

FRUIT FIT

## Scrumptious Strawberries

We all know strawberries are delicious, but they are also nutritious, and ideally should be a part of everyone's daily diet. In fact health experts recommend that every person should eat at least five servings of fresh fruits daily and adding fresh strawberries to your diet in the form of salads, ice creams, etc. can help your body greatly.

Strawberries contain a range of nutrients such as vitamin C. In addition, strawberries also provide an excellent source of vitamin K and manganese, as well as folic acid, potassium, riboflavin, vitamin B5, vitamin B6, cop-

per, magnesium, and omega-3 fatty acids.

Apart from being delicious, it has the ability to remove harmful toxin in the blood. It is also recommended for sluggish liver, constipation, high blood pressure and even skin cancer. Strawberry is also rich in folic acid which helps in preventing brain defects during birth. Other health benefits include:

- This is highly rated as a skin cleansing food, even though the skin eruptions may appear at first in some cases.
- It is also known to clean or rid the blood of harmful toxins.
- The strawberry, when cut in half and rubbed on the teeth and gums, removes tartar from the teeth and strengthens and heals the gums. The juice should be allowed to remain on the teeth as long as possible in order to dissolve the tartar. The mouth may then be rinsed with warm water.



JUICE THERAPY

### Apple Juice

Apple juice contains antioxidants, which may help prevent the body from developing various types of cancer, as well as heart disease. This is good for acidity, indigestion and weakness of nervous system. It also protects the teeth and reduces cholesterol levels.



BODY BEAUTIFUL



### Toenail Trouble

Toenail fungus is actually a somewhat common problem in which a fungus or bacteria attracted to dark, damp environments takes up residence under and around your toenails, where it thrives, protected by the nail itself and feeding off the warmth and moisture in your socks and shoes.

### Fungus Feet

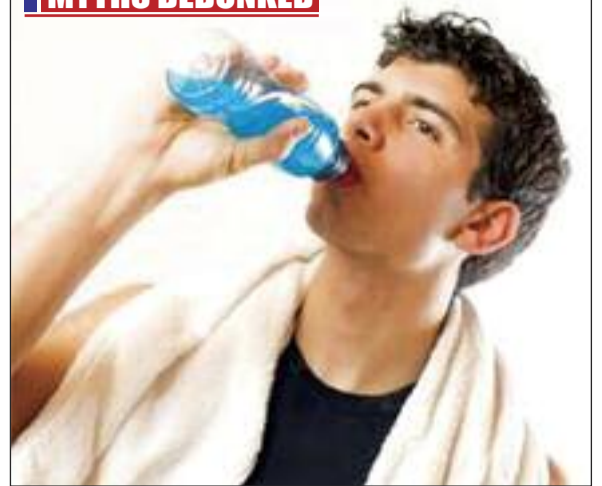
This infestation of your feet with toenail fungus can result in discoloration (brown, yellow, white, etc.) of the toenail, swelling of the toe, thickening and crumbling of the nail, streaks or spots on the nail, and even complete loss of the nail. Nail fungus can also affect fingernails, but thrives more often and is harder to treat on toenails (usually the big or little toe) because toenails are more exposed to ideal environments for catching and maintaining the fungus.

### Treating Toenail

A number of oral medications and ointments are available in the market that treat certain types of infection, although using the creams on their own is simply not enough to cure most infections that may arise. There are some things that you can do to take care of your nails and possibly prevent a fungal infection from occurring. Try to use shoes that provide your foot with good support and plenty of extra room for your toes. Pointed shoes should be avoided at all costs. Wearing socks that are manufactured from 100 per cent cotton as well as making sure they are always clean and dry will help greatly in preventing an infection from taking place.



MYTHS DEBUNKED



### Energy drinks can destroy your diet

**Fact:** The main carbohydrate in most energy drinks is some form of sugar. The sugar will give you energy, but it will also give you a bunch of empty calories that you have to burn off. Most energy drinks are like soda with herbs. If you are monitoring your calorie intake, the added sugar will probably ruin your diet for the day.

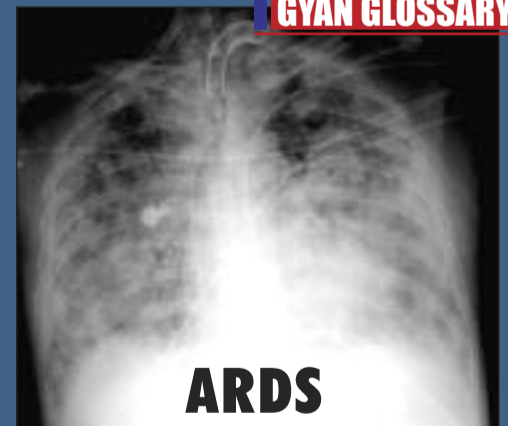
### Energy drinks can have harmful effects

**Fact:** Energy drinks may perk you up at first, but you may suffer the consequences. Too much caffeine can cause fatigue due to dehydration. It may also cause jittery feelings, nausea, upset stomach, hyperactivity, sleep problems and difficulty in concentrating. When you consume energy drinks, it is important to know your limits.

### Energy drinks are good to take when you are tired

**Fact:** Many people take energy drinks when they are tired. Before turning to an energy drink, you may want to consider your options. If you are tired, you may just need more sleep. The caffeine in energy drinks will make it harder for you to get the sleep you need. If you need energy, you would probably be better off consuming carbohydrates from fruits, vegetables, whole grains or dairy products. These foods have more nutritional value than the sugar found in energy drinks.

GYAN GLOSSARY



### ARDS

ARDS, or acute respiratory distress syndrome, is a lung condition that leads to low oxygen levels in the blood. ARDS can be life threatening. This is because your body's organs, such as the kidneys and brain, need oxygen-rich blood to work properly. ARDS usually occurs in people who are very ill with another disease or who have major injuries.