

FAST & FIT

Give your digestive system a break and control those taste buds for better health. Find out more on how fasting can help you remain fit

Bid goodbye to monsoon and welcome the October heat. This period is an invitation to the various health problems that could possibly make way to disturb your health routine. But do not be afraid! Simple fasting can help cure colds, headaches, nervous spells and few other health problems.



“Actually our body requires very little food to keep it hale and hearty,” says Neha Agarwal, a college student. “But we overdose ourselves and what really troubles our body is our untimely eating habits and junk food. I think fasting is the simplest way to intoxicate my

Few think that during long fasts one should take complete rest but that is not true. Daily routines should be carried which does not strain the physical and mental energy.

body,” says Agarwal who fasts every Monday in the name of God. She makes it a point to eat only fruits as she believes it is the simplest and the most efficient way of detoxifying your body.”

Fasting is a remedy which is in harmony with the body. “Like we take a holiday from work or students bunk college to rejuvenate themselves; this is a similar method by which

we give a small break to our stomach,” admits Sony Kulkarni, a house wife who also thinks fasting the right way can provide the much-needed boost for the body. “Today no one follows a proper diet because of the fast-paced city life. But it is important, especially in this weather, to have a controlled diet and fasting can help in controlling these untimely habits.

Deepika Kulkarni who is being trained as a dietician says, “If any disease is created by an abnormal accumulation of toxins in the system, fasting can help in their elimination. The membranous linings of the stomach and intestine which act as a ‘sponge’ to absorb food materials are now ‘squeezed’ to throw out the waste matter from the system. Loss of appetite during sickness indicates that the system is overcharged with toxins and the nature is trying to correct this by giving a chance to the waste accumulation in the organs to escape from the system.”

However, there is a wrong notion that during long fasts, one should take complete rest which is not true. One can carry out daily routines which does not strain the physical and mental energy.

TANAYA ADARKAR
adarkartanaya@gmail.com

What’s on your Plate...?

If you wish to lose weight, eating might help. Iona Chatterjee finds out how eating healthy brings us back in shape

Are you afraid of the weighing machine? Does your heart skip a beat when you check your weight? Do you regularly plan your diet and end up never following it? If your answer to these questions is a ‘yes’, the diagnosis is – ‘normal’. With the prevalence of fast food, high fat snacks and changing lifestyles, keeping a healthy diet today is harder than ever. Especially with the festive season lined up, the extra inch is bound to put us in depression. Twenty three year old Shreyoshi finds it extremely difficult to maintain her weight, “I often cannot control my urge for junk food and then fearing weight I resort to crash dieting.”

According to Anjali Sahijwani senior dietician at Talwalkars crash dieting and starvation may lead to anorexia, lean muscles and loss of body water. She believes that in order to lose weight maintaining a balanced diet is very essential besides exercising. “There is a serious need to clear misconceptions that eating may lead to weight gain” believes Anjali. “You need to eat healthy to shed off the extra calories you have gained” she adds.

Gauri Karnik dietician at Leelavati Hospital believes that it is very important to concentrate on weight maintenance. Balance is very essential and prevents sudden unwanted weight gain.

“Never skip your breakfast. If you are too busy at least grab a fruit,” says Anjali. Breakfast is considered as the most important meal of the day. A healthy breakfast can constitute half a cup of oats (unsweetened), 150 ml of skimmed milk and fresh fruits. One can also choose between poha, upma and idlis to start the day. However, people on a weight loss regime should try to avoid rice. Those who are not very fond of chapatti, brown bread can serve as an alternative.

Maintaining a strict diet is very important for a perfect figure but is it easy to control temptations. All it demands is a strong will power. Controlling cravings is not quiet easy. However, dietician Anjali comes up with a solution- an alternative diet chart:

CHOOSE	AVOID
Whole fruits	Fruit juice
Coconut water	Soft drinks
Clear soup	Sweet corn soup
Tandoori roti	Roomali roti
Bhel puri	Sev puri



“Start eating everything in proper amount at least a month before the festive season. This prevents you from gaining weight later,” advises Gauri. Eating healthy is a key factor. Instead of randomly cutting down on your diet, a gradual routine helps in bringing you back in shape. So, stay healthy, eat healthy and get ready to fit into your old .jeans.

ionachatt@gmail.com

