

## MYTHS DEBUNKED



### Bad eggs will smell bad

**Fact:** Eggs can smell and taste fine and still have Salmonella (a kind of bacteria). Also, bacteria on the shell can get into ready-to eat food. Do away with cracked or dirty eggs. Keep hands, utensils and surfaces clean and dry. If an egg does smell bad, don't use it.

### Wash eggs to remove the dirt

**Fact:** Egg shell becomes more porous when wet, making it easier for bacteria to get inside the egg. In fact get rid of dirty eggs. Never wash them.

### Raw eggs are the same risk as cooked eggs

**Fact:** Uncooked food that contains raw egg, such as egg mayonnaise, custard and so on, have a higher risk of food poisoning than thoroughly cooked foods. Cooking kills most bacteria like Salmonella. Never serve raw egg to children younger than two years and people over 65 or with serious illness.

## AED

## GYAN GLOSSARY



The Automated External Defibrillator (AED) is a computerized medical device. An AED can check a person's heartbeats and within few minutes it can tell whether the patient requires a shock. The AED uses lights and text messages to tell what steps to take. AEDs are very accurate and easy to use. With a few hours of training, anyone can learn to operate an AED safely.

## FRUIT FIT

# Red Eye Ruby

Also known as Punica Granatum, pomegranate contains carbohydrates, protein, fat, fiber and some vitamins and minerals. It can supply 40 per cent of an adult's daily requirement of vitamin C. It also has some vitamin B, folic acid and citric acid, while minerals include calcium, phosphorus and iron. Importantly, it is extremely rich in antioxidants. So to say, pomegranate is not just a delicious and refreshing fruit, but incorporates a number of health benefits. For instance,

- The pomegranate is considered good for the heart.
- It keeps blood pressure under control.

■ A pomegranate improves the functions of the kidney and liver, while it supplies minerals and helps the liver to absorb vitamin 'A' from the food.

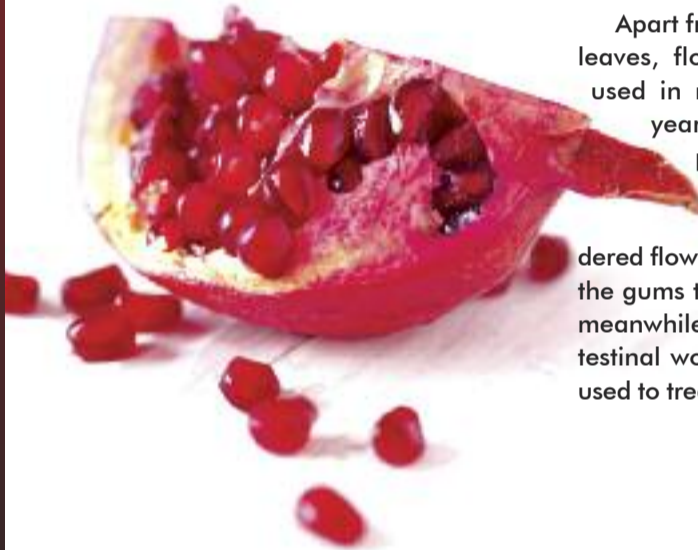
■ The sweet and sour variety removes heartburn and stomach swelling.

■ The antioxidants in the juice help cure many diseases, especially TB and cancer.

■ The juice is also used for treating cuts.

■ The fruit is also helpful in diarrhea and dysentery.

■ The juice when mixed with honey, can remove nausea and vomiting.



Apart from this, pomegranates skin, leaves, flowers and bark have been used in medicines for thousands of years. The fruit's skin can be powdered and used to treat skin problems and cure itching. The dried powdered flowers too can be massaged into the gums to control bleeding. The bark meanwhile is effective in destroying intestinal worms. The seed paste can be used to treat kidney and bladder stones.

## BODY BEAUTIFUL

### Smelly Affair

Bad breath is no laughing matter! It can be embarrassing at time, especially when you're engaged in a conversation with friends. It is more common in children, especially older children and teenagers. It is often related to bacterial activity in the back of the mouth, nose or on the teeth.



### Teething Problem

■ Poor mouth hygiene is a major cause among children suffering from bad breath. It may be from cavities, inflamed gums or trapped food particles.

■ Bad breath can also be related to dry mouth as the saliva cannot perform its role of washing away bacteria in the mouth. Other conditions that lead to a dry mouth, such as taking certain medications, can also lead to bad breath.

■ Bad breath can also be related with eating certain foods and chewing tobacco related products.

### Beating Bad Breath

Bad breath can often be treated or prevented through good oral hygiene, including brushing and flossing, cleaning the back of the tongue, keeping the mouth moist, rinsing the mouth, and treatment of any underlying allergies, sinus infections or other medical conditions that may be contributing to the bad breath. In case it persists, consult your dentist immediately.

