological diseases, normally associated with the elderly, were negatively linked to genetic factors affecting early cognitive measures.

It was also surprising that the genetic factors related to many psychiatric disorders were positively correlated with educational attainment," said first author, Verneri Anttila from the varsity.

## A Pill To End Insulin Jabs For Diabetics

NEW YORK: Researchers, including one of Indian-origin, have developed a 'holy grail' of insulin in a pill that could help diabetics keep their blood sugar levels in check.

For up to 40 million people with Type-1 diabetes worldwide, a painful needle prick once or twice daily is necessary for delivering the insulin that their bodies cannot produce on their own, and failing to adhere to the regimen (due to pain, phobia of needles) can lead to health complications. The new approach carries insulin in an ionic liquid comprised of choline and geranic acid that is then put inside a capsule with an acid-resistant enteric coating.

"Once ingested, insulin must navigate a challenging obstacle course before it can be effectively absorbed into the bloodstream," said Samir Mitragotri, Professor at the Harvard University.

"Our approach is like a Swiss Army knife, where one pill has tools for addressing each of the obstacles that are encountered," he added. The enteric coating is

biocompatible, easy to manufacture, and can be stored for up to two months at room temperature without degrading.

This polymer coating resists the breakdown by gastric acids in the gut as well as dissolves when it reaches a more alkaline environment in the small intestine, where the ionic liquid carrying insulin is released.

The choline-geranic acid formulation was shown to be adept at penetrating two final barriers - the layer of mucus lining the intestine and the tight cell junctions of the intestine wall, through which large-molecule drugs such as insulin cannot easily pass.

The findings, published in the Proceedings of the National Academy of Sciences, showed that oral delivery of insulin could mitigate many life-threatening side effects because patients fail to give themselves required injections. "It has been the holy grail of drug delivery to develop ways to give protein and peptide drugs like insulin by mouth, instead of injection," the researchers said.

**Matchmaking Redefined**

**That Spark!**  
We'll find the one for you

**A Premium Matchmaking Company For Successful Busy Individuals!!**

**If You Are Single And Looking For A Life Partner Please Call @416-697-6292**  
Email info@thatspark.ca  
www.thatspark.ca

**The Toronto-Calcutta Foundation**  
Proudly Celebrating 30 Years

**Talent Show 2018**  
Featuring Young Upcoming Local Talents & Famous Bollywood Artist

**Sunday - July 8, 2018**  
Program Starts at 4.30pm

Venue: Michael Power / St. Joseph High School  
105 Eringate Drive, Etobicoke  
(North of Rathburn Rd and East of Renforth Drv)

Tickets: \$25.00 & \$50.00 per person  
(Free admission for children under 12 years)  
\*\*\*\*\*  
For Tickets Please Call

|                    |              |
|--------------------|--------------|
| Chitra Ghosh       | 905-799-0023 |
| Mandira Palit      | 647-292-8755 |
| Manoshi Chatterjee | 416-276-5616 |
| Nandita Sen        | 416-431-3037 |
| Panna Mazumder     | 416-312-1244 |

**SHOVON GANGULY**  
Superhit songs of Then & Now  
Bollywood Singer, Lyricist, Composer, Radio Mirchi Best 2018 Vocalist

Eye Clinic      Ghutari Sharif School      Village Clinic      Toronto Girls Program

With your donation, and to match our mandate, TCF supports Health Care, Primary Education Projects, and Vocational Training for women in rural communities.

Donate by cheque payable to The Toronto Calcutta Foundation, 2 Leland Avenue, Toronto, ON M8Z 2X5. Donate via PayPal at <http://www.Toronto-Calcutta.Org>. Tax receipt will be issued for donation over the ticket price. Charitable Registration # 888243391 RR0001.